



## JULY 08 NEWSLETTER



**Above are our May cinema winners for the best attendance**

Welcome back I hope you all had an excellent time on your two weeks break and are now feeling refreshed, re energised and looking forward to a great new martial arts season.

We will be starting all classes with low intensity this week and we will be increasing the intensity gradually from next week, it is important to be aware that it is the nature of the human body to become conditioned and grow gradually, unnecessary speed and rushing sometimes can work in a negative way and may cause long term injuries.

To start this season with a sense of motivation you might be interested to know that your Grandmaster Instructor Massan Ghorbani is a pioneered Martial Artist who never drinks or smokes, he's teaching and training almost 25 hours a week (Satory Do Karate, Ultimate Kickboxing, Sin Moo Hapkido and

Oriental / extreme weapons), studies Martial arts books, videos and DVD's on a weekly basis and on his free time he takes a pleasure going for a relaxing walk on the seafront as well as managing a full time private Martial arts school (Masters Temple) as you know. He also supervises and promotes the above mentioned styles nationally and internationally.

Every season is a new opportunity to make new decisions, to improve the quality of our lives and change the course of our destiny for the better. In this season you can consider looking at your diet, to eliminate unhealthy food and eat healthier, to look at your sleep patterns and make a healthier sleep pattern (not too much not too little) and also take time to look at your thought patterns and habits and to delete and eliminate anything that goes against your health or even against your life.

At the start of our summer season, the season of light and energy I would like to take this opportunity to thank you all for your ongoing support and congratulate you for having the courage to forge your body for the betterment of the quality of life and community.

Upcoming Events:

July 08

5<sup>th</sup> & 6<sup>th</sup> AKAI Open Camp Sligo

13<sup>th</sup> Meditation & Hapkido Seminar WMA

20<sup>th</sup> AKAI Squad

27<sup>th</sup> Club Competition Master's Temple