



## E- Newsletter

Number Nineteen: November 2008

To all Students and Parents of Choi Kwang Do.

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### Welcome

Hi everyone, welcome back to our latest newsletter. A special welcome to all our new members this month.

Didn't everyone look amazing at Halloween. With over 120 people attending it was our biggest event ever. Thanks to everyone for their support and assistance in helping make it a great night. Also a big thank you to Party Hire for providing lighting, seating and the BBQ.





## **Birthdays**

Happy birthday in November to: Julie, Jen, Hayley Samuel, Willem, Nathan and Jack. Have a great day.

## **Special Congratulations**

### **Belt Testing**

Congratulations to the following who sat their belt test in October: Jennifer, Zoe, Liam, Willem, Amber, Daniel, Rewi, Miriam, Joshua – White Senior, Drew, Taylor, Lee R, Jake – Yellow, Jordan, Carleen, Ethan, Mickey – Yellow Senior, Carl, Nani, Joel, Colin – Gold, Mel, Alan, Matthew, Rebekah – Orange, Emily – Orange Senior, Kirsty, Maeve – Green, Anastasia – Green Senior, Peter – Blue Senior, Kaitlin – Purple, Daniel, Katherine – IL Dan Gold Stripe. Well done everyone.

Mr Meeten and Mr Hazelden have successfully completed training and are now Head Instructors so look out for them in their new black uniforms.

### **Freestyle BMX Competition**

Well done to Kirsty who won the Freestyle BMX and Tony Hawk helmet. The colouring in pictures that many people did certainly brightened up the Dojahng and it was great to see so many entries.



Congratulations Kirsty



Some of our Black Belt Club students at belt presentations

## **Important Dates and Activities**

- Monday 10 November – Belt Testing (Black Stripe)
- Tuesday 11 November – Belt Testing (Black Stripe)
- Monday 8 December – Belt Testing (Red Stripe)
- Tuesday 9 December – Belt Testing (Red Stripe)
- Saturday 6 December – Browns Bay Christmas Parade and XFest. Meet 1030am
- Saturday 20 December – Special Christmas Class
- Wednesday 24 December – Last Class for the Year
- Monday 12 January – First Class for the Year, all classes operate as usual
- Monday 19 January – Belt Testing (Black Stripe)
- Tuesday 20 January – Belt Testing (Black Stripe)



## **General News**

### **Xmas Parade and XFest**

Saturday 6 December is the annual Christmas Parade and XFest so please diary this. Meet outside the Bute Road Council Office at 1030am. After the parade we will have a beach BBQ operating beside the Petanque area. Again this will be lots of fun so make sure you can attend. More details shortly.

### **Instructor Training**

Thank you to everyone who took time out of their weekend to undertake SWAT, STORM, AI and Instructor training.

### **Xmas/ New Year**

Just a reminder that we close down for 2 weeks only over the holiday period. Monthly fees have been calculated on this basis as all of our costs continue, even during the closedown. For those of you going away, can you please ensure that arrangements have been made to enable your 10<sup>th</sup> or 20<sup>th</sup> of the month payments to occur on time. The majority of students have automatic payments set up and we are happy to arrange for credit card auto payments over this period. Please remember that all fees must be up to date before sitting belt tests. Thank you for your assistance.

### **January unlimited offer**

For the period 12 January to 7 February everyone can attend unlimited classes at no extra cost. So come along and meet lots of other members. It is also a good time to catchup if you have been away for Xmas to do makeup classes.

### **Special New Year offer**

Look out for our special competition for current members. Details soon.

### **Belt Testing**

As our school continues to grow we now need to run two belt testing days each month. So if your usual day is a Monday then please attend that day for your test and if it is a Tuesday then we will also have testing then. It is very important that belt testing forms are returned promptly in order to ensure we have everything ready for your test.

### **Parking**

Hi just a friendly reminder that up to 530pm our only parking space is the 2minute drop off park at the front door. All other parking is for Party Hire and Megatyre customers only. We are grateful that Party Hire and Megatyre let us use all their parks after 530pm, however we need to respect their customer needs during work hours. Thank you.

### **Christmas Wish List**

With Christmas rapidly approaching we have lots of Christmas ideas. The wish list will be distributed shortly.



### **Article of Interest**

We came across the following article which we thought would be of interest.

#### **Martial Arts for Children - A Note to Parents About Motivation Problems and Child Development. By Jeffrey Miller**

I want to address a common parental concern that I continue to encounter, both in my role as a martial arts teacher, and as a fellow parent. This is in the difficulty that many parents often encounter in getting their youth student to martial arts class only to be even more confused at their child's enthusiasm when they are actually in class. "I have to fight to get them here," or "He just wants to play with his friends," are common complaints that I hear from frustrated parents.

Often, these parents consider letting their son or daughter quit but then come to find that's not what the child wants. "How," they ask me, "can he want to keep training but fight me when it's time to come?"

They find it very difficult to understand the contradiction between having to fight to get their child to class and the fact that they have so much fun when they get there.

To solve the 'mystery' and eliminate the misunderstanding we must first understand the way a child thinks and the way their brain has developed to this point in their young lives.

What makes them resist coming to class but enjoy it once they are here? The answer is Timing.

And this is linked to the physiological development and growth of their brain.

Quite frankly, children (and some adults) have not developed an understanding of the concept of scheduling and timing. That is to say that, once they have become involved in something, that is what they want to do. Anything else, regardless of how pleasurable or necessary, at that moment is seen as a hindrance to 'this moment's fun.' Whether it is watching TV or playing with their friends, or whatever, once a child becomes involved in something, anything, that "thing" gets ALL of their attention - period.

Don't blame the child or think that you must be a bad parent or the only one dealing with this sort of thing. It is completely natural. The reality of the matter is that your child cannot do what you ask because:

- 1) He or she is NOT an adult in a smaller body
- 2) The parts of the brain that process this type of information and data, quite literally, haven't developed yet, and...
- 3) He or she has been ALLOWED to get involved in something that you know will capture his or her attention before you need them to go to class

And, therein lies the secret for overcoming both the frustration and the confusion. Just don't allow your young martial artist to get into anything that you KNOW will make him or her not want to stop when it's time to go to martial arts or karate class.

Won't they go stir-crazy? What's a child to do while waiting?

Good question. And the answer is practice "preparing for class." This simple step will actually help your child to develop the skills you're looking for and promote brain growth in those areas.

So, instead of letting them drift into TV Land or glued to the computer screen, at least for the hour or so before you'll be leaving for class have them "get ready." Make it a rule that they have to make sure that they have their uniform, belt, and equipment. Have them practice their moves by "showing you what they learned last class" or "what their favourite techniques are."

We as parents and teachers must help our children over these moments with gentle reminders of other commitments and necessities until they learn this for themselves. Unfortunately, until a child learns to project their thought processes forward to specific time periods (as opposed to the general "can we \_\_\_\_ sometime?" or "when will it be tomorrow?") they will have to be taken away from things they are engaged in 'at the moment.' I know it's rough, but it's also "natural." And, no amount of wishing for an easier job as a parent will make your child's brain work any differently. The fact is that, until this skill develops, YOU will have to be there as a stand-in to help them through.

So, the next time you have to do something like coming to martial arts class, try giving your child a "heads-up" before they become involved in any activity. Once they get in the habit of thinking ahead and preparing for a future event, they will do more and more of it on their own. Until then, it will take a little nudging, prodding, and reminding.



*See you at your next class.*