

POWER HAPKIDO NEWS

FEBRUARY 2004

FROM BEHIND THE DESK

What happened to January's newsletter? Well like one of many things in life time is a precious resource and I was unable to get one done. This has given me a opportunity though to revamp the existing newsletter to be something more personalised for our club. Power Hapkido.

The past month or two has seen me away from the mats and having to do some work with the Army. I hope people have not thought that because I have been away that my focus is not on the club or that I am abandoning it, I am not. To give you some insight before I did Hapkido I was in the Army, it wasn't through the Army that I met Master Geoff but it was while I was away with the Army at one time was when I made the decision to join the AHG, and to train under Master Geoff. My goal then was to get to where I am now as the Chief Instructor of the AHG VIC. At that time I wanted to get out of the club I was training at and go out on my own, I had decided on doing Hapkido but had a choice of doing Hapkido with two different instructors. One who I had know for a lot longer than Master Geoff and was in Melbourne or there was Master Geoff. My goal at that time was to have my own club and to be the head of the Dojang for VIC.

Besides that I had seen both instructors teach and I was far more impressed with Master Geoff's technical level, If I had of joined with the other Instructor I would have ended up teaching for him not for myself. By having my own club and not teaching for someone else it has allowed our club to get where it is now and beyond. Where we are at the moment though would not have been possible without the guidance of Master Geoff and being a part of the AHG. How does this relate to me, the club and the newsletter ? It may not but I hope it has given you some insight into where the club has come from and informs you to some of the history of the formation of our club.

Now for what's install for this month, well last weekend I travelled up to Sydney for a impromptu meeting for all the AHG regional instructors. The meeting was a great success with it originally being called a restructure of the AHG, I have renamed it as a upgrade. With the upgrade all the different Dojang's around Australia will be working together to make our clubs the pinnacle of Hapkido not only in Australia but in the world. We know what we teach is good but this year we are going to work towards making it better and more enjoyable for you the students to learn. Keep

reading for some of the ideas we are going to implement to improve your training.

Just to give you a bit of a heads up on what is happening this year. April is going to be a special time of year because I am going to grade to 4th Degree. This is what is going to be a part that makes this year the best yet at Power Hapkido. Progression is always a good thing, and as you should be progressing through your belts so should I. As we progress the club grows. In July we will be having our 2nd Hell Week at the Dojang and the dates are yet to be confirmed. October will be another busy time of year with two events happening, the first one is the Hell Week run at the AHG HQ and is compulsory for the candidates who intend to grade to Black Belt in Oct, the next on is the Black Belt Hellweek, this is a Black Belt exclusive week where all the Black Belts from the AHG get together and train. At the end of the week is the Black Belt grading, more details on the grading and that end of the year to come in future newsletters. If you are interested in finding out what is happening I have put a calendar of AHG events on the notice board.

See you on the Mats

John

MASTER GEOFF BOOTH SEMINAR

Saturday the 7th will see the yearly visit to Power Hapkido of Master Geoff Booth.

This yearly seminar gives all the students a chance to meet and learn from the founder of the Australian Hapkido Group. Master Geoff's Hapkido and teaching

is the best around, not only here but abroad.

A seminar will be held on Saturday 7th from 1-4PM. The topic of the seminar has yet to be decided but all adults are welcome. The seminar cost is \$45. Don't miss this opportunity to train with the best.

To confirm if your name is on the list please check at the front counter.



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NEW TIP SYSTEM

We will be looking at introducing a new way of recognising students progression with the introduction of a Tip system for each belt level up to Provisional Black Belt. The way it will work is when you have earned the required amount of signatures on your grading sheet you can see your Instructor to add the tip or tips to your belt. There are 3 tips as you can see for each belt. Tips will be added to the end of the belt on one side where there is no label by the instructor in black tape. When tying your belt with tips on it please ensure that the tips sit on the right hand side. Why the right hand side ? This one I am going to leave for you to ask the instructor in your next class so we can make sure you have read this

n e w s l e t t e r : -)

Belt	1st	2nd	3rd
White	8	16	24
Orange	7	14	21
Yellow	8	16	24
Green	7	14	21
Blue	6	12	18
Brown	6	12	18
Red	8	16	24

BLACK BELT CLUB

Thursday 29th of January saw the initial relaunch of Power Hapkido's BBC 2004. This year the BBC seminars will be held on Thursday nights with the topic being voted for by the BBC members. I have also invited non members to attend the seminars. Groundfighting was the first voted in topic for the BBC seminars and 15 people attended the seminar. I would like to thank everyone who attended and had

fun playing around on the ground, it is really good to get onto the mats and teach a topic with so many interested people. This months seminar is going to be on Thursday 12th and a list of topics for BBC members to vote on will be up on the notice board soon. Over the next couple of months I will be looking at restructuring the BBC so listen out for future updates.



HAWKS PROGRAM

I hope all the Hawks who went on holidays over the xmass holidays had a good time and for the students who have started school this year I hope you are enjoying school and having fun. This months newsletter is primarily focused on the adult programs but just to keep you informed the current project that we are working on for the Hawks program is the

refreshed version of the Syllabus. At the moment we are not looking at changing the techniques on the syllabus but making cosmetic changes to the appearance of the syllabus. This includes individual sheets per belt, some dealing with bullies methods (which we will be incorporating into the classes) and a how to earn tips sheet.

Just as a quick reminder here is the current class schedule for the Hawks program:

Mon	5:30-6:10PM
Thur	6:00-6:40PM
Sat	10:00-10:40AM

FALCONS AND EAGLES

The main news is with the introduction of the new tip system for the adults classes we will be also introducing the same tip system for the Falcons and Eagles classes. With the growth in the Falcons classes we will be working harder on improving the kids classes and boosting up the fun level, so the kids leave with a

sweat on their forehead and a smile on their dial. The next newsletter there will be some more information on future developments of the programs. I would like to welcome Jacob and Jessie to the Falcons classes. Both have progressed out of the Hawks program and have now settled into the Falcons program.

Lately there has been some confusion about class times so here is the current class schedule for the Falcons program.

Mon	6:15-7:00PM
Wed	6:15-7:00PM
Thur	6:45-7:30PM
Sat	10:45-11:30AM

Welcome to Power Hapkido

Welcome to Power Hapkido to the following students
in the past 6 months.

Mitchell Cantlon

Samuel Wilson

Christopher Vaughan

Jesse Illarietti

Adam Chapman

Lachlan Pyne

Savannah Prelorenzo

Kane Chapman

Cameron Ogle

Kane Taylor

Edward Austin

Steven Buise

Jeremy Austin

Justin Mollard

Gabe McGeary

Miles Giddings

Zayden Collings

Julie Collings

David Collings

Tharon Collings

Helen Mason

Jacob Bromley

Will Bromley

Brendon Glennie

Richard Backhouse

David Mair



Happy Birthday To You

Happy Birthday to the following past and present students who have birthdays in January or are going to have birthdays in February.

Colin McBurney

Gary Powell

Mark O'Brien

Peter Rowley

Paul Carroll

Robyn Dempster

Simon Kennedy

Cameron Pollock

Shantelle Lees

Patrick Broughton

Jessica McBurney

Josh Smith

Stephanie Bramich

Grace Kang

Dean Barker

Bradley Lowe

Tony McGoldrick

Andrew Ross

Michael Smith

Emanuel Skoufos

Lianne Hawkins

Bethany Dunn

Mitchell Cantlon

Chris Vaughan

Lachlan Pyne

Keira Tucker



Congratulations to the following people on achieving their following belts



Mark OBrien

Blue Belt

19 Dec 03



Doug Hooi

Orange Belt

19 Dec 03



Adam Chapman

Green Belt

19 Dec 03



Andrei Sosnin

Blue Belt

19 Dec 03



Bruce Gessey

Provisional Black

19 Dec 03



Simon Kennedy

Provisional Black

19 Dec 03



Simon Cowley

Blue Belt

29 Jan 04



David Collings

Orange Belt

29 Jan 04