
KAIZEN LAB JIU JITSU



WINTER NEWSLETTER

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HELLO, HELLO!

Welcome back to Kaizen's quarterly newsletter: the Winter edition. We've experienced a lot these past few months, from unexpected lockdowns to Perth-wide flooding and freezing cold temperatures. But it's also been fantastic to see so many new faces entering our gym as well as a lot of our members' mighty efforts in competition. We hope you've enjoyed your time with us this past year, and now's the chance to reflect on the gym's happenings (as well as what we have going on next).



THIS QUARTER'S HEADLINES

2021 COMPETITION DATES

SUNDAY, 12 SEP - Perth Open Gi

**SUNDAY, 19 SEP - Kaizen Lab In-House Competition
(SEE NEXT PAGE)**

SUNDAY, 14 NOV - CASCA GROSSA Kids Gi and
Super Fights

SUNDAY, 5 DEC - WA State Gi Championship



MAKE YOUR OPINION OF US KNOWN!

This is your opportunity to share your thoughts on our training culture, coaching and classes with the wider Perth community.

All you need to do is leave us a quick rating—or, even better, a review—on Google.

If you've enjoyed going to Kaizen, then sharing out your thoughts and feelings for our gym would greatly help us as a local business. We love reading the positive experiences our members have had, not just because we like knowing we've provided a welcoming space for jiu jitsu-goers, but also because your review helps newcomers researching our gym learn a bit more about us from other members.

Click the link below to share your thoughts with us:

[LEAVE A GOOGLE REVIEW](#)



KAIZEN LAB JIU JITSU



THIS QUARTER'S HEADLINES



KAIZEN LAB
IN-HOUSE COMPETITION
SUNDAY, 19 SEPTEMBER
~~SAT, 3 JULY~~ 2021 @ 9:30AM
KIDS GI | ADULTS GI & NO-GI
REGISTER AT RECEPTION



NEW CLASSES!

A NEW LIL NINJAS CLASS WILL RUN AT 4PM ON TUESDAY AFTERNOONS

These classes introduce jiu jitsu skills and games to kids 5-7 year's old in a fun, games-based environment.

Classes aim to improve movement and conceptual understanding skills through active problem solving, while setting a solid foundation of skills, strength, coordination and understanding of movement concepts.

All skills learnt in Lil Ninjas will also go towards preparing for the next stage: the Kids & Teens Jiu jitsu program.

A NEW KIDS & TEENS BJJ CLASS WILL THEN FOLLOW AT 4.30PM ON TUESDAY AFTERNOONS AS WELL

Our Kids & Teens program is a clear, structured set of classes that provides a pathway to learn, grow and develop self-defence and fitness through BJJ.

Classes are specially designed to build resilience, improve self-esteem and confidence—which goes a long way to making kids truly bullyproof.



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CONGRATULATIONS!

A big well done to everyone who competed at the Submission Grappling Tournaments (SGT) competition on Sunday, 15 August. Our Kaizen competition team displayed some exceptional jiu jitsu and amazing sportsmanship. Huge thanks to all who came to support the team.



Congratulations also go to Liam Foad, who took away the silver in his division.



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...

May

Adult Members

Name	New Grade
Andrew Lim	Black
Andrew Furlong	Purple 3
Hamish Farquar	Purple 1
Gianni Bei	Blue 4
Chek Siew	Blue 3
Cameron Puglisi	Blue 3
Anthony Le	Blue 3
Jeremy Hinkley	Blue 1
Robert Pemberton	White 4
Scott Lim	White 4
Marc Catania	White 4
Kieran Jackson	White 4
Dan Venkitachalam	White 3
Aaron Sopolinski	White 3
Sean O'Brien	White 3
Katie Starke	White 3
Giuseppe Gesso	White 3
Wei H'ng	White 2
Desmond Leong	White 1
Tristan Levis	White 1

Junior Members

Name	New Grade
Sofia A	Yellow & Black 1
Jacob M	Yellow & White 1
Tristan O	Yellow & White 1
Sophie M	Yellow & White 1
Tristan M	Grey & Black 3
Rushton T	Grey 2
Lukas P	Grey 1
Hayden V	Grey & White 4
Lara V	Grey & White 4
Seb M	Grey & White 3
Marley V	Grey & White 2
Gabriel S	Grey & White 1
Harlow B	Grey & White
Alexis H	Grey & White
Jackson H	Grey & White
Paige A	Grey & White
Mitchell C	Grey & White
Ben C	Grey & White
Jennifer L	White 4
Aaron D	White 2
Zain M	White 2
Claire L	White 2
Mico W	White 2
Ashley P	White 2
Holly F	White 2

June

Adult Members

Name	New Grade
Damon Morris	Purple 1
Jason Dallman	Blue 1
Lee Jordan	White 4
Jett Alexander	White 4
Michael Chu	White 4
Charmaine Wong	White 2

Junior Members

Name	New Grade
Tristan M	Grey & Black 4
Emmeline C	Grey 3
Connor H	Grey 1
Alex L	Grey & White 4
Daniel R	Grey & White 1
Abigail Y	Grey & White 1
Max A	Grey & White
Jennifer L	Grey & White
Milena V	White 3
Pippa S	White 3
Sohfia V	White 1
Cate P	White 1



CONGRATULATIONS!

July

Adult Members

Name	New Grade
Damian Vickers	Black
Jeremy Pui	Brown
Alex Cassie	Purple 4
Hamish Farquar	Purple 2
Christian Rodriguez	Purple 1
Max Hearn	Purple
Christian Magaraggia	Purple
Aaron Koo	Purple
Luke Strickland	Purple
Ross Henry	Purple
Chek Siew	Blue 4
Alex Kannis	Blue 2
Nozhen Tayebbi	Blue 2
Jess Sardi	Blue 1
Hayden Clark	Blue 1
Matt McLachlan	Blue 1
Javier Walker	Blue
Dony Tija	Blue
Andy Widjaja	Blue
Colin Murphy	Blue
Alex McPhee	Blue
Jimmy Kerr	White 3
Paidi Wallace	White 3
Sean O'Brien	White 3
Juan Giraldo	White 2
Joshua Gentili	White 3
Andy McKay	White 3
David Fox	White 3
Lucas Pepe	White 3
John Chu	White 2
David Spencer Cotton	White 1
Kristian Madaschi	White 1
Michael Aitken	White 1

Junior Members

Name	New Grade
Sofia A	Yellow & Black 2
Tristan O	Yellow & White 2
Sophie M	Yellow & White 2
Lukas P	Grey 2
Imogen S	Grey 1
Killian M	Grey 1
Lara V	Grey
Seb M	Grey & White 4
Novak V	Grey & White
Imani B	White 1
Jazz W	White 1



FEATURED SPONSOR & BLOG POST

PRINT AND SIGN CO OUR PRINT AND SIGNAGE PARTNER!

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They aim to provide the easiest and most cost-effective print and signage solutions for their clients. They have also invested in some of the quickest print and finishing equipment to enable this.

Print and Sign Co are locally based in Perth, but are able to provide amazing print and sign solutions Australia-wide.

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[SEE PRINT AND SIGN CO'S WEBSITE](#)



THIS QUARTER'S BLOG FEATURE

DON'T WORRY ABOUT BEING BAD AT JIU JITSU

Sucking sucks, but a lot of the time we think more about being terrible at something than actually being terrible. It's like not being able to sleep before a big day ahead (and you spend all night stressing over this big day), but then you wake up and everything's fine.

Jiu jitsu is a lot like that.

There's all this if'ing and ah'ing over when to start, how to go about it (e.g. "I need to be fit before I can try it!")—but then you step out onto the mats and it's relatively clear skies ahead.

[CLICK HERE TO VIEW](#)



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SOCIAL MEDIA HIGHLIGHTS

