



CHANS MARTIAL ARTS NEWS

HQ15 Lawson St. Christchurch Ph: (03) 3660791

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www.chansmartialarts.com

Dear Students,

The **Annual Camp at Rolleston** was another very successful one with over 140 attending from as far a field as the USA, Invercargill and great support from Wellington and Auckland.

The commander **Mr Thompson** and his divisional leaders **Mr Kelvin Joyce, Ms Frances Schmechel, Mrs Kirsty O'Connell, Mr David Lane** and many volunteer helpers did an excellent job looking after all the logistics. Another big thank you to you all. Camp will not work without the dedication of everyone involved.

Besides reviewing the syllabus, we worked on the self defence course materials that we started with at Queens Birthday weekend. The branch instructors should plan a few self defence courses for family and friends of the students in the next few months.

There was a great deal of focus on the mental aspects of training. It was repeatedly emphasized that application is never absent from drills for the red sashes and above. Only when this is instilled one will not be fully prepared to succeed in real self defence.

For the most advanced members the emphasis was on the right posture and shape for optimal balance and relaxation necessary for the further development and utilisation of internal energy. This generally elude everyone but the most talented, perceptive and lucky practitioners who are privy to this information.

At the instructors meetings we discussed the importance of leading by example and building on the understanding of the principles of our system. It is our principles that generally distinguishes our martial art from the others. The special features and techniques of our system derive their potential from those principles. Therefore, it is

necessary to practise and teach them whenever possible.

The potential candidates for Black Belt this year were put through their paces and they all came through with determination and commendable attitude.

After careful consideration with senior instructors I am happy to invite the following to grade this year.

1st degree:

Cameron Woods-U of Canterbury
Steve Butterworth-HQ
Brendan Parrott-HQ
Paul De Roo-HQ
Larry Springer-HQ
Wai-Hoe Chan-HQ
David McQueen-HQ
John Avei-HQ
Jason Yee-HQ
David Good-Dunedin
Aarron Lavack-Dunedin/Kelburn
Deborah Tod-Auckland
George Pope-Lower Hutt
Yan Zeng-U of Cant/Lower Hutt

2nd Degree:

Anton O'Brien-Lower Hutt
John O'Toole-Lower Hutt
Peter Bell-Lower Hutt
Tama Aikman-Papanui
David Lane-Spreydon
Trent Larson-Melbourne
Kiri Hill-Dunne-U of Canterbury

3rd Degree:

Kelvin Joyce-Parklands
Dave Clarke-Lower Hutt

The Chans Tournament Team did us proud again in the recent **NZ Tae Kwon Do Champs** by winning **8 golds, 4 silvers** and **5 bronzes**. A very good result indeed. A lot of credit must go to **Mr Rodney Lambert, Mr Nigel Friend, Mr John O'toole** and others involved for their time, effort and faith. The results are:

George Pope - L. Hutt:
Male Junior 2-1 Gup Over 74Kg2nd
Yan Zeng - L. Hutt
Female Adult 2-1 Gup Under 64Kg 1st

Female Adult 5-3 Gup Open....2nd
Sophie Walker - U of Canterbury
Female Adult Black Belt 1st Gup
Combined Under 30Yrs1st
Kirsty O'Connell - HQ
Female Adult Black Belt Middle -
Welter Weight 3rd
Tama Aikman - Papanui
Male Adult Black Belt Light
Weight3rd
Nigel Friend - HQ/ U of
Canterbury
Male Adult Black Belt Welter -
Middle Weight1st
Sam Newble - Kelburn
Male Adult Black Belt Heavy
Weight 3rd
Colin Everson - L. Hutt
Male Adult 8-6 Gup Under 76Kg
.....1st
Richelle Caragan - L. Hutt
Female Adult 8-6 Gup Under
64Kg1st
Female Veterans/Adults combined
8-6 Gup 1st
Andy Hansen - L. Hutt
Male 5-3 Gup Under 79Kg 3rd
Victor McCarthy - HQ
Male 2-1 Gup Under 65Kg 1st
Ben Nimmo - L. Hutt
Male 2-1 Gup Under 69Kg.....2nd
Aaron Lavack - Kelburn /
Dunedin
Male 2-1 Gup Under 77Kg 3rd
David McQueen - HQ
Male 2-1 Gup Under 77Kg 4th
Dan Joe - HQ
Male 2-1 Gup Over 77Kg 2nd
Cameron Woods - U of
Canterbury
Male 2-1 Gup Over 77Kg 1st

Yan and Richelle were in two separate divisions and had success in both. The newer members of the team should do even better in the future with more experience in this type of competition.

As for everyone else, regular training with a focus to get to new personal best performance all the time will give the best results.

Happy training and see you at the annual reunion and Black Belt grading. S C Chan