

# DEE WHY SHOTOKAN KARATE CLUB

April 2017



Whoosh!....Term 1 has shot by and the Easter Bunny is around the corner. As the years slip by, time seems to go faster and it reminds me of how important it is to make the most of every single day, something I have been very mindful of for most of my adult life.

Speaking of mindfulness, let's touch on the ritual of bowing when we enter or exit a dojo. There are a number of reasons why, but for now I wish to touch on just one of them, namely, **'being in the moment.'**

Most of us are juggling numerous balls at any given time of our life and some days can be pretty challenging as we simply navigate through the stresses of daily life. Thus, we may arrive for training carrying unwanted 'baggage'...be it a bad day at work or school, perhaps a squabble with a friend, parent, sibling or colleague, or any other worries which simply weigh us down.

By bowing at the door, we are figuratively putting down this baggage and leaving it at the door, in effect clearing our minds in preparation for a training session, where concentration, alertness and mindfulness is stimulated and necessary. As you 'lose' yourself in the training, you may have experienced the sensation that whatever baggage you arrived with, seems to melt away.

Then, once the class is over and as you prepare to leave the dojo, you face inwards and bow one last time. You are now ready to pick up the baggage you left at the door at the start of the class. But guess what... **often, it seems to have disappeared!**

One explanation, apart from the sheer physical and mental benefits of exertion, is that the process of being mindful and calling on your body to execute often complex movement typically engages your brain's left hemisphere (the 'thinking' department) and this in turn enables your right hemisphere

(the 'emotional' department) to have some well-earned time out! The net effect of this is a lowering in your level of emotional arousal (read: anxiety) which is why you often feel calmer with a greater sense of well-being than when you started.

So next time you bow in to the dojo, imagine you are stepping into a special 'time-out bubble' where you are giving yourself the gift of some special time devoted to nothing other than YOUR well-being.

You deserve it and are entitled to it!

Enjoy Term 2..... Sensei Jon

## *Term 1 Events*

- The big standout of the term for me was the grading of Mark, Kat, Stuart and Scott to 1<sup>st</sup> kyu. They were all under great pressure to clock up the required 72 hours in the six month time frame as we have quite a strict timeline to follow in order to qualify for the Shodan exam. So well done guys!
- Kat deserves a special mention as she was carrying a severe tendon injury in her right arm. Her grit and determination shone through and her good karate spirit should serve as an inspiration to us all!

## *Term 2 – 2017*

- Grading is planned for some time this term so please update me with any classes you have accumulated outside of Dee Why. Remember you need 36 hours up to 3<sup>rd</sup> kyu and thereafter 72 hours.
- Out of interest, the 1<sup>st</sup> Kyu's will be attending a special private session with Sensei Brian Cox as they prepare for their first assessment by the NSW Technical and Development Committee.
- How about a dinner Mr President?