



## E- Newsletter

### Number Twenty Three: April 2009

To all Students and Parents of Choi Kwang Do.

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### Welcome

Hi everyone, welcome back to our latest newsletter. It has been a great start to the year with many new members, in particular family and friends of current members. We are delighted to announce the launch of a daytime ladies only beginners class. See inside this newsletter for more details.



## **Birthdays**



A belated March and now April Happy Birthday to: Keli, Tyler, Roger, Micah, Mika, Robert P, Joshua T, Danielle E, Noah, Jade, Amber, Stanley, Cameron, Stephen B, Wayne, Katherine, Joshua K, Lee and Ethan.

## **Special Congratulations**

### **Black Belt Grading**

Well done to Melanie Hazelden who after several years training completed her Black Belt test this month. It was great for her to grade with Joe and Tom from the UK who took the opportunity to use this as a practice grading for their upcoming Black Belt Grading in the UK.



### **Belt Testing**

Congratulations to everyone who graded. We were very impressed by all of you. Details on everyone who graded is displayed each month beside the scanner at the counter.

## **Important Dates and Activities**

- Belt Grading for Red Stripe is Tue 14 April and Wed 15 April
- Reminder no classes Easter Fri, Sat, Sun, Mon or Anzac Day
- Mon 20 April SWAT/STORM training from 3pm to 515pm. Special training and hands on.
- Mon 27 April Commencement of Ladies only beginners classes

Don't forget that you can do makeup classes if your regular class is on a public holiday.

See our 2009 Calendar of Events for Apr - Dec period

## **General News**



### **Belt Grading**

A reminder that Belt Grading forms must be completed and returned at least five days prior to your test. This process ensures we can complete your testing on time with the maximum attention to you as well as ensure we have the correct belt and size.



### **Goodbye Joe and Tom**

It was great to have Joe and Tom from Choi Kwang Do Hampshire stay with us and train for five weeks over summer. They were a great help in assisting with many classes and on several days managed to do 4-5 classes in one afternoon. They have now left Browns Bay to travel around New Zealand and will be heading back to the UK on 29 April.

Remember as International members of Choi Kwang Do everyone is welcome to visit any of the 400 plus schools around the world. We look forward to more international visitors in the future.



### **New Ladies only Beginners Classes**

Commencing 27 April we are pleased to introduce ladies only beginners classes on Mondays and Wednesday mornings from 0910am to 1010am. This six class course is designed to introduce you to Martial Arts and Self Defense techniques. This is a great opportunity to give Choi Kwang Do a go. Bookings are essential so see us for more details.

### **Extended class times**

As our 430pm students gain higher grades we have now extended these 30 minute classes to 40 minutes, finishing at 510pm.

### **New Students Aged 9-11 years wanted**

A number of our classes are now full, however with many of our founding students moving to the Teens/Adults classes we have some limited spaces available in our 530pm classes. See us if you have friends or family who are interested in joining.

### **New Black Belt Club Classes**

Due to popular demand, our monthly Monday evening Black Belt Club now offers a Teens/Adult class from 8pm to 830pm. This is in addition to the current 615pm to 7pm Black Belt Club.

### **Air Shields for Sale**

If you haven't already used our new Air Shields which have just arrived then please try them. These new shields mean that we now have some surplus 2<sup>nd</sup> hand foam air shields available. These can be purchased for \$75 each on a first in basis

### **Hand and Foot Equipment**

Just a reminder that in order for students to remain safe you should have Hand equipment from Yellow Belt and Foot equipment from Gold Belt. We have tried to keep our costs as low as possible by selling these at \$45 each. Unfortunately our last shipment arrived at a cost of \$86 each. This means that current stock will be sold at \$45 and we have sourced a New Zealand supplier in order to keep costs at \$45. Unfortunately this means that these will only be in black without the Choi Logo. If you do want to purchase the colour options with the Choi logo then we are happy to have this shipped for you at the cost price of \$86 each. Talk to us for more details.

### **First Aid Course**

It was great to see so many of you attend this combined new and refresher course. All our instructors are first aid trained and courses are run on a regular basis. A reminder that there is a community defibrillator located 2 doors up from us at Beachside Gym.

### **Recent Events**

It was great to see so many students at the Mum and Dad date night. Everyone had a great time practicing their flying jump kicks on the bouncy castle (including Tom and Joe), followed by lots of popcorn, games and a movie.



### **Article of Interest**

#### **Teaching Old Dogs**

by Jeremy M. Talbott

About four years ago, I had two men walk into the school. The first man watches a class and decides that he is "too old" to be starting a martial art. The second man watches the class and decides he "might as well give it try." Now let me describe the two gentlemen. The first man was in his early 30s, in decent health and decent shape. The second man was in his mid 50s, completely blinded in his right eye and missing his thumb and two fingers on his right hand.

Folks, this is a true story. When I asked the second man why he wanted to start martial arts, he simply replied, "I've always wanted to do it, but kept thinking I was too old. I finally got tired of being too old."

After talking with him I reflected on how many times I have used that same excuse to avoid doing something new in the martial arts or any other activity that may be deemed more for the younger generation. Now it is obvious that, more times than not, a 40-year-old will not be as flexible as an 18-year-old; a 50-year-old may not move as quick as a 16-year-old; and a 35-year-old may not be as physically fit as a 25-year-old. However, physical limitations can be overcome or worked around.

A good example is the July 2008 Taekwondo Times which featured Master Robert Ott, the creator of Kidokwan and a gentleman who is completely blind. Physical limitations were not a factor in his

achievement of success, nor should it be in our own achievements. It is our mental limitations that cause the obstacles we just can't seem to overcome.

So many times in the "real world," we prohibit ourselves from accomplishing new goals because of three simple words, "I can't because..." Yet, when we are in the Dojahng, these words don't exist. They are not allowed to because our teachers won't hear of it. You are never too old to try something new in the Dojahng so why are you too old to try something new outside of the Dojahng, be it a new job, new hobby or a new fashion style? The "Yes I Can" attitude shouldn't stop when you leave the Dojahng for the evening. In fact, you practice that attitude at the school, but like anything else you need to apply that lesson on the street. The bottom line is that you are never too old, perhaps too lazy, but never too old.

To show you that I have been practicing what I preach here, at my current age of 37, I just tried a Wushu class for the first time. I was thrown into the adult class where the oldest student, besides me, was only 23 years-old. I struggled and pushed and was sore for three days and too be honest, I can't wait to go back again. I was explaining this to a co-worker who is one of those Lazy Boy recliner people who watches his sports and enjoys telling me I'm too old to be doing some of the things I do. He simply chuckled and said, "Well, you can't teach an old dog new tricks."

*I simply looked at him and replied, "Yeah, well you can't teach a dead dog anything."*

*See you at your next class.*

*Mr & Mrs Hazelden*