

Welcome back in 2011 to all Karate-Do , Tai Chi Chuan and Chi Gong students. Hope you had a nice break over the xmas/new year period and are feeling refreshed and enthusiastic to learn something new in your martial arts training.

Please note changes to fees :

*Nightly training fees for 2011 will be \$10 for all adult classes & \$7 for kids Karate class . Yearly PCMA memberships for all students will be reduced to \$25. Students that have paid recently will not have memberships due for 2 years.*

Martial arts have been practiced in some form for thousands of years , the methods practiced for developing the body ,mind and spirit have been developed over this time. It is not possible in one lifetime to learn what people have known for many centuries , however with discipline and perseverance we can learn enough to greatly enhance our health , wellbeing and of course our self defense abilities. Traditional martial arts are not a fad fitness or health exercise , the ability to keep yourself healthy and to heal or defend yourself or others is something that requires tremendous effort , study and practice to achieve what you may think presently is unobtainable. Do not be in a hurry to learn as haste will nearly always mean missed meaning , take your time , practice daily if possible , be humble and the benefits will eventually appear. Training must incorporate all aspects of Body , Mind and Spirit , if one is missing you will be incomplete. There is so much to learn it is truly something to pursue for the rest of your life , good luck with the pursuit !



Shotokan Karate students practicing Yoko Geri (side kick)

To contact PCMA club instructors :Andy Law on 0409 871 305 or home 0458 871 305 or email andyl@activ8.net.au . Karen Law on 0438 871 188 or email karenl@activ8.net.au. Scott Griggs on 0429 139 937 or home on 56 871387

## Tai Chi travels 2011

The International Martial Arts games are being held in Taillin , Estonia commencing Feb 22nd. Grandmaster Eng Chor Khor is taking a team of 4 to represent Australian Tai Chi and to perform demonstrations on the world martial art stage. Andy is privileged to be invited and will be travelling to this event to perform Tai Chi demonstrations and to act as a judge for Karate competition during the week long tournament. It is an honor and excellent recognition for the instructors and students of Prom Coast Martial Arts club.

On March 28th Andy & Karen along with 8 Tai Chi students will be travelling to Yanshuo , China for a 19 day trip to take in the amazing sites of this area and to take part in daily Tai Chi training with our master in Yangshuo , Master Yang Dong Bao. This will be great experience for students to study Chen Tai Chi and Chi Kung under such an incredible martial artist. Master Yang was born into a martial art family , training in various internal and external styles for his entire life , his skills really are exceptional.



Well done to Tania Bird and Jen Cocksedge. Pictured after receiving certificates for successfully completing Tai Chi Chuan Yang 108 form.

*Congratulations to students who received grading / certificates during 2010.*

**Karate :** Naomi Pratt , Peter de Garis , Nicole Cooper , Harvey Griggs , Lochie De Garis , Toby Humphrey , Matt Campbell , Leon Wake , Xavier Evans , Emma Henley , Keiffer James & Brady Mitchell

**Tai Chi :** Terry and Ros Noyes , Danny and Coral Raby , Tim Farrell , Gabby Buckland , Nicole Cooper , Lorraine Brown , Anne Stride , Tania Bird , Jen Cocksedge , Karla Kilby , Kaye Stone , Judy Barry , Robyn Stevens & Sheila Hill

*Gradings are not meant to be easy and are earned through perseverance and consistent training.*

*Hope we see more in 2011!!!*

## Tai Chi Chuan

**Training venues , dates , times.**

- Monday mornings: Sandy Pt Community Hall (on beach if weather suitable) @ 9 till 10 am.
- Monday evening : Foster High School Gym Hall @ 6 till 7 pm
- Tuesday evening : Inverloch Community Hub Centre @ 7 till 8 pm
- Wednesday evenings : Fish Creek Hall @ 6 till 7 pm
- Thursday : Toora Hall @ 6.30 Till 7.30 pm

## Shotokan Karate

**Training venues , dates , times.**

- Monday evening : Foster Hall , Junior class @ 6 till 6.45 pm and Adult class @ 7 till 8 pm.
- Monday class : Sensei Scott Griggs 3rd Dan
- Wednesday evening : Fish Creek Hall , Junior class @ 6 till 6.45 pm and Adult class 7 till 8 pm
- Wednesday class : Sensei Andy Law 3rd Dan

## 2011 Term Dates

- Term 1—Feb 2nd till March 25th
- Term 2— April 27th till July 1st
- Term 3— July 18th till Sept 23rd
- Term 4—Oct 10th till Dec 15th



Practice with Master Yang in Yangshuo