

JOON NO'S TAEKWONDO

since 1981
NO LIMITS!



Reflections
2010

Message

A warm welcome back and wishing all club members a very Happy New Year.

2010, the year of the Tiger, was predicted to be a year of uncertainty and challenges. It has indeed been a dynamic year for Joon No's Taekwondo, perhaps one of our most eventful one, with more achievements.

We ushered in the Year of the Tiger with an invitation by the Korean Society to do a demonstration as part of their Chinese New Year celebrations.

In March, 4 of our athletes represented Australia at the World Junior Championships held in Tijuana, Mexico. This was a remarkable achievement, with Joon No's Taekwondo being the highest represented club on the Australian Team.

Our Burwood Branch opening in 2010 reinforces our continued commitment and success. We held our Open Day on 23 May, with classes beginning 1 June.

We then had various Selections events for WTF benchmark events. I was very pleased with Jerome's performance at the World Cup Selections where he came in first place, and represented Australia at the World Cup Taekwondo Team Championships in Urumqi, China in July. This was followed by the Selections event for the Commonwealth Championships. Once again, our club is the highest represented club on the Team, who will travel to Chennai, India in January for the Championships. I am extremely grateful to club members who donated funds or assisted in fundraising events for this Commonwealth Championships, without which, the Team may not be able to participate in the event.

In October, at the Taekwondo Australia Nationals Championships, I am proud of our club members who brought home 21 medals, representing 91% of competitors who medaled. The competition was tough especially for the Black Belts categories, with large number of competitors in various weight categories.

During the year, we had 3 successful LaJUST competitions in May, August and November, providing our club members with competition experiences, especially newer members and members not on the competition team. I thank our referees, parents and club members for their assistance at our LaJUST competitions.

On 21 November, we held our annual celebrations and awards party, with a Black and White Theme. Another successful event with everyone enjoying the afternoon with great food and entertainment, finishing off with Karaoke singing.

I hope you enjoy [Reflections 2010](#).

As we bid 2010 farewell with fond memories, I look forward to another exciting year ahead. 2011 is an important milestone for Joon No's Taekwondo as we celebrate 30 years of excellence and achievements. I thank you all once again for your continued support and participation and continuing our journey in 2011.

Grandmaster Joon No
Head Instructor
Joon No's Taekwondo

2010 Demonstration Day

As part of their 2010 Chinese New Year Celebrations, the Korean Society of Victoria invited Joon No's Taekwondo to hold a Taekwondo demonstration on 13 February 2010. 30 members of JNT's demonstration team displayed various magnificent Taekwondo techniques and skills at Aqualink Box Hill.

The team started off with different kicking techniques on mitts. This was followed by poomsae performances from the Tiger poomsae team. Jason Wynn, Oscar Sturm and Jessica Wynn performed Taeguk 7, followed by Christina No, Jack De Highden, Benecia Cheong and Bryanna Cheong with Taebak.

Holsinsul was next with each team member showing different self defence techniques. Following this, Grandmaster No personally displayed very impressive self defence techniques attracting much applause from the audience. He showed each technique in slow motion, then with actual speed on delivering the techniques, bringing the opponent down.

The board breaking session also drew great response from the audience each time the boards were broken. Each person in the team displayed different hand and foot techniques to break the board consecutively. This was followed by 4 senior members displaying special board breaking kicks. Alexander Khun's start with the triple kick, followed by Nuvolari Seneviratne's 540 kick, Rudolph Nune's flying side kick, and Reza Attai's back flip fascinated the audience.

Last but not least, the team demonstrated sparring techniques and skills that are being applied at sparring competitions.

Before the session ended, the audience was introduced to Kanica May, Bryanna Cheong, Michael Metaxotos and Kostan Ioannou who are representing Australia at the 2010 World Junior Championships held in Mexico on 6 to 9 March.

We thank the Korean Society of Victoria for their invitation and JNT Demonstration Team for their participation and support.



2010 8th World Junior Taekwondo Championships, Tijuana Mexico

4 JNT Tiger Team members represented Australia at the 8th World Junior Taekwondo Championships held in Tijuana Mexico from 6 to 9 March, which had over 700 competitors from 96 countries.

Despite no medals were won by the Australian Team, Grandmaster No as Head Coach was pleased with the performances of our athletes. The athletes faced tough competitors from some very strong countries and had gained invaluable experience.

Kostas Ioannou and Bryanna Cheong fought on Day 2. In the Under 73 kg division, Kostas beat Indonesia 3-2 in his first fight, and then lost 5-4 to Brazil in a controversial additional back kick score not awarded to him. Bryanna Cheong lost 14-5 to Thailand in the Female Under 44kg division.

In Day 3, Michael Metaxotos went on to quarterfinals, just missing out on a medal. He defeated Philippines 10-4 in his opening Male Under 45kg match, followed by an impressive 7-3 victory over Mongolia. In the quarterfinals he lost to Mexico champion, 17-1. Kanica May lost 12-7 to Thailand in the Female Under 42kg division



2010 Burwood Open Day

Our new branch opening at Burwood on 23 May 2010 marked another milestone of Joon No's Taekwondo. Located at Bounce Squash & Fitness Centre 118 Highbury Road, Burwood branch is one of our club's main centres, with classes operating everyday from 1 June.

With plans to bring in qualified and experienced instructors from Korea, as well as supporting Korea's university students exchange program, Master No aims to bring to club members different training exposure, especially for Tiger Team members participating at International events.

A small team of club members participated at the Open Day, covering basic kicking techniques, board breaking, sparring techniques and poomsae. Hanyong and Christina paired up to display impressive music creative poomsae, while Master No and Jerome impressed spectators with Master No's magnificent self defence techniques.



2010 World Cup Team Championships Selections

The WTF World Cup Team Selections was held on 6 Jun Sunday at the Australian Institute of Sports in Canberra.

As this is a Team event, only Jerome Tseitlin from Joon No's Taekwondo participated in the Selections.

Jerome's performance was excellent, beating all his opponents and securing the first place at the Selections.

Jerome was then part of the team representing Australia at the World Cup Team Championships in Urumqi, China in July where he put up another outstanding performance. Unfortunately no medal was won by the Australian Team.



2010 Selections for Oceania Championships & 5th Commonwealth Championships

The Selections Championships for the upcoming Oceania Championships in December 2010 and Commonwealth Championships in January 2011 was held on 25 September in Melbourne.

8 Tiger Team black belts participated in the Selections with 7 medalled representing 88%. Joon No's Taekwondo decided to participate in the Commonwealth Championships instead of Oceania Championships, as the Commonwealth Championships is a bigger event.

We have 5 athletes who will represent Australia at the Commonwealth Championships from 28-31 January in Chennai, India, making Joon No's Taekwondo the highest represented club on the team. Jerome, Michael, Kanica, Bryanna and Benecia will travel with Grandmaster No and Master Lim who are also coaches on the Australian Team. Another great achievement for the club and we look forward to great successes in India for the team.



2010 Taekwondo Australia National Championships, Canberra

The 2010 Nationals Championships held at Australian Institute of Sports in Canberra on 24 & 25 October was another successful competition for JNT.

12 Coloured Belts and 11 Black Belts participated in the event. The competition was tough, with large number of competitors in most weight divisions especially black belts. JNT proudly brings home 21 medals, representing 91%, with outstanding performances from our black belts.

Another great result and congratulations to all medal winners!

RESULTS

GOLD MEDAL WINNERS

Jerome Tseitlin Black Belt Male 15-100 years / 63-68 kg
Kanica May Black Belt Female 14-15 years / 44-46 kg
Michael Metaxotos Black Belt Male 14-15 years / 48-51 kg
Benecia Cheong Black Belt Female 12-13 years / 35-40 kg
Daryl May Black Belt Male 12-13 years / 27-31 kg
Nathan Meador Yellow Belt Male 14-15 years / 00-45kg
Clinton Kew Yellow Belt Male 8-9 years / 18-21 kg

SILVER MEDAL WINNERS

Kostan Ioannou Black Belt Male 16-17 years / 78-200 kg
Geunhan Park Black Belt Male 10-11 years / 35-40 kg
Laura Hartzel Blue Belt Female 12-13 years / 45-50 kg
Shaun Taggart Blue Belt Male 16-17 years / 63-68 kg
Nikki Stockdale Red Belt Female 10-11 years / 50-55 kg
Perry Stoeghofer Red Belt Male 08-09 years / 45-50 kg

BRONZE MEDAL WINNERS

Bryanna Cheong Black Belt Female 14-15 years / 46-49 kg

Zumre Akalan Black Belt Female 14-15 years / 52-55 kg

Arthan Ioannou Black Belt Male 14-15 years / 59-63 kg

Samantha Smith Red Belt Female 15-100 years / 53-57 kg

Katharina Alf Red Belt Female 12-13 years / 40-45 kg

Katelyn Gale Red Belt Female 12-13 years / 35-40 kg

Tony Lee Red Belt Male 08-09 years / 31-35 kg

Dylan Mariotti Blue Belt Male 12-13 years / 31-35 kg



2010 LaJUST EIDSS Open Championships

Joon No's Taekwondo held 3 successful LaJUST EIDSS Open Championships on 8 May, 15 August and 28 November. These club championships aimed to provide all club members with experience in sparring and poomsae competitions. These were also great experience for our Black Belt competitors as every competition provides different and additional experience.

At our last competition, we introduced 2 members tag team competition using LaJUST with great successes.

Grandmaster No is the sole agent for the LaJUST EIDSS and currently only Joon No's Taekwondo runs inter club championships using LaJUST, the approved WTF electronic protectors.

We had participation from various clubs and we thank them for their support and participation.

2010 Annual Celebrations & Awards Party

Once again, our Joon No's Taekwondo's annual year end party was enjoyed by all with fun and entertainment.

Held at the Yar restaurant on Sunday 21 November, 90 club members and families dressed to the theme of Black and White Affair, making it a glamorous and impressive affair.

The party started off with a fantastic buffet spread of Japanese/Korean food thoroughly enjoyed by all. It was then trivia game - How well do you know Joon No's Taekwondo and Master No? It was a surprising discovery for some who learnt something new about JNT or Master No.

Reflections 2010, a 26 minutes video covering our club events throughout the year was the most entertaining. The video attracted many laughs and applause with many wanting to get a personal copy.

Everyone then gathered outside the restaurant for group photos. While it was a struggle to fit 90 people, the photos turned out great!!

It was then the highlight of the event, with Master No giving out awards to Instructors and Assistant Instructors, International Competitors & National Champions and Nationals Participants. This was followed by awards for the 30th Anniversary T Shirt Design contest, and Trivia games.

Lastly, our talented singers showed off their talents with Karaoke singing, providing entertainment to all.

We thank club members and families for dressing up and attending the lunch, making it another successful JNT event.

2010 awards :

Instructors and Assistant Instructors :

Alexander Khun . Bianca No . Brian Cheong . Brian Considine .
Christina No . Darryl Obelt . Dongmin Lim . Gerry Ismail . Jackie
Smith . Jerome Tseitlin . Ken Tu . Leslie Wynn . Nuvolari
Seneviratne . Peter Mitchell . Sam Tarascio . Terry Wangman .
Wantae Kim

International Competitor &/or National Champions :

Benecia Cheong . Bryanna Cheong . Clinton Kew . Daryl May .
Jerome Tseitlin . Kanica May . Kostan Ioannou . Michael
Metaxotos . Nathan Meador

Nationals Participants :

Arthan Ioannou . Callan Hatherley . Cemre Akalan . Dylan
Mariotti . Geunhan Park . Katelyn Gale . Katharina Alf . Laura
Haetzel . Nikki Stockdale . Perry Stoeghofer . Samantha Smith .
Shaun Taggart . Tony Lee . Zumre Akalan

30th Anniversary T Shirt Design

Winner : Hyangah Hwang (Doncaster)

Participation Award :

Joshua Kim . Leslie Wynn . Katharina Alf . Laura Haetzel .
Miranda Lewit-Mendes . Richard Li

