*My* Dojo

With Kempo classes finished for the term, now is the time to challenge yourself to practise your Kempo over the holidays and prepare for next term.

To help you prepare for your next grading and keep yourself fit and strong we want you to open your own Dojo (training space) at home.

We call it – ***My Dojo***

All you need to do to register your own “My Dojo” is complete the form on the second page and send it back to Sifu. You will be sent an official “My Dojo” certificate and some Kempo training challenges for you to practise over the holidays to get you ready for an action packed Term Two!

We want you to send us updates of you practicing Kempo at your Dojo or away on holiday to our face book page:

**Quintin Derham School of Martial Arts**

Plus there will be updates on our website –[**www.schoolofmartialarts.co.nz**](http://www.schoolofmartialarts.co.nz)

**My Dojo registration form**

Full Name:

Kempo Grade:

Age:

What are your favourite Kempo moves, techniques or training methods?

What is your Kempo goal for 2016? (Could be next grade, improve your long staff skills, become a better free fighter)

What other goals do you have for 2016? (Could be school related, hobby or other sport)

What type of training or practise will help you achieve your goals?

Please include a picture of you in your Dojo (Your Dojo could be inside or outside and remember when your on holiday you can set up another training space)

To complete your registration, please send this form to Sifu Quintin

His email address is – quintin@ihug.co.nz