



LUCKY NINE GYM NEWSLETTER - DECEMBER 2025

IMPORTANT DATES

Sunday 21st 3:30 - 5pm. PRIZEGIVING AND BREAK UP

WHERE: C-Play by the kids bike track. If its wet we will do it at the gym. We will post any updates on the Facebook community chat

WHAT TO BRING: Potluck. Bring some kai to share, bring non alcoholic drinks only please. Sunscreen and hats and a hoodie. Fold up chairs would be welcomed or a blanket. Please no cell phones, its only an hour and a half and we just want everyone to appreciate being present. In case you forget there will be a phone bucket. We will take photos of prize winners in February. There will be activities and a bit of training so bring some footwear you won't break an ankle in.

Friday 19th December: LAST SPARRING AND TEENS CLASS. The gym closes. This year we have decided to say thanks for jumping on to the new gym schedule by putting all memberships on hold over this Christmas break.

January 4th - ALL CLASSES RESUME. All kids and teens classes will run on Mondays and Wednesdays only at 5pm until 6pm until February 9th

February 9th - NORMAL CLASS SCHEDULES FOR KIDS AND TEENS RESUME

GENERAL NEWS.

Congratulations to Leo who became our very first student to complete a grading and gaining how white Prajeet handmade by Whaea Tish. We are super proud of Leo's efforts and hard work in training and positive attitude. The next grading will be at the start of April, and already we have seen some great work being done in the kids classes. We are working really hard on teamwork.

LIGHTS OUT FIGHT SERIES - Congrats Kaitlyn and James on the big fights and both winning. Kaitlyn had her first fight at a new weight class at Super-Featherweight. Not just dipping her toes but beating the current Aussie champion. Matua James also got an additional \$1000 bonus for winning by stoppage in his 9 minute round fight. James has been extremely focussed for the whole fight camp and the hard work paid off. It was a great way to end the year after some hard battles at the start of the year caused by fight injuries.

DID YOU KNOW THOUGH.

On average if 10 people kicked 50 times each day, 5 days a week for a year at the gym, they would total 130,000 kicks at training. That is why some people are so good at it. Kaitlyn has been training 11 years, that's almost 1.5 million kicks and hit pads for 880 hours, or approximately 36 days nonstop, with the same amount of time kicking the bags!

CLASSIFIEDS. Let us know if you have anything you would like to share before January 30th for the February Newsletter.

SCHOOL HOLIDAY EMPLOYMENT OPPORTUNITIES:

MUAY THAI GEAR FOR SALE:

HELP NEEDED:

FUNDRAISERS:

COMMUNITY EVENTS:

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 whakamaua, 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.

Have an awesome break. We think you guys are awesome, thanks heaps parents for bringing your good attitudes and support. Thank you to the parents and caregivers who shuffle their days around to get to the gym on time.

Next year we have some cool things happening and a few new goals we want to smash out early so we can't wait to see you back in 2026.

The gym phone and messenger will be off over the break. The community chat will be monitored for any questions.

Arohanui atu,

L9G Coaches and Management