

Art of Defence Newsletter

Black Belt Gradings

Congratulations to the recent successful Black Belts :

Lauren and Carla Romeo to Shodan Ho

Emily Hunt, Santhini and Thilag Pooraman, and Nathan Spurr to Shodan

Wayne Horrobin, Leanne-Kate Gamboa and Dilraj Singh to Nidan

The Romeo Family are now boasting 3 Black Belts in their family with Alicia at Shodan level. Keep up the good work and high standards!

Cheng Ming Tai Chi

Grand Master Wang Fu Lai and Master Huang Su Chun will be conducting a 2 Day Seminar in Whangharei, New Zealand, October 3 & 4 2009. All students very welcome to attend. Indeed, it would be a great experience and very memorable too. The cost for each full day Seminar is NZ \$150. Please see David or Amelia with any enquiries.

It will be an **amazing event** as it always has been. Do consider coming and having a great time!

Term 3 – Final training day Saturday 19th September

**Term 4 – Classes resume as of Monday 5th October
Final training day Saturday 5th December**

N.B During Term 4, there will be no training on the following days:

Saturday 31st October, November 2nd, 3rd and 4th, 2009

Choson Martial Arts Shoes

Normally priced at \$85 a pair, **for this term only**, we are selling them for the special price of \$50 per pair. Limited stocks available!

DVDs

Great News, Volumes 4 + 5 to Shodan and Nidan Level have arrived! Collect the entire set and save a whopping 20% discount. Please see Amelia for your copies.

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KARATE TRAINING DVD's UPDATED TO BLACK BELT 2ND DAN !



Newly updated Shihan David Zarb (5th Dan Goju Ryu) has produced 5 collector item DVD's covering everything required to 2nd Dan Black Belt

- All techniques are performed in real time and in explained in a tutorial format
- Easy to follow, refine your technique at home !
- DVD's includes all Kata, Bunkai and other techniques

DVD 1: 10th Kyu to 6th Kyu (White Belt to Green Belt)

All strikes, kicks, blocks, Kihon, Tenshin Ho, Kata Gekisai Dai, Gekisai Sho, Sanchin and Bunkai (54 minutes) **Only \$39.95**

DVD 2: 5th Kyu to 3rd Kyu (Green Belt to Brown Belt)

Kata Tensho, Saifa Nifanchi Shodan, Te Sebaki, Basic Sparring Method 1&2 and Bunkai (44 minutes) **Only \$59.95**

DVD 3: 2nd Kyu to Shodan Ho (Brown Belt to Black Belt)

Kata Sanseru, Kata Seinchin, Ken Sebaki, Keri Sebaki, Ashi Sebaki, San-Kako Tenshin, Basic Sparring Method 3&4 and Bunkai (32 minutes) **Only \$79.95**

DVD 4: Shodan (Black Belt 1st Dan)

Kata Sepai, Kata Seiunchin II, all Bunkai for Sepai and Seiunchin II. **Only \$79.95**

DVD 5: Nidan (2nd Dan Black belt)

Kata Happoren, Kata Nifanchi Nidan, Kata Sesan, Kata Shishoochin, all Bunkai for Sesan and Shishoochin, 10 Nage-Waza-Jupon. **Only \$99.95**

"BUNDLE SAVINGS: 20% OFF"

DVD'S Volume 1 to 3

(White Belt to Black Belt)

Special price: Buy all 3 for \$149.95 **(SAVE \$29.90!!)**

DVD'S Volume 1 to 4

(White Belt to 1st Dan Black Belt)

Special price: Normally \$259.90, buy all 4 now for \$214.95 **(SAVE \$44.95)**



DVD'S Volume 1 to 5

(White Belt to 2nd Dan Black Belt)

Special price: Normally \$359.85, buy all 4 now for only \$299.95 **(SAVE \$59.90)**

Call Amelia now on 0416 200 311 or visit www.artofdefence.com.au