

DEE WHY SHOTOKAN KARATE CLUB

September 2019



Term 3 is behind us and we end on an exciting note with Shotokan Week 2019 kicking off during the first week of October. Its great that five Dee Why karateka will be attending this year and of course, as you all know, Scott will be attempting Nidan and Noah, Shodan.

Its been quite a journey, not just for them but the entire dojo as we climbed aboard for the ride, training together with Scott and Noah. Unfortunately injury stymied the campaigns of Stuart and Jimmy but in **true karate spirit** they sucked it up and have both kept up their karate presence, much to the good fortune of our newest member, little Ana who has received much one-on-one attention, and it shows....complimented by her natural talent!

The key to any grading success is not rocket science, its simply the 3Ps of **Preparation, Perseverance** and **Practice**. Whatever the outcome of the grading, both Scott and Noah have been outstanding examples of how to approach any grading and we have all witnessed the significant improvement in the quality of their karate over the last twelve months.

Another element of our club that has been reinforced to me is how we are indeed a 'karate family' and I have no doubt that the spirit and vigour with which you all trained together with the grading candidates, has contributed significantly to their journeys. It has also given you a sense of what you can expect should you too decide to embark on a similar journey.

It is worth noting too that Scott and Noah accompanied by most of our Shodans, have attended several private sessions with Sensei Brian Cox as part of the Master Class Series that we developed. This has proved to be very successful with extremely positive

feedback from all who have attended.

In a similar vein, I would encourage every karateka to try every now and again, attend a session at another dojo, be it Epping, North Sydney, Randwick or Bondi by way of example. You will always be made to feel welcome and it can only be to your benefit to learn from other instructors as we all have our own way of looking at things and teaching the syllabus.

Keep up the good work and see you after SW!

OSS!

Sensei Jon

Term 2 Events

- Another great club night at the Dee Why Grand which was well attended. Thanks Andrew!
- Grading success for Rob and Andrew who both received 3 kyu. A great effort guys and inspiration to all of us.
- The 7th and 8th of our *Master Class Series* was held with Sensei Brian Cox, again excellent tuition and **not to be missed** if you are eligible. We will most likely continue with this next year.

Term 4 – 2019

- Another grading is planned before the end of the year, so if you have the hours and are prepared to put in the work ...
- **Xmas 2019!!** Stuart and Margaret have once again generously offered to hold another dojo barbie...diarize **15th December**...same place, same time!