

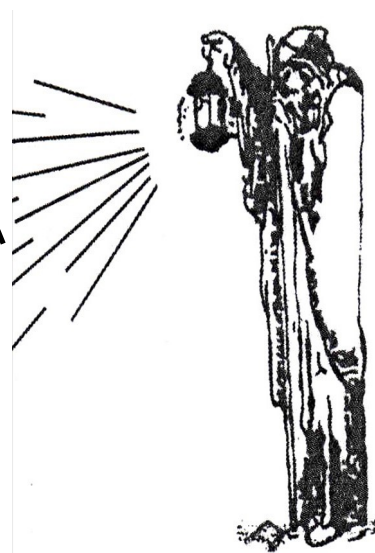
Timaru Dojo Highlights

November 2016

Birthdays

Sensei Eileen	August 15 th
Senpia Chris	September 9 th
Sei Shihan Michael	September 26 th
Senpai Christine	September 30 th
Senpia Peter	October 1 st
Senpia Tim	October 15 th

Happiness
is your decision



**NO MATTER HOW
YOU TRAVEL....
CHRISTCHURCH
SEIDO'S ANNUAL CAMP
DECEMBER 2ND TO 4TH**

DRIVEN CRAZY AT HOME, TYRED OF THE SAME OLD STUFF, SOME THINGS NOT SPINNING YOUR
WHEELS - TRUCK ON IN FOR A WEEKEND OF FUN, SLEEP DEPRIVATION AND GOOD FOOD

World famous in Christchurch - Blue Skies Scout Camp. Register now
at www.seidoshibu.co.nz. Workshops on Aikido, Iaido and Tamashi wari
(board breaking).

The day of
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JAPANESE PROVERB

Camp is nearly here so book in early. Going for Yodan will be Senpia Chris Kellye who is training hard.

A General Grading was held on the 18th September going were approximately 12 students the highest going was Rylan Cummings to 3rd Kyu. The grading started at quarter to 11 and went through until well after 1.30m all in all a good grading with students learning different applications to Katas and self defence techniques against holds.

“OSU”



Calendars for 2017 here now.

A Black Belt grading was taken in Dunedin in the 14th August, a Sunday starting at 11 o'clock . Going for Shodan was Amy Pearce. The Grading was taken by Sei Shihan Michael from Timaru. In attendance were 30+ Black Belts Kyu grades. Many from Timaru, Temuka and Geraldine. The grading was hard, just ask Senpia Amy, but in the end after 3½ hours it was well worth it. "OSU"

Interesting

3 HIT OR MYTH?
Separating fat-busting fact from flabby fiction



Beer gives you a belly . . .
☐ HIT ☒ MYTH

Don't blame the ale . . . well, not entirely. "When you drink alcohol, the liver stops using fatty acids for fuel and switches to using alcohol instead," explains McCarthy. "So it leaves any fatty acids it should have been using to be stored in adipose tissue." So that "beer" gut wasn't formed by the beer; it comes from the stuff the liver left behind while it was burning off the booze.

It's not just a theory that stress causes magnesium deficiency and lack of magnesium magnifies stress. Experiments where adrenaline is given intravenously produce a decrease in magnesium as well as calcium, potassium, and sodium. Without enough magnesium to relax arteries and muscles, blood pressure rises and the heart muscle cramps.

A remarkable study of almost 500 depressed people by Drs. Cox and Shealy found that the majority of sufferers were magnesium-deficient. The authors of the study advised clinicians that they should consider the distinct possibility of a therapeutic benefit from the use of magnesium therapy in chronic depression.

Q What's the most cost-effective way to burn fat?

SKIPPING

A skipping rope is one of the cheapest pieces of kit out there, but it gets your heart pumping to burn a lot of fat in very little time. Use it to perform intervals (go all-out for 20 seconds, then recover for 10) to cull kilojoules by the thousand.

— By personal trainer
Matt Roberts

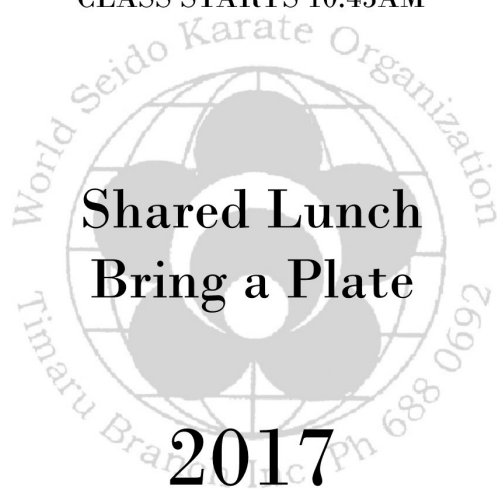


1868

The world record for most one-armed push-ups completed in an hour, set by Brit Paddy Doyle in 1993.

END OF YEAR BREAK-UP GRADING

SUNDAY 11TH DECEMBER
CLASS STARTS 10.45AM



Start back for New Year
SUNDAY 15th JANUARY
10.30 Beach Training
North End Caroline Bay

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Water + Minerals
Relieves & Heals

Headaches
Migraines
Asthma
Bipolar Disorder
Cancer
Diabetes
Enema
Fibromyalgia
Gangrene
Hypertension
Insomnia
Joint Pain
Overweight
Stress
Anxiety
Depression
Energy Loss
Glaucoma
Loss of memory
Prevents DNA Damage
Back Pain
Arthritis