



E- Newsletter

Number Two: April 2007

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

Hello and welcome to our second E-Newsletter.

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Welcome

Welcome back to our second newsletter, it was great to receive such positive feedback from our March newsletter.

Since coming back from the 20th Anniversary conference I have been amazed by the progress that each of you has made. Both your techniques and levels of fitness are improving every week and it is fantastic to see how well you are doing.

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 March and we hope you had lots of fun taking part.

During testing many of you have asked me what makes a black belt. The answer is simple... **a black belt is a white belt who does not give up.**

In March we had students promoted to white senior, yellow, green senior, (1st) II Dan black belt gold stripe, (1st) II Dan black belt green stripe and (2nd) EE Dan black belt gold stripe.

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



Birthdays

Happy Birthday to Stanley Du Preez, Mark Lister, Katherine Meeten and Maeve Puamau who all celebrate their birthdays in April. Happy Birthday from all of us.

Important Holiday Dates and Activities

- Please note that there will be no classes this Easter Monday.
- There will be classes as normal on Anzac day.

During the week leading up to Easter there will be a special easter egg hunt towards the end of the children's classes, this short activity will take place during normal class times.

Also please remember that normal classes will run during school holidays. For some popular family activities on the North Shore, we have listed some of our instructors favourites on our website www.choi.co.nz.

Choi Kwang Do Motto

Many of you on the sideline will hear the students and instructors say 'Pil Suhng' and during the recent movie night we had some t-shirts on display which had 'Pil Suhng' written on the back.

Pil Suhng translates as 'Certain Victory' but not in an aggressive manner, and not always in respect to outside forces. It means we never give in unless it's the right thing to do, we never give up until we achieve victory, and we never allow our spirit to break. This attitude allows us to overcome any obstacle and achieve our goal.

General News

Thanks to everyone who came to the movie night, it was a great turnout and we had a fantastic evening. For any student who was unable to attend that would like to borrow the 30minute video then please email me for a copy caroline@choi.co.nz

At the movie night we had on display some Choi Kwang Do t-shirts and jackets that we brought back from the 20th Anniversary conference. With the high cost of having these produced in the USA we have been given permission to reproduce these locally. Based on feedback we have had a number of enquiries as to what, if anything we plan to produce. We have arranged for a few samples to be on display later this month. If you are interested in purchasing anything then please see either Caroline or Tracey after classes.

Due to growing class sizes we have ordered more hand pads especially suited for children. Also we have ordered some more hand pads for adults. We expect to have these available after Easter.

Last week we ran an assistant instructors course and would like to congratulate Mr Lee Meeten and Mr Gavin Hazelden, who will now be helping us during regular classes. The uniform for assistant instructors is blue.

Outram Hall Venue

On Thursdays we hold classes at the Outram Hall in Murrays Bay; however we now have the opportunity to secure this Thursday 6.30pm session at the Murrays Bay School Hall. This means we can have a common venue and store equipment at one location.

Effective 26th April we will be moving our Thursday Outram Hall classes to Murrays Bay School Hall. These Thursday classes run from 6.30pm to 7.30pm and are designated mixed classes. This means that everyone is able to join in – kids, adults and families.

Photo Album

Here are some recent photos and we will have lots more on the website www.choi.co.nz after Easter weekend.

Junior members receiving their belt test certificates Monday 2 April. Well Done.



Black belt stripe testing Mrs Meeten, Mrs Hazelden and Mr Palmer Saturday 31 March.



Grandmaster Choi and Mrs Hazelden at Headquarters in March.



Choi Kwang Do Headquarters, Atlanta, Georgia, USA.



Black Belt Testing, Headquarters, 6 March.



Examiners and Black Belt candidates, Headquarters, 4 March.



We look forward to seeing you at your next class and don't forget about the Thursday class at the Murrays Bay School Hall commencing 26 April.

Pil Suhng,

Sabumnim Caroline Hazelden

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