



# **REFLEX NEWSLETTER**

## **CHRISTMAS 2014 EDITION**

**THANK YOU** to all our students for training throughout the year, we are always very impressed with the standard displayed by everyone! Reflex students have had great success this year and we are looking forward to helping build on this in 2015.



### **CHRISTMAS PARTY**

Friday 19th December 7.30pm  
Oscars @ Towradgi Beach  
Hotel \$25 pp includes  
delicious canapés Ages 13+

### **KIDS CHRISTMAS PARTY**

Saturday 13th December  
11.30am – 2 pm \$15 per child  
includes main meal soft drink &  
desert. Please pay @ Reflex counter  
2 weeks before.

### **STUDENT AWARDS 2014**

Presentations at the Christmas parties! These awards recognise the examples students set through attendance, effort, participation, leadership, attitude and respect for all Instructors, students & the Reflex Centre.

### **GRADINGS**

#### **KIDS**

Tuesday 9<sup>th</sup> Dec 7pm

#### **ADULTS / TEENS**

Tuesday 16<sup>th</sup> Dec 7pm

#### **KIDS BJJ**

Thursday 11<sup>th</sup> Dec 4.30pm

#### **ADULTS / TEENS BJJ**

Thursday 11<sup>th</sup> Dec 7pm

### **ACHIEVEMENTS**

Fantastic year for all Reflex competitors. Congrats to all students that fought throughout the year.

Big congratulations to Jake Lavallo, Mohamed Bazzaz & Mitch Holden, winning gold medal in the Oceanic BJJ championships. Alex Cordina winning gold in Teens BJJ Comp.

Also Master Dom Lavallo, Sensei Tony Musumeci & Lara Moore winning gold medal in the Australasia Stick fighting championship, and Master Dom, Sensei Jaron, Sensei Tony & Justin Bernardi all coming home with a silver medal at world stick fighting championship in Cebu!

Mitch Holden & Chloe Duff winning their Muay Thai Kickboxing ring fights.

Congratulations to Jennifer Bray & Jake Lavallo achieving & promoted to black belt in Reflex Combative & Sensei Jane & Sensei Jaron promoted to 1<sup>st</sup> degree black belt in Cacoy Doce Pares.

We are very proud of all students!

### **GIVE THE GIFT OF CONFIDENCE THIS CHRISTMAS**

We have Gift Vouchers,  
Training Gear and Reflex Wear!

### **KIDS / TEENS CLASSES**

Last Term 4 class is on Friday 12<sup>th</sup>  
Dec. Term 1 starts on Monday 2<sup>nd</sup>  
Feb 2015.

### **DECEMBER / JANUARY CLASSES**

Ezypay, monthly & personal  
training payments will be adjusted  
for Christmas break.

### **CHRISTMAS BREAK**

Closed from Sunday 21<sup>st</sup> Dec 2014. Re-open Monday 5<sup>th</sup> Jan 2015.

We wish you all a very Merry Christmas and a Happy New Year.

We have a wonderful group of people here and your continued support and participation is appreciated. See you back on Monday January 5<sup>th</sup> in 2015!

**RE-ENROLMENT NOW OPEN FOR TERM 1 2015**