



E- Newsletter

Number Seven: September 2007

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

Hello and welcome to our seventh E-Newsletter.

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Welcome

Welcome back, since our last newsletter there has been a lot of great activities taking place. It is fantastic to see a number of parents who have now moved from the sideline to become members. This is really great as it is exactly how Mrs Meeten and I started Choi Kwang Do.

Remember that we are open as usual during school holidays. Also check out our website www.choi.co.nz as there are lots of new photos.

Looking forward to seeing you at your next class.



Congratulations

Congratulations to everyone who belt tested this month, including our Instructors. We are now into our seventh month and this was a record breaking number and definitely the best ever. Well done to Mrs Meeten one of our Head Instructors who was upgraded to IL Dan Green Stripe.

Special congratulations to our two newest and youngest members in New Zealand. Holly aged 4 1/2 who has joined with her Dad (Lance yellow belt) and sister (Caitlin yellow belt). Ilaisaane aged 4 who has joined in with her Mum (Teresa white senior belt), sister (Maeve gold belt) and brother (Fohe gold belt).



Over the last six weeks we have run a trial program with Little Rascals Childcare in Mairangi Bay. This has been a great success and we have six new members who will attend the weekly program at the centre.



Birthdays

Only three birthdays this month so a special Happy Birthday to Mrs Meeten, Matthew and Rachel.

Important Holiday Dates and Activities

- Monday 8 October – Belt testing for students who have three red stripes
- Saturday 20 October – Labour weekend. No classes this day
- Monday 22 October – Labour Day. No classes this day
- Wednesday 31 October – Halloween special 5.30pm to 7.30pm. No classes this day
- Saturday 1 December – Christmas event, see notice board for details.
- Saturday 15 December – Christmas class and Santa visit

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 Perseverance. The Greek word translated “perseverance” is *proskartereo*, meaning to adhere firmly to. It denotes persisting at something in spite of obstacles, challenges or in the face of adversity. To persevere is to have an uncompromising commitment.

In life, it is usually the most prepared and determined that become the most successful. However, there is one other element that is essential: perseverance. You can be prepared and determined and you may still not cross the finish line. Many fail to persevere till the end and quit just short of achieving their dream when the going gets tough.

Perseverance is the action of remaining constant to a purpose, a dream, a deep hope, an idea or a task in the face of discouragement or opposition. Essentially, you must decide to be courageous and determined. Focus is an essential and much needed habit to break through life's barriers, but perseverance is a matter of the heart. In the face of tremendous adversity, it all boils down to what is going on beneath the surface, in the heart of a person. If the desire is great enough and deep enough, the person will keep on going.

General News

International Pot Luck Dinner and Games Night.

Thank you to everyone who attended the International Pot Luck Dinner and Games Night. It was a fantastic event with special thanks to the many parents who helped make it a great success.



International Talk like a Pirate Day

Wednesday 19 September was International Talk like a Pirate Day and we made the 4.30pm class a special Pirates class. Even a few adults got into the spirit of the day.



Halloween



Wednesday 31ST October. No Classes on this day.
Keep the kids safe and off the streets, we will supply the goodies for their treat bags, and games.
A notice will go home to you early October with more details on this event.

5.30pm-7.30pm

We look forward to seeing you at your next class

Pil Suhng,

Sabumnim Caroline Hazelden

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