

Fire Phoenix Newsletter

What's going on at Fire Phoenix
Martial Arts during April and
May 2016



April / May 2016

Dates for the Calendar

- | | |
|----------------------|--|
| April 25th | Closed for ANZAC Day.
Classes will still go ahead on
Saturday 23 rd April |
| April 29th | April Belt Exam |
| May 18 th | Board Breaking Seminar for
Adults and Black Phoenix |
| May 15th | Black Belt Exam for Aaron
and Luca Corby |
| May 27th | May Belt Exam |
| May 29th | ISKA Tournament in Sydney |



Being a Martial Artist

Training in the Martial Arts is described as many things – a journey, an experience, an interest... whatever we call it, Martial Arts becomes a part of who we are. We do not say we *have* a Black Belt, Purple Belt, Green Belt, Orange Belt, we say we **ARE** a Black Belt, or any other colour belt.

While we identify strongly as Martial Artists, that is not to say that we always feel the same way about our training. It is natural that something that we participate in so regularly, and identify so strongly with is something that we experience highs and lows, both in progress and in enthusiasm.

To help with this natural rise and fall in enthusiasm and interest, take advantage of the timetable and the extra training opportunities such as seminars and workshops here at Fire Phoenix. There is so much involved in Martial Arts, and the more we experience all aspects of it, the more we can focus on being a Martial Artist, instead of worrying about progress rates, or looking for the next 'secret' that will make us awesome, when the truth is, we already are awesome Martial Artists.

Watch this space for more awesome training opportunities as they arise!

Check out our new Website!

Fire Phoenix Martial Arts has a new website – www.firephoenixmartialarts.com.au

Check it out today!



Fire Phoenix Martial Arts Class Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9AM – 9:50AM						Tai Chi
9:30 – 10:30AM				Yoga Mums and Bubs		
10AM – 10:50AM						Family Class
11AM – 11:50AM			Green Phoenix		Green Phoenix	Weaponry
12 – 12:50PM	Adults		Adults		Adults	Hyper Pro Training
1PM – 1:50PM					Tai Chi	
2PM – 3PM						Hyper Fight Club
3PM – 4:30PM						Tournament Team
4PM – 4:50PM	Family Class Weaponry for Blue Phoenix	Family Class	Blue Phoenix	Family Class	Blue Phoenix Extreme Weapons	
5PM – 5:50PM	Red Phoenix Junior Hyper Pro Training	Family Class Weaponry Class	Family Class Weaponry Class	Family Class Yoga Class	Red Phoenix Practical Street Self Defence	
6PM – 6:50PM	Adults Black Phoenix Red Phoenix	Adults Black Phoenix Red Phoenix	Senior Grade Class	Adults Black Phoenix Red Phoenix	Adults Black Phoenix Red Phoenix	
7PM – 7:50PM	Patterns Class	Weaponry		Tumbling Class Self Defence	Sparring Class Tournament Sparring	

Note: All programmes include uniform on first joining, grading fees and registration fees
The unlimited programme includes access to all classes (excluding Hyper classes), including weaponry, yoga and Tai Chi

Ninja Cat and Kittens

As many of you are aware, our Dojo adopted a stray cat from the neighborhood shortly after we moved in to the new school.

Shortly after starting to take care of her, we discovered that she was pregnant.

On March 18th Ninja safely gave

birth to 4 beautiful little black kittens, 3 girls and 1 boy. She has been a perfect mother to them, despite being such a neglected cat herself.

Two of the kittens will remain with their mother here at Fire Phoenix. Their names are Taco Cat and Skitty Kitty.

We are

introducing them carefully to people, however Ninja is very protective of them. When Ninja is ready everyone will have the chance to meet her tiny babies for themselves.



Upcoming Events

We have a great set of events planned for the coming months, so be sure to keep up to date on what is happening so you don't miss out on the Martial Arts experiences that are going to move you to the next level in your Martial Arts training.

BOARD BREAKING SEMINAR

On Wednesday May 18th we will be holding a Board Breaking seminar for our Black Phoenix and Adults age students.

Board breaking is an awesome experience. It is a chance to check that your technique is correct, that you are able to focus in the moment to deliver techniques with power, and it is a very satisfying thing to do!

The seminar will take place at 6pm on Wednesday 18th May in place of the Senior Grade class for that week.

The cost of the seminar will be \$30 per person. Please book in for this seminar in advance so we can be sure to have enough wood for everyone who wants to participate.



BLACK BELT EXAM

Our second Black Belt Exam for 2016 will be held on Sunday 15th May. The Exam will start at 2pm and run for several hours.

At a Black Belt Exam, all students are welcome to attend to see what is involved in a Black Belt Exam, and for the senior grades, to participate as partners in the Exam.

Please wear your Martial Arts uniform if you are a student, as this is a mark of respect to the candidate and your school.

All students are very welcome to attend the Black Belt Exam.

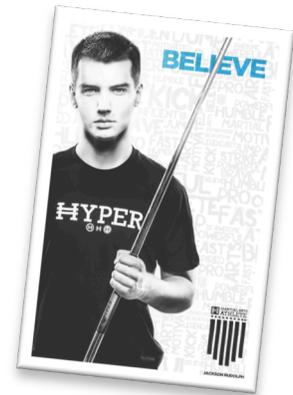
JACKSON RUDOLPH SEMINAR

On Saturday 25th June we are fortunate enough to have arranged a visit from Hyper Athlete Jackson Rudolph for the day.

Jackson is a phenomenal Martial Artist who is a world leader in the use of the Bo and a ground breaker in the study of the Double Bo.

He will be running two seminars for us on the day – a Traditional Bo

staff seminar in the morning, and an Extreme Bo staff seminar in the afternoon. Each seminar will run for 2 hours.



The cost of the seminar is \$50 for one seminar, and a special price of \$60 for both seminars. There are currently very limited places available, however if you would like to join in either session, there are spots available at this stage.

We are also arranging to go out to dinner as a group to the Fujy Yama Japanese restaurant that evening. If you would like to participate in this seminar, please speak to either Sah Bu Nim or Sensei Nik right away.



WI FI AT FIRE PHOENIX

We finally have the Internet connected at Fire Phoenix! It has taken a while but now we have Wi Fi throughout the Dojo. While you are waiting for class, or watching your child in class, please feel free to use our Wi Fi. The network is called Fire Phoenix and the network password is displayed on the noticeboard in the school.

Please be aware that this is a public place, and only have displayed on your screen material that is appropriate for a public place.

MAKE UP CLASSES

Students who are in the once a week or the extended programme are very welcome to make up any missed lessons at any time that suits them.

If you miss a lesson for any reason,

simply look at the timetable and attend an alternative lesson that week, or attend class twice another week.

There is no time limit on making up lessons either.

This means that if you are sick, or another event comes up, don't worry, you do not need to come to class when you are unwell, or miss out on other things because of your regular class time.

This will be useful to note in winter as colds and flus become more common – please stay home if you are unwell and keep our school a healthy environment!

A NOTE FOR PARENTS

Parents please note these two rules that we ask parents to follow at Fire Phoenix. Parents and siblings are not to come onto the mats at any time please. Remain on the wooden walkways and designated seating areas. This is for safety, and also to



help the students in class focus on their lesson.

Secondly, please can parents in the Dojo maintain a respectful silence during the meditation session at the start of class. It is surprising how far noise can travel in the Dojo, and again, it helps out students focus if we can maintain quiet during this part of the class.

UPGRADING YOUR MEMBERSHIP

Students can upgrade their membership at any time to either the extended programme of one Martial Arts lesson per week and one specialty lesson per week, or the unlimited programme. These programmes are great value if you have the interest and the time to commit to your training. You can also change your membership back to once per week if you need to.



The second Fire Phoenix

Black Belt Exam will be held on Sunday 15th May 2016.

At this Exam Luca Corby will be testing for his Black Phoenix Black Belt, and Aaron Corby will be testing for his Red Phoenix Black Belt.

Both Luca and Aaron are well

Black Belt Exam

known students within our school, as they are involved in everything!

Both boys were some of the earliest students of Fire Phoenix, starting their Martial Arts journey in 2011, and training uninterruptedly since that time.

Luca and Aaron are both Assistant Instructors in our school, so they will be familiar to many students from the classes they have helped with.



Both are proficient in

weapons training, Luca favoring the Kama and Aaron preferring the Bo staff, so you will see these weapons featured in the Exam.

The Exam will run from 2pm onwards, and we expect it to last for several hours. Students are welcome to come along in uniform and support these awesome

ISKA Tournaments

Fire Phoenix Martial Arts has been having some great success recently in the ISKA tournaments we have attended so far this year!

We have champions in almost every division in the competition, which is awesome.

Tournaments can be a lot of fun to participate in, and allow students the chance to step up for a special event, and challenge themselves by performing in front of a large group of people. It is also a chance for students to meet and compete against students from other Martial Arts styles and schools.

There are a number of events students can choose to participate in at a tournament, and students can join in as few or many as they choose.

Weaponry Divisions

In the weaponry divisions, there are three main competitions – Traditional Weapons, Extreme Weapons and Showmanship. In the traditional and extreme weaponry divisions, students create their own routine to perform for the judges. In the showmanship category, single or groups of students create a routine that can contain elements of weapons, tricks – any aspect of martial arts that entertains.

Sparring Divisions

In the sparring divisions there are also three competitions – Point Sparring, Continuous Sparring and Clash Sparring. All of these sparring styles are quite different to the sparring that is done as part of the

Fire Phoenix classes, and students who are interested in sparring at a tournament should attend Sensei Nik's tournament sparring class on Fridays at 6pm.

Although the sparring style at ISKA has different rules to in our school, the techniques, footwork and combinations still apply in tournaments, so it is an interesting chance to see how your techniques work against partners who do not always move as your partners in class do.

Fun Divisions

There are also some fun divisions at the tournaments, with the events in this category being the Sword Combat, Sumo Wrestling and Tricking events.

In sword combat students used padded blocking sticks to try and get the most strikes on their partner. In Sumo, students wear protective gear and try to force their opponent out of the ring sumo style. In tricking there are competitions such as highest jump kick, most tornado kicks in one minute.

If you are interested in participating in an ISKA tournament, please speak to Sensei Nik or Sah Bu Nim about what is involved, and what classes you might like to think about attending in order to prepare yourself for the tournaments.

The next tournament will be held in Sydney on Sunday 29th May. If you plan to enter, be sure to register for your events early to avoid late fees.





May 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11 Board Breaking Seminar	12	13	14
15 Black Belt Exam	16	17	18	19	20	21
22	23	24	25	26	27 Belt Exam	28
29 ISKA Tournament in Sydney	30					