

DEE WHY SHOTOKAN KARATE CLUB

December 2019

Wishing everyone a great Festive Season as **Dee Why Shotokan** enters its 7th year!

2019 has been another year of great progress by **all** our members and it was particularly gratifying to see how well our black belt candidates measured up at the National grading at Shotokan Week this year. Also, everyone who participated in our dojo gradings did well too, and as you progress up the ranks your understanding of *karate-do* should be deepening.

A famous quote from *Gichin Funakoshi* comes to mind:

“Karate-do is a noble martial art...and rest assured that those who take pride in breaking boards or smashing tiles...really know nothing about karate. They are playing around in the leaves and branches of a great tree, without the slightest concept of the trunk.”

This implies that the mental, intellectual and psychological *trunk* of karate is as important, if not more so, than the *leaves and branches* represented by physical and technical development.

The concept of *Zanshin* illustrates this idea very well. Avoiding *danger* through cultivating awareness and a sharp 6th sense of your surroundings will serve you much better than having to apply your physical karate skills, no matter how good you are. Violence begets no winners!

Thus my message to you as we end this year is that while *kihon*, *kata* and *kumite* are obviously important, as your journey continues, open your minds to the insights and possibilities that may come to you through understanding the difference between *karate* and *karate-do*!

OSS!

Sensei Jon



Term 4 Events

- The passing of **Kanazawa Soke**. While very sad, the legacy of this great karate legend lives on in all of us who practice Shotokan Karate according to Soke's approach.
- Shotokan Week in Yeppoon was once again very worthwhile led by Kancho Kanazawa and Sensei Suzuki with the very high quality instruction that is their hallmark.
- Scott and Noah did our dojo very proud as they nailed their respective Nidan and Shodan gradings, both proving that with hard work, dedication and consistency, anything is possible!
- Also congratulations to Alan, Lee, Brigitte, Ling and Ana who all went up a grade.
- **Karateka of the year: Jimmy Vafakos**, recognising not just his personal commitment to training but his overall contribution to the club on so many levels.
- Thanks to Stuart & Margaret Vos for hosting yet another great club Xmas barbeque!

Term 1 – 2020

- Training will recommence on **Monday 4th February 2020**. Same time, same place...☺
- Gasshuku 2020 - 7 & 8 February at the Sydney Academy of Sports.