

Outcomes for Body, Mind & Spirit

Sept 2008

Welcome to our September Newsletter everyone. Wow, what a month August has been! To attend the seminar with Grandmaster Choi with some of the students was just amazing!

In this issue:

- Birthday Greetings
- Gradings
- **Grandmaster Choi Seminar**
- Welcome new students
- Fundraiser T Shirt nites
- September dates to remember
- Seminar Information day
- Instructor Program
- Introduce a friend offer
- New Website launched



Birthday Greetings

Best wishes to Peter Wright & Richard Baird who celebrate their birthdays this month

Welcome our New Students:

Savannah Crichton Manuel & Alison Taylor

Gradings

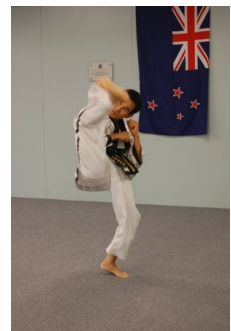
Well done to the following students on their gradings this month:

David Tooley: Gold Belt, Reece Bassett: Green Senior Belt

Next Grading Date: Tues Sept 30th

Grandmaster Kwang Jo Choi Seminar

Wow! What an amazing time it was in Auckland! Ms Cochrane and myself travelled up to Auckland on Thursday, and managed to attend training at the Browns Bay Dojang. On Friday morning Grandmaster Choi 9th Degree Black belt and founder of the incredible art that we learn, arrived in Auckland travelling with Senior Master Pereira. Grandmaster Choi was greeted by Master Cairney, Mr & Mrs Hazelden, Ms Cochrane and myself.



From here, GMChoi commenced a busy schedule. The afternoon started with a photo & documentary press conference at the Browns Bay school, and early in the evening an Instructor workshop with all Instructors and those in training. It was a very informative and inspiring session. Both the Auckland school and Christchurch schools will be certifying several more instructors over the coming weeks.

Grandmaster Choi being interviewed by Korean TV and the Instructor Workshop held at the Browns Bay Dojahng run by Mr & Mrs Hazelden.



Saturday commenced with a busy schedule with back to back seminars starting with the junior seminar in the morning:



Grandmaster Choi demonstrated all techniques and patterns to Brown Senior that we all did together and then had us all watching in further amazement as he demonstrated patterns & techniques above 1L Dan!

Saturday evening we attended the Banquet dinner for Grandmaster Choi, Senior Master Periera 7th Dan & Master Cairney 5th Dan at the Catch 22 Restaurant, Browns Bay. It was a great night of fine food and talking with Grandmaster Choi and instructors, students and parents.



Sunday we all attended the official opening of the Browns Bay Dojahng and BBQ. Grandmaster Choi enjoyed a Kiwi Barbeque and officially opened Mr & Mrs Hazelden's School. It was a great day and then we were off to drop Richard & Rohan, Reece & Hamish back at the airport for their flight home.



On Monday I had the utmost pleasure & opportunity to have some one on one time with Grandmaster Choi going through basis techniques and he was very interested to know about the Kinesiology and Bowen Therapy work that I practice. This was followed by a School Owners session with Grandmaster Choi, Mr & Mrs Hazelden and myself.

Wow what a few days! Grandmaster Choi is a true master and expert in the field of biomechanics. He has developed such an amazing art that is based strongly on Scientific principles and he is a shining example of the benefits of Health & Longevity one can achieve with learning Choi Kwang Do. Every time I have met Grandmaster Choi, I have been simply in awe, each time Grandmaster Choi gets better, each time my passion for the art gets even stronger, and wow! What more can I say. For those of you guys that attended –you know what I mean! For those of you guys that did not, be sure to meet Grandmaster Choi the next available opportunity you have.

There are lots more photos on the new website and on display in the Dojahng.

Seminar Information afternoon

Sat Sept 20th at the Hall 3.00 – 6.00 pm

Dress: Smart Casual

Food: If you are able to bring a plate of finger food, that would be much appreciated.

Drinks: tea & coffee will be provided along with cordial & water.

There will be a function held to display all the photos & images from the seminar and to thank our sponsors who assisted with the Fundraising raffle. Visitors or people looking at joining Choi are welcome, so bring your friends & family! Those parents/students that have a business they wish to display, there will be tables available for displaying brochures/products/literature. Please let me know if you require a table.

Sept dates to remember

Important dates to remember this month:

Sat Sept 20th: Seminar Student/Sponsor Day 3.00pm at the Hall

Thursday 25th T Shirt Training Nite

Fri 26th End of Term 3 School holidays commence

Tues 30th Grading

T Shirt Training Nites.

Well, the t-shirt nites have raised \$66.80 for the Cholmondeley Home, this will be presented to the school over the coming weeks. Great effort everyone.



Cholmondeley Children's Home

CANTERBURY'S OWN

For the next 3 months we will be donating the proceeds from our T-shirt sales to The Alzheimers Foundation, Canterbury. More details on the foundation will be on the noticeboard and website shortly.

Instructor Program

On Saturday Aug 30th an Assistant Instructor Workshop was run and I am pleased to welcome the following students as Instructors: Anne Cochrane & David Tooley will join Reece Bassett as Assistant Instructors. Richard Baird will also be joining the program in approximately 6 weeks.



Introduce a Friend Offer

All students who introduce a new student to Choi Kwang Do during this month of September will each get a **FREE double pass for the movies at Reading Cinemas, The Palms. Earn as many as you can!!**

New Look Website

Our new website is now up & running – check it out and sign the guestbook, there is a link on the main page to go straight to your login on the International Site. There are lots of photos, and more to be loaded of the seminar this week.

Many thanks go to Melissa Manson from Beegloo Web Design. For affordable & professional web design go to www.beegloo.co.nz

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

