



Geoff

Bennett

Martial

Arts

International

NEWSLETTER

December 2009

Training Times

Mondays/Fridays (6.00-8.00 pm)
Bass Hill
Bankstown

Tuesdays (6.30-8.30pm)
Blacktown PCYC
30, 2nd Avenue
Blacktown

Wednesdays (6.00-8.00pm)
Saturdays(1.30-4.00pm)
PCYC Eastern Suburbs
26A Bunnerong Rd
Daceyville



Christmas Gathering

GBMAI students are invited for our usual get-together after the last training session of the year.

Day & Date: Saturday, 19 December 2009

Time: 5.30pm

Venue: King Gourmet, 730 Anzac Parade, Kingsford

RSVP: 12 December 2009

GBMAI will be closed for the Christmas and New Year. Last training date for 2009 is 19 December. Training will resume on:-

Daceyville: Wednesday, 13 January 2010

Bass Hill: Monday, 1 February 2010

Blacktown: Tuesday, 2 February 2010

Postal Address:
PO Box 7048, Bass Hill, NSW 2197
Tel: 9644 9376; Fax: 9786 4466
Mobile: 0405 575937
Website: www.martialarts-int.com.au

Welcome New Members

GBMAI welcomes the following new students:-

Deepak Basrai (Blacktown)



A **Happy Birthday** wish to the following members who will be celebrating their birthday in December:-

Alvin Kan (Blacktown)



Membership Due

The following members please note that your membership is due this month:-

Sonia Isaacs (Daceyville)



Training at **Bass Hill** is as follows:

Week 1: 7 December

Week 2: 14 December 2009



Only one training session to be held in Blacktown PCYC that is on 15 Dec. Training is cancelled due to work commitments. Our apologies for any inconvenience.



Changing Room facilities

Once again, students are advised to utilise the new changing room facilities available at both PCYCs in Daceyville and Blacktown. *The training hall is not your personal changing room and we do not wish to show disrespect to our seniors and visitors.*



Training syllabus for 2009/2010

Bankstown (Mondays/Fridays) & Blacktown (Tuesdays)

Week	Date	Lessons
23	1 Dec 09	Long pole/spear, Groundwork/Exercise , Weapons
24	8 Dec 09	Punch / Blocking, Kicks/Stretching , Stick/Knife
25	15 Dec 09	Forms, Sparring , Long pole/spear
26	22 Dec 09	Groundwork/Exercise, Forms , Sensitivity/Sticky hands
27	29 Dec 09	

Daceyville (Wednesdays & Saturdays)

Week	Date	Lesson
23	2 Dec 09	Long pole/spear, Groundwork/Exercise , Weapons
	5 Dec 09	Sparring, Stick/Knife , Groundwork/Exercise
24	9 Dec 09	Punch / Blocking, Kicks/Stretching , Stick/Knife
	12 Dec 09	Sensitivity/Sticky hands, Long pole/spear , Kicks/Stretching
25	16 Dec 09	Forms, Sparring , Long pole/spear
	19 Dec 09	Technique, Punch / Blocking , Sparring
26	23 Dec 09	
	26 Dec 09	
27	30 Dec 09	



