

As I write this report, I am still recovering from a punishing but truly enjoyable first time at Myuna bay training camp.

Portia (my seven year old) and I arrived on Friday evening, just in time for the "warm up" class. Our instructor, Peten Hartman , was relentless, and I was pushed to my aerobic limit with military style exercises that really highlighted my yellow belt experience (of really not much!). Dynamic floor exercises with mostly strangers was a novel way to get to make new friends! Portia slept peacefully on the floor through all the shouting, after being kindly attended to by Ron and Anne on their arrival.

Saturday morning was another gorgeous day that we greeted with (gulp) a 6.30 yoga class. Around 40 bleary eyed faces warmed up to Ron style yoga stretches.

Master Jang and some of his students helped out with an intense session of Kumdo with our Chockdos (or was that Chookdos?). It was great fun, and the kids loved being able to whack Master Jang on the head with padded swords. (I think all the adults secretly enjoyed this too).

On Saturday afternoon, coloured belts were invited to have a go at archery, and the brown belts and above took part in an intense grading assessment which saw many minor injuries. I felt tired just watching.

This session was followed by Anne's Cardio workout session. Unfortunately, I missed some of this as I was chasing kids around. Go Anne, you are a machine!

I was so exhausted by the end of this day that I fell asleep and missed out on the outdoor camp fire experience and the fire twirling show by Andrew, Ken and Anne (have I missed anyone out here?). By all reports it was nothing short of amazing.

6.30 Sunday morning, another sunny day, and Simon took us for an awakening one hour yoga session. I was glad at this point that I had gone to sleep early the night before.

The rest of the day was taken up with a training session with Micheal taking us through our Kumdo moves, and the amazing Ron doing what he does so well. Breaking of clapper boards and a show of some of the higher belts doing some crazy manouvres and attempting to out-manouvre each other ad infinitum.

Cleaning up, Lunch and an Award presentation to end a truly inspiring and enjoyable weekend. Can't wait for the next one!

Carrie Webster