



Summer 2010



NEWSLETTER

Feb 1-Apr 1, 2010

Richard Marlin's Success Martial Arts Black Belt Academy
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Orientation - White Belt to Advanced Gold Belt				
Basic	4.00-4.30	6.30-7.00	4.00-4.30	6.30-7.00
MC/Leadership	4.00-4.45	6.30-7.15	4.00-4.45	6.30-7.15
Level 1 Orange Belt to Advanced Purple Belt				
Master Club	4.45-5.30	7.15-8.00	4.45-5.30	7.15-8.00
Leadership	4.45-5.45	7.15-8.15	4.45-5.45	7.15-8.15
Level 2 Blue Belt to Advanced Red Belt				
Master Club	5.45-6.30	4.00-4.45	5.45-6.30	5.30-6.15
Leadership	5.45-6.45	4.00-5.00	5.45-6.45	5.30-6.30
Level 3 Brown Belt to Candidate for Black Belt				
Master Club	7.15-8.00	5.30-6.15	7.15-8.00	4.30-5.15
Leadership	7.15-8.15	5.30-6.30	7.15-8.15	4.30-5.30
----- Black Belts -----				
Master Club	6.45-8.00	5.00-6.15	6.45-8.00	4.00-5.15
Leadership	6.45-8.15	5.00-6.30	6.45-8.15	4.00-5.30
Saturday Make-up Class – 10.30am Level 2 and above				

MASTERY SKILLS

Presence

Winning Black Belts learn to direct their attention to the present moment, creating relaxed alertness and appropriate responses in any situation. Though they strive for excellence and plan for the future, they are present in the now. They appreciate what they have and who they are.

No Excuses

Winning Black Belts accept 100% responsibility for their own actions and for the outcomes in their life. They never "externalize" their failures by making excuses for their own performance and results.

LEADERSHIP		
Black Belt Leaders Are Great Communicators		
LEVEL 1	LEVEL 2	LEVEL 3
<i>BO</i>	<i>BO</i>	<i>BO</i>
<i>TECHNIQUES</i>	<i>ANYO</i>	<i>PERFORMANCE</i>

Master Club Curriculum

Block 1 (February 1 – February 27)						
Summer Phase Feb 1 – Apr 1	Orientation	Mastery Skill: "Presence"	Level 1	Level 2	Level 3	Black Belts
	Basic Blocks/Kicks Wrist Grabs Heian No Kata Ichi MC/LP: 6 Blocks		Heian No Kata San	Heian Nidan	Bassai Dai	Seisan
			Down But Not Out 1	Down But Not Out 2	Down But Not Out 3	Ground and Pound (1)
			Footwork	Evasion	Anticipation	Jumping Back Kick
Block 2 (March 1 – April 1)						
Orientation	Mastery Skill: "No Excuses"	Level 1	Level 2	Level 3	Black Belts	
Basic Strikes/Kicks The Fence Heian No Kata Ichi MC/LP: Heaven 4		Heian No Kata Shi	Heian Shodan	Bassai Dai	Seisan	
		Inner Block-Punch-Punch Outer Block-Punch-Punch	Front Kick-RP Roundhouse-RP	Front Kick-RH RP-RH	Ground and Pound (2)	
		Single Sinawali	Double Sinawali	Police Techniques	Spinning Hook Kick	

Inspiring Instructor

I have just received the full list of 35 martial arts instructors worldwide who were awarded EFC 2009 Most Inspiring Instructors awards. Read this list and see if you recognize someone.

USA Rob Olevsky, Matt Kane, Chris Schiele, RJ Lee, Sonja Kuljanin, Jim Greco, David Homer, Kevin Wright, Greg Melia, James Kiang, Sean Sanford, Joseph Passalacqua, Seth Dowdy, Deshi Randy Kessler, Nick Robison, Yusuf Yolda, David Tuttle, Alexis Tearney-Kuhl, Marilyn Lee, Stefanie Gabriele, Carl Young, Larry Childs, Ian Hewitt, Charles Chapman, Eric Romo, Donna Bernardi, Shane Wilson, Matthew Cooper **Canada** Tyler Reid, Ian Cockburn **Australia** Lisa Marx **United Kingdom** Robin Humphreys, Dan Kernahan, Laurie Johnson, Tracy Walker



2010 Summer Term Calendar

Block 1	Feb 1 to Feb 27
Curriculum Classes Commence	Monday February 1
Progress Check	Feb 24 to Feb 27
Paintball Skirmish (16 years and over) \$85 (book at reception)	Sunday February 28, 10am – 1pm, followed by picnic lunch
Block 2	March 1 to April 1
Black Belt Workshop with Master Steve Bjukstad (" <i>Seisai</i> ") (\$10) (Register at reception or on website)	Saturday March 6, 6.30 – 7.30am
Student Appreciation Day (Free)	Saturday March 6, 7.30 – 12.30
Certified Instructor Training (C.I.T) course commences	Saturday March 13
Children's disco (\$10 includes supper and drinks) (book at reception)	Saturday March 13, 6pm – 9pm
Instructor Workshop: "Rock And Water – How To Learn And Teach Communication Skills Through Karate"	Saturday March 20
Coloured-Belt Testing	March 24 – March 27
Tournament Saturday (\$25 includes entry and B-B-Q) Please book in at reception or on website	Saturday March 27
Black Prep Cycle Entry Test	Wednesday, March 31
Belt Presentation Preparation	March 29/30/31
Belt Presentation Ceremony	Thurs, April 1
Closed (Easter weekend is April 2 – 5)	Friday April 2 – Sun April 10

External Tournaments – This Phase

National All Styles Tournament (NAS) Gold Coast	Sunday March 7
2010 Shotokan Karate Cup, Melbourne	Sunday March 28
Australian Open karate Championships, Melbourne	Saturday/Sunday April 9/10

Future Tournament Dates 2010

National All Styles Tournament (NAS) Gold Coast	Sunday June 20
National All Styles Tournament (NAS) Gold Coast	Sunday August 15
NAS State Titles (Gold Coast)	Sunday October 17
NAS National Titles (Perth)	Saturday/Sunday November 27/28

Future Events And Dates

Next Black Belt Grading Friday/Saturday June 25, 26
Instructor's Workshop - "How To Teach Kata For Competition From Scratch" – Edji Zenel, National Kata Coach Saturday May 29

2010 - Social Events

Movie Night	May and July
Lawn Bowls Social Day	April
Family Picnic	June
Beach Training and BBQ	October
Black Belt Spectacular and Annual Banquet	November
Xmas Party - Lismore Ten Pin Bowl	December

Breaking News...

SMA Coup... Bill "Superfoot" Wallace Stretching and Kicking seminar Friday May 21 6pm (The world's greatest ever kicker!)...stay tuned for more details...

