

# NEWSLETTER

DALBY GYMPIE KINGAROY NANANGO



Fitness And Safety School

## MIXMA SELF-DEFENCE

## NEW YEAR NEW LOOK!

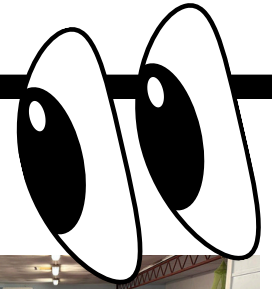
Many of you would have already seen the upgrades and improvements we have made to our Dalby and Gympie centres over Christmas. But for those who haven't...CHECK THIS OUT! We are so happy with how they have turned out - and we hope you are too! Thanks to our dear karate friends who donated time and effort to help us out. It was SO HOT while we were doing this, so all the more appreciated! Stay tuned for more planned upgrades in Gympie.

## KEY DATES

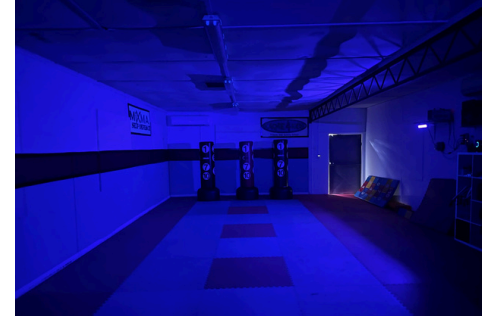
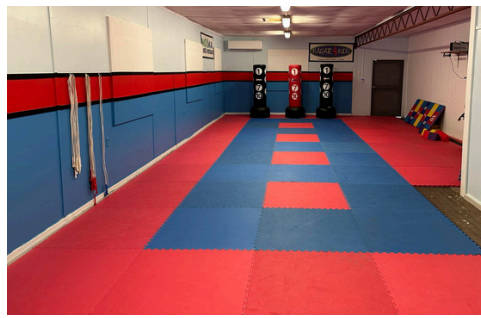
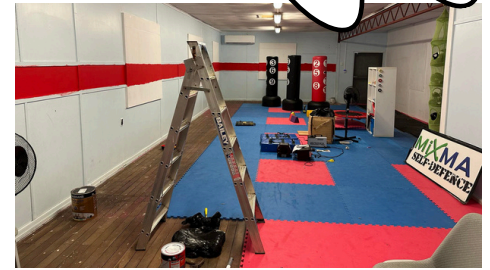
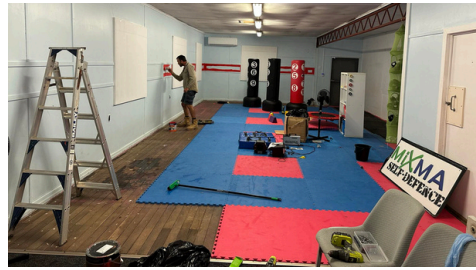
**Black Belt Training**  
Fridays 5:30pm

**Buddy Day**  
11th, 12th, 13th Feb

**Black Belt Grading**  
1st March



## DALBY



## GYMPIE



# 2025 SO FAR...

January is always pretty quiet in classes, while everyone enjoys the last of the school holidays. Some new training regimes and challenges for our colour belts in Kingaroy and Gympie, and the Black Belts kicked off 2025 with some goal setting, as well as a Leadership task. Concentrating on our Grading students training requirements and confidence. Get yourself to Black Belt Training at least once a month - this advanced training is essential for your progression at Black Belt.

We are glad to see more of our students back in classes now that school has started. Hope everyone is settling in well to the new (and old) routines, at school, at home, and at karate!



**WELCOME BACK!**



## LEMON CHEESECAKE BLISS BALLS

A great sweet treat or lunchbox addition with a lovely summery flavour to enjoy before the weather turns on us!



- 1/2 Cup Desiccated Coconut
- 1/2 Cup Almond Meal
- 125 grams light Cream Cheese
- 1/2 Lemon (juice and zest)
- 2 Tbsp Honey
- 2 tsp Vanilla Essence

In a large bowl, combine all the ingredients well. Once well combined, use clean damp hands to roll the mix into six evenly sized bliss balls. Lay on a plate or tray, and refrigerate for at least 20 minutes prior to serving.

*enjoy!*

## Upcoming... ★★★★★

**BLACK BELT TRAINING**  
Open to Red Belts and Above

**MIXMA SELF-DEFENCE** **KARATE 4 KIDS**  
Fitness And Safety School

**Fridays: 5:30pm - 7pm**

@K4K Nanango  
St Patricks School Hall

*Make sure you bring any training gear you have to every Black Belt Class  
sparring gear, weapons etc*

**KARATE 4 KIDS**  
www.karate4kids.com.au

**BUDDY DAY!**

bring a friend to class - share the fun @K4K

0409 713 023

**KARATE 4 KIDS**  
Fitness And Safety School

Attention All Black Belts:

**BLACK BELT GRADING**

**Saturday, 1st March**  
@ K4K Kingaroy  
8:45am

Black Belts are requested to support their peers by being there on the day. Lunch is provided for all Black Belts. Please wear **Full Uniform** for the day. Colour Belts, Families and Friends are welcome to watch the Grading by RSVP

**MIXMA SELF-DEFENCE**



**KARATE 4 KIDS IS PROUDLY SUPPORTED BY**



**ESSENTIAL HEALTH SERVICES**

**SOUTH BURNETT TRUCK RENTAL**

0438 633 213

11 KING ST  
NARANGO

**FOLLOW US ON**

