

"All from the beginning, a free spirit."

SHINDO NEWSFLASH

I hope that everybody has had a great festive season and are well rested, keen and eager to get back to training. We are looking forward to a very exciting year of karate

New Black Belts.

Most of you will be aware that we had a huge number of advanced students grade to Black belt levels in December. I am very pleased to say that after a tough grading the following students were successful in achieving their Black Belts.

Bacchus Marsh

Sempai Ashlee Kaye, Sempai Liam Boyd, Sempai Joel Pasnin, Sempai Nathan Stewart, Sempai Rebecca Pais, Sempai Lauren Condon, Sempai Rick Thacker, Sempai Netta Spiteri, Sempai Adam Steegstra, Sempai Stephanie Porter, Sempai Travis Hennessy, Sempai Daniel Foley, Sempai Jasmyne Portelli and Sempai David Portelli,

Also the following Black belts graded to 1st Dan; Sempai Sarah Noble, Sempai Ryley Stuhldreier, Sempai Leigh Spiteri, Sempai Tom Thacker, Sempai Phillip Reardon, Sempai Lauren Spence, Sempai Kim Pasnin and Sempai Glen Marks.

Sempai Caitie Noble became the first 2nd Dan from Bacchus Marsh.

Altona Meadows

Senior Black Belts: Norm Borg, Karen Fisher, Craig Stewart, Luke Apap,
Junior Black Belts: Brendan Apap and Ben Fisher

Williamstown

First batch of black belts in Williamstown: Senior Black Belt Rob Fisher and Junior Black Belt Claire Hartley. Congratulations go to Sensei Alan and Sempai Julie.

A Shindo Karate First

Karen Fisher and Rod Fisher graded with their son Ben Fisher to Shodan Ho, and Kim Pasnin confirmed to Shodan with son Joel Pasnin graded to Shodan Ho. We are very proud of the families who took part in the grading.

Shindo plays host to Elite Junior training camp.

During January, some of the top Junior karateka in the state came to Bacchus Marsh for the first of a series of Elite Junior training camps. The camp which was run over five days is part of these athletes preparation for the Junior World Karate in Morocco in November this year. Each day commenced with a session led by fitness consultant Trent Saunders. In addition each day included around five hours of karate training sessions led by some of the top coaches in the country.

2008 highlights

- 4 members – Ashlee Kaye, Ryley Stuhldreier, Sarah Noble and Caitlin Noble - making the Australian team for the Oceania Championships.

- The opening of our new dojo in Melton. It is going great guns and we are putting on 2 new classes there for 2009.
- A massive 31 students successfully graded in one black belt grading within the Shindo umbrella.

Carnival in the park.

Don't forget we have our rescheduled Carnival in the Park coming up on Friday 30th January in Maddingly Park. We will be starting at 5pm and going till about 9. Hopefully we can rely on the weather or at least the weather man to give us some good advice this time.

Classes recommence.

Monday 2nd February.

VIP vouchers

You will find enclosed a couple of VIP vouchers. Give these to your friends or family members and if that person joins (and pays membership and term fees) you will receive a \$50 gift voucher for any purchase from the Shindo store.

Open day

We are having our first ever open day on Saturday 7th Feb. We will be having demonstrations, special promotions and a 'try karate' session running on the day
10.30-11.30am in Bacchus Marsh
12.30-1.30pm in Melton.

Yours in karate do,

Sensei Wayne