



The Kicker

Hello members,

TOURNAMENT

Starting this year, our club tournament is mandatory for all graded students, we need to gain support from our own members, this is the only mandatory event for the entire year.

To be eligible for your next approved grading, you must have competed in this tournament.

We need your help! Our own club tournament is being held on September 12th at Quakers Hill Neighbourhood Centre. We need helpers to be score keepers, time keepers and help with the BBQ, this year is a bigger tournament with two new events added, Kobudo (weapons) and Koshiki (defence contact) so our instructors will be extremely busy refereeing and scoring (amongst other things) on these events.

CLUB CAMP

(cabin accommodation) is on November 19-21 this year, there are only 100 places available to stay on site, we have invited 5 other clubs, St Clair Dojo, Sensei Jims and also Sensei Pauls, Budo Ryu and Sensei Rene's students, they are all friends of our club and should help provide a fun informative weekend

So, we imagine places will fill quickly so to ensure your place get you payment and form in asap.

Family members are encouraged to attend as well.

Time is running out to save money on your camp payments.

Early bird discount is now over, full payment must be made by the due dates as indicated on the forms.

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 sessions and training schedules as listed. A full letter for camp is also attached to this newsletter.

Halloween Disco

The next disco is on Saturday 30th October, the day before Halloween and it will have the theme of Halloween. So, come dressed up as what ever you like, the scariest the better.

As with all disco's the tickets are limited and tickets will be \$15 each.

SPONSORSHIP

I would like to announce that we recently received sponsorship to go towards our trip as a club to Okinawa in 2012 donated by IGA at Doonside.

We also received a donation from the Nepean Belle for a cruise for 2 adults and 3 children

A meeting will be arranged soon for those who are seriously considering attending the Okinawa trip. While you will have some subsidy for the trip from fundraising and donations (depending upon numbers going), you will still have to come up with a large portion of the costs, so start saving now (I have) or you will miss out.

ORDERS

We still have a huge range of club t-shirt sizes at the Glendenning dojo for sale, get in early before they start selling out.

Jacket orders should be placed well in advance.

Saturday class

While some of our members occasionally take advantage of the Saturday class, we still do not have the numbers to continue offering this class to our members, currently nearly all Saturday classes have cost the club money (in rent) as the fees do not cover it.

To even consider continuing the Saturday class in 2011 we need to see regular numbers that will at least pay for the hall rent, if this doesn't happen by the end of the year then it will cease to be a class for our students. Instead, once a month Purple belt and above will attend an advance class consisting of Kumite, kata, Kobudo and advanced self defence. And once every two or three months we will also hold an instructors development day (Sempei's will also attend this).

2011 class fee change

From 2011 there will be a slight adjustment in class fees only, children's fees will rise to \$10 a class, All other fees and prices will remain the same. This is the first rise in class fees since 2006, we maintained our fee structure last year throughout the Global financial crisis especially knowing that some of our members would be doing it tough. Unfortunately due to the rise in costs of just about everything to do with running our club, we have no choice but to adjust our fees. We thank you for your support and understanding. New family discount rate will also apply, see table on the reverse for the new 2011 prices. 2011 will also see the start of our Gi's being embroidered instead of sewing a patch on, this will cost the club an extra \$12 each uniform, affectively the club will not make any funds from new joiners.

Safe work Practice

Could all parents please ensure that their children understand they should not leave the hall without permission, them asking permission allows us the opportunity to know they have left the hall and when to expect them back, it is for their own safety.

CLUB RULES

All members should ensure they have read the club rules, in particular point 7 which states **"All students are to comply with any reasonable request of a higher grade without question."**

As all members can appreciate, Traditional Martial Arts have a stricter code of discipline than other fighting arts, we also have a ranking system that identifies a students seniority and effort they have put into training, thus all grades should be respected, if a person of higher grade requests something from you that is reasonable then that request should be followed, the only time it should not be followed is if it will endanger you or others or will morally degrade you or others. If a request is issued for safety concerns and is not followed then that student may be disciplined or expelled from the club. If a Blackbelt or Sempei gives a directive then treat it as though it was issued by your Sensei. Any issues should be addressed to the Sensei. All rules are attached to each newsletter, are in our club manual and are on our web site.

Female members please read.

It is being considered making chest plates mandatory when performing kumite in class, it is felt that this is a severe safety issue considering how our female members fight (direct hits to the chest area on females could lead to problems later on in life) and the number of hits being taken lately, the other option is to make kumite no contact at all, this would go against our styles tradition. It would be appreciated if you would forward any concerns/recommendations/suggestions to Sensei Marty ASAP for consideration either for or against the proposal. The cut off for submission will be 9th June 2010. The MORE input we have from you the better informed decision can be made.

***** We did not receive any feedback for this subject, while we will still accept feedback, the following has been decided:**

From 2011, all teenage and adult female members that are at risk of sustaining injuries to their chests will be required to wear an industry approved chest guard, without it sparring of any type will not be per-

mitted (in line with not wearing a mouth guard), we believe this is a very important safety feature for your future health.

The type of chest guard you wear is up to you as long as it protects you. Any member that buys a chest guard in the month of November 2010 (receipt needs to be shown) will have 10% of the purchase price refunded to them by the club.

Currently Sensei's Martial Arts Shop stock about 7 varieties at approx \$70 each, I will arrange with them to give you the very best possible deal they can.

Remember, wearing a chest guard does not mean you can hit to the chest harder, treat this safety device as you do with mouth guards.

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CLASS ETIQUETE

Respect should be shown when entering & exiting the dojo by bowing. All late comers should bow in at the back and then warm up/stretch alone until invited to join the class. When approaching your Sensei to speak, bow and excuse yourself, do not just interrupt or push into a conversation.

Kumite (Sparring)

Again, club rules should be read for safety reasons. As a beginner, you will get your yellow belt and buy some sparring gear, usually a mouth guard and gloves (this is the minimum and you cannot participate in kumite without either of them), these are to protect you and the other person. Your mouth guard protects your teeth, once they are knocked out you may never have teeth again. Gloves are to protect the other person NOT YOU, they are not magic gloves and will not save your fingers from being broken so keep your hands closed. As a beginner you will not know how to use what you have learnt in class (this is why white belts don't spar), you should start out very slowly and cautiously, you should not make any sort of contact for the first few belts as you will not have any control over your attacking moves (pull your punches and kicks short), control comes with experience and time. You will be placed with a higher graded student that has been sparring for some time, you should listen to them and practice what they tell you. Any student that cannot show control or listen and act upon what they have been told to do when in kumite will be restricted to sparring with 3rd Kyu and above.

Higher grades do not hit you because they have developed control and more importantly they respect you, any advance student could quit easily knock a junior grade out, but they don't, this is control. Once you can control a kick or punch, you can put the attack anywhere you want to.

LOLLY GUESSING COMPETITION

We are currently running a lolly guessing completion for a huge Jar of lollies that was kindly donated by the Refalo family. Guesses are \$1 each or 7 for \$5. Each completed book returned by the due date will get 5 free

guesses in the competition for that person. Remember to write the guess on both tickets, the name and contact number of the person on the stub you will be returning.

Class/Club Fees 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

Class/Club Fees 2011

Joining fee \$55 each (includes uniform/insurance and association fees—new members)
Re-join fee \$45 each (insurance and association fees—current members)

Class fees
Single \$10 kids and \$10 adults
2 family members \$9 kids or \$9 adults
Family of 3 \$24 (\$8 each)
Family of 4 or more capped at \$27 per class.

Attached to this newsletter:

Safe work practices
Club rules
Camp forms
Class fee list
Members order form

Please remember, when **signing in** to move away from the table to allow others to sign in, you should not "Hang around" the table any time, only Sensei and Sempai are permitted behind the table, all bags should be placed in or on the kitchen counter neatly (**juniors need permission/supervision to enter the kitchen**).

Before class you should be warming up, stretching or practicing, not yelling and running around. Do mum a favour and don't slide on your knees in your uniform.

*****Reminder to scan in to every class! We use this to know if you have enough classes required for grading. An example is when we counted a class of 61 a few months ago but my database shows only 43 scanned in to class.**

Remember, if you need a DJ for your next event, book Dave on 9833 7961 or 0412 050 860 or see your instructor, his rates are reasonable and he supports our club throughout the year,

Grading's

Congratulations to all of our members that have recently attended and passed their grading's, great effort everybody, keep up the god work.

Remember, attendance should be consistent to be considered for a grading, training 1 or 2 times a month or one week on and the next off will not give you the time to learn what is needed for your grading.

A big welcome to our newest members, some have come from other Karate clubs in the local area and will be getting assessed at grading's to see where their current rank fits into our syllabus.

So far this year we have had a total of 60 new members join across three dojos and also Tiny Tigers.



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, Weapons 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