

DEE WHY SHOTOKAN KARATE CLUB

March 2018

Term 1 is behind us, Easter has come and gone and we are now enjoying the wonderful crisp days of autumn as winter approaches.

Club membership is static, which I am actually happy about, not that we'll turn anyone who is really keen away.

Every newsletter has a message and this one relates to the value of training outside of the normal club sessions.

While you are doing well if you are able to train twice a week... if you really want to accelerate your progress, additional training can do wonders.

The easiest way to do this is simply to train on your own at home and my advice is to start with kata. Kata really encapsulates the technical essence of karate inasmuch as it brings your kihon together and ultimately underpins your kumite.

For starters, practice the kata just above your next grade if a coloured belt or select a more advanced black belt kata if not. Shodans should also make sure that they know the five basic black belts katas, namely Jion, Enpi, Bassa-dai, Kanku-dai and Jitte.

Practising the kumite syllabus on your own is also very helpful, even if only to learn the actual techniques that will eventually be clarified in class.

Having the entire syllabus at your fingertips is a life work and is only really expected at much higher grading levels.... however, there's nothing wrong in AIMING HIGH!

The great thing is we have a website rich in resources and I encourage you to use it!

Good training & OSS!

Sensei Jon



Term 1 Events

- A slowish start to the term as people came back from the holidays but momentum picked up as the term progressed. Matters were not helped by yours truly sustaining a fractured rib post a 'minor' biking accident where no amount of Zanshin could have saved me from the stupidity of the riding public!
- Congratulations to Kat on becoming an assistant instructor, joining Eike and myself.
- Grading success for Jim (1st kyu), Andrew (6th kyu) and Ling (8th kyu). All three karateka acquitted themselves well in a typically comprehensive Dee Why grading.

Term 2 - 2018

- Our next grading will be held some time this term so if you are keen...make sure you have the hours, know the syllabus and can perform it at the required level. Again, especially as you get more senior, use our website to make sure you at least know how to do everything correctly.
- **Allison Slater** is a local physiotherapist used by several Dee Why members. The plan is for Allison to deliver a special class to Dee Why where she will focus on body movement and in particular how to execute correctly so as to reduce the risk of injury plus optimise outcomes. Allison will attend a class prior to this to see what goes on first (Thurs 5th April), which will be followed up by the dedicated session.