

DEE WHY SHOTOKAN KARATE CLUB

December 2018

Happy Holidays to all DYSKC members and your families. It's hard to believe that our club is about to enter its 6th year. Looking back at that first class of just three in 2013, we have come a long way with close to 30 members. From time to time I get told what a great environment "I've" created - but I am but one cog in a larger wheel and in fact it is "you" the members, turning up to training week after week that have built immeasurably on the karate culture and family ambience that I aspire to as the resident instructor.

A sign that the club is starting to mature is the depth of its instructors and we are lucky to not just have had Sensei Eike's assistance over the last four years, but also Sensei Kat and more recently Sensei Ben, who is happily now part of our family. Sensei Mark will also be an assistant instructor from 2019, which is great for the club. Our growing instructor pool means we can split up into grades more easily which will be to the benefit of all.

Looking back at 2018, I believe it was our most 'technical' year where we delved into the syllabus in greater detail with a view to better understanding the substance that underpins our karate techniques. My own karate benefited from seeking to teach at a more insightful and higher level and I also saw progress amongst the club as a whole.

As you know, I repeatedly emphasise the so-called *Building Blocks* of karate and I urge you to keep thinking about them and to apply them no matter your grade level.

It should thus not surprise anyone, that 2019 will kick-off with a *BANG* in the form of Sensei Brian Cox who will commence a special *Master Class Series* sponsored by Dee Why Dojo. This is for Dan Grades only, but the entire club will benefit indirectly from the black belts who are role models for all.

Many of you may recall what a special year



2017 was as DYSKC embarked on its first Shodan campaign. 2019 will see the next leg of this journey begin with 4 x Nidans firmly in our sights at SW. In addition, I am hoping that we will have two 1st kyu's having a crack at Shodan. So get on-board, every single one of you as we ALL go along for the ride!

See you on Monday 14th January, same time... same place!

Sensei Jon

Term 4 Events

- Shotokan Week 2018 was held at Buderim in Queensland and Sensei Kat, President Jim and myself attended a wonderful week with Murakami Shihan. SW 2019 is planned for Yeppoon, QLD as far as I know.

Term 1 – 2019

- Four Dan Grades lessons with Sensei Brian Cox (6 and 20/1; other dates tba) as the *Master Class Series* kicks off.
- Gasshuku 2019 (2 – 3 Mar) will be held at Sydney Academy of Sport and Recreation, Narrabeen. Details to follow and also see SKIA website.