



## E- Newsletter

### Number Twenty: December 2008

To all Students and Parents of Choi Kwang Do.

In this issue:

- **Welcome**
- **Birthdays**
- **Special Congratulations**
- **Important dates and activities**
- **General News**
- **Article of Interest**

### Welcome

Hi everyone, welcome back to our latest newsletter. What an awesome year it has been, lots of new members joining us and for our members who have been with us from the start, what great progress. Many of you are now over half way to Black Belt so 2009 will be another great year.

See you all at the Browns Bay X Festival and Xmas Parade, hurry and register now if you haven't already.



## **Birthdays**



Happy Birthday in December to: Allen, Teresa, Carleen, Stephanie, Mickey, Daniel J, Dylan, Joshua F, Jemma, Joe, Jaden, Alan, Brock and Charlie. Have a great day.

## **Special Congratulations**

### **Belt Testing**

Congratulations to the following who sat their belt test in November: Rex, Aiden, Liam, Georgia, Micah, Kobe, Jack and Alan – White Senior; Richard, Rewi, Miriam, Nigel, Esme, Jennifer, Hayley, Jen, Hetty and Robert – Yellow; Ben, Roger and Damon – Yellow Senior; Danielle – Gold; Cameron, Julie, Mark, and Hamish – Gold Senior; Jade, Allen and Teresa – Orange Senior; Caleb and Stephanie – Green; Jacob and Samuel – Green Senior; Stanley – Blue; Anton – Blue Senior; Stacey – Purple. Alex – Tiny Tiger Yellow Belt.

Mrs Meeten – Congratulations on your successful Belt Testing to 2<sup>nd</sup> Dan Black Belt.

### **Our First Black Belt Family.**

Well done to the Meeten Family. Tracey is 2<sup>nd</sup> Dan Black Belt and Lee and Katherine 1<sup>st</sup> Dan Black Belt making them the first all Black Belt Choi Kwang Do Family in New Zealand. Tracey is now working toward 3<sup>rd</sup> Dan and Lee and Katherine 2<sup>nd</sup> Dan. Keep up the excellent training.



## **Important Dates and Activities**

- Saturday 6 December – Browns Bay Xmas Parade (meet 1030am Glen Road)
- Saturday 6 December – No class due to road closed for Xmas Parade (sorry)
- Monday 8 December – Belt Testing (Red Stripe)
- Tuesday 9 December – Belt Testing (Red Stripe)
- 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**

### **We are Expanding - again.....**

This week we were offered the corner area of the building which has just been vacated by the Physiotherapist. Given our ongoing growth we thought this would be a great idea as it gives us more admin space as well as allows us options for the future. Look out for the alterations over the next few months.

### **Xmas Parade and XFest**

Saturday 6 December is the annual Christmas Parade and XFest so please diary this big event. Please meet at 10.30am in uniform at Glen Road (opposite council building). You need a clean uniform, hat, sneakers, water bottle and sunscreen. The parade goes from Glen road, through the main street and returns to Glen Road. Parents you are welcome to walk in the parade with your child, alternatively they must be collected from Glen Road immediately after the parade.

Following the parade we will be having a BBQ on the beach beside the Petanque courts/changing rooms. Look out for our sign. Everyone welcome.

If you have not yet done so, please register for this event as soon as possible. If the weather is bad the decision to cancel the parade will be made that morning and will be announced on Newstalk ZB Cancellations. If in doubt call us on 0800 000 124.

### **Xmas/ New Year**

This is 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 auto payments over this period. Thank you for your cooperation. We do not enjoy chasing for payments so greatly appreciate your assistance with this.

### **Car Stickers**

We have recently launched this promotion. Simply get your Choi Kwang Do car sticker and every month we will select one vehicle we see with the Choi sticker displayed. The number plate will be shown on the whiteboard at belt testing time with the winner receiving \$15 Dojahng Dollars.

### **Special New Year offers**

**Non stop training.** For the month of January all members can attend as many classes as they want at no extra cost. Here is a great opportunity to have fun and meet other members you wouldn't normally train with.

**Mum/Dad/Nana/Poppa train Free.** For current students, book Mum, Dad, Nana or Poppa in for a free introductory one on one session and they can try Choi Kwang Do for 2 weeks in January for Free. Bookings essential.

**Bring a Buddy week.** For current students, if your friend or family member lives on the North Shore and would like to try Choi Kwang Do, they can for free. Book them for a free introductory one on one session and they can try Choi Kwang Do for 2 weeks in January for Free. Bookings essential.

### **Belt Testing**

A reminder that Belt Testing forms must be returned completed at least 5 days prior to your test. This process ensures we can complete your testing on time with the maximum attention to you.

### **Christmas Wish List**

See our Christmas Wish List out now. All orders must be completed by 5 December to ensure they arrive on time.

### **International Visitors**

Arriving on the first week of February for five weeks are two Assistant Instructors from Choi Kwang Do Hampshire, England. Mr Joe Prichard and Mr Tom Banks will be attending our school and helping in a number of classes. We look forward to training with them.



### **Wireless Internet**

This is now available at the Dojahng free of charge. Ask us for details.

### **Hand and Foot Protection**

Please ensure that all of your equipment is clearly labeled. Also check to ensure you have picked up your equipment, not friends. There are currently 2 sets of named blue gloves that someone has picked up by mistake.

## Article of Interest - Modern Heroes by Master Rondy

Finding a positive role model nowadays seems harder than ever. The people our children see depicted on television and in the movies are often not positive influences. It is natural that the young tend to look up to these stars; they are glamorous, don the latest fashions, drive the most expensive cars and are obviously successful. They mingle with the in-crowd, get invited to the top events and are photographed everywhere.

Everyday, parents bring their children into my martial arts school—and schools around the country—to enroll them in a new activity. Most parents have not trained in the martial arts but have been referred by others or have done their research and determined that this would be the ideal activity for their child. The experiences of our own childhood tend to mold the adults we become. From time to time everyone has wished, “If I only knew then, what I know now.” We know that if we could have done some things differently in our youth, we would have had better results as adults. If only I would have eaten healthier, would not be overweight and have these medical problems today. If only I would have never started smoking, I would have saved a lot of money, not destroyed my respiratory system and not have a terrible habit that I can’t quit today. If only I would have focused more in school, I would have gone to a better college, got a better job, etc. The “would haves, should haves, could haves” go on and on.

Many parents want to save their children from the same downfalls they experienced. They want to teach their children about making healthy dietary choices. They want to warn their children about using substances that can ruin their health. They want to give them every advantage in their studies, so they have more options in the future. They want their child to have choices regarding their profession and to feel fulfilled. They want their child to have confidence and know that they are safe.

For all these reasons and more, parents enroll their child in martial arts. They can envision their child earning a black belt. No one takes advantage of their child. The focus and concentration helps their child whiz through his studies, he graduates with honors and has his choice of universities to choose from. He marries well, because he has confidence in himself and finds someone with similar character. All of these things are within reach, just a few belts and a few more years away. The parents will be so proud to have their child earn his black belt. They imagine the bumper sticker on their car announcing their child’s accomplishment to the world, “Proud Parent of a Black Belt.”

They enroll their child with high hopes—the new activity is exciting and rewarding. Their child earns his first few belts, shows more respect at home, improves his focus at school and everything is incredible. But then one day, the inevitable happens— maybe Timmy ate too much for lunch; maybe he took a hard kick last class; maybe his new form is a little challenging; maybe his secret rival in class earned a new belt and moved up ahead of him in rank—Timmy says he doesn’t want to go to martial arts class anymore.

**News flash!** Earning a black belt is not easy. In earning a black belt it shows that you try even harder when the going gets tough. A black belt is confident, is a leader not just a follower, is a fighter not a quitter, a black belt is a doer not a talker. A black belt stands up for what is right, a black belt protects those who cannot protect themselves. A black belt is a symbol of strength and courage. Listing “achieving a black belt” on an application or resume tells a great deal about the positive attributes of your character. And as I’ve said before, you can’t buy a black belt, you can’t steal a black belt and no one can get it for you. A black belt must be earned. If it were easy, everyone would be one. Now many parents will march right into my office with this news that their child does not want to continue his training. How can they cancel their contract? Can they get their money back for the rest of the month? Will the school buy back his used uniform and sparring gear? For some, all the hopes and dreams of a better life for their child easily are thrown away.

**But there is another kind of parent**, the parent that I think of as a modern day hero. This is the parent that acknowledges Timmy is having a hard time staying on track with his goals.

In most cases the martial arts instructors are great motivators, but they only get to spend two to three hours a week with the student. A few hours a week to instill life-changing habits is a stretch for anyone. This parent feels that if anyone should have the responsibility of serving as a positive role model, it should be the child's own parents. Instead of finding excuses to cancel the contract or trying to teach their child how to quit a commitment, the parent decides to lead the way. "Do you have uniforms in my size?" the parent asks.

The child's motivation is instantly renewed. Confidence soars as Timmy shows his parent how to tie their belt or corrects their stance. Families that kick together truly stick together.

Black belt testing is dominated by families earning their belts together. Adults will find that they may let themselves back out of something on their own, but they will never give up and be a quitter when your child is looking up to you.

After a parent gets over the initial hump of being awkward in class and muscle soreness, they find that the exercise—both physically and mentally—is actually good for them too. The experience of learning and striving toward a goal, overcoming obstacles together as a family, is a bonding and rewarding experience for everyone. This parent understands martial arts are not about kicking and punching or even self-defense, martial arts are about developing character and learning to overcome obstacles that threaten our success. What a gift to give your child.

I can think of no better role model or hero for a child than their own parent. Your child's school teachers, coaches, and martial arts instructors—regardless of how much we adore your child—are financially compensated for our guidance. A parent's efforts are a true labor of love.

A hero in my eyes, and in their child's eyes.

***Master Rondy is a sixth degree black belt in WTF Taekwondo, a fourth-degree in Hapkido and a second degree in Kickboxing. She was the only non-Asian member of the Korean Tigers Professional Martial Arts Team, spending two years in Korea, living in Seoul and YongIn. Master Rondy successfully blends the cultures of a Korean teaching staff and an American management staff for her 24,000 square foot super school located in Cary, North Carolina. For more information visit [whitetigertkd.com](http://whitetigertkd.com).***

*See you at your next class.*

*Mr & Mrs Hazelden*