

Taekidokai Martial Arts

Newsletter May 2026

CONTACT DETAILS
FOR HANSHI MARIE



Hamilton NZ 3210



+64 27 497 0499



enquiries@tkma.co.nz



www.tkma.co.nz

Website:



Grading

Venue: Endeavour school, Endeavour Avenue, Flagstaff
17 May 2026

Junior white to Red 2: 12 noon to 1.30pm

Junior Brown to Orange 2: 2pm until finished

Senior: all grades: 2pm until finished

Grading List

Instructors have been taking copies of students training cards and we have a number of students already entered for grading. Please check with your instructor to see if you are on the list. You can still be enrolled for grading if your Instructor agrees.

Grading fee of \$60 must be paid to FAMILY THOM LIMITED t/a TAEKIDOKAI MARTIAL ARTS – 12-3171-0220781-00 by the 10TH May 2026

Grading Requirements

- Full uniform – clean and ironed jacket, pants, crop top for girls – no t shirts
- Training card
- Clean feet
- No shoes allowed on the training floor
- Good manners

Future grading dates

16 August

28 or 29 November – final date to be advised

New Member QR Code



TKMA Newsletters



"I fear not the man
who has practiced
10,000 kicks once, but
I fear the man who
has practiced one kick
10,000 times."
- Bruce Lee

THE IMPORTANCE OF PRACTICE

Many students underestimate the importance of continued and sustained practice. I have heard students say – “I already know that” or “I can already do that”. The inference being that I do not need to train.

What we NEED to be able to defend ourselves is the ability to perform at a moment’s notice! That comes from repetition and muscle memory. We also need to have resilience and endurance to keep defending ourselves until someone comes to our aid or we can get away safely.

Running, walking, swimming, cycling are all excellent additions to your training but cannot replicate the training you need to defend yourself.

