

Kyousei Goju Ryu Karate

Glendenning, Quakers Hill & Doonside Dojo's



Jan-Mar 2009

www.geocities.com/gojukuratedojo

The Kicker

Welcome back to training,

I hope you all had a safe and wonderful time over the festive season.

The end of last year saw some major events for our club, we had the **club camp** at Bluegum Lodge at Springwood in late November. Everybody that attended the weekend had



a great time, the comradery shown was exhilarating, this is

what martial arts is all about. Everything from the great food to the activities such as the pool, tennis courts, games room and our Saturday night disco not to forget the Karate seminar/training sessions that included self defense, Kumite, kata, weapons, noodle fights (very popular even with parents) and our tournament. We even had movies running in the meeting room for those that just wanted to chill out.

I have no doubt that those who attended will be coming in 2009 so places will go fast, there



are only 100 places available so its first in best dressed, our members have first option until the 1st of March and then invites will be sent

out to other clubs and I know they are very eager to attend. A deposit will secure your places.

Our next events was the **gradings** starting with the main class grading held on Saturday 6th Dec, it was a three hour grading and we



could see that every single student put in absolutely 100% effort, the pride shown in obtaining their next

grade was heart warming, it shows the high character of our members.

Next was the **Tiny Tigers**

on the 10th Dec, what a grading, we saw 5



Tiny Tigers get graded and the waiting area was full of relatives, this added immensely to the atmosphere and you could see on the children's faces how proud they were.



Next on our agenda was the **Christmas party**, again Dave put on the disco for us and did a great job, thanks Dave. (he is available for parties etc)

The party had 130 members and family in attendance and included our mini tournament, awards ceremony and dancing. We ordered 40 pizza's, 8kg of salad, 130 rolls and 10 cakes. We also



had a huge variety for the lucky door prizes. **Membership cards** have been printed out for all students to collect, these contain your member number, date you joined and other details.

Some will have photo's, I will be taking photos later in the year for the ID membership cards and once the database is up to date I will re-print the cards.

These cards have a barcode that can be used to sign in at Doonside and Quakers Hill Dojo's, Glendenning will still use the finger scanner. (barcode scanner costs \$50 and finger scanner costs \$450) you should look after these cards, if a replacement is required a fee of \$4 is payable. The cards are only valid while you are a financial member. If any details are wrong please advise your instructor ASAP.

Thankyou to everybody that volunteered their time at various events throughout the year, we couldn't do it without you.

As some of you may already be aware, we are expanding our syllabus to include some other traditional martial Arts aspects (something we couldn't do previously) such as Karate and training techniques from Okinawan Goju Ryu, weapons training for brown belt and above.

The new Kata table can be seen on page 5.

This allows us to expand training to ensure our members have the best and broadest training without losing the traditional aspect of training.

The club has purchased 4 sets of Sai to allow students to learn three Sai kata we will be teaching this year, Sai are an excellent weapon and they also help strengthen up the arms.

To compliment our self defence side of training, we have purchased two boxers groin guards that can be worn outside of the gi for male and female and will also protect the lower abdomen and hips.

For general sparring, I would suggest strongly that our female members purchase chest protectors.

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Please note: This will be the only printed newsletter for 2009, if you are not getting emails from the club then we either do not have it or we have the wrong email address. Please complete the form on the last page clearly and return so we can update your details.

We are introducing a members **referral** system to reward you when you bring a new member to the club.

For each single new referral that joins our club, you will be rewarded with the choice of either \$10 cash or a rewards card entitling you to 2 free classes at any of our dojo's.

The referral system is open to members and non members

You must be a member to use the free classes, so if a family member wins the card only you the member can use it.

Non members can collect the \$10 reward if they wish. To receive the reward the person you referred must actually join our club.

Only stamped signed cards are valid.

Free classes must be used before the expiry date.

At the end of the year, the person with the most joined referrals will **win \$100 cash**, who couldn't use that at Christmas?

We will be also having a "**bring a buddy**" night on Wednesday the 18th March, this is a great opportunity to win some free classes or cash.

If you bring a buddy, you will train for half price and your friend will train for free, when they join they will get a free club patch worth \$10, and second free class. We **MUST** have a signed waiver for your buddy before the class, they will not be able to train without this, we suggest parents attend as well to get further information about our classes.

Please remember to sign up to our clubs group on **Facebook** for the latest information, this group is exclusive to our club members.

Cross training will be on again this year, I am still negotiating the dates with Paul and Jim from Meibukan Karate.

We are having two **disco's** this year, last years disco was so popular that we will also extend an invite to our friends at Budo Ryu Karate from St Mary's, like us they have a huge child student base. Parents are more than welcome to attend like last time. Tickets will again be \$10 each which will get you entry, drink, packet of chips and pizza. Tickets can only be pre-purchased, they cannot be bought on the night. There is talk of a guitar Hero competition at the disco as well, rules and prizes would need to be finalised.

We would like to thank Judy and David for their generous donation of 3 autographed posters and hats. One set was raffled and the other two were sold in EBay auctions, funds raised contributed greatly to our club.



The new **training manual** is still under development, currently it contains about 45 pages of valuable information. It will be available two ways-

1 - Hard copy, this will cost \$25 each copy.

2 - Electronic, this will cost \$15 each copy in PDF format, password protected with your full name. *Pricing is in line with the intellectual property that is contained in the document, so far there is about 6 month of development in it.*

By buying this book you are helping yourself with your training and you are also showing that you support our club as funds go directly to the club.

Those who purchased the old manual are eligible to a \$10 discount .

Class/Club Fees

Please note that general fees have not changed:

Joining fee \$55 each (includes uniform—new members)

Re-join fee \$45 each (current members)

Class fees

Single \$8 kids \$10 adults

2 family members \$7 kids \$9 adults

Family of 3 \$21 (\$7 each)

Family of 4 or more \$25 (\$5 each)

****all family members must train to get the discounts, if not then regular fee applies****

If you train Wednesday then a \$2 discount per person applies for the Friday class.

This supersedes all other arrangements.

Please be fair to your fellow members and pay the correct training fee. Thankyou

Included with this newsletter (in email)

Camp form, poster & info
Club rules
Glendenning SWP zip
Club fees - amended

Spotlight



Our classes:

Glendenning Wed and Fri beginners 6:30pm, advanced 7:30pm

Glendenning Tiny Tigers 2-6yrs, Wed 5:30pm

Doonside Mon 6:00pm (behind the IGA shops) *open 16th June*

Quakers Hill Tue 6:30pm Barnier Public School (entrance in Barnier RD).

karateemail@yahoo.com.au
and Facebook

Marty Bodsworth Sensei (Soshi)

Founder (Kaiso) and Head Instructor Kyoukei Goju Ryu Karate Australia

2nd Dan Mario Borg Goju Ryu Karate do

2nd Dan and recognised instructor Goju Ryu Karate do Seiwakai

1st Dan Australian Goju Kai Karate

Member of the Japanese Karate Federation (JKF) and the International Martial Arts Alliance

Sensei Marty started his Karate training with Merv Oakley Shihan's Australian Goju Kai Karate at the Doonside Dojo in 1983, Oakly Shihan brought Karate to Australia in the early 60's when there was no Karate. After training off and on through the 90's he finally attained his Blackbelt from Oakley Shihan whilst competing in Queensland at an interstate tournament, after showing great spirit competing and wining with a fractured left clavicle and a damaged right elbow.

He has held three national titles (1997 & 2002) along with a host of state & club titles, in 1997 he won the Japanese Karate Federation national heavy weight division in Adelaide as a brown belt against all Blackbelts, these guys were the best from all over Australia.

In 2003 he won the World Organisation Of Martial Arts National Blackbelt and Grand champion division.

He has taught at numerous dojo's such as Westmead, Guildford, Doonside, Glenmore park, Horsley park, Bossley park and also has been recognised by Seiwakai and the International Martial Arts alliance as a Qualified Instructor.

He opened Glendenning's first Karate dojo in 2000 and after knowing Sensei Mario since the early 80's, decided to join his Dojo with Sensei Mario Borg's organisation until 2008.

He has also done Judo and weapons.

He and has had the privilege of being Sensei to some great students that have attained their own national & state titles.

In the 8th year anniversary for Glendenning dojo, he branched away from Sensei Mario and founded Kyoukei (meaning Respect in Japanese) Goju Ryu with three dojo's (Glendenning, Quakers Hill and Doonside) and 7 classes to date, developed the entire syllabus and wrote the training manuals for our club and Sensei Mario's club (before the split) as well as developing and instituting the concept of Tiny Tigers providing a fun safe environment for young children to use their energy while interacting with their peers and playing fun games. The style of Karate has remained the same with the same tradition concepts of our style, as well as complementing the syllabus with new techniques to empower our students.

Sensei Marty has vast experience in running Karate clubs and also running tournaments (International/national/state and local levels), camps and grading panels (9 years grading experience). He has sat on every grading panel that his students have attended.

On a personal note, Sensei Marty worked in the Security Industry for 17 years in roles such as static guard, patrols, body guard, dog handler, crowd control, numerous management and supervisory roles with multinational companies, recently he worked for five years as a security officer in the public health system dealing with all sorts of societies characters and during that time managed two Hospital Security Departments.

Currently he is the Data manager for two Hospital Emergency Departments and enjoys not working nights or weekends, this allows more time to devote to family and Karate.

Sensei Marty and his partner Michelle have a wonderful three year old son, Guy who participates in Tiny Tigers, it is perfect for him with the amount of energy he has.

Scott McIntyre Sensei

Senior instructor Kyoukei Goju Ryu Karate Australia

1st Dan Mario Borg Goju Ryu Karate do

1st Dan and recognised instructor Goju Ryu Karate do Seiwakai

Member of the Japanese Karate Federation (JKF)

Sensei Scott McIntyre has over 20 years of martial arts experience, in the mid 1980's he competed as a Thai boxer (Maui Thai) and also obtained a brown belt grade in Jujitsu before undertaking Goju karate training.

Scott currently holds a 1st Dan Black belt in Mario Borg Goju Ryu karate and a 1st Dan in Goju Ryu Seiwakai. He has held a number of State titles and a National title in male Sparring in March 2006.

He is currently a senior instructor and teaches two nights a week as well as keeping up his own training.

Scott currently works in the Security industry for a National Cash in Transit company as an on road trainer and provides instruction and input into armed robbery avoidance and survival procedures.

After 12years in the Australian Defence Force as an explosives and demolitions expert, Scott went on to work as a bodyguard for a number of well known Corporation's senior executives. Scott is a family man married to Nicole with one son and three daughters (2 of which are teenagers).

Between Sensei's Marty and Scott, they have over 50 years experience in various Martial arts.

Glendenning/Quakers Hill/Doonside Schedule 2009		
Date	Event	Location
14/01/2009	Wednesday class 8:30pm starts back	Glendenning
19/01/2009	Doonside Monday night return 6pm	Doonside
26/01/2009	Australia day - No class	Doonside
27/01/2009	School returns Monday 27th	
3/02/2009	Tuesday night class return 7pm	Quakers Hill
4/02/2009	Tiny Tigers starts 5:30pm Wednesday	Glendenning
6/02/2009	Friday class returns 8:30pm	Glendenning
21/02/2009	Advanced Brown/Black belt training - Saturday 10am-12pm	Glendenning
28feb or 1march	Sensei Mario tournament	TBA
1/03/2008	Camp invites open to other clubs today	
6/03/2008	Blackbelt grading 6:30-9pm classes as normal for others	Glendenning
18/03/2009	Bring a BUDDY - discount class fee (no limit) - must sign waiver	Glendenning
4/04/2009	Grading main classes - Saturday	Glendenning
4/04/2009	Club Disco - Saturday	Glendenning
8/04/2009	Tiny Tigers Grading 5:30pm - All students	Glendenning
11/04/2009	School holidays	
TBA	Chocolate drive	
10/04/2009	Good Friday - No class	Glendenning
13/04/2009	Easter Monday - no class	Doonside
18/04/2009	Advanced Brown/Black belt training - Saturday 10am-12pm	Glendenning
27/04/2009	School returns	
1/05/2008	1st Camp installment due by today	
9th May?????	Cross training with Mt druit dojo (Sat)	Glendenning
17/05/2009	Budo Ryu Childrens tournament	St Mary's
30/05/2009	Advanced Brown/Black belt training - Saturday 10am-12pm	Glendenning
8/06/2009	Queens Birthday - No class	Doonside
23/06/2009	Tiny Tigers grading 5:30pm - New students only	Glendenning
26/06/2009	2nd camp installment due today	
11/07/2009	Advanced Brown/Black belt training - Saturday 10am-12pm	Glendenning
11/07/2009	School holidays	
26/07/2009	School returns	
15/08/2009	Grading main class	Glendenning
29 Aug?????	Cross training with Mt druit dojo (Sat)	Mt Druitt
5/09/2009	Advanced Brown/Black belt training - Saturday 10am-12pm	Glendenning
9/09/2009	Tiny Tigers grading 5:30pm - All students	Glendenning
16/09/2009	White belts only grading - Main class	Glendenning - Wed
26/09/2009	Kyoukei tournament	Glendenning
3/10/2009	Club Disco	Glendenning
3/10/2009	School holidays	
5/10/2009	Labour day Monday - No class	Doonside
17/10/2009	Advanced Brown/Black belt training - Saturday 10am-12pm	Glendenning
18/10/2009	School returns	
19/10/2009	HSC written exams start	
23/10/2009	Final camp installment due today	
9/11/2009	School certificate exams start	
14/11/2009	Bunnings fundraiser BBQ	Minchinbury
28/11/2009	No Friday class due to camp	Glendenning
20/21/22 November	Club camp Bluegum lodge - all members	
2/12/2009	Tiny Tigers grading 5:30pm - All students	Glendenning
12/12/2009	Grading Main class- Sat	Glendenning
14/12/2009	Last Monday class	Doonside
15/12/2009	Last Tuesday Class	Barnier PS
16/12/2009	Last Wednesday class	Glendenning
18/12/2009	Friday Club Xmas party	Glendenning
19/12/2009	School holidays	

Kata list 剛柔流	Meaninig	Grade going for	Belt going for
Taigyū Chudan		9th Kyū	Yellow
Taigyū Jodan		8th Kyū	Orange
Taigyū Gedan		8th Kyū	Orange
Sanchin	Three Battles	8th Kyū	Orange
Kakeuke ichi		7th Kyū	Orange Green tip
Tencho	Revolving Hands	6th Kyū	Green
Gekisi ichi	Smash & Destroy 1	6th Kyū	Green
Kakeuke ni		5th Kyū	Green Purple tip
Gekisi ni	Smash & Destroy 2	5th Kyū	Green Purple tip
<i>Tenchi (Meibukan)</i>		<i>5th Kyū</i>	<i>Green Purple tip</i>
Mawashi Uke ichi		4th Kyū	Purple
Mawashiuke ni		4th Kyū	Purple
<i>Seiryū (Meibukan)</i>	Blue Dragon	4th Kyū	Purple
Saifa	Smash & Tear	3rd Kyū	Brown
Seiyunchin	To Grab & pull in Battle	3rd Kyū	Brown + Black tips and Black Belt
Byakko (Meibukan)		3rd Kyū	Brown + Black tips and Black Belt
Shujakku (Meibukan)		3rd Kyū	Brown + Black tips and Black Belt
Genbu (Meibukan)		3rd Kyū	Brown + Black tips and Black Belt
Sanseirū	36 Hands	2nd Dan	Black with red tip
Sepai	18 Hands	3rd Dan	Black with 2 red tips
Seisan	13 Hands	4th Dan	Black with 3 red tips
Suparinpei	108 Hands	5th Dan	Black with 4 red tips
Shisochin	Four Direction Battle	5th Dan	Black with 5 red tips
Kururunfa	Holding Ground	5th Dan	Black with 5 red tips

Personal details update

Name _____ DOB _____

Address _____

Home number _____

Mobile number _____

Email _____

Any other information _____

Return to your instructor