



Hello members,

TOURNAMENT

Well done to our 25 members that entered the tournament, every single one of you did the club proud regardless of your result.

A special thanks goes out to our volunteers that helped on the day from our club and also other clubs.

Results are listed on page 3.

CLUB CAMP

Due to other commitments this year, ours will be the only club attending camp in November, to break even we need 48 people to attend otherwise the club will have to pay the remainder of the unfilled places, currently this is approximately 23 empty places we will have to pay for. So to put this into perspective $23 \times \$120 = \2760 , this is almost all of the clubs finances.

We have opened up places for friends of members to attend, this will allow the club to recoup some finances and also allow your friends to see what we do, and possibly gain new members from the experience.

Christmas Party 2010

Unfortunately due to the club having to pay for the camp and cover the cost to the minimum amount payable we can't afford to have a Christmas party this year.

I want to thank all of our members that have supported us throughout the year.

SUMMER 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.

Club shirts can be worn in class between 1/12/2010-31/2/2011

Saturday class

It has been decided that the Saturday class in 2011 will be ceased.

However there will be a 3 hour advanced class once a month for 4th Kyu and higher and this will include advanced kata,

bunkai, self defence, weapons, kumite and there will also be three 4 hour Instructor Development days throughout the year for Sempei's and Sensei's only.

All of our other classes will remain the same.

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, This is the first rise in class fees since 2006 (5 years), 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. 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, thus the new joiners fee will rise from \$55 to \$60 per person. The Rejoining fee of \$45 for current students will NOT change.

For those current members wishing to buy an embroidered gi, please see the items list.

I can also have your current gi embroidered at cost, it will probably be at the embroiderer for 2-3 weeks.

Class/Club Fees 2011

Joining fee \$60 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.

Safe work Practice

Could all parents please ensure that their children understand they should not leave the hall without permission, then 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.

CLUB TOURNAMENT

Congratulations to all 45 of our members that attended our very own club tournament at Quakers Hill, we had a total of 115 entrants and possibly 100+ spectators. We also had very special guests Shihan Paul Ceberano (son of Tino, brother to Kate) all the way from Melbourne with his team and also Shihan Steve Cartes from Picton.

The day went well with a massive 38 events including Bag push, Kata, Kumite and Koshiki. Our members performed very well and conducted themselves with utmost respect and dignity on the day.

I also want to thank our volunteers for their help and time, without you we couldn't put out tournament on.

Results are listed below, full results are on page three.

We are looking for a larger venue for next year, after discussions I believe that the 2011 tournament will be even bigger.

Female members please read.

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

Tournament results

	1st	2nd	3rd	Total
Kyousei Goju Ryu Karate	11	11	12	34
Sanchinkai	11	14	10	35
Fushichou Goju Ryu	6	3	1	10
Ceberano	4	3	2	9
Budo Ryu	0	2	2	4
Tleige Goju Ryu	2	1	1	4

Full results are on page three

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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.

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 Sempei 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

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.

In **2011**, the December grading will be held at the club camp on the Saturday at 9:30am, and will run for two hours, all campers that meet the usual criteria will be allowed to sit for their next grade for the reduced rate of \$30pp, non campers wishing to grade will have to pay the regular rate of \$50pp as well as the day fee to Bluegum lodge of approx \$35pp and includes morning and afternoon tea and lunch. Day visitors will be allowed to stay and join activities until 5pm.

Please note that this will not affect Tiny Tigers, also there will be no other grading's for kyu grades after September.

IMPORTANT DATES TO REMEMBER

November 19/20/21—Club camp

December 4—Club grading

December 8—Tiny Tigers grading

December 13—Last Monday Doonside class

December 14—Last Tuesday Quakers Hill class

December 15—Last Wednesday & TT Glendenning class

December 17—Last Friday Glendenning class

2011

January 19—Wednesday Glendenning resumes

January 31—Monday Doonside resumes

February 1—Tuesday Quakers Hill resumes

February 2—Tiny Tigers Glendenning resumes

February 4—Friday Glendenning resumes

March 30—(Wednesday) **Blackbelt** grading (No Tiny Tigers today) main class will start one hour earlier at 5:30pm and finish at 9pm.

Please see the club calendar for 2011 for further dates and information.



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, 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).

Karate_email@yahoo.com.au
and Facebook

	1st	Club	2nd	Club	3rd	Club
Kata 8yrs & under mixed	Georga Fraser	Fushichou Goju Ryu	Silas Roberto	Kyoukei	Amanda Birmingham	Budo Ryu
Kata 9-11yrs 10-5kyu mixed	Harrison Scott	Sanchinkai	Mandev Kalsi	Budo Ryu	Chelsea Patman	Ceberano
Kata 12-16yrs 10-5kyu mixed	Arial Barbisan	Ceberano	Matilda Scott	Sanchinkai	Joshua Burton	Sanchinkai
Kata 9-16yrs 4kyu & above mixed	Sarah Tleige	Tleige Goju Ryu	Taylah Earnshaw	Sanchinkai	Corey Cartes	Sanchinkai
Kata >17yrs 10-5kyu mixed	John Burton	Sanchinkai	Tina Toth	Sanchinkai	Rita Davis	Sanchinkai
Kata >17yrs 4kyu & above mixed	Loui Ceberano	Ceberano Goju Ryu	Larissa Ryan	Fushichou Goju Ryu	Felicity Long	Kyoukei
6-7yrs mixed Kumite	Georga Fraser	Fushichou Goju Ryu	Silas Roberto	Kyoukei	Jasmine Richardson	Fushichou Goju Ryu
8-10yrs mixed Kumite	Ben Hoskins	Ceberano Goju Ryu	Georgia Breward	Sanchinkai	Kiera Tyson	Sanchinkai
11-13yrs male Kumite	Charles Fenech	Sanchinkai	Joshua Burton	Sanchinkai	Bebiano Freitas	Kyoukei
11-13yrs female Kumite	Hannah Purvis	Kyoukei	Amy Rossiter	Sanchinkai	Shyreece Roberto	Kyoukei
14-16yrs male Kumite	Jonathon Tleige	Tleige Goju Ryu	Grant Stepfner	Kyoukei	John Weeks	Kyoukei
14-16yrs female Kumite	Hayley Powell	Kyoukei	Jacqui West	Kyoukei	Erinn Hagedoom	Kyoukei
17yrs & over 10-5kyu male Kumite	Daniel Logue	Sanchinkai	Aaron Symes	Kyoukei	Quintino De Sousa	Kyoukei
17yrs & over 10-5kyu Female Kumite	Tina Toth	Sanchinkai	Elicia Powell	Kyoukei	Jeanne Duffy	Sanchinkai
17yrs & over 4-1kyu male Kumite	Eric Brandao	Kyoukei	Philip Long	Kyoukei	Not contested	N/A
17yrs & over 4-1kyu female Kumite	Larissa Ryan	Fushichou Goju Ryu	Judy West	Kyoukei	Kathryn Breward	Sanchinkai
16yrs & under male BB Kumite	Not contested					
16yrs & under female BB Kumite	Trisha Purvis	Kyoukei	Renay Mesarosh	Sanchinkai	Sarah Tleige	Tleige Goju Ryu
17yrs & over male BB Kumite	Loui Ceberano	Ceberano Goju Ryu	Chris Hughes	Fushichou Goju Ryu	Blake Evens	Sanchinkai
17yrs & over female BB Kumite	Taylah Earnshaw	Sanchinkai	Renee Farebrother	Kyoukei	Felicity Long	Kyoukei
6-7yrs Male Koshiki	Silas Roberto	Kyoukei	Ethan Anstey	Ceberano Goju Ryu	Hamang Parvin	Kyoukei
6-7yrs Female Koshiki	Jasmin Richardson	Fushichou Goju Ryu	Kathryn Goddard	Sanchinkai	Not contested	N/A
8-10yrs Male Koshiki	Kyle Stanford	Fushichou Goju Ryu	Jack Cleary	Sanchinkai	Rueben Scott	Sanchinkai
8-10yrs Female Koshiki	Georgia Breward	Sanchinkai	Kiera Tyson	Sanchinkai	Taya Stepfner	Kyoukei
11-13yrs male Koshiki	Joshua Burton	Sanchinkai	John Fenech	Sanchinkai	Bebiano Freitas	Kyoukei
11-13yrs female Koshiki	Hannah Purvis	Kyoukei	Chelsea Patman	Ceberano Goju Ryu	Not contested	N/A
14-16yrs male Koshiki	Participants did not present					
14-16yrs female Koshiki	Taylah Earnshaw	Sanchinkai	Arial Barbison	Ceberano Goju Ryu	Matilda Scott	Sanchinkai
17yrs & over 10-5kyu male Koshiki	Daniel Logue	Sanchinkai	John Burton	Sanchinkai	Matt White	Kyoukei
17yrs & over 10-5kyu Female Koshiki	Elicia Powell	Kyoukei	Rita Dava	Sanchinkai	Not contested	N/A
17yrs & over 4-1kyu male Koshiki	Combined with 17yrs & over male BB					
17yrs & over 4-1kyu female Koshiki	Judy West	Kyoukei	Larissa Ryan	Fushichou Goju Ryu	Not contested	N/A
16yrs & under male BB Koshiki	Not contested					
16yrs & under female BB Koshiki	Combined With 17yrs & over female BB					
17yrs & over male BB Koshiki	Corey Cartes	Sanchinkai	Eric Brandao	Kyoukei	Not contested	N/A
17yrs & over female BB Koshiki	Trisha Purvis	Kyoukei	Felicity Long	Kyoukei	Renee Farebrother	Kyoukei
KOBUDO	Felicity Long	Kyoukei	Andrew Birmingham	Budo Ryu	Amanda Birmingham	Budo Ryu
Bag push U/129cm	Silas Roberto	Kyoukei	Kaitlyn Tleige	Tleige Goju Ryu	Peter Syladiious	Ceberano Goju Ryu
Bag push O/130cm	Kyle Stanford	Fushichou Goju Ryu	Jack Cleary	Sanchinkai	Kiera Tyson	Sanchinkai