



SMA
Spring Newsletter
 October 4 – December 22, 2011
 sma@successmartialarts.com.au



	MON	TUES	WED	THUR
Orientation - White Belt to Advanced Gold Belt				
Basic	4.00-4.30	4.00-4.30	4.00-4.30	4.00-4.30
MC/LP	4.00-4.45	4.00-4.45	4.00-4.45	4.00-4.45
Basic		6.30-7.00		6.30-7.00
MC/LP		6.30-7.15		6.30-7.15
Level 1 Orange Belt to Advanced Purple Belt				
LP	4.45-5.45	7.45-8.45	4.45-5.45	7.45-8.45
MC	4.45-5.30	8.00-8.45	4.45-5.30	8.00-8.45
Level 2 Blue Belt to Advanced Red Belt				
LP	5.30-6.30	7.00-8.00	5.30-6.30	7.00-8.00
MC	5.45-6.30	7.00-7.45	5.45-6.30	7.00-7.45
Level 3 Brown Belt to Black Belt Prep Cycle				
LP	7.30-8.30	5.30-6.30	7.30-8.30	5.30-6.30
MC	7.30-8.15	5.30-6.15	7.30-8.15	5.30-6.15
----- Level 4 Black Belts -----				
LP	6.30-7.30	4.30-5.30	6.30-7.30	4.30-5.30
MC	6.30-7.15	4.30-5.15	6.30-7.15	4.30-5.15

Closed Saturday Sept 24 – Monday Oct 3

Holiday timetable - Tues Oct 4 to Thur Oct 6

	Tues	Wed	Thur
Orientation	4.45pm	5.45pm	4.45pm
Level 1, 2, 3, BB	5.45pm	4.45pm	5.45pm

MASTERY SKILLS
The Power of the Mind
Positive Self Talk

I practice being aware of my "inner dialogue" so I can control and direct it in support of my goals and my energies.

Visualisation

I practice anchoring success by visualising my dreams and desires, and by mentally rehearsing the successful outcome of activities.

LEADERSHIP WEAPON – KAMA
Leadership Skills:
The Power of Communication

Spring Phase 2011 Master Club Core Skills Curriculum

	Beginners	Level 1	Level 2	Level 3
Kata	Heian Shodan	Heian No Kata San	Heian No Kata Shi	Heian Nidan
Arnis	Heaven 6, Earth 6	Redonda on Canes	Redonda- Single Sinawali	Redonda- Rampillon

Calendar

Classes commence (Mon Oct 3 Labor Day public holiday)	Tuesday Oct 4
Black Belt "Kohai" Leadership Course	Saturday Oct 15
NAS State Titles	Sunday Oct 23
Progress Check	Nov 7-10
Edji Zenel Kata Seminar	Saturday, Nov 12
Free Student Appreciation Day	Saturday Nov 19
Inhouse Tournament	Saturday Nov 26
NAS National Titles	Sat/Sun Dec 3/4
New Student Welcome Party	Friday Dec 9
Black Belt Circle of Victory	Sat Dec 10
Black Belt Extravaganza – Lismore Workers Club	Thursday Dec 15
Belt Presentation	Thursday Dec 22
Closed Friday 23rd Dec	Re-open Monday Jan 16, 2012