

JOON NO'S TAEKWONDO

since 1981
NO LIMITS!



Reflections
2011

Reflections, introduced in 2007, is our annual compilation of Joon No's Taekwondo's achievements and events throughout the year.

In 2009, we introduced **Reflections** in video and this is available on our Facebook Page.

As each year comes and goes quickly, **Reflections** provides club members with many fond memories as we reflect each year's achievements.

We are pleased to bring you **Reflections 2011** and we hope you enjoy it.

5th Commonwealth Championships Chennai India 24 January–2 February 2011

With 5 athletes and 2 coaches on the Australian team for the 5th Commonwealth Taekwondo Championships, Joon No's Taekwondo once again, was the highest represented club on the team.

The team performed extremely well, with all 4 juniors bringing home bronze medal each.

Our team travelled to Chennai India on 24 January via Bangkok, arriving in India on 26 January.

The competition started on 28 January with Poomsae Competitions. Grandmaster No was appointed Chairman of the Referee Board, and held seminars and training for the referees on poomsae scoring as well as managed the poomsae competition on the day.

Day 2 was the start of the excitement with Jerome, Bryanna and Benecia competing. With 12 countries competing, and India being host country with a number of athletes in each weight division, competition was tough.

Jerome had 4 fights and faced Malaysia in the first round, beating him 2-1 and advanced to Quarter Finals. Facing England, Jerome lost 5-4 to England with a controversial head kick awarded to England and unfortunately missed out on a medal.

Benecia fought India in both the quarter finals and semi finals, beating India 7-0 in the quarter finals, and lost her fight in the semi finals 10-2.

In the quarter finals for Bryanna, India was disqualified, and Bryanna advanced to the semi finals where she faced India again and had a

5th Commonwealth Championships Chennai India January 24-2 February 2011

controversial head kick score to India. Carrying a leg injury, Bryanna put up a great fight, and drew 6-6 to sudden death round, with a 4 points score turning kick to the head. Unfortunately she lost by penalty points for falling as a result of her injury.

Our last 2 competitors Kanica and Michael fought on Day 4, last day of the competition where they faced India in all fights.

Kanica won India in the quarter finals 3-0 with an impressive head kick in the 3rd round and lost in the semi finals 3-2 to India.

Michael put up a good fight in the semi finals fight against India, who was a strong opponent. He drew 4-4 to sudden death round, after an exciting and heart pumping 3 rounds. Unfortunately sudden death ended with no score and controversial referee decision went to India.

Whatever the outcome, it was a great experience for our team, and a great success. Congratulations to all!!



5th Commonwealth Championships Chennai India 24-2 February 2011



Demonstration Day 5 February 2011

To usher in the Year of the Rabbit as part of Chinese New Year celebrations, the Korean Society of Victoria once again, invited Joon No's Taekwondo to hold a Taekwondo demonstration on 5 February 2011 at the Boxhill Aqualink.

The demonstration was performed by our small team of Black Belts, covering Poomsae, Self Defence, Sparring, Kicking and Hand Techniques, and Board Breaking. Grandmaster No personally demonstrated magnificent self defence skills with Jerome, drawing much applause from the audience.



Fundraising event 13 February 2011

Our first fundraising event held on 13 February where we had Garage Sale, Sausage Sizzle and Car Wash was a great success.

With great appreciation, we thank our club members for their participation, support and donation, in one way or another.

Held at our Kew club, we had a number of club members turning up to grab a bargain from the garage sale, have their car washed at the same time, and having a sausage as well.

It was a great family day out together, with their dogs as well.



30th Anniversary Photo Shoot & Poomsae-a-thon 3 April 2011

To commemorate Joon No's Taekwondo 30th Anniversary in 2011, 70 club members and family members gathered at the impressive Fairfield Amphitheatre for group photos on Sunday 3 April 2011.

We were extremely lucky to have good weather though showers were forecasted and weather had been unpredictable during the week.

Master No thanked club members for supporting the event and the club over the years, and gave a speech on how Joon No's Taekwondo came about 30 years ago.

We then had our very own first poomsae-a-thon to raise funds for club members to international competitions. Being the highest represented club in most benchmark events, fundraising has become a focus for our club, to enable our club members to be able to participate in these events continuously. 20 amazing and dedicated club members participated raising a total of \$882, and we paid out \$172 worth of prizes.

This was then followed by creative poomsae with our 30th anniversary T shirt for our year end music video.

By that time, everyone was hungry and settled down to enjoy delicious BBQ, relaxing on the banks of the Yarra River.

It was another great family day out and a successful event, thanks to club members who turned up for the event!

30th Anniversary Photo Shoot & Poomsae-a-thon 3 April 2011



6th CK Malaysia Open Kuala Lumpur 10-20 July 2011

Grandmaster No, as Head of Australian Team led a team of 23 competitors and family members to Kuala Lumpur for the 6th CK Malaysia Classic Taekwondo Championships from 10 to 20 July. Joining our team was representation from K-Tigers Taekwondo.

The 6th CK Malaysia Classic Championships had over 800 competitors with representation from Australia, Indonesia, Hong Kong, India, Sri Lanka, Thailand, Kazakhstan and Malaysia. Competition was tough with average 15 competitors each weight division.

It was a valuable experience for all our competitors with some great results. This was the first international competition for most of our team members. Congratulations to all.

Joon No's Taekwondo / K Tigers
Overall Champion - Seniors Division

Gold Medal Winners (Sparring)

Daryl May Male Super Junior Light Weight

K Tigers : Dean HyunWoo Jeong Male Senior Light Weight

K Tigers : Teddy JuangHun Lee Male Senior Bantam Weight

K Tigers : Sean MinSeop Song Male Senior Feather Weight

K Tigers : YunSu Jeong Male Senior Fin Weight

Bronze Medal Winners (Sparring)

Benecia Cheong Female Junior Fin Weight

Kanica May Female Junior Bantam Weight

Alexandra Cutting Female Senior Feather Weight

K Tigers : Jayden DaSeung Mun Senior Heavy Weight

6th CK Malaysia Open Kuala Lumpur 10-20 July 2011

Silver Medal Winners (Poomsae)

Individual Female : Benecia Cheong

Team Female : Benecia Cheong . Bryanna Cheong . Kanica May

Bronze Medal Winners (Poomsae)

Individual Female : Bryanna Cheong

Mixed Pair : Benecia Cheong . Jason Wynn

Mixed Pair : Bryanna Cheong . Callan Hatherley

Mixed Pair : Kanica May . Daryl May



JNT LajuST Open Championships

Our JNT LajuST Open Championships, held every quarter, provides excellent competition experience for our club members, both new and Tiger Team members. Club members are strongly encouraged to participate to experience competition in a relaxed and friendly environment. We have had 10 successful Open Championships over the last 4 years, with participation from various clubs across Australia.

Join us at our next championships!



Australia Open & Nationals Championships

The 2011 Australia Open & National Championships held at the Gold Coast Carrara Stadium was a huge success for our team, as we proudly brought home 8 Gold, 7 Silver and 7 Bronze.

This was an excellent opportunity for our first time colour belts competitors to gain experience.

Congratulations to all our medal winners !!

Gold Medal Winners (Sparring)

Kanica May Female Black Belt 14-17 years
Benecia Cheong Female Black Belt 14-17 years
Daryl May Male Black Belt 12-13 years
Alexandra Cutting Female Red Belt Senior
Clinton Kew Male Red Belt 10-11 years
Jack Yates Male Red Belt 10-11 years
Nellie Yates Female Red Belt 8-9 years
Craig Casbolt Male Yellow Belt Senior

Silver Medal Winners (Sparring)

Callan Hatherley Male Black Belt 12-13 years
Adam Soo Male Blue Belt 14-17 years
Nathan Meador Male Blue Belt 14-17 years
Jonathon Morrissey Male Blue Belt 12-13 years
Amber Hansson Female Red Belt 10-11 years
Jack Yates Male Red Belt 10-11 years (second event)

Australia Open & Nationals Championships

Bronze Medal Winners (Sparring)

Bryanna Cheong Female Black Belt 14-17 years

Samantha Smith Female Red Belt Senior

Shaun Taggart Male Red Belt Senior

Shaun Taggart Male Red Belt 14-17 years

Thomas Diamond Male Blue Belt 12-13 years

Kye Casbolt Male Blue Belt 10-11 years

Brenton Reid Male Yellow Belt 14-17 kg

Silver Medal Winners (Poomsae)

Clinton Kew



Fitness & Training Camp

Our JNT Fitness & Training camp was held during the school holidays from 1-3 October. Though challenging and tough, every one enjoyed the camp very much. Learning break fall and grabbling techniques were new to most of the participants, and the older ones were extremely happy and excited with having mastered the techniques !!



"Under The Sea" Year End Party

The 30th year is often considered as the "Pearl Year" and we celebrated our 30th year "UNDER THE SEA". More than 30 club members dressed to theme, coming as SpongeBob, Squid, King Neptune, Jelly Fish, Octopus, Mermaid, Scuba diver, Snorkeler etc.

Held at the Yar restaurant on 13 November, we had a fantastic buffet spread of Japanese and Korean food.

This year's Reflections 2011 video, as part of our 30th anniversary special, featured interviews from various club members and ending off with our very own music video, with coverage from our poomsae-a-thon held in April, dubbed with Kung Fu Fighting music.

The best dressed contest showed case some interesting and innovative costume, with first prize \$50 gift voucher going to Oscar Li as squid, second prize \$30 gift voucher to Jerome Tseitlin as SpongeBob and third prize \$20 gift voucher to Jonathon Morrissey as King Neptune. Our Guess the Number of Shells game winner was Melinda Marriotti, and was awarded a treasure chest of gold coins.

Master No gave out awards to our Instructors and competitors for their support and participation in 2011, with the year being the most eventful one so far. After the awards, we surprised Master No with a birthday cake and song.

The exciting afternoon ended off with Karaoke with our talented club members entertaining all with their great singing.

As we reflect on a successful and eventful 2011, we look forward to yet another year of challenges and excitement.

"Under The Sea" Year End Party

2011 Instructors Awards (in alpha order)

Adrian Chee . Alexander Khun . Brian Cheong . Brian Considine .
Darryl Obelt . Gerry Ismail . Jackie Smith . Jerome Tseitlin . Ken Tu .
Nuvolari Seneviratne . Patrick Caulfield . Phil Owens . Sam Tarascio .
Stephen Carter . Terry Wangman

Competitors Award

Best Sparring

Alexandra Cutting : Malaysia Open, Russia Open, National Champion
Benecia Cheong : Commonwealth India, Malaysia Open, National
Champion
Bryanna Cheong : Commonwealth India, Malaysia Open
Callan Hatherley : Malaysia Open
Clinton Kew : National Champion
Craig Casbolt : National Champion
Daryl May : Malaysia Open, National Champion
Jack Yates : National Champion
Jerome Tseitlin : Commonwealth India
Kanica May : Commonwealth India, Malaysia Open, National
Champion
Michael Metaxotos : Commonwealth India
Nellie Yates : National Champion
Patrick Caulfield : Malaysia Open

Best Attitude

Adam Soo . Amber Hansson . Brenton Reid . Jonathon Morrissey .
Katharina Alf . Kye Casbolt . Nathan Mealor . Shaun Taggart .
Samantha Smith . Thomas Diamond

"Under The Sea" Year End Party

