



E- Newsletter

Number Three: May 2007

To all Students and Parents of Choi Kwang Do Albany Bays.

Hello and welcome to our third E-Newsletter.

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Welcome

Welcome back to our third newsletter, we have lots of exciting announcements and look forward to seeing you at our Pizza night on Saturday 12 May.

If any of you would like to discuss any aspect of our school please feel free to call me on 0800 000 124. We look forward to seeing you at your next class.

Special Congratulations

Congratulations to everyone who sat their belt tests in April.

We had students promoted to gold, orange senior and purple. I was fortunate to visit Choi Kwang Do Christchurch to assist the school owner Mr Mark Palmer with student testing. Congratulations to Anna Morgan on completing her black belt. At 11 years old, Anna is the youngest Choi Kwang Do Black Belt in New Zealand.

Well done to each and every one of you. Photos will be on our website shortly.

Mission Statement for Choi Kwang Do International

The following is the mission statement that all Choi Kwang Do schools work under.

Choi Kwang Do Martial Art International's (CKDMAI) aim is to improve the health, productivity, and quality of life of its members. To promote Choi Kwang Do as a martial art based on scientific truth, rather than mysticism. To continually evolve as a martial art and exercise program with a continued commitment to incorporating science for the benefit of the practitioner and mankind.

Birthdays



Happy Birthday to Adrienne Liebenberg who celebrates his birthday in May.

Important Holiday Dates and Activities

- Saturday 12 May – Pizza Night.
- Sunday 13 May – Mothers Day.
- Monday 14 May – Belt Testing.
- Monday 21 May – Belt Presentation.
- Monday 4 June – Queens Birthday (all classes open as usual)

Saturday 12 May is Fun, games and pizza. All students, parents and family are invited to come along, watch or join in and have fun with the kids, meet other students and eat free pizza.

Please RSVP at your next class or phone/email caroline@choi.co.nz ph: 0800 000 124.

Monday 14 May is belt testing for those students with black stripes on the tip of their belt. Forms will be handed out shortly and need to be returned with payment.

An information sheet on stripe testing was recently handed out to all students. If you require another copy please see Caroline Hazelden.

Choi Kwang Do Childrens Promise

At the start of every class we all say the Adults or Childrens Promise. The Childrens promise is:

- To always do my best and never give up.
- To obey my parents and teachers.
- To tell the truth and honour my word.
- To always be polite.
- To never misuse what I learn in class.



Calorie Burning with Martial Arts

A New Zealand magazine recently published a chart on the number of calories that can be burned with various activities. These are as follows:

Basketball	340
Beach Volley Ball	340
Boxing	383
Chopping Firewood	255
Cycling	380
Frisbee	128
Gardening	191
Hiking	255
Martial Arts	425
Mowing Lawns	234
Rock Climbing (Ascending)	468
Rowing Machine (Vigorous)	362
Rugby	383
Skiing (Downhill)	255
Swimming	255
Tennis	298
Touch Rugby	340
Water Skiing	255
Water Polo	425
Weight Lifting	255

General News

Our friends at Choi Kwang Do Christchurch have a new website. Just go to our website at www.choi.co.nz and click on the Christchurch link. Check out their guest book.

We have now moved the notice board to the front of the hall. Please check this each time you enter.

There have been several enquiries from groups of adults seeking a course on basic self defence. This can be provided over one month with each person expected to attend one class (1 hour) per week. There is a minimum group size of eight, if interested please see Caroline Hazelden.

We look forward to seeing you at your next class
Pil Suhng,

Sabumnim Caroline Hazelden

Choi Kwang Do Albany Bays Limited

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