

HUNTER VALLEY

# KARATE

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## Newsletter

### June Grading Results

Congratulations to all students who recently were promoted in grade at the June grading. In particular congratulation to Sempai's Spinks, Gover and Robinson on achieving their black belts.

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 29 September.

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



*Sensei Penfold sparring Molly Gover*

### Private Karate Classes

Hunter Valley Karate Black Belt Sempai Joshua Langworthy will be offering private classes on Saturday morning by appointment in Maitland Park.

- Students must be paid up training members for regular classes
- Class will be up to 3 at a time (or a whole immediate family)
- Class duration 45 minutes
- All arrangements are made and paid direct to Sempai Joshua on 0422 610793
- Cost is \$20 per person or max \$40 per immediate family per session



*William Spinks board breaking*

### Chuck Norris Facts Pt III

- Chuck Norris's calendar goes straight from March 31st to April 2nd; no one fools Chuck Norris.
- Chuck Norris can win a game of Connect Four in only three moves.
- It takes Chuck Norris 20 minutes to watch 60 Minutes.
- Chuck Norris doesn't believe in New Zealand.
- When Chuck Norris goes swimming he doesn't get wet, the water gets Chuck Norrised.
- When the Boogeyman goes to sleep every night, he checks his closet for Chuck Norris.

VOLUME 2 ISSUE 3

AUGUST 2007

#### TOP TRAINING

#### KYU GRADES

#### IN JULY 2007:

1st - Zach Hutchinson  
12 classes

Equal 2nd - Drew Gilbert  
9 classes

Equal 2nd - Ella Hutchinson  
9 classes

Equal 2nd - Brendan Cake  
9 classes

Equal 2nd - Hayden Davies  
9 classes

Equal 2nd - Mackenzie Mackay  
9 classes

Equal 7th - Lachlan Dalzell  
8 classes

Equal 7th - Evelyn Dalzell  
8 classes

Equal 7th - Belinda Dalton  
8 classes

Equal 7th - Jessica Gehrig  
8 classes

Equal 7th - Caitlin Gehrig  
8 classes

Equal 7th - Jeremy Lambourne  
8 classes

## June 2007 Grading Results !

Molly Maree Gover Shodan	Brendan Cake 5 David McBlane 6 Caitlin Gehrig 6 Jessica Gehrig 6 Bumpy Crouch 6 Simon Dalton 7(Distinction)	Daniel Dalzell 7 Teagan Chester 7 Luke Askie 8 (Distinction) Jenavee Aranas 8 Jasmin Aranas 8 Noah Aranas 8 Ally McGrannachan 8 Connor Gallagher 9 Kiyarna Meehan 9(Distinction) Caleb Threadgate 9	Justin Lai 9 Michelle Price 10 Gabby Matthews 10 Thomas Parker 10 Chloe Parker 10 Sharnie Milne 10 Alex Bailey 10 Thomas Barile 10 Hunter Bailey 10 Callie Bercini 10 Zac Jacobs 10	Jacob Wicks 10 Kiara Wolfgang 10 Taylaw Morgan 10 Matthew Morgan 10 Luke Allsop 10 Rhys Bailey 10 Josie Golledge 10 Jesse Wolfgang 10 Nathan Milne 10 Jarrod Crofts 10 Mackenzie Mackay 10
Bridgette Dederer 3 Natalie Coleman 3 Lachlan Dalzell 3 Rebecca Carrucan 3 Evelyn Dalzell 3 Beau Meehan 5	Gary Smit 7 Emily Smit 7 Belinda Dalton 7 Lucinda Waters 7	Judilene Aranas 9	Hayden Davies 10	
Joshua Franks 5	Nicholas Smit 7			



*Alannah Robinson board breaking*

***“ Until you try you don’t  
know what you can’t do”***

***Henry James***

### 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)

All students are encouraged to visit

**[www.hunintervalleykarate.com](http://www.hunintervalleykarate.com)**

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

### **Upcoming Events**

**29th September**

**HVK Grading Thornton Dojo**

2pm for Red/White Belts

3pm for Blue belts and above

**9th and 10th October**

**HVK Holiday Camp Maitland Dojo**

9-11am Tuesday

9-11am Wednesday



June 2007  
Black Belts attending grading