

# DEE WHY SHOTOKAN KARATE CLUB

March 2015



Term 1 has shot by, the Easter bunny has come and gone, daylight saving is over, it's getting colder and no more public holidays in sight. Time to get depressed?

Definitely not! Let's look on the bright side... our little karate club is thriving, we have one of the best located dojos on the planet, the standard of karate in our club is high and we have all made new friends.

I truly am so happy with the progress that we are making as a dojo as well as the individual achievements of all our members who **train regularly**. The standard of karate in our dojo is testimony to the dedication and commitment of its members. We train hard PLUS we seem to have fun at the same time!

How do we compare to other dojos in the SKIA network? There is only one way to find out, and that's for as many of our members as possible to enter into the **NSW SKIA State Championship**, which is scheduled for some time during the second half of 2015.

As previously discussed, the SKIA executive has released a "Training Syllabus" with a view to raising the standard across all SKIA dojos. You each have a copy of this and as you can tell, we are expected to know more than just the bare minimum for our next grade level. Happily due to the broad mix of grades at DYSKC, we have tended to do this anyway. So while we have lots to learn, Sensei included, I think we are on the right track.

Keep up the good work and bring on Term 2!!!

**Osui!..... Sensei Jonathan**

## *Term 1 Events*

We achieved our **largest class ever** this year in March with sixteen members training.... and of course we were in the small room that night!

Welcome to two new members:

- **Matthew Dear** who apart from karate is also studying Aikido; and
- **Peter Green** who has a 2<sup>nd</sup> Dan in Wado-Ryu, which is also a Shotokan based style.

President Jimmy has now staged his 3<sup>rd</sup> and final comeback as his health thankfully improves but is on light duty for the rest of this year. This means he can help with our beginners, which is great news for me!

Eric Brittle returned to training following an unfortunate injury to his knee last year. Great to have him back!

## *Term 2 - 2015*

**FITNESS...** Push-ups – Squats – Crunches. We are currently up to 6 cycles. Lets aim to be at 10 by the end of Term 2.

**GRADING...** I am planning a grading some time in term 2. You need at least 36 classes apart from being ready in order to grade. Note there is a SKIA administrative fee of \$35.

**KUMITE!!!** ... I am about to order mitts for those who wanted and we will be doing more dojo kumite. We will start from first principles so everyone will benefit no matter what level.

**SKIA STATE CHAMPIONSHIP ...** to be held sometime in the 2<sup>nd</sup> half of 2015. Lets start thinking about it and preparing. Sensei Eike is even keen to enter in the team kata event. **Hell yeah!!!**

**SOCIAL STUFF ...** lets plan a club dinner this term, preferably after the grading. Any excuse to celebrate!