

# DEE WHY SHOTOKAN KARATE CLUB

June 2014



**What...** is Term 2 really behind us already?!

It has been another term of high quality training by all and I am so happy with the serious but nonetheless warm atmosphere that we seem to create.

Our club spirit is great and I really believe that the standard of our students is up there with the best of clubs within the SKIA network.

We are now entering the pointy end of the winter months in Sydney, not that we can really complain too much about the weather.

When its cold and you get home from work tired and hungry, the thought of training can at times be a bit daunting. I too have to push myself out the door sometimes but there has never been an occasion (not once) when I have not been pleased that I made the effort after training. This is both as a student and as an instructor.

I think in winter and on training days, it is even more important to make sure that you get enough nutrition during the day so that you have calories to draw on during the class. Also, according to the nutritionists, many of us do not drink enough water and often mistake hunger for actually being a bit dehydrated. So eat drink and be even merrier on Mondays & Thursdays!

I look forward to Term 3 being another period of good progress and development for all.

**Osu!..... Sensei Jonathan**

## *Term 2 Events...*

**Sensei Rod Tanks** appointed as assistant instructor, which adds depth to our club.

**Grading!** Only our second one and **John Kightley** graded nicely to 2<sup>nd</sup> Kyu, starting as a white belt in August 2008, so a fantastic journey so far! **President Jimmy** and **Scott Martin** both achieved 5<sup>th</sup> Kyu (blue belt) in two solid performances with well-deserved results.

**Welcome** to three new members:

- **Emma Schannel** who belongs to Mark & Kat.
- **Karana Wilson** who is taking to karate like a fish to water... keep it up mate!!
- **Gabrielle Rehberger** is trying us out, so don't scare her away guys!

**Dinner...**let us break bread to celebrate the end of term 2 and drink a toast to each other. **El Presidento** is in charge of this!

## *The year ahead - 2014*

**KUMITE!!!** ... now that the grading is out the way, please start bringing your mitts and gum-guards to training. We will start from first principles so everyone will benefit no matter what level you are at. If you need mitts speak to me as I can get you a good pair for around \$35.

**KATA...** I have chosen **Kanku Dai** as our dojo kata. Most of you are getting the hang of it. I encourage you to watch Kanazawa Soke on YouTube to facilitate learning. My goal is for every member, irrespective of grade, to know the kata on your level, by the end of the year.

**GRADING...** I am planning to hold our next grading on 22<sup>nd</sup> December 2014. There are 49 classes between now and then and you need 6 months and 36 classes to grade. So heaps of time and something to work towards.

**Enjoy term 3!**