

DEE WHY SHOTOKAN KARATE CLUB

December 2013



The sun is about to rise on our second year as a club dedicated to the study of Shotokan Karate under the S.K.I.A. banner.

We now have nine regular members and your **strong spirit** and **commitment** underwrite a vibrant and successful club in the future.

Karate success is not just attaining a black-belt (in fact far from it!), but is more the personal growth and benefits emanating from consistent and regular training. You already knew that!

I have been absolutely **delighted** with the progress that everyone has made this year and I am really looking forward to witnessing the further rewards that I know lie ahead of you all.

'If you build it they will come'... every new member to date has found us, rather than the other way around and hence the high level of motivation characteristic to D.Y.S.K.C. members. This is how I like it!

I look very forward to sharing each of your karate journeys irrespective of where it takes us. Let's just enjoy the ride!

As I always say at the end of each class... **thank you for training** and I wish you and your families a **wonderful Festive Season** and best wishes for **2014!**

Osui!..... Sensei Jonathan

What we achieved in 2013!

- **Sensei Jonathan** - graded to Yondan under Shihan Murakami .
- **Senpai Rod Tanks** - appointed assistant instructor from 2014.
- **Senpai Phil Hurst** - committed to training at D.Y.S.K.C. twice a week.
- **Meho Halavac** - one of S.K.I.A.'s earliest members joined us recently.
- **John Kightley** - working hard towards 2nd kyu and making solid progress.
- **President Jimmy Vafakos** - graded to 6th Kyu after making a comeback!
- **Scott Martin** - graded to 6th Kyu also after making a comeback!
- **Robert Geoghegan** - another comeback kid making great progress!
- **Helen Wilson** - yet another comeback kid! And 4 months after having baby #2 ...well done Helen!!!

The year ahead - 2014

We will strive for even better levels of **FITNESS** all round. I will push u!

SATURDAY TRAINING outdoors from time to time. The recent outdoor class was great fun! Let's aim for 8 AM, so all its over by 9 AM. A swim and brekkie afterwards?

KUMITE!!! ... not only warm-up stuff so please bring your mitts and gum-guards.

GRADING! ... plan is to see all coloured belts go up a grade by the end of Term 1. Also, John K will try for 2nd kyu and maybe Rod and Phil will start thinking about nidani! What about it boys?

SOCIAL STUFF ... let's try and get together for a picnic or dinner from time to time, especially in summer. Mr President?

CLUB GROWTH ... expecting 1 - 2 new members a term, with **Katie Artemenko** our latest victim! Good on you Katie!!!