

DEE WHY SHOTOKAN KARATE CLUB

March 2014



Term 1 is already behind us and it will soon be Easter! Where does the time go...?

Everyone trained hard and for the most part regularly and I can definitely see good progress across the board. This is very gratifying for me!

Karate is about consistency and progress is usually invisible, much in the same way that **the sapling oak grows into a mighty tree from a tiny acorn....** yet have you ever seen a tree actually grow?

Having said this, please don't feel bad, if you are unable to train at times ... we all have busy lives and commitments and I am only too happy **whenever** you pitch up. Obviously, the more regularly you train the quicker you will progress.

Also, if you can't get to training for whatever reason... **this does not mean you can't train!**

We have done many exercises that don't require much space which you can do at home, such as: standing in Kiba-dachi and punching; my favourite "Yasu Sensei" exercise, guaranteed to get your heart and muscles pumping; or your favourite kata. You will benefit from even a few minutes a day!

I look forward to continuing our karate journey in Term 2.

Remember, your karate dreams are mine too!

Osul..... Sensei Jonathan

Term 1 Events...

Welcome to three new members:

- **Mark Schannel** who received his shodan in another style and is making a comeback!
- **Kat Schannel** who received her brown belt along with her hubby.
- **Andrew Feberwee**, another comeback-kid and with a Taekwondo background.

Meho is away on his annual trip to Bosnia to be followed by some time in Melbourne with his daughter. Hopefully we will see him next summer. We miss you Meho!

President Jimmy managed to sustain a 5 cm tear to his calf which is thankfully healing well.

Only one outdoor session but I will try to squeeze in a couple more before it gets cold.

The year ahead - 2014

FITNESS... We will keep striving for even better levels all round. U may have noticed the greater intensity... keep up the good work!

GRADING... I am planning a grading some time in term 2. You need at least 36 classes apart from being ready in order to grade. Note there is a SKIA administrative fee of \$40.

KUMITE!!! ... Once 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.

SOCIAL STUFF ... lets plan a club dinner for after the grading. Any excuse to celebrate!

CLUB GROWTH ... 1 - 2 new members seems to be joining us each term on average. It would be great to end the year off with 18 - 20 members.

CURRENT MEMBER COUNT: 14