



July - Oct

2018



"All things come to pass,
that is why I'm always well."

Birthdays

Hanshi	July 26 th
Sensei Eileen	August 15 th
Senpia Jo	August 20 th
Sensei Chris	September 9 th
Sensei Gary	September 21 st
Sei Shihan Michael	September 26 th
Senpia Christine	September 30 th
Senpia Tim	October 15 th

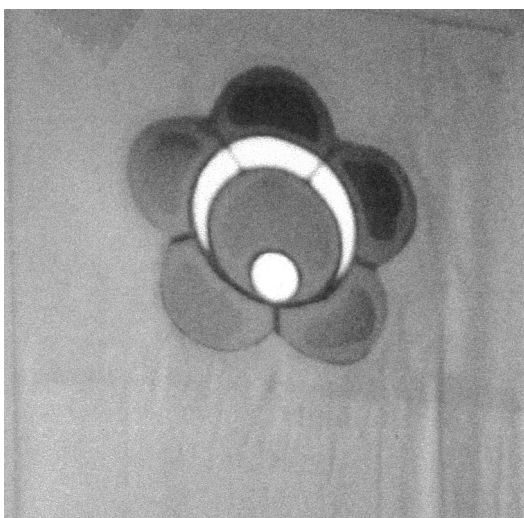
Over a couple of Saturday (mornings) the dojo had a face lift with painting, making for a nice fresh look. Thanks to all who took part.

"OSU"



Better health can come from actions that are as simple as waking barefoot on the grass or

bare earth or sand. Known as "earthing" or "grounding", establishing a physical connection with the earth can yield health dividends, as electrons from the earth flow into the body through bare skin. It also puts you in touch with the Schumann frequency; the "heartbeat" of the earth (7.83 MHz.)



Senpia Clive Gilbert of long ago has made a new Flower emblem at the Shinzen. Senpia refused payment saying only as long as people see it. I think Senpia will be very glad to see it up front at the Shinzen.

“Low cholesterol levels are a definite marker for cancer, a fact that scientists recognized before the anticholesterol agenda was applied to every man, woman and child in the country.”

“Cholesterol is the body's repair substance, manufactured in large amounts when the arteries are irritated or weak. Scar tissue is rich in cholesterol. Blaming heart disease on high serum cholesterol levels is like blaming firemen who have come to put out a fire for starting the blaze.”

A general grading held 16th September saw 13 students going through their various Grades. Highest going were Isaac, Mathew and Samantha to Brown belt. The Grading started at 10.30 and ended approximately 2pm. Well Done everybody

“OSU”



The international tournament held at pioneer stadium saw approximately 200 competitors take part. Over seeing were Hanshi Renzie, Hanshi Andy (Nelson) and Hanshi Doug Holloway (Hanshi Renzies first teacher). The whole tournament went like “clockwork” with competitors from all over New Zealand and some from Australia. Special thanks must go to Jun Shihan By who set up most of the tournament. Well done everyone and congratulations to all those that won..... the competition within?

“OSU”