

Balanced Outcomes for Mind, Body & Spirit

May 2009

Welcome to our April Newsletter.

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Birthday Celebrations

Many Happy Returns to Oscar Smith who enjoys his birthday this month. Pil Suhng!



New Students

Welcome to Mr Chen who has recently joined.

Gradings

Well done to Alison Taylor, Anne Cochrane & Oscar Smith who recently graded, well done to you all!

Our next grading date is Tuesday June 2nd.

Black Belt Club

Welcome to Alison Taylor who has just joined the Black Belt Club!



Around the World



Choi Kwang Do International continues its busy schedule this year with Grandmaster Choi running seminars in Spanish Speaking countries ending up in El Salvador in October!

Choi Kwang Do Pledges

Gentleness

A gentle person always responds with a kind word rather than a cutting remark. There is immense strength in gentleness, it is a quiet power. Consider the powerful effects of gentle words by comparing them to single words that hurt people enough to make them angry. Real gentleness grows in us all easily – when we place our mind inside our heart. If we can observe what it is to be gentle with the very young, the very old or the weak and seek to become more like that in our relationships with everyone, we will develop the quality of gentleness.

Fundraiser T-Shirt Nites

We raised \$57 for SPELD – well done everyone!
These funds will be presented to SPELD over the next week. A great Cause to assist those with Dyslexia and learning difficulties.



SPELD provides assistance to people of all ages with learning problems, including dyslexia, dyscalculia, dyspraxia, aphasia, attention deficits (ADD and ADHD) and various degrees of autism.

www.speld.org.nz

May 28th is our next T Shirt training night and we are returning to our first group that we commenced raising funds for:
The Royal New Zealand Foundation of the Blind.



Free Class Vouchers


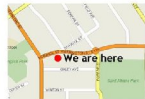
Remember to grab your vouchers at your next class to give out to your family & friends! These vouchers entitle them to two free classes!

2 FREE SELF DEFENCE LESSONS

This voucher entitles one person to *two free 60 minute* Choi Kwang Do Self Defence classes at the Christchurch School. To redeem your two free classes simply call in to the hall during the following times:
Every Tuesday & Thursday 4.20 pm - 7.30pm
Ph 0800 581481

Christchurch Choi Kwang Do
Balanced Outcomes for Body, Mind & Spirit

St Albans Uniting Church Hall
Berwick St, St Albans



See you at your next training class

Pil Suhng

Mark Palmer

