

HUNTER VALLEY

KARATE

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Newsletter

December Grading Results

Congratulations to all students who recently were promoted in grade at the 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 29th March.

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



Sempai David Purcell kicking black belt applicant Drew Gilbert

Upcoming Tournament Saturday 31st 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.



VOLUME 3 ISSUE 1

JANUARY 2008

TOP TRAINING

KYU GRADES

IN NOVEMBER 2007:

Equal 1st - 13 classes

Jessica Gehrig

Caitlin Gehrig

3rd - 10 classes

Drew Gilbert

4th - 9 classes

Nathan Gregory

Rebekah Gregory

Sophie Gehrig

7th - 8 classes

Matthew Rhys-Jones

Ally McGrannachan

Mackenzie Mackay

Thomas Parker

Hayden Davies

Kristen Meredith

Shania Meredith

Emily Davies

Yet more Chuck Norris Facts

- **Chuck Norris is so fast, he can run around the world and punch himself in the back of the head.**
- **Chuck Norris' hand is the only hand that can beat a Royal Flush.**
- **Chuck Norris can lead a horse to water AND make it drink.**
- **Chuck Norris doesn't wear a watch, HE decides what time it is.**
- **Chuck Norris can slam a revolving door.**

December 2007 Grading Results !

Drew Gilbert	Shodan	David McBlane	5th Kyu	S Woodward	8th Kyu	Chris Hill	9th Kyu
Lachlan Dalzell	2nd Kyu	Simon Dalton	5th Kyu	Dylan Bower	8th Kyu	Sophie Gehrig	9th Kyu
Bridgette Dederer	2nd Kyu	Bumpy Crouch	5th Kyu	William Penfold	8th Kyu	Jake Lawler	10th Kyu
Natalie Coleman	2nd Kyu	Emily Smit	5th Kyu	Hunter Bailey	8th Kyu	Jake Lynch	10th Kyu
Evelyn Dalzell	2nd Kyu	Nick Smit	5th Kyu	Logan Woodward	8th Kyu	Emily Davies	10th Kyu
Zac Hutchinson	3rd Kyu	Rebekah Gregory	6th Kyu	Chloe Parker	8th Kyu	Isabelle Hill	10th Kyu
Brendan Cake	4th Kyu (D)	Nathan Gregory	6th Kyu	Hayden Davies	9th Kyu		
Beau Meehan	4th Kyu	A McGrannachan	6th Kyu	Luke Allsop	9th Kyu		
Caitlin Gehrig	4th Kyu	Kiyarna Meehan	7th Kyu	Emma Grainger	9th Kyu		
Jessica Gehrig	4th Kyu	Kendall Bower	8th Kyu	Josie Golledge	9th Kyu		
Gary Smit	5th Kyu	Thomas Parker	8th Kyu	Thomas Barile	9th Kyu		

Pay fees via direct credit



Evelyn Dalzell breaking in December 2007

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 your website

All students are encouraged to visit
www.huntervalleykarate.com

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

Routine Class Attendance

Are you regular in your attendance to class?

Past students have shown that if not, it is increasingly unlikely that you will go on to achieve high grade.

Make a plan and stick to it, like your attendance at school/work, and reap the rewards.

“ Some people walk in the Rain, others just get wet ”

Roger Miller

HVK now on “You Tube”

HVK is now on “You Tube” !

Simply type ‘Hunter Valley Karate’ into ‘Search’ to see our entries.

Revisit over time to look for new additions.

Upcoming Events

Sat 29th March – HVK Grading -
Thornnton Dojo

2pm White and Red belts

3pm Blue belts and above

Sat 31st May – HVK Non Contact Kumite
and Kata Tournament

Sat 28th June – HVK Grading -
Thornnton Dojo

2pm White and Red belts

3pm Blue belts and above



Zac Hutchinson board breaking in December 2007