

## Self Defence

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### BOXING

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Boxing classes at HPCYC are primarily geared for those who ultimately wish to learn the technical aspects of boxing with a view to competing with boxing Tasmania or coaching amateur boxing. It incorporates physical, technical, tactical and mental components of fitness.

**The age for competition is 11 years to 34 years.**

**Monday & Wednesday 6 pm - 7:30 pm.**

**Fri 6pm- 7:30 pm (experienced)**

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### JUDO

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The classes themselves start with a period of limbering up exercises followed by the art of break falling or Ukemi. The art of Ukemi is unique to Judo and is the most important aspect of training - the ability to fall correctly when being thrown by someone else in the class or in a real life situation.

As soon as break falls are performed safely, students are introduced to throwing techniques, holds and grappling on the ground. In addition, depending on the age of the student, strangles and arm locks are introduced. As the student progresses through the grading system, the student can reach an extremely high standard of physical and mental fitness. Excess weight will have disappeared, and he/she will have gained prolonged stamina and the ability to function under pressure for long periods. Judo also develops and enhances co-ordination, balance, speed and reflexes.

Judo is for all ages and means literally "Gentle Way" Skill in self defence is naturally developed as the student develops.

**Classes are held for anyone 7 years of age upwards.**

**Junior Tuesday 5.30pm - 7.30pm**

**Senior Tuesday & Thursday 5.30pm - 7.30pm Saturday 2:45pm - 4.45pm**

**Beginners Friday 5pm - 6.15pm**

**Instructor: Chris Willing**

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## MUAY THAI KICKBOXING

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Learn the art of freestyle kickboxing incorporating punches, kicks, knees & elbows, plus basic fight & fitness training. Get stronger, get fitter and learn how to defend yourself. Fun and friendly classes with an experienced instructor. Bags, pads & gloves provided.

All ages & fitness levels welcome. Please bring a water bottle, towel, & no trousers past the ankle. Be surprised at what you can do!

**Mondays & Wednesday Nights: 7.30pm - 8.55pm,                      Ages 14+.**

**Instructors: Ana Xepapas & Matthew McKellar Spence**

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## GOJU-RYU KARATE

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The club teaches Goju-Ryu karate. Go-ju means hard-soft: the emphasis is to be soft and yielding when your opponent is being hard or attacking, and to be strong and powerful when the opponent is soft and committed.

Karate training emphasises fitness, stamina and self-defence along with development and strengthening of character. Training typically involves basic callisthenics, karate movements and techniques, kata and several forms of sparring.

Whether viewed as a sport, a means of physical fitness, or a pure martial art, Goju-Ryu karate offers the opportunity to learn, grow, gain self confidence and strength of character, along with a powerful self defence capability.

The Tasmanian Goju-Ryu Society has been operating at the Hobart Police & Community Youth Club since the early 90's.

More info can be found at [www.tasgojuryusociety.com](http://www.tasgojuryusociety.com)

**Monday - 4.30-6.00pm (Dojo)**

**Thursday - 5.30-7.00pm (Freeman Hall)**

**Saturday - 3.00-5.00pm (Freeman Hall)**

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## **NINJA KIDS**

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Ninja Kids is a class that is designed for children aged 6 to 13 years and aims to teach authentic and realistic self defence skills instructed in the traditional arts of the ninja in a fun, lively manner with games and scenarios.

Students will learn rolling, breakfalling, running and leaping skills as well as the ninja way of unarmed defence, defence against weapon attacks, hiding, concealment and avoiding dangerous situations.

**Thursdays and Fridays 4pm to 5pm**

**Instructor: Alistair Taaffe**

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## **BUJINKAN TAIJUTSU**

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Bujinkan Taijutsu is the ancient martial art of the Samurai. The Bujinkan Hobart Dojo is a part of the world wide Bujinkan Dojo Organisation, which is headed 'Hatsumi Soke' in Japan. The Bujinkan incorporates the only three Ninjitsu styles in the world, and this is recognised by the Japanese Government. These styles are: Togakure, Ryu, Kumogakure and Gyoshin Ryu. It is the desire of the Bujinkan Hobart Dojo to present to the public the true essence of Ninjutsu and to repair the damage done by the gross stereotypical image shown in most movies and perpetuated by those bogus "Ninja Schools" who exploit the image.

The Dojo offers training in traditional waza (techniques) that are suited primarily for self defence weapon skills, and cover a wide spectrum. Training involves striking and grappling techniques.

**Tuesdays 7:30pm to 8:55pm**

**Fridays 6:15pm to 8:55pm**

**Instructor: Kirk Devereaux - Shidoshi (Senior Instructor)**

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## **AIKIDO (AIKI-KAI AUSTRALIA)**

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Aikido is a modern Japanese martial art that was developed by the late master, Morihei Ueshiba (O'Sensei). The methods of training in Aikido are based on O'Sensei's belief in 'austere training for the sake of improving the human spirit through tireless polishing and perfection of mind and body'.

In accordance with O'Sensei's ideals, the art has been kept separate from sports, in which one person competes with another. Because winning and losing are never a concern, trainees are free to dedicate their efforts to practice the multitude of techniques until rational and unforced movements flow naturally from within the body.

Students join our national organisation, Aiki-Kai Australia, which is a member of the International Aikido Federation and is the Official Australian Representative Organisation of the Aiki-Kai Foundation & Aikido World Headquarters, Japan. Our organisation was founded in 1965 by Sugano Shihan who continues to train & teach today.

Students of our dojo are able to train in any Aiki-Kai dojo around Tasmania, Australia & overseas.

### **Class Times**

**Monday 7.30pm - 8.45pm**

**Thursday 7.30pm - 8.45pm**

**Saturday 10.30am - 12.00**

Classes are held for anyone 13 years or older

### **Main Instructors**

**Kaye Jenkins Sensei, 4th Dan.**

**John Wright, 2nd Dan**

**Marion Artis, 2nd Dan**

New trainees are asked to watch one lesson before joining the class.

Beginners are welcome at all our classes, but there is often the chance to focus on basic techniques on Saturday mornings.

**For more info contact Marion on**

**0419 155 554 or [aikido.tas@gmail.com](mailto:aikido.tas@gmail.com)**

**or visit [www.aikido.org.au](http://www.aikido.org.au)**