



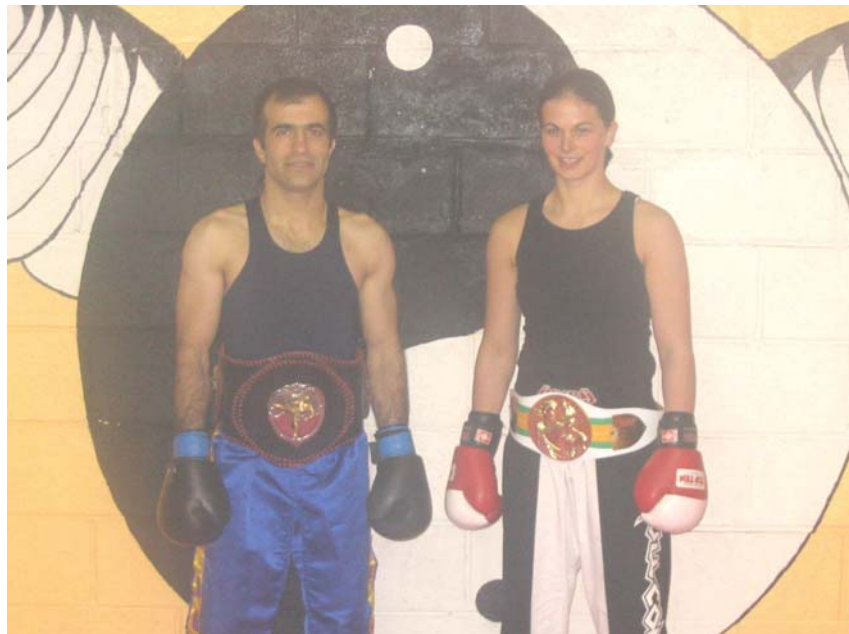
## JANUARY & FEBRUARY 2007 NEWSLETTER



**“Martial art training is a way to discover your full potential and a way to move beyond your limitations”**

**Welcome and well done** to everyone, it was great to see everyone was so eager to get back to regular training after the Christmas holidays with such a high spirit.

**This year to improve the standard** yet again we are going to keep a close eye on your attendance cards, as you know perseverance and consistency are the ultimate characters of a good Martial Artist. For your own benefit it is very important to be consistent with your training and that means being able to push and motivate yourself when you may be going through negative phases (boredom, laziness ect).



**We are now more limited room wise** and more limited as to how many people we can have in each class so from the 1<sup>st</sup> Feb members can only sign up for specific nights and specific hours. You book the space in those classes for yourself so if a member/student regularly don't show up without a valid reason their membership can be canceled and the space can be given to someone else (A person who can train more regularly and become a high standard Martial Artist).

**Masters Temple Grand Opening** will be on the 18<sup>th</sup> February and as we are very limited room wise we are going to hold two separate demonstrations first show will be on at 2pm for all juniors and teen members and their parents. The second show will be on at 4pm for all adult members and local authorities. Masters Temple All Star Demo Team would like to officially invite you to a fantastic juniors and seniors demonstration. This is an event that should not be missed.



**This is the start of the new term** and the new season and we would like to ask all members seniors / juniors for referrals for our classes here at Masters Temple, we would like to see classes filling up with healthy, happy and positive students just like yourselves and this is only possible through referrals. Remember 'like likes like' and don't forget the best compliment you can give your Master Instructor is to refer your friends and your family members to Masters Temple. Also be a leader and be a part of the positive force and light in your community and encourage people to do things that are good and beneficial for them. Martial Arts are among positive and Holistic activities that everyone can do and benefit from.



**Sonya Kehoe is working hard towards her stardom in martial arts**

**“Our goal is Black Belt and above”** and that means even if we get fed up or bored or loose motivation we will push ourselves to the level of accomplishment, and this is one of the best things that we as adults can re learn and children can learn from martial arts training for their future. One of the good things in Masters Temple is that you always see a few people up in that level in each class and they are still going strong (Julie McHale, Trevor Kinlan, Paul McGrath, Colm O’Brien and all other black belts currently still training regularly).

**We would like to ask all members** to pay on time and from the 1<sup>st</sup> of March 07 we will only accept quarterly payments or monthly standing order as other wise the administration time is increased and that means more expenses for the club. So this means we would be left with no other choice than to increase the membership fees as the rent, rates, and esb ECT has already been increased since we moved into the new club and into a better location.





**Please arrive with your full uniform**, as from next month we will enforce the no uniform no training policy. All kick boxing members must wear Masters Temple T-shirt and kickboxing bottoms (only national champions are allowed to wear other kickboxing T-shirts. Karate and Hapkido members must wear the full uniform with appropriate belt. In sparring and weapons classes you can wear your full uniform or Masters Temple T-shirt and karate or kickboxing bottoms (no tracksuits will be allowed).

### **Upcoming Events**

#### **FEB 07**

4<sup>th</sup> Instructors course Waterford

11<sup>th</sup> 2007 AKAI novice 18 and over only, semi, light, weapons

17<sup>th</sup> Instructors course Bray and final exam 6pm

18<sup>th</sup> Masters Temple Grand Opening (1<sup>st</sup> show 2pm junior & teen members and parents- (2<sup>nd</sup> show 4pm Adult members & local authority)

25<sup>th</sup> Grading Masters Temple

MARCH 07

3<sup>rd</sup> Irish Open light contact (seniors only)

4<sup>th</sup> Irish Open semi contact (seniors and juniors)



Paul McGrath is a dedicated junior black belt member who is celebrating his 5<sup>th</sup> year of training in Masters Temple.



Shihan James O'Brien (middle) passed away almost 2 years ago, he was a spiritual being who challenged himself in his physical experience (life) when he started his martial arts training at the age of 37 and achieved 4<sup>th</sup> degree black belt in both Sei shin kai karate and Sin moo hapkio.