

# DEE WHY SHOTOKAN KARATE CLUB

September 2018

I don't normally display photos of myself alone but thought I would share this one with you. I was but a wee lad of twenty-three and just after grading to my green belt, I thought it would be a good idea to execute a kekomi-geri (side thrust kick) while standing on the top of the veranda wall at my parent's home! Not a very bright twenty-three year old mind you...

Thirty-nine years later and no longer a wee lad, I am *still* training and I am certainly more involved and committed to karate than I was all those years ago.

As one traverses the decades, we all face changes and challenges and life seldom goes according to any of the plans we may have made while in our twenties. Karate however, has been one of the constants in my life. Yes, I too stopped and started in the early days but somehow I was always drawn back to it and certainly I have trained continuously for the last twenty years, almost without missing a week.

I am not alone and many of my karate peers have also trained for many years and still enjoy it, plus I firmly believe that the journey of many of our club's students will also be of long duration. Those of us who fall into this category know why this is the case, while some of our newer students may well be starting to get it. But get what?

Get that karate is a multi-dimensional phenomenon ranging from a very technical biophysical pursuit on the one hand, to something much more abstract where its *inner* teachings can infiltrate our lives on the other.

Perhaps the *Dojo-kun* we acknowledge at the end of each lesson as we bow out provides some insight into this.

The word karate comprises two kanji characters: **kara** (empty) and **te** (hand) and by



adding the pre-fix '**do**' (the way/path), the meaning changes from simply 'empty-hand' to *a way of life*.

This elevates karate above a mere system of self-defence into something extraordinarily valuable.

Wherever you may be on your personal karate journey, try and open your mind to the possibilities that **karate-DO**, and not just *karate*, may bring.

If you are able to do this, there is every chance that your journey will be just as fulfilling and enriching as mine has been.

**OSS! Sensei Jon**

## *Term 3 Events*

- Grading success on the last day of the term to Ling (Orange), Andrew (Blue), Sarah (2<sup>nd</sup> kyu) and Noah (1<sup>st</sup> kyu). Well done to all and please take the comments that were made on board!

## *Term 4 – 2018*

- Shotokan Week 2018 takes place during the 1<sup>st</sup> week of October and several of us are attending. It is such a fantastic event and opportunity to train with our wonderful Japanese and senior Australian instructors.