



E- Newsletter

Number Five : July 2007

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

Hello and welcome to our fifth E-Newsletter.

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Welcome

Welcome back to our fifth newsletter, we trust you find the following both interesting and informative.

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

A special Congratulation to Mr Lindsay Martin from Choi Kwang Do Edmonton, Queensland. Mr Martin celebrated the second anniversary of his very successful school. Well done from all of us at Choi Kwang Do Albany Bays.

Pictured below is Mr Lindsay Martin alongside Mrs Susan Whitfield from Suwanee, Georgia, USA.



A Special Congratulations to Dustyn Denny aged 7 ½ and his mum Mrs Mitz Denny from Duluth, Georgia, USA. They both recently sat their black belt test at Choi Kwang Do headquarters in Kennesaw, Georgia. Dustyn started at 4 ½ and his mum says that he is very self motivated; having only missed one class since he started. Dustyn is now helping train 3 ½ year olds on the focus pads and one day wants to be a Master and own his own Dojang. Well done Dustyn and Mitz.

Pictured below is Dustyn and Mitz Denny with Master Pereira



Over the school holidays we had special guests Holly and Anna Morgan from Choi Kwang Do Christchurch come and train with us. Thanks for helping out in the classes, the kids loved having you both.



Birthdays



Happy Birthday to Kevin and Kirsty who celebrate in July.

Important Holiday Dates and Activities

- Monday 23 July – Belt Testing (black stripes)
- Saturday 28 July – Adult students & parents of students – Mid winter dinner Art Ducko Torbay, 7pm. Please RSVP to Caroline or Tracey
- Saturday 4 August – First Saturday morning class commences 9.30am to 10.15am
- Monday 13 August – Belt Testing (red stripes)
- Saturday 25 August – Black Belt Club special class 10.15am to 11.00am



Principles of Choi Kwang Do

At the start of each class, everyone recites both the Choi Kwang Do promise as well as the Principles of Choi Kwang Do. The Principles are: Humility, Honesty, Gentleness, Perseverance, Self-Control, Unbreakable Spirit.

Each month we will briefly discuss one principle. This month the focus is on Honesty.

Choosing to be honest is not only about being a decent person but is also critical for your health. Because dishonesty is a very powerful negative emotion, it can cause a lot of stress, which scientific studies have shown is at the root of both mental and physical disease. For this reason, honesty is a key to managing disease.

An honest person is concerned foremost with total accuracy, rather than embellishment or half-truths. Honesty allows a person to live with openness, sincerity and a natural straightforwardness that does not leave people guessing. An honest person earns their living fairly, does not cheat or steal and shows integrity in all actions involving others.

Honesty means valuing people and remaining true to oneself. These are both worthwhile goals.

General News



Launch of Black Belt Club.

Now in our fifth month since opening our school, we are extremely pleased to announce the launch of Black Belt Club. This is a worldwide Choi Kwang Do program designed specifically for students from gold belt and above who are passionate about achieving black belt in the future.

The Black Belt Club is an optional program that provides the necessary encouragement and incentive for students who really want to achieve black belt. Look out for more details on our school notice board.

Saturday morning classes launched taking us to 14 classes a week!

We are pleased to announce effective 4 August 2007 we launch Saturday morning classes. These mixed classes are open to all grades and ages to train together and run from 0930 to 1015 every Saturday.

This will bring us up to eight general classes, three black belt club classes, one advanced class for blue belt and above plus two instructor classes; totaling fourteen classes per week.

Mid Winter Dinner

A reminder to all adult students and parents of students that we have planned a mid-winter dinner for Saturday 28 July at Art Ducko in Torbay. Please rsvp to Caroline on 0800 000 124.



We look forward to seeing you at your next class

Pil Suhng,

Sabumnim Caroline Hazelden

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