

HUNTER VALLEY

KARATE

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Newsletter

“Using Karate” at school

I am often asked about “using karate” - particularly in school.

The answer is that there is no such thing as “using karate”. If you’ve learnt to strike or block well, you can’t choose to suddenly strike or block like a novice.

What you are able to do, is choose not to strike in the first place. Striking someone should only be a last resort when you are in danger.

Kicking someone else is particularly wrong unless you are in great danger.



Sempai Daniel Langworthy stretching

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 to 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
- * Replacement Gi (uniform) – \$35
- * Belt Rack (display past belts) – \$15
- * Samurai Sword Set (3 piece) – \$75

Chuck Norris Facts !

- * When the boogey man goes to sleep each night, he checks under his bed for Chuck Norris.
- * Chuck Norris does not sleep. He waits.
- * Chuck Norris is the reason why Wally is hiding.
- * Chuck Norris has counted to infinity. Twice.
- * Chuck Norris was once in a knife fight. The knife lost.
- * Chuck Norris ordered a Big Mac at Burger King, and got one.

VOLUME 1,ISSUE 2

24 NOVEMBER 2006

TOP TRAINING

KYU GRADES

IN OCTOBER 2006:

1st Beau Meehan

16 classes

Equal 2nd

Joshua Langworthy

12 classes

Equal 2nd

Emily Smit

12 classes

Equal 2nd

Nicholas Smit

12 classes

Equal 5th

Drew Gilbert

10 classes

Equal 5th

Jacob Palmer

10 classes

Equal 5th

Brendan Cake

10 classes

Equal 5th

Chantel Threadgate

10 classes

September 2006 Grading Results !

Chris Macmillan 1	Guy Waters 6	Birger Petersen 8	Amy Pryor 9	Jasmine Aranas 9
Drew Gilbert 1	Ella Hutchinson 6	Beau Meehan 8	Nathan Gregory 9	Jenavee Aranas 9
Kylie Oakes 2	Kristen Wylie 6	Tye Proctor 8	Tegan Chester 9	Noah Aranas 9
Jarod Berry 4	Kristy Cox 8	Roshaan Proctor 8	Baiden Davidson 9	Zach Pryor 9
Jared Chester 4	Chris Millington 8	Chloe Noy 8	Bumpy Crouch 9	Rebekah Gregory 9
Jenny Stashynsky 6	Lucinda Waters 8	Joshua Franks 8	Matthew Rhys-Jones 9	William Penfold 10
Paul Proctor 6	David McBlane 8	Jacob Palmer 8	Brendan Cake 9	Zac Maullin 10
				Judilene Aranas 10
				Lachlan Atkinson 10



(Graeme Russ (now Sempai) breaking at his black belt grading)

Pay fees via direct credit

Students are reminded at they can may fee payment via direct credit to:-

Greater Building Society
Account Name- Hunter Valley Karate
BSB 637000
Account No.166 464 731

You may even like to automate the debit with your bank each mth
(Please remember to place your surname as the reference)

Visit www.huntermvalleykarate.com

All students and their families are encouraged to visit www.huntermvalleykarate.com

Read student and instructor profiles, view photos and videos, see your name in current training members and grading results.

"Life is like a motor car. It may be used to take you to great places, though most people choose to lie in front of it, allow it to drive over them, and blame it for the accident"

Upcoming Events

16th December

- * 12.30pm-1.30pm – Green Belt and above class – Thornton Dojo
- * 2-3pm – Red / White Belt Grading at Thornton Dojo
- * 3-4pm – Blue Belt and above Grading at Thornton Dojo
- * 2-5pm – Joshua Langworthy Black Belt Grading Attempt at Thornton Dojo
- * 6.30pm – Christmas Party / Presentation Night at Maitland Dojo – for students and their family – BBQ meal provided.

24th & 25th Feb 07 Beach Training Camp – Stockton

Christmas Party invitation

You and your family are invited to our annual Xmas party and presentation evening on Sat 16 December from 6.30pm at Maitland Dojo.

A BBQ meal with be provided though you should bring your own soft drinks and alcohol.

Parents Reminder

Karate is a tough discipline. We are a group who are deliberately hard on students in an effort to get the best from them, and we use many means to do so. We will not dumb things down to please a few, though rather are deliberately hard so as to mould people who are strong of mind and spirit. If you are not happy with things, please feel free to take your children to another club. Grading results and methods are not up for debate.



Sensei Wiedermann at 2006 Beach Camp