



CB Townsville E-News

JAN 2012

PROFESSOR UAKARI

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Happy New Year 2012

A Happy New Year to everyone and welcome back to all our students and WELCOME to all those who are joining us for the first time!

We are looking forward to an exciting year ahead!

First I would like to thank all our voters who voted us **“Townsville’s Best Recreational Activity”** in the 2011 Pak Mag Best of Competition. We can proudly claim this title for a year and it is thanks to you who believe in us and what we do!

There have been a few changes to our normal timetable and we hope that these new changes will help us to improve our class structure and allow space for new faces and more confident and happy capoeiristas. With the introduction of a discounted beginner package (includes classes + shirt) we hope to encourage many more of your friends to put Capoeira on their 2012 ‘to do’ list.

We are looking forward to the Mestre Peixe’s Capoeira Festival which will see him celebrate 20 years of capoeira in Australia this year. (More details on page 2). We hope that we are able to have a huge Townsville team participating in this event! If you are interested in going please let us know as soon as possible.

Our first public performance this year will be at the Crocs game on 5th February. We hope to see you there!

We have just created a [new facebook page](#) and we hope that you  our page and share with your friends.

We also encourage you to keep sharing and posting our you tube clips to spread the word that we are HERE!

Term 1 will also see us doing after school care at Currajong Primary School.

This year will also mark our 10th Capoeira Festival which will be held later this year in October (dates to be advised). We are keen to start preparations early to make this event our BIGGEST and most memorable to date. If you are keen to lend your assistance in any way or if you have any suggestions, please speak to us.

I would also like to take this opportunity to let you all know that Jambo and I will be expecting our second baby later this year! We are looking forward to expanding our family and we thank you for your support and consideration.

See you at training!

Matthew Eales
(Professor Uakari)



OUR SPONSORS & SUPPORTERS - CAPOEIRA FESTIVAL 2011

Townsville
Orthodontic
Specialists

 **Maughan
Engineering**



**CURRAJONG CRASH
REPAIRS**
Proprietors: DAVE & GLENN FULLER



blueprint
technologies australia Pty Ltd



 **PRINTER RE-INKING**
North Queensland

UP-COMING CAPOEIRA FESTIVALS/WORKSHOPS

If you are interested in attending any of these workshops/events, you must notify Professor Uakari prior to contacting the Capoeira schools hosting the event.



GCB—Sydney, Australia

Hosted by: Mestre Peixe

14th to 22nd April 2012

www.capoeira.com.au

(Event Design not as yet available)

More information to come)

GCB—Bondi, Australia

Kids Capoeira Workshops and Grading

Hosted by: Formanda Meire Lou

23rd to 28th April 2012

www.capoeira.com.au

(Event Design not as yet available)

More information to come)



2011 EVENT SPONSORS



January 2012

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2 NYD Public Holiday	3	4	5	6	7	8
9 All Levels Adults 6:30pm	10	11 All Levels Adults 6:30pm	12	13	14 All Levels Kids 9:30am Last Payment Date for Membership Discount	15
16 All Levels Adults 6:30pm	17 All Levels Kids Class 4:30pm	18 All Levels Adults 6:30pm	19 All Levels Kids Class 5:00pm	20	21 All Levels Kids 9:30am	22
23 Full Timetable Resumes (check website for new times/classes)	24	25	26 Australia Day Public Holiday No Classes	27	28	29
30	31	1 Feb	2	3	4	5 Crocs Game 1/2 Time Performance (Adv Team)

Notes:

- ◆ All Level Adults Classes = 15yrs + (Beginners to Advanced)
- ◆ All Level Kids Classes = All ages 6yrs to 14yrs (Beginners to Advanced)
- ◆ Kids 15yrs+ are encouraged to commence training in at least one Adult class per week Mon to Thurs. Kids 15yrs +, who have full white/yellow belts and above, are required to continue training in at least one kids class in conjunction with one adults class per week. Parents must discuss class time schedule with instructor.
- ◆ We are in the process of re-structuring our current timetable and we hope to add new times to already existing timetable. Please see page 5 of newsletter and check website for more information prior to 23rd January 2012.
- ◆ Payments for membership can be made by EFTPOS (Credit Card/Debit Card), EFT or cash. EFT Payments to BSB: 484 799 A/C: 45 275 1690. Reference for EFT Payments: Name + No. Of persons + 'Memb' (eg Eales2memb) Please bring your receipt to class.
- ◆ All payments for classes are to be made before the start of class. No payment = No training.

2012 Beginner Packages*

(For First Time (new) Students):

Training 1 x per week for 6 weeks plus a Capoeira T-Shirt valued at \$35.00!

Adult Beginner Package	\$105.00
Student Beginner Package (13yrs+)	\$99.00
Children Beginner Package (up to 12 yrs)	\$95.00



*Beginner Package—For first time students only. Must be paid at or before first class. Start Anytime!

Defence/Concession Rates do not apply to Beginner Packages.

2012 CAPOEIRA CLASS FEES

	Adults (18yrs+)		Students/Concession (13yrs +) Must show ID		Children (6 to 12 years)	
Annual Membership	\$90		\$80		\$70	
	Non Members	Members	Non Members	Members	Non Members	Members
Casual	\$15	\$13	\$14	\$12	\$13	\$11
5 Class Pass (6 weeks expiry)	\$70	\$60	\$65	\$55	\$60	\$50
10 Class Pass (12 weeks expiry)	N/A	\$115	N/A	\$105	N/A	N/A
Monthly	<i>Monthly Fees available to members only & must be paid at the beginning of the month.</i>					
2 x per week	N/A	\$90	N/A	\$82	N/A	\$75
3 x per week	N/A	\$135	N/A	\$120	N/A	\$100

MEMBERSHIP - DISCOUNT FOR EARLY PAYMENT

Adults (18yrs +) *\$75.00 if paid on or before 14th Jan*

Students (13yrs +) *\$65.00 if paid on or before 14th Jan*

Children (up to 12yrs) *\$55.00 if paid on or before 14th Jan*

Membership fees are not compulsory. Members benefits include discounts on class fees, workshops and gradings.

Defence Concession do not apply to membership fees.

Students are full time high school or university students. ID must be shown for all students 13yrs and over.

All full year membership fees paid in 2011 will expire on 31st January 2013.

Please note:

- ◆ All 2012 Fees are effective as of 1st January 2012. All prices are inclusive of GST.
- ◆ Monthly fees are available to members only. Monthly Fees are paid at the beginning of the month and the amount of training per week is limited to the fee paid. Missed classes are forfeited and are non transferrable and non refundable; and do not carry over into a new calendar month. Any extra classes will incur a member casual fee before the start of class.
- ◆ Class passes are non transferable and non refundable and must be used by the expiry date. Passes must be presented at start of class to be checked off. There is no limit to the number of times the student may train per week when using a class pass. **Lost class passes will not be replaced. Non presentation of class pass will result in casual payment to attend class.** Passes valid only at GCB TSV Capoeira classes (excludes workshops and other special offers).
- ◆ Student = Full Time Student. Defence Concession (Student Rate) applies to class fees and workshop fees only unless otherwise stated. Students/Defence Concession Must show ID.
- ◆ No payment = No training.

Membership Payments:

- ◆ Payments for membership can be made by EFTPOS (Credit Card/Debit Card), EFT or cash.
- ◆ EFT Payments to **BSB: 484 799 A/C: 45 275 1690**. Reference for EFT Payments: Name + No. Of persons + 'Memb' (eg Eales2memb). An email confirmation must be sent with your receipt number and date of payment. Please bring a copy of your receipt to your first class.



Matthew Eales
Personal Trainer
(Cert III & IV in Fitness)
Capoeira Teacher
(Group Capoeira Brasil)
Aqua Instructor

PO Box 4355
KIRWAN Q 4817

PH: 0416 100 377
EMAIL: info@capoeiraschool.com.au

**NEED A LITTLE HELP TO GET YOUR FITNESS ON TRACK FOR
2012?**

**CALL MATTHEW ON 0416 100 377
FOR MORE INFORMATION FOR PRIVATE OR GROUP PERSONAL
TRAINING SESSIONS**

Current Specials

8 x 1hr pvte \$480pp*

8 x 1hr semi pvte^o \$380pp*

3 x 1/2hr pvte \$120pp

***Min training of 2 x p. Wk. ^osemi pvte - 2 or more ppl**

Offer Expires Jan 2012



TAKE-DOWN WORKSHOPS

**Tues & Fri 14 to 24 Feb
6pm to 7pm
Capoeira Academy**

OPEN TO:

- ◆ 14yrs +
- ◆ Level: White/Yellow Belts + up

A series of 4 workshops held on Tuesdays and Fridays over 2 weeks to develop basic and intermediate take down techniques & reversals; focussing on the development of one's timing, speed and perception.

DATES: 14th, 17th 21st and 24th February

FULL COST: Memb— \$60 N Memb—\$72

CASUAL CLASS: Memb—\$20 N Memb—\$25

Payment by Sat 11th February to confirm.

All payment upfront. No Refunds.



RODA OF THE MONTH

Sun 26th Feb 2012

4pm to 5pm

The Strand Park

All Students to Attend

Please wear full uniform if you have it.

Invite your friends and family to come and watch.
Please note that in the event of rain on the Strand this event will be cancelled until the following month.