

DEE WHY SHOTOKAN KARATE CLUB

December 2015

TRAINING RECOMMENCES MONDAY 18TH JANUARY!!!



Australia's BEST karate club is about to enter its third year, following a very successful 2015.

Everyone's karate made very solid progress plus the overall level of fitness at the club improved significantly.

We added eight new members, both new and returning, and almost all active members regularly trained twice a week.

One of the highlights for me was not just the fact that we had a visit from **Sensei Brian**, but how it endorsed that as a club and as an instructor, we are on the right track. I feel that our standard is right up there with the best of clubs and we can hold our heads high.

It was also wonderful seeing three of our members, Ken, Scott and Millie all perform beautifully at the NSW State Champs and including the officials we provided, D.Y.S.K.C. was well represented.

I very much look forward to 2016 and continuing our journey as a 'karate family'.

Wishing everyone a great **Festive Season** and thank you all so much for training with me.

Osu!..... Sensei Jonathan

Term 4 Events

➤ Grading success for nine students:

- Matthew - 8th kyu
- Millie & Iraklis - 6th kyu
- Andrew - 5th kyu
- Jimmy - 4th kyu
- Scott, Stuart, Kat & Mark - 3rd kyu

Very well done guys and well deserved!

➤ Sensei Brian Cox was our first **Shotokan Treasure** and we all benefited from the session and his extensive knowledge.

➤ We ended the year with a tasty Paella bash at what could well be our new venue!

Term 1 - 2016

➤ Grading planned for Monday, 28 March for those who are eligible.

➤ We will continue delving into the three 'Ks' of karate, especially kata having focused on kumite quite a bit recently, while we will keep working on kihon.

➤ I am planning to invite **Sensei Zivko Delevski (8th Dan)** as our next **Shotokan Treasure**.

➤ And of course, our usual end of term dinner after the grading!