

DEE WHY SHOTOKAN KARATE CLUB

October 2014



Term 3 is behind us and it was quite eventful for both good and not so good reasons.

On the good front, we added six new members, the most in a single term. What is nice is that they all found us rather than the other way around. This is because people who seek us out are generally motivated and have a real desire to study the wonderful art of karate.

On the not so good front our President, Jimmy Vafakos had quite a heart scare that ended up with him having to urgently have open-heart surgery during which he had a valve replaced. The operation thankfully could not have been more successful and Jimmy is now completing a rehab programme that should see him back at training some time in November.

When something like this happens it reminds us how fragile the human body really is and the take away message is, especially as we get older, do not ignore symptoms no matter how minor they may be.

Also, we had an unfortunate injury when newcomer Eric Brittle fell over during a warm-up and dislocated his knee, an injury that will also take some time to heal. This stressed the importance of being a member of S.K.I.A., as luckily Eric had become financial just days before.

S.K.I.A. insurance pays for non-Medicare expenses up to \$1,000, e.g. physiotherapy. So if you are not a member of S.K.I.A. please join ASAP and if you are, make sure you stay financial by paying your annual levy.

Osu!..... Sensei Jonathan

Term 3 Events

Six new members:

- **Gabrielle Rehberger** from the UK, still casual but fingers crossed she will stay!
- **Eike Luethgens** (2nd dan) who recently arrived from Germany and brings a lot of spirit and excellent technique to the club.
- **Eric Brittle**, who will hopefully resume training once his knee heals.
- **Iraklis Konstantopoulos** and **Millie Maier**, who seem to be having fun!
- **Stuart Vos** who attained a 2nd kyu in Kyokushin Karate a few years ago and is also adding greatly to the club spirit!

Dinner at the Dee Why Grand pub was well attended early in the term and it was a really nice event. I think we should do it again soon!

P.S. We have **four** Phds (all physicists) in our club! Better watch what I say about Isaac Newton... although $F = M \times A$, I'm sure!

Term 4

Sensei Josh is taking a four-month break between jobs, so the good news is that he is planning to train at Dee Why on a regular basis. I am so excited for all of us to be exposed to a karateka of his calibre and I suspect we will all be a lot fitter by the end of the year...apologies in advance if his first class with us on Labour Day was anything to go by....and it was a gentle one, trust me!!!

I am still planning to hold our next **Grading** on Monday 22 December. You need 36 classes to be eligible apart from being of the requisite standard. So keep on training hard and don't miss any classes if you can help it.

A very good resource to help you learn the kumite syllabus is **Paul Walker** and you can find an extensive library of clips on YouTube. For example, search for "Kihon Ippon Kumite, Jodan" and he provides excellent instructions and demonstrations as to what is required.