



LUCKY NINE GYM NEWSLETTER - FEBRUARY 2026

IMPORTANT DATES

FEBRUARY

Friday 6th - Waitangi day. The gym will be closed, no sparring.

Monday 9th - All kids and teens classes resume to normal schedule

Saturday 21st - Matua James debut pro boxing fight in Rangiora. Tickets are available now

MARCH

Thursday 26th - Grading day. This will be held for all those invited to grade during the 4-7 & 8-12s classes. All other students are invited to watch but must remain seated and quiet, parents and whānau are invited to watch.

Friday 27th - Armani debut Kickboxing fight, Christchurch. Tickets will be available shortly

APRIL

Friday 3rd to Sunday 19th - School holidays. Mixed kids/teens classes Mondays & Wednesdays 5:15pm

EASTER - Gym will be closed for all classes Easter Friday-Easter Monday

GENERAL NEWS.

A massive thank you to all our awesome 13-16 teens who have been amazing at helping with the younger students in class over the holidays. We appreciate how testing this can be but we also recognise the strong bonds that are created for the kids to work with the "big kids", the importance of creating an environment where the young ones can have older students to look up to which we think is very important.

Matua Scott will be running ALL the classes from 9 February, with Whaea Tish assisting in the 4-7 class. This is a decision that we have made after noticing the huge progress we have seen in the kids technical skills over the Christmas holidays. Having Matua Scott's wealth of knowledge and experience in coaching fighters for over a decade (not to mention being one of New Zealand's leading officials and sanctioning bodies) will really lift the overall ability of all students.

We are excited to announce that Matua James and Mrs Millington will also be running a class each in the Adults schedule. Matua J will be running the Wednesday class which will be an extension of striking basics, and Mrs M will be running the Monday class which will have a strong clinching element to it. This will allow Matua Scott to work with our 3rd fight team member Sophie Reweti, who is to represent New Zealand at The Amazing MuayThai Festival in June.

There will be a Milestones board to the wall so that all students in 4-7 and 8-12 can see the progress they have made to being invited to grade. This will include both Karakia, counting to 10 in Te Reo and Thai, and the techniques they will need to be able to demonstrate properly on balance and with power. All the curriculum is available on the website luckyninegym.com

Matua Scott is now available for MuayThai Private sessions between 8-3 Monday to Thursday. Gym members \$75/hour, non gym members \$100. These include a 10 min skip/bike & stretch, 6 x 4 min pad rounds, 3 bag rounds and a 5 min cool down stretch. Book via the gym phone on 0210660565.

Gauging interest in starting a 10am-11am class Tuesday and Thursday, so let us know!

Matua Scott is having a massive clean up of all his shirt and hoodie collection. These are all free to a new home, please don't be greedy, there is heaps (obviously all quite large) and welcome to ALL students to grab from the gym shop.

CLASS KARAKIA

START OF CLASS

Tukua te wairua kia rere, ki ngā taumata

Hei ārahi i ā tātou mahi, me tā tatou whai

I ngā tikanga ā rātou mā

Kia mau, kia ita, kia kore ai e ngaro, kia pupuri, kia whakamaui, kia tina (TINA)

Haumi e, hui e, tāiki e

END OF CLASS

Kia Whakairia te tapu

Kia wātea ai te ara

Kia turuki whakataha ai

Kia turuki whakataha ai

Hui e, Hui e, Tāiki e.

NUMBERS & GREETINGS English, Te Reo, Thai

One - Tahi - Neung Two - Rua - Song Three - Toru - Saam Four - Wha - Sii

Five - Rima - Haa Six - Ono - Hok Seven - Whetu - Jaed Eight - Waru - Paed

Nine - Iwa - Gao Ten - Tekau - Sip

Hello - Kia Ora - Sawadee Kharp (for Males), Sawadee Kaa (for Females)

My name is..... - Ko toku ingoa - Phom cheu John (khrap/males - kaa/females)

What is your name? - Ko wai tō ingoa? - Khun chue a-rai?

We are looking forward to kicking back into full steam and having a massive year with you all!

L9G Coaches and Management