

DEE WHY SHOTOKAN KARATE CLUB

June 2019



Term 2 is behind us and term 3 will herald the start of Spring in September and warmer weather. Many of you have contracted the dreaded 'lurgy' this year and again, rather rest-up than train if you are afflicted. So far, I have avoided the bad virus and I wonder if swimming laps throughout winter in the DY Rock Pool is helping boost the old white blood cells. Don't knock it without trying!

2019 is yet another big year for our club as we all participate in the black belt journeys of Stuart, Scott and Noah. While the three of them will front up on the day, I always feel that its an entire club experience through our participation in the training and contributing to the spirit behind this milestone.

As a club, we never emphasise the colour of anyone's belt, however, attaining a level of proficiency that enables you to have a crack at a dan grading is a **big deal** in my book. This is because it shows grit, determination and proves how setting a goal and working consistently towards it, allows individuals to achieve heights they may not have thought possible at the start of the journey.

Whatever the outcomes at the grading, I applaud and commend all three of our candidates for being such great examples to us all... these are the karateka that typically never miss a lesson irrespective of the weather and more importantly have dedicated themselves to the process of learning the required aspects of the syllabus, to justify going up a level.

One key take away from the above, is that every black belt candidate was once a white belt with a burning desire to achieve something in karate. So, no matter what your current grade or level of skill is....

THINK, TRAIN & ACT LIKE A BLACK BELT and you too will get there, it's a promise!

Shotokan Week 2019 is now open for booking and while I know its not around the corner (Yeppoon) I cannot recommend it highly enough and you have to actually be there to appreciate the benefits of not just training under SKIF's world class Japanese instructors but also soaking up the camaraderie of SKIA with karateka from all across Australia. Its simply fantastic plus ends off with the National Championship, which is always a fun event.

If you would like further information, ask me or simply look on the SKIA website. So far this year, Jimmy, Andrew, Stuart, Scott, Noah and I are attending.

Finally, speaking of grading I must stress the importance of having a **good grasp of the basics up to your level**. There's no point just knowing the syllabus for the next level but not being able to perform it correctly or being shaky on the content of your previous grades. I find that karateka who practice at home and use the resources on our website, seem to progress the most. Upwards and onwards....

Sensei Jon

Term 2 Events

- **A** great club night at the Dee Why Grand which was well attended. Thanks Jimmy!
- **The** NSW Championship at Epping with a good kumite showing from Alex, a Silver medal (kata) to Noah and a Bronze medal (kumite) to Kai. Thanks again to Jimmy for being a marshal... it was a loooong day!
- **The** 6th of our *Master Class Series* was held with Sensei Brian Cox, again excellent tuition and **not to be missed** if you are eligible.

Term 3 – 2019

- **A**nother grading is planned before the end of the year, so if you have the hours and are prepared to put in the work ...
- **The** 7th Master Class lesson will be held during July... details tba.