

Balanced Outcomes for Mind, Body & Spirit

October 2008

Welcome to our October Newsletter everyone. **In this issue:**

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Birthday Greetings

Congratulations to Holly Wright who celebrates her birthday this month.

Welcome our New Students: Oscar Smith

Gradings

Well done to the following students on their gradings this month. It was an awesome effort displayed by all!

Yellow Belt: Alison Taylor, Yellow Senior: Hamish Brookes Lockie, Rohan & Richard Baird, Peter, Holly, Emily & Philip Wright, Orange: Karen Koed, Green: Anne Cochrane and Blue: Ashley Fitzgibbon.

Instructors

Our Two New Instructors – Welcome !



Anne Cochrane



Richard Baird

Holiday Programs

On Wed Oct 1st we ran the first of these programs. Even though the group was small, we had lots of fun and the 2 hours was soaked up very quickly with a whole mixture of drills, blocking and step up techniques! Thank you to Reece Basset & Richard Baird for all your help. The second session is on Wednesday Oct 8th.



Dates to remember & Xmas Party

October 16th – Thursday, training will finish 30 minutes early at 7.00 pm

Market Demo Day: Sat October 25th – **Details to come**

Labour Day: Monday October 27th

Grading Night: Tuesday October 28th

Sunday November 30th we will be having our xmas party – please reserve this day – exact times and venue are to be confirmed soon!

Seminar Information day

Saturday Sept 20th we held an open info day, when we showed all the images of the GMC Seminar in Auckland and displayed information from our sponsors and thanked them for their support with our fundraising efforts. Great to meet some new faces and I would like to thank everyone for their support and assistance.

Free Classes Offer

During the first two weeks of October, free class vouchers will be given out to all students.

These vouchers entitle a person to attend two

classes for free. Each voucher is numbered and

when a person comes in to do the two classes the number is recorded against each student. At

the end of November, all those students that had a person come in and attend the two classes will go in the draw to win vouchers : for movies, books or pizzas!!

Fundraiser T Shirt Nites.

ALZHEIMERS
canterbury

We are off to a great start with the fundraising for Alzheimers Canterbury, - this months date – Thursday Oct 23rd.

Uniforms

When uniform pants/sleeves are too long, it becomes a safety issue and can distract a student from their training,. Please ensure that pants/sleeves are hemmed at the correct length.

We will be printing the back of uniforms this month – I will advise the dates at training.

If any students or parents have any questions about any aspect of the school, please feel free to contact me on 0800 581481.

Pil Suhng and Kind Regards

Mark Palmer
School Owner

