



OUR SECOND QUARTERLY NEWSLETTER

Year to date

The 2011 year saw us celebrate 10 years as a club having opened in November 2001. We had nine (9) students at our first training session. Since that day we have welcomed over 200 students into our Zen Do Kai family. Sadly, over the years we have said goodbye to many of those students and this year has been no different. I always hope that those who have left us continue to use the skills they were taught in other aspects of their lives.

While the goodbyes are difficult, I am always pleased when old faces return and this year we have welcomed back Brad and Ashley Power, Kevin Robinson, Harley and Leunig after lengthy absences.

In the previous newsletter I lamented on the disappointing numbers throughout the year and more particularly the inconsistency in training attendances. Well, the end of this year saw our senior class swell to 20 on some nights and if we could continue that trend we can expect a strong 2012.

On the 19th November Scott Curran and I travelled to Echuca and participated in a Muay Thai grading held by our good friend Kyoshi Matt Wickham. The grading was gruelling and by the end I know I was totally gassed out and I am sure Scott was feeling very tired. We both passed and left the day with our black singlets.

I want to thank Kyoshi Matt Wickham for helping us prepare for the grading. As usual Kyoshi Matt has been a great support for me and our club. My hope is that this continues for many years to come.

Our Christmas break up was well attended with the majority of members and their families supporting the day. Congratulations to those who received trophies (check out our honour board). I must thank Steven Loison for all his work in organising the day. Without people working in the background days such as these would not happen.

Congratulations

This has been probably the most successful year in our history with three senior students achieving their 2nd degree (Nidan) black belt and the title Dai Sempai. The second Dan grading is the most physically demanding in our system and takes a lot of additional work to prepare. I was extremely proud of Dai Sempai's Scott Curran, Steven Loison and Karen Loison for their very strong performances. The three of them represented our club proudly.

To the many other students who achieved colour belt gradings, well done, continue to work hard, ask questions and listen to your instructors. Your journey continues only if you commit and **YOU** do the hard work!

What does 2012 promise?

We kick off 2012 on Wednesday the 1st February so please put that date into your diaries now. Based on the results from this year's colour belt gradings I expect to see our club celebrate 7 new junior black belts (Shodan Ho), 2 new junior First Degrees (Shodan), 1 new junior Second Degree (Nidan), 3 new senior black belts (Shodan Ho) and 1 new senior 2nd Degree (Nidan).

Muay Thai

Dai Sempai Scott and I are discussing the possibility of starting a Thai class 1 night per week if interest is there. So, if you know of anyone interested in elevating their fitness to a new level let them know what we are planning. It would be great if we could get a good number of people to start Muay Thai training on a regular basis.

Kyoshi Graeme