



NAM WAH PAI INTERNATIONAL

The fitness, health and self defence professionals

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May 2012

Dear Students and Parents

Full Contact: The next full contact lesson is on Tuesday the 22nd of May. See Shelley for details if you are interested.

Social Activity: Every now and then we like to get together outside of Kung Fu and relax. The next activity will be around the end of May/start of June. More details coming soon.

Kickathon: The next fundraiser is our annual Kickathon. This will be held on Tuesday the 12th of June (Tauranga Club), and Thursday the 14th of June (Papamoa Club). Basically you do 1000 kicks in 1 hour and obtain sponsorship or a donation. (See attached form for the example). We are fundraising for some more free sparring mitts, costs towards the National Tournament and the Singapore training camp.

As an incentive, the student who raises the most money will receive Three **FREE** Months Training.

Papamoa Club Night Closure: Please note that there will be no training for Papamoa on Monday the 4th of June (Queens Birthday)

Papamoa Club Grading: The next grading is scheduled for Monday the 25th of June (Thursday the 21st June for those Thursday students).

Tauranga Club Grading: Tuesday the 26th of June is the next grading date for Tauranga. Forms will be in the June newsletter.

Blackbelt Training: By now you would've made the decision to aim for black belt or not this December. If you are, then you need to start seriously thinking about upping your training. Remember that training two times a week is not going cut it, and you need to be doing practice at home. The RFL (required fitness level) should be a warm up on the day, not a test in itself – so work on your fitness. Many of you also really need to work hard on your revision!! Those bits of paper you received with each grading will help you with this. Try not to peak too early in your training, so make it gradual and always warm up and stretch – you don't want any injuries. Also Master Jarrod will be watching your stuff at the tournament so make sure your katas are pristine, your free sparring is SEMI/LIGHT contact and your weapon katas and sets are ready. Remember that you can train at both clubs at no extra charge.

Keep warm and stretch

Kind Regards
Brian Barnett