

DEE WHY SHOTOKAN KARATE CLUB

June 2017



The good news is that we are past the longest night of winter, and unlike Game of Thrones, summer is coming!

However, summer is not all that is coming and much excitement lies ahead for our karate club before this. As anyone who is training regularly will know, the entire club is on a special journey at present. I am referring of course to the upcoming Shodan grading for Kat, Mark, Scott & Stuart.

As I told them a year ago, they will come to realise that the actual grading itself, which should not take more than 30 mins on the day, is the easy bit. The hard bit is all the preparation that goes into making sure the grading itself is in fact the easy bit! The hard bit is thus all the sweat they will have poured by the time the big day arrives. And when it does, it all boils down to getting a simple rubber stamp in their SKIA ID books. Simple yes, but it represents a huge achievement, giving credence to the following:

Question: How long does it take the average person to get a black belt?

Answer: The average person does NOT get a black belt.

Importantly, as the 'Four Amigos' prepare themselves for the test, the rest of us are being swept up by their serious and highly spirited journey.

There are tangible benefits for the club too, and

this is the general elevation of the standard of all our karate as we try to keep up with them!

Furthermore, each and every member can indirectly participate in the Shodan journey by: not missing training; putting 100% into every class; *kia'*ing as loud as you can; and generally adding to what I think is already a wonderful atmosphere.

A big OSS! to all, Sensei Jon

Term 2 Events

- The highlight for me was undoubtedly the weekend seminar with **Murakami Shihan**. Make a mental note to ensure that you attend any future opportunities to train with an instructor of his calibre. I took a lot away from the experience and as you can see, I am sharing whatever I can with you all.
- We welcomed new members to the club in Clancy, Marjorie, Jenny, Tameryn and Hose. It's wonderful to have you all as part of our special club and good luck on your karate journey.

Term 3 – 2017

- Grading time again and the plan is to conduct one on **Monday, 31 July**.
- The NSW State Champs will be held on 22 July and so far we have three entrants. If you are able to help on the day, it will be very much appreciated by the organisers plus it does our club profile good.