

[www.ManukauMartialArts.nz](http://www.ManukauMartialArts.nz)

 heian.dojo Ph: 09 262 0303 Mob: 021 627 901

Fees payable by Cash or Direct Credit to:  
Mark Grogan T/A Bytemarx  
Bank Acc: 02 0240 0026226 00

## August September Newsletter 2023

### Konichiwa students & parents.

**Early Start mid-week kids class:** 6pm-7pm is still normal time for kids but if you can get in early you can bring your little one to class at 5:30pm so they can finish at 6:30pm in the dark winter months or carry on to 7pm. Welcome to new students Tim, Adilpreet, Arman, Armol, Shalyn and Jujhar.

### NEW mid-week afternoon class!

Home during the day? Don't forget our new Thursday afternoon class 12pm-1pm for adults. If you would like to join this class please tell sensei. Weekly updates and changes are also available on our website [www.ManukauMartialArts.nz](http://www.ManukauMartialArts.nz)

**GRADING:** Congratulations to Rob, Sofia and Augustine, on gaining your orange belts.

**Check your Fees cards:** Thanks for keeping your fees up to date. Check your cards this month to see if you have classes owing - thank you :)

**Yearly Registration:** Due for new students. Discounts for long term members. Fill in your forms at the club. :)

### Level 1 Women's Self Defence class.

Our 6 week Level 1 introductory Women's Self Defence class went very well. Certificates awarded. If you would like to try a self defence class for yourself ask sensei for available times and prices. It's our job to look after you. Would you like to run a session at your workplace?



**NEW 2023 T shirts:** new digital/vynal Dragon Tees look awesome! Available in black or white. We have a couple of extra smaller sizes available but these are order only. \$37ea





Kids grading system roughly based on completing these training hours:



**BUDO BOOK:** Sensei has printed 60 Limited Edition copies of his Enlightenment book, stamped and signed on request. This book is for all martial artists of every style and is filled with 88 pages of thought provoking and motivational quotes all in full colour. View sample book at the dojo. Size is A5 (147mm x 210mm) for pocket or gearbag, perfect bound square spine. 170gsm inside pages, 220gsm coated cover. Digitally printed. \$15 for Heian Students. Only 30 left.

**A Black Belt is just a White Belt that didn't quit!**

2023

Aug Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
 Manukau 105 Everglade Dr		<b>1</b> Kids 5-11yo 5:30 - 7:00 Colts/Adults 7:00 - 8:00	<b>2</b> Kids 5-11yo 5:30 - 7:00 Colts/Adults 7:00 - 8:00	<b>3</b> Colts/Adults 12:00- 1:00pm	 Manukau 105 Everglade Dr	<b>4</b> Kids 12:30 - 1:30 Colts/ Adults 1:30 - 3:00	<b>5</b> Kids 12:30 - 1:30 Colts/ Adults 12:00 - 1:30	<b>6</b> Kids 12:30 - 1:30 Colts/ Adults 12:00 - 1:30
<b>7</b> Kids 5-11yo 5:30 - 7:00 Colts/Adults 7:00 - 8:00	<b>8</b> Kids 5-11yo 5:30 - 7:00 Colts/Adults 7:00 - 8:00	<b>9</b> Kids 5-11yo 5:30 - 7:00 Colts/Adults 7:00 - 8:00	<b>10</b> Colts/Adults 12:00- 1:00pm	<b>11</b> Kids 12:30 - 1:30 Colts/ Adults 1:30 - 3:00	<b>12</b> Kids 12:30 - 1:30 Colts/ Adults 12:00 - 1:30	<b>13</b> Kids 12:30 - 1:30 Colts/ Adults 12:00 - 1:30		
<b>14</b> Kids 5-11yo 5:30 - 7:00 Colts/Adults 7:00 - 8:00	<b>15</b> Kids 5-11yo 5:30 - 7:00 Colts/Adults 7:00 - 8:00	<b>16</b> Kids 5-11yo 5:30 - 7:00 Colts/Adults 7:00 - 8:00	<b>17</b> Colts/Adults 12:00- 1:00pm	<b>18</b> Kids 12:30 - 1:30 Colts/ Adults 1:30 - 3:00	<b>19</b> Kids 12:30 - 1:30 Colts/ Adults 12:00 - 1:30	<b>20</b> Kids 12:30 - 1:30 Colts/ Adults 12:00 - 1:30		
<b>21</b> Kids 5-11yo 5:30 - 7:00 Colts/Adults 7:00 - 8:00	<b>22</b> Kids 5-11yo 5:30 - 7:00 Colts/Adults 7:00 - 8:00	<b>23</b> Kids 5-11yo 5:30 - 7:00 Colts/Adults 7:00 - 8:00	<b>24</b> Colts/Adults 12:00- 1:00pm	<b>25</b> Kids 12:30 - 1:30 Institute of Aikido Seminar	<b>26</b> Kids 12:30 - 1:30 Colts/ Adults 12:00 - 1:30	<b>27</b> Kids 12:30 - 1:30 Colts/ Adults 12:00 - 1:30		
<b>28</b> Kids 5-11yo 5:30 - 7:00 Colts/Adults 7:00 - 8:00	<b>29</b> Kids 5-11yo 5:30 - 7:00 Colts/Adults 7:00 - 8:00	<b>30</b> Kids 5-11yo 5:30 - 7:00 Colts/Adults 7:00 - 8:00	<b>31</b> Colts/Adults 12:00- 1:00pm	<b>EARLY BIRD Kids can start at 5:30pm and leave early at 6:30 in winter</b>				

2023

Sep Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
 Manukau 105 Everglade Dr	<b>EARLY BIRD Kids can start at 5:30pm Mon &amp; Wed and leave early at 6:30 in winter or stay on to 7pm as normal</b>				 Manukau 105 Everglade Dr	<b>1</b> Kids 12:30 - 1:30 Colts/ Adults 1:30 - 3:00	<b>2</b> Kids 12:30 - 1:30 Colts/ Adults 12:00 - 1:30	<b>3</b> Kids 12:30 - 1:30 Colts/ Adults 12:00 - 1:30
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Waitangi Day

