



E- Newsletter

Number Six: August 2007

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

Hello and welcome to our sixth E-Newsletter.

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Welcome

Welcome back to our sixth newsletter, this month we have a lot of exciting updates to share with you. Don't forget that we now have a Mixed Saturday morning class from 9.30am to 10.15 and on Saturday 1st September we have our International Pot luck Dinner and Games.

Looking forward to seeing you at your next class.

Special Congratulations

A special congratulations to everyone who sat their belt test earlier this month. We had students promoted to red, green senior, gold, yellow senior and yellow.

We are also delighted to announce that we have two teenage students participating in the Assistant Instructor training program. Please join me in welcoming Marilee and Adriaan to this program and look out for them assisting in the childrens and mixed class.

Following on from the launch of Black Belt Club last month, we would like to welcome Marilee, Adriaan, Kaitlin, Melanie, Katherine, Daniel, Gavin and Lee. This program is designed specifically for students from gold belt and above who are passionate about achieving black belt in the future. Next week the Junior Members will be participating in a First Aid Introductory Course, taken by Mrs Meeten.

Some of our Black Belt Members



Birthdays



Happy Birthday to Peter, Debra, Jore, Fohe, Lee and Gavin who celebrate their Birthdays in August.

A special thank you to Mrs Puamau for making the fabulous birthday cake for our Assistant Instructors Lee and Gavin who celebrated their birthdays on 6 and 8 August.



Important Holiday Dates and Activities

- Saturday 25 August – Black Belt Club special class 10.15am to 11.00am
- Monday 10 September – Belt Testing for students who have three black stripes
- Saturday 1 September – International Food Pot Luck Dinner and Games

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 Gentleness.

Gentle people can be viewed as weak in a world that often sees power as external. However, those who choose to be gentle, not only in action but also in temperament, are very powerful. A gentle person is not self-assertive but self-giving. They will always respond with a kind word rather than a cutting remark. There is immense strength in gentleness, a quiet power.

Being gentle is a vital necessity in our relationships. We can often be abrupt or harsh but if we discipline ourselves away from our tendency of being quick, harsh, impatient and frustrated, we can discipline ourselves to become gentle.

General News

International Pot Luck Dinner and Games Night.

Please diary Saturday 1 September from 5pm to 7pm. We would like everyone who can attend to bring a plate of food from another country. This could be a traditional food from the country of your grandparents, parents or yourself. Alternatively NZ food is also fine. As always parents and friends are welcome to attend.



Saturday Morning Classes

We have had a great turnout to our Saturday morning classes, remember that this class runs from 0930am to 1015 am every Saturday.

We look forward to seeing you at your next class

Pil Suhng,

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