



Redfield College Martial Arts Club



The Redfield College Martial Arts Club (RCMAC) operates all year long, including the mid-semester breaks. It only closes for the summer holiday break.

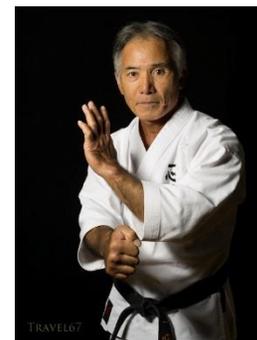
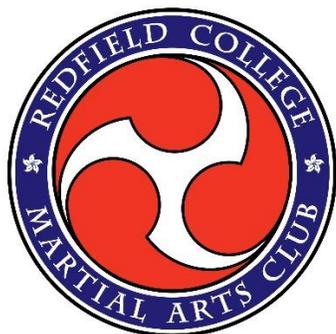
The RCMAC runs on **Friday afternoons from 3:30 – 5:30 pm**. There is a further half hour of training for those who have graded past 9th kyu yellow belt.

The RCMAC Friday training sessions cost **\$10.00 per week** to attend and are held in the College atrium.

There is an initial up-front life-time membership fee of \$100.00, which includes the provision of a Gi (Karate uniform), a belt, and club badges, membership certificate, training manual (syllabus) and grading card. There is also a \$30.00 annual insurance fee for Redfield dads and old boys.

RCMAC gradings occur twice a year, typically June and December, and cost \$25.00 per kyu grade.

The RCMAC is opened to current Redfield Secondary students (Years 7-12), their dads, other Redfield dads, Redfield staff, and Redfield old-boys who are interested in keeping fit, developing their self-defence skills and who aspire to **becoming a black belt** in Isshin-Ryu Karate.



Master Tsuyoshi Uechi, Kyoshi 8th Dan

The Karate style taught in the RCMAC is called **Isshin-Ryu Karate** and it comes from the Japanese island of Okinawa, which is the traditional home of Karate. The Isshin-ryu karate style, which is a complete self-defence system, also has traditional Karate weapons (i.e. Bo, Sai, Kama, Tonfa, Nunchaku & Ekku) as part of its martial arts syllabus.

John Fernandez-Villaverde runs the Friday classes and he is currently a *Renshi* 4th Dan Black Belt in both Isshin-Ryu Karate and Ryukyu Kobudo. He is accredited Level 1 instructor by the MAIA. He has over 15 years of martial arts experience. He is a member of the following associations: OIKA, AIKA, Tomo-No-Kai, IMAF and IIKF.

PLEASE CONTACT JOHN FERNANDEZ-VILLAVERDE IF YOU ARE INTERESTED IN JOINING THE REDFIELD COLLEGE MARTIAL ARTS CLUB THIS YEAR.

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