



Hello members,

Recently our club become a member of Meibukan Goju Ryu International, our intention after becoming our own identity was to establish our network of Martial arts friends in the local area and concentrate of growing our own club and at the same time holding our high standard that we have become well known for over the past decade, today I still get complimented on how good our student are and how hard they train, in the martial arts industry comments like these are few and far between but we seem to get them regularly from all over, something for all of our members to be proud of. . . I know I am!

What will it mean to you as a student that we are now members of Meibukan? Uniforms and patches etc will stay the same, nothing changes.



It means that we now have a permanent tie to Japan, in particular Okinawa. We have expanded our syllabus by adding extra kata, most of these are very different from what we do now but we have noticed that they are pretty easy to learn as well, all of our Brown/Black belts have learnt at least 2 or three each. We now are teaching weapons like Sai and Bo to 4kyu (Purple belt) and above, I used to learn weapons with my first Instructor of 19 years, adapting what I know to Meibukan has not been hard at all. Later we will add Katana to our advanced training if the students want to learn it, although I would recommend learning basics with a Boken (wood sword) first to avoid injury.

We have not removed anything from our training syllabus that was being taught prior to joining Meibukan, Since they are also Goju Ryu most of the training is exactly the same, although the Okinawan's are renown for being more relaxed in their training methods. Our training standards will not change. Our club pays a small fee per year to be a member and that's it, this will allow

myself and Sensei Scott to grade higher with international recognition and in the future there are plans to visit the Honbu Dojo in Okinawa to train. Those interested in attending will be spoken to well in advance. We will not be told how to run our club or will have to pay any other hidden costs etc. When we arrange a visit by the head of Meibukan, seminars will be arranged at reasonable prices for our students.

As of next year we will have an extra class at Glendenning on Saturday mornings, 2010 is a trial period to see if Saturday will be popular, there are a couple of rules

- 1 - There will be no Saturday class on any weekend that has a public holiday attached or any school holiday weekend.
  - 2 - The first Saturday of every month (barring rule 1) is an advanced class for 4kyu (purple belt) and above only. The advanced class is the only time the Katana will be taught to students other than Black belt.
- A Calendar will be issued with every newsletter and also on the website containing dates that are easy to understand.

If the Saturday class is popular we will extend it into school holidays in 2011.

Doonside is also expanding from 1 hour to 1.5 hours, this will allow the last 30 minutes to be used for more advanced techniques and leave the first hour for basics.



Again, if the doonside class is popular then in 2011 it will become a 2 hour class and follow the Glendenning model.

This will mean we will be running 11 classes a week catering for beginners and advanced students.

As you all know, we recently had our club camp and of 82 attending, 30 were from our club.

Firstly I would like to congratulate Sensei Scott for advancing to Nidan-Ho, I have been watching and training Sensei Scott for many months now



and the camp was the perfect place for him to show how well we can perform not only our kata but also Meibukan kata.



I would like thank those that did come along

and I trust you had a good time. Some of the highlights were the weapons seminar, I enjoyed teaching Sai at camp. I know Sensei Scott had a ball teaching and learning some Bo moves. Some of our members shined when they had to come up with a totally new bunkai for the kata they were given, we were very impressed and the winners enjoyed their chocolates.



I hope to have more prizes at next years camp. I would like to turn this number around in 2010 (camp date is Nov 19/20/21) and have mostly our members, as mentioned previous, we number 110 members, this time next year that number should hopefully be around >140.

There will be incentives for our club members and their family to attend: Kyoukei members will have first options until March 20.

Earlier in the year we had Sempei Trish gain her Shodan-Ho and Sensei Amber gain her full Shodan, congratulations to them both for completing a very intensive 4 hour grading, Sempei Trish had to complete 10 fights with equal or higher grades and Sensei Amber had 15 fights with our clubs top fighters. Their grading was in front of a panel of four head instructors with Sensei's Paul and Jim honouring us by sitting on the panel.



**Reminder to students**—please stay out of the equipment cupboards unless asked by your instructor to enter.

Sensei's and Sempeis are only permitted in there.

Also, **do not ever** touch somebody else's weapons (sai, bo, boken, katana etc), they are a very personal item and they can be dangerous if you are not trained to handle them.

### Inside this issue:

Meibukan Goju Ryu	1
Camp	1
Grading results	1

Early birds that pay in full by August 15 will pay \$15 less for individuals and \$20 less for families. If full payment is received after August 15 then full non discount fee must be paid. There will be activities for family members not doing Karate (majority choice will select activity) This will be free to early birds and half price to all other Kyoukei members, other clubs will pay full price for activity. Members attending for Karate activities will be expected to attend all seminars and training schedules as listed. A full letter for camp is also attached to this newsletter. Congratulations to Jadeine and Renee for winning the jnr and snr Kumite divisions respectively, they not only won a medal for 1st place but they also went home with a brand new Bo each.

I would like to send my apologies to those members who have ordered T-shirts and uniforms this year only to get them 10 months later. This was unacceptable and we have since sourced a local embroiderer to do not only our shirts and uniforms but we now have a bag and jacket designs that you should be seeing in class soon. Our latest order just arrived and most of the t-shirts have



been handed out, the club also ordered 15 extra shirts if anybody that did not order is interested in purchasing a shirt. Remember, shirts can only be worn in class until the

end of summer. This may be extended if the hot season runs longer than usual, you will be advised if this happens.



It is a very exciting time in our clubs history, Glendenning celebrates 10 years at its location in 2010, we are a part of an international organisation and we still keep our total independence and identity. We finally have our bags and jackets. Our classes have grown from 7 to 11. All of this in a recession to boot. Thank you for your support.

The week before camp we had our annual Bunning's BBQ and Minchinbury, a big thank you to all of the volunteers that attended in what one can only describe as the hottest day in November, thanks to our members that come along to buy a sandwich. While we did raise enough for the xmas party, in 2010 there will be an alternative fundraiser, details will be supplied at a later date.

A big thank you to the Refalo family for the very kind donation of \$100 towards the xmas party.

Our club now has an impressive collection of training tools, this year we purchased 13 pair of sai, 4 boken, we also had a donation of the Black upright punching bag from Philip Long and his family. Thanks Phil. We have numerous first aiders in our classes, first aid kits with hot/cold packs. Finally this year saw us get the lockup cupboard space we have been waiting for, for nearly 10 years. This year saw our club put more of its members through the First Aid course. We also designed and purchased our new club banner and

A-frame sign, We will purchase appropriate signs for the other dojo's in 2010.

The Instructors would like to wish you all a safe and happy Christmas and we look forward to seeing you in January.



**Class/Club Fees will not change in 2010**

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

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

Class fees

Single \$8 kids and \$10 adults

2 family members \$7 kids or \$9 adults

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

Family of 4 or more capped at \$25 per class.

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

See the attached list for more details.

This supersedes all other arrangements.

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

Reminder that all students should have a club patch to attend the gradings.

*Spotlight*



Our classes:

**Glendenning Wed and Fri beginners 6:30pm, advanced 7:30pm  
Saturday class 10am-12pm (1st Sat of month 4th Kyu and above only ...9-12)**

**Glendenning Tiny Tigers 2-5yrs, Wed 5:30pm  
Doonside Mon 6:00pm (behind the IGA shops) 7pm advance class 2010  
Quakers Hill Tue 6:30pm Barnier Public School (entrance to hall via carpark).**

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and Facebook

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