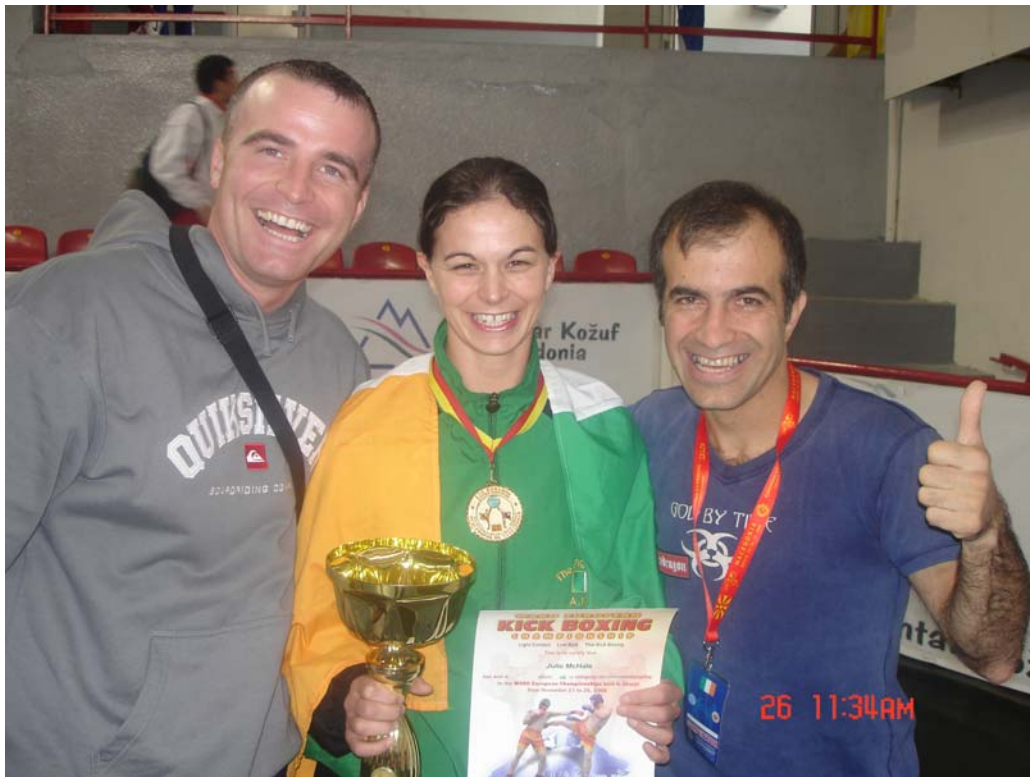




December 2006 Newsletter



Sensei Julie Mc Hale with coach master Massan Ghorbani and boyfriend Alan Kilkeny after winning both WAKO European and WKA world championships gold medals this year.

Congratulations to all members who showed great perseverance through out the whole year, I am sure you have heard the old saying “when the going gets tough the tough gets going”, so some of you achieved your higher belts, and some of you won national and international tournaments and championships, some made it to Masters Temple demo team and others were promoted to Instructors and assistant Instructors levels. But what we all had in common in Masters Temple? Courage and self motivation to show up at each and every class and push ourselves beyond our comfort zone (remember what OSU means in Japanese; patient and push- to be patient in practice and progress and to push ourselves in each and every session) also to lead a healthy life style by regular exercise and healthy diet, to strive towards our higher goals and to be helpful to others. So well done to all of you for everything you have achieved this year and for ending your martial arts year with a sense of strength and accomplishment.



Shane Mangan age 7 won two gold medals and a silver medal in 2006 national open championships (he was the youngest competitor).

Our Competitors Team Sensei Julie McHale became world champion for the 4th time, European champion for the 3rd time and also 4th time Irish Open Champion. What can we say about this girl who started competing at the age of 10 and now almost two decades later she still owns the top place on the champion's podium; this is what I call perseverance. Also Sensei Trevor Kinlan who had four great wins in full contact circuit, four wins in a row and all in this season and still going strong. Well done to sensei James Stuart, Murcha Magee, Sean Madden, Shane Mangan, Morgan Berry, Leon O'Callaghan, Sonya Kehoe, Aaron Leonard and everyone in our competition team who also performed really well all the year round.



Left to right; Dimitry, Dagan, full contact super gold medalist Damascus and master massan a winning team in a pro kick boxing fight night in Kilkenny.



Trevor kinlan AKAI open champion 2006 in action.

Masters Temple demo team is also making their marks with Murchadh Magee, Sean Madden, James Stuart, and Shane Mangan who were selected for the Irish National Team and all competed in the World and European Championships this year, well done.

We are a black belt school what do that mean? Basically that means that we the instructors are here to make sure that no student is left behind, its really sad to see some one stops at their color belts level, and after years of training their not pushing themselves a little further to achieve their Black Belts and every thing that comes with it; a sense of achievement, a sense of self belief (realizing that you can achieve what ever you put your mind into it) etc.

We are now in the new club in post office lane in quinnessboro road in Bray and renovation and decoration is not quiet finished yet but we had some good sessions already and good things only grow and get better. Remember that the best compliment you can give to your instructor is to refer your good friends and your family members to the club, a good martial artist should be a good leader too and advice her/his friends and family members to exercise, to have healthy diet and to lead a good, focused and positive life style. Practicing martial arts under an experience and an understanding master instructor can provide all mentioned above.

Master Massan himself received a standing ovation from over 1500 professional black belt martial artist for performing his famous double Nunchakus demonstration during the professional martial arts EFC convention in Colorado in the United States last month. To watch his demo you can visit www.waterfordmartialarts.com.

Upcoming events

Dec 2006

21st Last training sessions for 2006, also special sale on all masters temple pro shop clothing and equipments.

Jan 2007

3rd First training sessions 2007, please refer to new classes time table

20th Professional instructors course part 2 in Masters temple-Bray

21st Masters Temple grand opening, demonstrations and award presentation

28th Juniors grading in Waterford martial arts academy.



Master Massan with current world kick boxing champion Julie Mc Hale and current world boxing champion Kate Taylor both from Bray.