
KAIZEN LAB JIU JITSU



SPRING 2022 NEWSLETTER

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STEP UP WITH JITS'

We're rounding in on the last months of the year now, which means there's still time to chase some great last moments for 2022, be it on the mats or off! Welcome again to any new members that have joined us this season and well done to our ongoing members for sticking to their goals these past few months. Let's have a great rest of the year!



THIS QUARTER'S HEADLINES

GRADING NIGHT INFO

Our next grading day will be on **Saturday, November 26 at 10.30AM**, followed by our End of Year BBQ from 12.30PM.



2022 COMPETITION DATES

SUNDAY, 11 SEP - Casca Grossa No Gi Championship
SUNDAY, 18 SEP - Submission Grappling Tournament
SUNDAY, 6 NOV - Submission Grappling Tournament
SUNDAY, 13 NOV - No Gi WA State Championship



WELCOME TO OUR NEWEST TEAM MEMBER, VU!

Welcome to the Kaizen Lab Admin Team, Vu. Vu has joined our ranks for our Wednesday and Saturday classes. Make sure to say hi when you see her next!

With that, we must also say thank you to our admin member and fellow roller, Des, who will be leaving us for his next FIFO adventure. We hope to be seeing you again soon back on the mats!



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CONGRATULATIONS!

May

Adult Members

Name	New Grade
Alex Kannis	Blue 3
Stephen Farr	Blue 3
Caitlin Telford	Blue 3
Jeremy Hinkley	Blue 2
Jeremy Brunet	Blue 1
Umair Mehmood	Blue
Desmond Leong	White 4
Zaya Altangerel	White 4
Ben Thompson	White 4
David Spencer-Cotton	White 3
Dan Smith	White 3
Nick Whitelock	White 2
Jesse Snow	White 1
Chanc Cooper	White 1
Kate Garner	White 1
Araya Suwankam	White 1

Junior Members

Name	New Grade
Emmeline C	Grey & Black 1
Killian C	Grey 3
Ben C	Grey & White 4
Mitchell C	Grey & White 4
Harlow B	Grey & White 4
Daniel R	Grey & White 3
Aaron H	Grey & White 3
Holly F	Grey & White 2
Arslan A	Grey & White 1
Cate P	White 3
Michael H	White 2
Louis I	White 2
Finn M	White 2
Alex B	White 2
Zaiden V	White 1
Emilija O	White 1





CONGRATULATIONS!

An important part of putting in the hard work is seeing the pay-off. It can be tricky to know when you're getting better, especially when you're relatively new to the game. So, as both a show of team pride as well as proof of what perseverance can get you, this quarter we want to wish congratulations to...

June

Adult Members

Name	New Grade
Patrick Swale	Blue 3
James Owen	Blue 2
Kat Broadbent	White 4
Matt Goodman	White 3
Araya Suwankam	White 2
Cormac O'Sullivan	White 1

Junior Members

Name	New Grade
Lara V	Grey 2
Paige A	Grey & White 3
Jackson H	Grey & White 3
Mico W	Grey & White 1
Grayson W	White 4
Emily R	White 3
Zaiden V	White 2
Oliver/Isaac K	White 2
Kai V	White 1
Sofia M	White 1
Oliver M	White 1
Indie G	White 1
Tiger V	White 1
Harrison H	White 1
Torsten G	White 1

July

Adult Members

Name	New Grade
Matthew Lucas	Brown
Hamish Farquar	Brown
Christian Rodriguez	Purple 3
Ross Henry	Purple 1
Tomaz Oliveira	Purple
Gianni Bei	Purple
Cameron Puglisi	Purple
Ben Darcey	Purple
Anthony Le	Purple
Jess Sardi	Blue 3
Patrick Wallace	Blue 1
Jett Alexander	Blue 1
Trevor Aung Than	Blue
Rob Pemberton	Blue
Mark Smallwood	Blue
Jimmy Kerr	Blue
Dean Hirst	Blue
Andy Li	Blue
Adam McGovern	Blue
Paolo Ferri	White 4
Nina Otranto	White 3
Kuma Thach	White 2
Cormac O'Sullivan	White 2
Tongjia Liu	White 1
Harrison Cummins	White 1

Junior Members

Name	New Grade
Sofia A	Orange & Black
Jacob M	Orange & White
Tristan O	Orange & White
Rushton T	Yellow & White
Lukas P	Yellow & White
Lexi R	Yellow & White
Harlow B	Grey
Ben C	Grey
Mitchell C	Grey
Aaron D	Grey & White 1
Tony D	White 4
Alex B	White 3
Kai V	White 2
Carter H	White 1
Ayumi C	White 1
Riley P	White 1
Elijah V	White 1



THE KAIZEN TEAM NEWS & BLOG POST

THE KAIZEN TEAM NEWS

KAIZEN COCKTAIL TRAIL



IT'S BACK!

An S&J Cocktail Trail exclusively for Kaizen Lab members.

Join Brandon and Dorothy on a guided tour across four epic venues hosted by our own hospitality legend Jimmy Kerr. This will be a great opportunity to mingle and get to know your coaches and team in a fun, social setting with amazing cocktails and food included.

It's happening on **Saturday, 8 October from 3:30pm.**

Tickets are only \$80.

Hurry there are only 20 tickets available!

Purchase your tickets via the link below.

[Click here to purchase](#)

Password - KaizenLab



THIS QUARTER'S BLOG FEATURE

YES, BJJ IS SAFE FOR KIDS! HERE ARE 5 CONCERNS WE CAN ADDRESS FOR YOU NOW

Jiu-Jitsu for kids is booming here in Perth, but not every parent is aboard the martial art hype-train just yet. Many parents worry about getting their kids into Jiu-Jitsu. Will it be too hard? Or teach aggression? Will it be too brutal?

Here's some parental concerns we can address to shed some light on the reality of the situation.

Check out what we have to say below.

[CLICK HERE TO VIEW](#)



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SOCIAL MEDIA HIGHLIGHTS

