

HUNTER VALLEY

**KARATE**

Sensei Philip Penfold

PO Box 2374

Greenhills NSW 2323

www.huntervalleykarate.com

philip.penfold@mortgagechoice.com.au

ABN 66 914 553 976

Mb 0427 330 771 Tel 4933 0771 Fx 4933 2434

## Newsletter

### Christmas Grading Results

Congratulations to all students who recently were promoted in grade at the December grading.

In particular I would congratulate Sempai Kristy Brownlee who after years of hard work, admirable teaching and leadership was promoted to Nidan (second degree black belt).

Congratulations also to our only black belt for 2006 – Sempai Joshua Langworthy who showed the perseverance required to attain this grade.

See page 2 for a full list of grading results. **Sensei Philip Penfold**



*Joshua Langworthy breaking*

### 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 !

80% of the Secret to Success is turning up !

VOLUME 2 ISSUE 1

29 JANUARY 2006

#### TOP TRAINING

#### KYU GRADES

#### IN DECEMBER 2006:

**Equal 1st – David McBlane**

10 classes

**Equal 1st – Gary Smit**

10 classes

**Equal 1st – Emily Smit**

10 classes

**Equal 4th – Drew Gilbert**

9 classes

**Equal 4th – Nicholas Smit**

9 classes

**Equal 4th – Beau Meehan**

9 classes

**Equal 7th – Molly Gover**

8 classes

**Equal 7th – Stephanie Ayrton**

8 classes

**Equal 7th – Jenny Stashynsky**

8 classes

**Equal 7th – Chloe Noy**

8 classes

### Class Lead Instructor

Monday – Sensei Penfold

Tuesday 4pm – Sempai Langworthy alternating with Sempai Patrick

Tuesday 6pm – Sempai Wilson alt. with Sempai Spinks

Wednesday – Sempai Brownlee alt. with Sempai Joshua

Thursday – Sensei Penfold

Friday – Sempai Alex alt. with Sensei Penfold

## December 2006 Grading Results !

Kristy Brownlee Nidan  
Joshua Langworthy -  
Shodan  
Jamie Ayrton 3  
Stephanie Ayrton 3  
Natalie Coleman 4  
Bridgette Dederer 4  
Rebecca Carrucan 4  
Lachlan Dalzell 4

Evelyn Dalzell 4  
Jennifer Stashynsky 5  
Kristen Wylie 5th Kyu  
David McBlane 7  
Joshua Franks 7  
Chloe Noy 7  
Jacob Palmer 7  
Beau Meehan 7  
Mathew Rhys-Jones 8

Chantal Threadgate 8  
Belinda Dalton 8  
Zac Pryor 8  
Amy Pryor 8  
Brendan Cake 8  
Caitlin Gehrig 8  
Jessica Gehrig 8  
Rebekah Gregory 8  
Nathan Gregory 8

Daniel Dalzell 8  
Brendan Crouch 8  
Justin Threadgate 9  
Gary Smit 9  
Nicholas Smit 9  
Emily Smit 9  
Sharna Woodward 10  
Dylan Bower-Woodward 10  
Logan Woodward 10

Kendall Bower-Woodward  
10  
Ally McGrannachan 10  
Savannah Scott 10  
Lachlan Davies 10



(Black Belts in attendance at  
December 2006 Grading)

## Pay fees via direct credit

Students are reminded that they can make fee payments via direct credit to:-

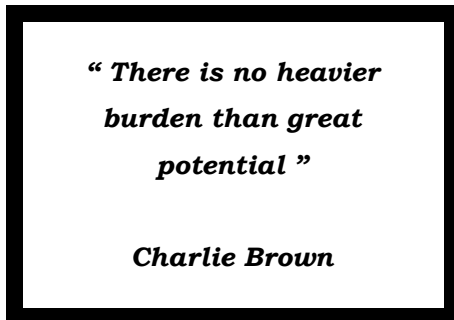
Greater Building Society  
Account Name- Hunter Valley Karate  
BSB 637000  
Account No.166 464 731

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

## Visit [www.huntervalleykarate.com](http://www.huntervalleykarate.com)

All students are encouraged to visit  
[www.huntervalleykarate.com](http://www.huntervalleykarate.com)

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



*“ There is no heavier  
burden than great  
potential ”*

**Charlie Brown**

## Upcoming Events

**24<sup>th</sup> & 25<sup>th</sup> Feb** - Beach Training Camp - Hawks Nest

**4 March** - Clean Up Australia Day - 9am From Maitland Dojo

**30 March** - Grading

- \* 2-3pm - Red / White Belt Grading at Thornton Dojo
- \* 3-4pm - Blue Belt and above Grading at Thornton Dojo

**26 May** - HVK Non-Contact and Kata Tournament - 2pm  
Thornton Dojo

## Clean Up Australia Day

You and your family invited to assist in our annual  
Clean Up Australia Day Sun 4 March from 9am  
meeting at Maitland Dojo.

A BBQ breakfast will be provide to those participat-  
ing from 10.30am

## HVK Community Support

Many thanks to Mrs Sandra Langworthy (yes - the mother of the  
fantastic four) for co-ordinating support for a local cancer patient  
desperate to maintain a home with her 2 children.

On your behalf I was glad to donate \$200 toward supporting this  
family.

Anyone in a position to add further support, please contact me  
directly on 4933 0771.



(Graeme Russ (now Sempai)  
achieving his black belt grading)