Hills District Martial Arts was a sight to behold at the 2011 NSW All Schools Championships, sending a team of 32 competitors to St Ignatius College Riverview, 20 of whom were competing for the first time. Our competitors performed fantastically and represented themselves, their club and their school to the best of their ability. Our final results were; 17 Gold, 10 Silver and 4 Bronze Medals.

Especially impressive performances were given by three of our junior members, Sara Mohammad, Alex Mohammad and Bence Bahrami, all of whom are under the age of 7 and achieved fantastic results at their first tournament.

Hills District would like to thank our Coaches (Master Sam Loiacono, Master Yokk Namwongprom, Samantha Parsons, Jacob Neighbour, Alexandra Parsons and Justin Paterson) and our Volunteers (Tracey Campbell, Michael Randoja, Aili Randoja, Matt Caruana and Brian Shadwick) for all their hard work on the day!

Gold
Alex Mohammad
Sara Mohammad
Dana Stewart
Liam Ingersole
Andrew Quattrochi
James Gibson
David Gibson
Benjamin Black
Cooper Garth
Conor Brosnan
Juliet Lahood
Jaiden Jeffries
Christian Shadwick
Jacob McConne
Kai Sarkis
Kara Jarman
Georgia Campbell

Silver
Bence Bahrami
Archer Soames
Charlie Stevens
Jamie Langan
Joseph Mathias
Christian Mohammad
Sarina Randoja
Ethan Sylvester
Grant Carver
Rainer Randoja

Bronze
Tomas Strevens
Katerina Saul
Daniel Patterson
Alex Kingham

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THE Hills District Martial Arts Demo Team has been training hard all year, and were finally given the chance to exhibit the skills they have spent months building up. The team performed at Samuel Gilbert Public School on Sunday 21st of August and again two weeks later at Northholm Grammar School on Saturday 3rd of September.

The performances promised to be fantastic with the addition of several new members and routines to the line-up and neither failed to live up to the expectation. Dynamic breaking techniques using powerful hand techniques and flying kicks, perfectly performed Team Poomsae by the colour belts and entertaining scenarios kept the audience on the edge of their seats.

The team was also lucky to have a guest member at Northholm Grammar, NSW State Sparring Champion Matthew Watt who demonstrated to his school the skills involved in Olympic Competition Sparring.

Our third demo of the year took place on McHappy Day, at Dural McDonalds. Despite the overwhelming heat, our team performed like true professionals, displaying their skill at their maximum level and impressing every patron of the restaurant.
The Australian National Championships were held over a massive four days from the 8th to the 11th of September in the prestigious Australian Institute of Sport in Canberra. Hills District sent a massive team of 20 competitors to contend their divisions in both Sparring and Technical events.

Being the National Championships, each division was filled with nothing but the highest level of athletes from all over Australia. Each competitor had to qualify by earning a medal in their respective division at a qualifying event prior to the competition.

The first ever Hills District National Poomsae Team competed on Thursday. Showing no nerves, each member of the squad performed spectacularly reflecting their year of hard and dedicated training. Joseph Mathias, the youngest in his division (14 – 17yr Red Belt Male) and Sarina Randoja (11 – 13yr Blue Belt Female) both earned themselves Silver Medals in an extremely impressive display of power and technique, while Justin was awarded a Bronze Medal in the 2nd Dan 19 – 30yr category.

Never before has Hills District sent a team of fighters who were more ready to compete! The Sparring Team, fresh with the experience of up to half a dozen tournaments this year alone, blew through their competition to earn Hills District the most impressive Nationals results we have ever had. Seven Gold, Three Silver and Three Bronze is an amazing medal tally. All fighters performed to an outstanding level and did their club proud.

Among our National Champions we are proud to inform you that two have been successful in earning themselves dual championships. Matthew Watt (Blue Belt Intermediate and Open Sparring) and Christian Shadwick (Red Belt Junior Sparring and Creative Poomsae). Congratulations guys!

A special thanks goes to both Master Sam and Master Yook for their tireless efforts in making this tournament an overwhelming success. Also mention must go to our dedicated parents without whom the Hills Team would have been a lot smaller.
Australian National Championships and Selections - Results

**Poomsae**
- Joseph Mathias (Silver)
- Sarina Randoja (Silver)
- Justin Paterson (Bronze)
- Georgia Campbell
- Christian Shadwick
- Callum Ide

**Creative Poomsae**
- Christian Shadwick (Gold)

**Sparring**
- David Gibson (Gold)
- James Gibson
- Matthew Hopkinson (Gold)
- Noah Grofski (Silver)
- Matthew Watt (Gold x2)
- Jaiden Jeffries (Silver)
- Jacob McCon (Bronze)
- Angelo Arrastia (Gold)
- Christian Shadwick (Gold)
- Kai Sarkis
- Georgia Campbell
- Christian Grofski (Silver)
- Samantha Parsons
- Jacob Neighbour (Bronze)
- Michael Magee
- Natalie Viscardi (Gold)

**Student of the month 2011**

<table>
<thead>
<tr>
<th>Month</th>
<th>Name</th>
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<tbody>
<tr>
<td>January</td>
<td>Joseph Mathias</td>
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<tr>
<td>February</td>
<td>Matt Caruana</td>
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<tr>
<td>March</td>
<td>Harrison Taylor</td>
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<td>April</td>
<td>Abby Mackay</td>
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<td>May</td>
<td>Theodore Wong</td>
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<td>June</td>
<td>Hayley Smith</td>
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<tr>
<td>July</td>
<td>Matt Watt</td>
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<tr>
<td>August</td>
<td>Daniel Patterson</td>
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<td>September</td>
<td>Solomon Foo</td>
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<td>October</td>
<td>Zachary Morgan</td>
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For the second year in a row Hills District Haidong Gumdo sent an elite team of athletes to represent our club and state in the Haidong Gumdo Australian National Championships. A high level event attended by many of Australia’s best Haidong Gumdo athletes. Our members competed at the two day event in both preliminary and final rounds in many different events and divisions and though we were one of the smaller schools, our students showed their high level of expertise and obtained fantastic results.

**Poomsae**
Alex Kingham (Gold)
Justin Paterson (Gold)
Abbey Mackay (Gold)
Ross Mackay (Gold)
Callum Ide (Silver)
Cynthia Lee-Murray (Silver)
Damien Briggs (Silver)
Lachlan Campbell (Silver)

**Sparring**
Callum Ide and Alex Kingham (Gold)

**Paper Cutting**
Abby Mackay (Gold)
Justin Paterson (Gold)
Alex Kingham (Gold)
Cynthia Lee-Murray (Gold)
Damien Briggs (Gold)
Callum Ide (Silver)
Jed Kain (Silver)
Ross Mackay (Bronze)
Grading Week was once again a complete success for all involved. Throughout the week more than 150 students progressed to the next level marking one of the largest Hills District Taekwondo Grading Weeks of all time. Everyone should be proud of their achievement and preparing themselves for an even more impressive performance at the next Grading!

Most Improved Juniors
Daniel Mayer (White Belt)
Jacob Anderton (Yellow Belt)
Harrison Howard (Blue Belt)

Most Improved Intermediates
Nick Jones (White Belt)
Charlie Stevens (Yellow Belt)
Kane Robinson (Blue Belt)
Nicholas Tan (Red Belt)
Liana Millauro (Cho Dan Bo)

Most Improved Seniors
Anthony Jasser (White Belt)
Dana Stewart (Yellow Belt)
Jack Lavercombe (Blue Belt)
Jaiden Jeffries (Red Belt)
Madelline Kavanagh (Cho Dan Bo)

Many of our Cho Dan Bo members also passed their grading to Black Belt Level.

Michael Rossi
Angelo Arrastia
Raymond Jarman
Madelline Kavanagh
Liana Millauro
Maddie Ayling
Jamie Ayling
William Hadchiti
Nathan Cardona
The second Hills District Taekwondo Dan Grading was held on Sunday 6th November. Ten of our Black Belts took the test to advance to the next level and all put in an impressive performance. The students in attendance were Bill Vargas, Shannen Toby, Lisa Rossi, Stacey Taylor, Nadia Rossi, Luke Rossi, Kara Jarman, Dylan Foster, Ryan Toby and Damien Briggs.

Grandmaster Kim was once again in attendance and expressed his pride in regards to how well Hills District Taekwondo has progressed as a Dojang and Taekwondo Family, praising the wide range of techniques and training exercises we use to teach our students.

Master Sam said that he was proud of all of his black belts, not only for their performance at the grading, but their journey to reach this point.

**3rd Dan**
- Shannen Toby
- Bill Vargas

**2nd Dan**
- Lisa Rossi
- Stacey Taylor
- Nadia Rossi
- Luke Rossi
- Kara Jarman
- Dylan Forster
- Ryan Toby
- Damien Briggs

Michael Magee has been selected to represent Australia at the upcoming London Olympic Taekwondo Test Event in November. This event is set up to allow the facilities and equipment being used in the 2012 London Olympic Games to be tested prior to the competition. This is an amazing opportunity for Michael to take his Taekwondo career to the next level. Congratulations Michael!

Hills District Taekwondo now boasts a roster of seven Referees. Our new Referees are Michael Randoja, Aili Randoja, Stacey Taylor and Alex Kingham.