

Hi everybody,

The semester is finally over and I'm sure that we all deserve a well earned break. But university break doesn't mean a taekwondo break! Training will continue as normal throughout the holidays so keep coming to trainings to keep that winter fat at bay.

Preparations for Australian Uni Games have started and for the coming weeks, we will be amping up the training difficulty and providing new training and practise opportunities to all members so get excited!

#### AUG tryouts

We will be holding sparring tryouts for our AUG taekwondo team on the 29th June, and 4th July. For those who are scheduled to fight, please arrive on time on the day at 3.45pm at the Games Hall at Monash sport. Please inform Shona Smith (Team Manager) if you cannot make your bout for any reason. **Reminder:** Shin, arm and mouth guards and groin guards (for men) are compulsory when sparring.

Additionally weigh-ins have started for AUG competitors that will occur every training to keep track of your weight so that we help you meet your target weight by AUG's. If haven't dieted before or need help or advice in dieting healthily, don't hesitate to talk to our team manager Shona Smith or one of our experienced AUG competitors within the club.

#### Fundraiser BBQ

Thank you to all the volunteers who braved the wind and cold to help out at our fundraiser BBQ's. Our next BBQ will be on July 9th and 10th at Officeworks Chadstone. Please volunteer if you are available, however if you can't, come down and have a chat with us! All funds will go towards subsidising our Australian Uni Games in Perth this year!

#### May Open Invite training summary

Monash Taekwondo Club held their first open invite training for this year on the 29th of May. Members from all University Taekwondo Clubs were invited for a joint training at Caulfield Monash Sport. This was a great opportunity for everyone to improve their skills and gain sparring experience! Thank you for all the universities who came along to our open invite training!

### **Upcoming events**

#### Victorian inter uni championship (VIUC)

On August 14th, Monash University Taekwondo Club will be hosting the Victorian Inter uni championship (VIUC). This will be held at Caulfield in the Chisholm Hall from 9:00am-5:00pm and will be \$50 to compete in both sparring and poomsae, or \$40 to compete in one category. All students of Melbourne University, RMIT, LaTrobe University, Swinburne University and Victoria University taekwondo clubs have been invited to compete. All AUG competitors are highly encouraged to participate as this will be an excellent way to gain experience in a competition style format, and will hopefully give you the chance to spar someone you have not fought before.

Please be on time to help us make sure there is time for everyone to get at least one fight. Participants will spar another competitor of a similar weight and belt level. Please wear FULL uniform and bring all your guards including your mouth guard. We will follow competition

structure where possible, therefore if you do not have your all of the required guards for your category you **will not be allowed to participate**.

We will be sending out registration forms in the next few weeks so keep an eye out on our [Facebook page](#)

#### TKD Ball - Secret Garden Masquerade

It's the event we've all been waiting for:

Tickets are quickly disappearing for the annual Inter-University Taekwondo Ball!

Join your long-time Monash chums as well as fellow TKD-ers from La Trobe, Melbourne Uni, RMIT, Swinburne and VU as they trade their Doboks for dress wear on Friday August 19th.

Starting with dinner and dancing at the Lincoln of Toorak and closing with an epic after party, this event is not one to be missed. Get in before August 7th for an early bird \$100 ticket - but be sure to book your ticket before sales close on August 12th.

Get all your mates on board and head over to the Facebook event page at [www.facebook.com/events/492592384278972/](http://www.facebook.com/events/492592384278972/) for more details and ticket information!



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See you at training!

The Monash University Taekwondo Club

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**W:** <http://www.monashtkd.org.au>

Socialise with us.

