



Nutaofit Martial Arts Academy

KNOWLEDGE, POWER & BALANCE IN LIFE

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The March Gradings Are Complete

The first gradings for the year have been completed in March, and everybody did a fantastic job in passing. Congratulations to everyone who graded, well done to you all.

So one grading down for the year and now it's time to start your focus for the next one which will be in June. The planned date for the mid year grading is the 20th June, 2010 from 12pm to 3pm, at teh St James catholic college, at the same location with the great facility of the basketball court.

I would also like to make a special mention to those who have taken on your own special challenges for thsi year. It is inspiring to see so many students show so much determination in taking themselves out their comfort zone, to be the best that you can. Thank you for your inspiration and good luck to you all in achieving your goals by the end of the year.

Read more ➔ About Nutaofit Martial Arts Clubs visit our website
www.nutaofitmartialarts.com

Demonstration Day Videos & Photo's - Mid Year Gradings

Once again this year we will be putting up on the NMAA website photo's of the highlights from the main grading days in June and December. So keep an eye out for the photo's to see yourself, your family or a friend. We hope to have the services once again of Steve Nathan who is also a club member.

- See more ➔ [About NMAA's support partners service, i.e. photography & others](#)

Spot Light: Life Balance Starts Here - Teate & Reiki Courses

This edition the spot light is on "Life Balance Starts Here" - LBSH and the programs that is offered through your club. NMAA and LBSH have been providing courses for a number of years for Teate - Novice, Apprentice and Journeyman; Reiki I, II & III; Qigong and Taichi.

New courses are currently being planned to start in late June for Teate, Reiki courses. Courses fill fast, so don't miss out and register now to confirm your place in the next course. We have also had a lot of people ask about meditation and when are going to run a course on **Meditation**.

As a result we can now announce that we will be organizing a Meditation course in the near future. Handouts for the session are being prepared now and will cover the various types of meditation, mudras and relaxation techniques. Currently we are looking at both options of running a course during week days or the weekend; with the introductory course run over 3 hours. Numbers will be limited, so that you will get personalized attention; **REGISTER NOW** to confirm your spot at [LifeBalanceStartsHere](#) and start your journey to reducing stress in your life..

Contact Paul Mracek ➔ Website: www.lifebalancestartshere.com

April Birthdays

It has been a busy couple of months, we wish everybody a great birth day!

1st - Samuel Jones
4th - Liron Shavit
5th - Micki Kellet
5th - Tom Shalev
6th - Andrew Dalton, Tim Delgos
9th - Pat Reed
11th - Nigel Yarrnton
13th - Brett Janosn
14th - Amit Kedar
17th - Robert Mineo
20th - Yoni Braude
24th - Christina Richardson
26th - Lochlan Hogan

Read more ➔ To view all of NMAA Newsletters just ➔ [CLICK HERE](#)

NMAA History Overview - Part 2

Find out about NMAA's history with the first part on our style and how it developed. KJN G Hutchinson talks frankly about how NMAA was established and its colourful past...

Read more ➔ To view Part 2 - NMAA Style article ➔ [CLICK HERE](#)

Newsletter ADVERTISEMENTS AVAILABLE

If you have a business you would like to advertise on this newsletter please leave it on disk with a contribution towards the club and it will be published..in the following edition.
Contact Kerry Davis to discuss details

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KI-HUP! April - May 2010

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[DOWNLOAD KI-HUP HERE!](#)

In other news

Club Calendar

Mid Year Gradings will be upon us very soon, so put the date of the 20th June , inot your calendar. All the details are in the lead article. Location - St James Catholic School.

End of year gradings will be on the 5th of December, 2010. It sounds like it is a long way off, mark it in your calendars we don't want you or your familys to miss it. .

Mid Year Grading Date ...
....To Be Announced Soon

Birthdays



More May Birthdays...
23rd - Yuval Shavit
28th - Shachar Kavallero
29th - Daniel Brady

If we have missed you or your child please let KJN Geoff know and it will be noted for future reference.

Rumbles Message Of The Month



Rumble Dragon's Message for this month. "Experience enables you to recognize a mistake when you make it again"... Franklin P Jones

Forward

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