

HUNTER VALLEY

# KARATE

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## Newsletter

### March Grading Results

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

It was pleasing to see a solid effort put in by so many.

Be sure to attend regularly and put in a great effort to ensure your promotion in grade at the next grading on 30 June.

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



### Upcoming Tournament Saturday 19th May

This tournament is an excellent way to experience a karate tournament in a friendly atmosphere.

Nearly all the participants will be your friends from Hunter Valley Karate with only a few students from other local karate clubs invited. In the past the event has been a lot of fun for those who chose to participate.

Competition will be held in both non-contact Kumite and Kata. Age divisions with a handicap will apply for the Kumite section, whilst the Kata section will be divided according to grade.

The tournament will be held at Thornton Public school, starting at 2pm.



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#### TOP TRAINING

#### KYU GRADES

#### IN MARCH 2007:

**1st - Beau Meehan**

23 classes

**2nd - Kiyarna Meehan**

19 classes

**3rd - Luke Askie**

13 classes

**Equal 4th -**

**Lachlan Dalzell**

11 classes

**Equal 4th -**

**Nicholas Smit**

11 classes

**Equal 4th - Emily Smit**

11 classes

**Equal 4th - Gary Smit**

11 classes

**Equal 4th - Paul Proctor**

11 classes

### Chuck Norris Facts Pt II

- Chuck Norris is currently suing NBC, claiming Law and Order are trademarked names for his left and right legs
- Chuck Norris can touch MC Hammer
- When you open a can of whoop-ass, Chuck Norris jumps out
- Aliens do exist. They're just waiting for Chuck Norris to die before they attack

## March 2007 Grading Results !

Jared Chester 3	Chantal Threadgate 6	Caitlin Gehrig 7	Logan Woodward 9	Luke Askie 9
Zac Hutchinson 4	Brendan Cake 6	Jessica Gehrig 7	Ally McGrannachan 9	Kiyarna Meehan 10
Paul Proctor 5	Tye Proctor 7	Teagan Chester 9	Kendall Bower- Woodward 9	Chantelle Heagney 10
Chloe Noy 6	Roshaan Proctor 7	Gary Smit 8	Dylan Bower- Woodward 9	Connor Gallagher 10
Joshua Franks 6	Bumpy Crouch 7	Emily Smit 8	William Penfold 9	Caleb Threadgate 10
Beau Meehan 6	Rebekah Gregory 7	Nicholas Smit 8	Nathan Ryan 9 <sup>t</sup>	
Christopher Milling- ton 6	Nathan Gregory 7	Doug Ryan 8		
	Matthew Rhys-Jones 7	Sharna Woodward 9		



Sensei Philip Penfold  
At St Pauls Church Hall Dojo  
March 2004

### 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.

*“ Feel the fear.....and do  
it anyway ”*

*Susan Jeffers*

### Upcoming Events

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

**30 June**—Grading held—2pm Thornton  
Dojo

### HVK Cleans Up

A big thank you to all of those who made it to Clean Up Australia Day. Many bags of rubbish were removed from the side of the highway near the Maitland Dojo.

The roadside certainly looked much better after the excellent effort put it by those able to support this great event.

### HVK Community Support

Entertainment books are now available. For \$60 you can get yourself some great deals on dinners, movies, etc.and also help raise money for the Maitland branch of Dads in Distress.

For further information or a copy of the book, please contact me directly on 4933 0771.



September 2006  
Grading participants