



# NAM WAH PAI INTERNATIONAL

*The fitness, health and self defence professionals*

南 華 派

---

July 2012

Dear Students and Parents

**Heavy Tops:** There will be one more order going through this year. Please let Shelley know if you would like to order a heavy top – by Wednesday the 18<sup>th</sup> of July.

**2<sup>nd</sup> Hand Uniforms:** We have some heavy tops, sweatshirts, pants and t-shirts for sale if anyone is interested. Please see Shelley if you are interested.

**Golf:** We had a good turn out from both Papamoa and Tauranga clubs!! The weather was nice although chilly, but the bbq soon had everyone warmed up. Thanks for a great day/evening!! And also a big Thank you to Dean who had a surplus of golf clubs and balls which he willingly shared to those in need.

**Kickathon:** Many thanks to the 6 people who bothered to get kickathon sponsorship and supported us with this fundraiser. The 3 months free training goes to Kaden Morreel for his awesome effort!!!

**National Tournament:** Saturday the 22<sup>nd</sup> of September. Open to all students/instructors. Most of you will be able to compete in two kata's, and a maximum of 2 free sparring divisions (although the usually one, depending if you are on the age /size boundary). The weapon kata and two person set divisions are also open to anybody. The Tai Chi and board breaking divisions are open to white pants only.

Going from previous years:

- |          |                               |
|----------|-------------------------------|
| Kata 1   | Beginners & Yellow Belts      |
| Kata 2   | Yellow Belts & Green Belts    |
| Kata 3/1 | Green Belts & Blue Belts      |
| Kata 4   | Blue & Red Belts              |
| Kata 5   | Red, Brown & Asti Black Belts |

(Please note that Kata 3/2 is not usually included in the tournament – but sometimes it is!!! So practice it anyway)

A full list of the actual events for the 2012 tournament will be handed out approx 6 weeks before the tournament date.

As per previous newsletters.....If you are a brown belt or above and you are hoping to sit a grading at the end of year for black belt or above ...you will need to have the following items prepared to show the chief...

Going for Asti Black.....empty hand 2 person set

Going for 1<sup>st</sup> Degree.....2 person set with weapons

Going for 2<sup>nd</sup> Degree.....weapon kata & 2 person set with weapons.

**Full Contact Free Sparring:** The next training session is scheduled for Tuesday the 24<sup>th</sup> of July.

Train Hard

Brian Barnett

(NZ Deputy Chief Instructor)

