



# MARCH 2026 NEWSLETTER



## What's happening?

### Bo Staff Workshop

We have 2 Bo Staff workshops scheduled. Sat. March 14 and April 18<sup>th</sup> from 11:30-1:30pm. Sign up is open, please ensure you register with name, height and which session(s) you will be attending.



### Upcoming Test

Test week starts Tues. March 24 (pretest) March 26 (test) March 30 (HS test). Please discuss with Sensei Meghan if you have any questions about testing.

### Test Fees

Little ninjas - \$75  
White to blue belt \$75  
Red stripe - red belt \$95  
Black Stripe - \$125  
Pre-test \$25



## Discussion

Children carry more stress than we often realize. School, friendships, expectations, it all adds up.

When they come to class, they move, focus, and switch off from the noise. They're challenged, supported, and given space to reset.

They leave calmer, lighter, and more settled than when they arrived. Sometimes it's not about hype or medals. It's about giving kids a place where pressure drops and confidence builds.



## Upcoming Events

- March 14 - Bo Staff @ Geroge Freeman 11:30-1:30
- March 24 - pre-test
- March 26 - Evening Test
- March 30- HS Test
- April 2 - Start of new term
- April 2 - Photographer coming to take pics during class, wear uniforms

Who needs luck when you  
have mad ninja skills?