

HUNTER VALLEY

KARATE

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Newsletter

Grading 30 September

All students who have met the minimum class requirements of 18 classes since starting or last grading for a lower grade (to senior yellow belt) or 36 classes for a senior grade, are looking forward to being assessed for a grade promotion on 30th September.

Forms should be returned to your instructor by Friday 29th September and students should be busy reviewing their blue handbook to ensure they understand their grade requirements.



Red Belt applicant William Penfold

Two New Dojos Great Success !

The opening of 2 new Hunter Valley Karate Dojo's at Tenambit PS (Tues 4pm) and Telarah PS (Fri 4pm) have proven a huge hit.

Over 35 new students attended for the first time at one of these dojo's in August.

Key to Success !

Attending class regularly is the key to success with Hunter Valley Karate. Too many students are irregular or have time off and never go on to achieve their goals of belt promotions.

To succeed you need to treat your Karate training like school or work. You need attend religiously. Develop the attitude of needing to make up a lost class with another elsewhere in the week.

If you have stopped – don't be embarrassed to return. Many have successfully made a comeback !

For Sale (Christmas is coming !)

* Senior Grade Kata DVD (suits yellow belts and above) - \$15

* Replacements Gi (uniform) – \$35

* Belt Rack (display past belts)– \$15

* Samurai Sword Set (3 piece) - \$75

Class start times of 4pm have also proven popular to other existing students allow them to get home earlier.

This in turn has led to an improvement in the other class sizes –benefiting all !

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TOP 10 TRAINING KYU GRADES IN AUGUST:

1st Joshua Langworthy

14 classes

2nd Paul Proctor

13 classes

3rd David McBlane

12 classes

Equal 4th Drew Gilbert

11 classes

Equal 4th Jennifer Stashynsky

11 classes

Equal 6th Stephanie Ayrton

10 classes

Equal 6th Lachlan Dalzell

10 classes

Equal 6th Tye Proctor

10 classes

Equal 6th Roshaan Proctor

10 classes

Equal 6th Brendan Cake

10 classes

HVK takes Top 4 in National Titles !

Hunter Valley Karate had 4 competitors take the top 4 places in the National AKKA Non-Contact Karate Titles in Sydney on 5 August 2006.

The fantastic final results were Sempai Daniel Langworthy 1st place, Joshua Langworthy, 2nd place, Sempai Patrick Langworthy equal 3rd place

and Drew Gilbert equal 3rd place.

Sempai Patrick and Joshua went on to compete the next day in the National Full Contact Titles.



(l-r) Sempai Patrick Langworthy, Joshua Langworthy, Sempai Daniel Langworthy, Drew Gilbert

Bring a friend / family and earn Free Vouchers !!

From Monday 25 September to 31 October any introducer of a new student receives a \$25 Stockland Shopping Centre Voucher upon introductory fee payment from new student.

In addition, the new student pays only \$65 (a saving of \$15) introductory fee which includes 2006 Membership, training fee to 31 October 2006, a kata DVD, HVK handbook and free uniform.

Bring as many as you'd like and earn hundreds !!

*"If you do what you've
always done you'll get
what you've always
gotten"*

Upcoming Events

30th September Grading – Thornton Dojo 2pm
3rd & 4th October School Holiday training camp
 9-11am Tuesday and Wednesday
 \$15 for both days or \$10 for one.
 Contact Sempai Brownlee to register or ask further questions on 4933 0203

16th December Red / White Belt Grading
 2-3pm at Thornton Dojo
 Blue Belt and above Grading
 3-4pm at Thornton Dojo
 Josh Langworthy Black Belt Grading
 2-5pm at Thornton Dojo

16th December (cont'd) Christmas Party / Presentation Night 6.30pm at Maitland Dojo – for students and their family – BBQ meal provided.
24th & 25th Feb 07 Beach Training Camp – Stockton



2006 Beach Camp participants