



## The Kicker

Hello members,

Well the year has started with a bang, already we have launched two new locations, first at Hassall Grove Neighbourhood Centre on Thursdays at 6:30pm and then just this week at Ropes Crossing Community Hub on Monday nights at 6pm.

This now gives you 5 nights of training within a ten minute drive, no other local Karate club can offer that.

Last week we hosted a **Seminar** featuring special guest Kyoshi Paul Ceberano, son of Renshi Shihan Tino Ceberano, we had over 50 people attend this event, everybody had a great time and they all learnt something from the night.

Our fundraising **chocolates** have now arrived and will be given out to members as soon as possible, please ensure you sell and return them with 3 weeks. The majority of proceeds from this fundraiser will go towards helping our members get to Okinawa Japan in 2012 for the Celebrations in early March for the birth of the founder of Maibukan Goju Ryu Karate-Do Dai Sensei YAGI Meitoku.

We hope to spend about two weeks training, celebrating and sight seeing.

It would be appreciated if more than a handful of our members (thanks to those currently helping) could help with the fundraising for the club, this helps keep fees down so it is everybody's interest.



We are also having a mothers day **raffle**, the proceeds were kindly donated to our club by Joan McIntyre who has been a long time supporter of ours.

Our next **tournament** is in Picton being run by Sanchin Kai Goju Ryu on Sunday 15th May, we attend this each year and always have a good time and great results. Forms are now being handed out. This tournament will be great practice for those representing our club in the Tino Cebrano Goju cup.

Our next tournament will be in **Melbourne** over the Queens Birthday long weekend, we have a team of about 20 attending. If you are interested in going, please see your instructor ASAP as airfares are getting hard to secure along with accommodation.

Our club **camp** is on the last weekend of November at Blue gum lodge, this year as with other years it will run from Friday 5:00pm until Sunday 3:30pm. We have invited our friends from Goju Ryu Karate Do Fushichou at St Clair so we should have good numbers this year. We will have several workshops and seminars for Kata, self defence, Kumite. There will be the disco hosted by DJ Dave as well as games like Brawlball and noodle fights.

There are also facilities like the games room, in ground pool and we also set up a notebook to watch movies on the projector.

Sunday we will also have our regular mini tournament and there will be prizes again.

So get in early as you place will only be confirmed once we receive full payment.

The end of year **grading** is being held at the camp on the Saturday, it will go for 4 hours in total. White belts will finish at about 50 minutes, graded up to 4th kyu will do the next two hours as well and 3rd kyu and higher will complete the fourth hour.

Congratulations to our members that recently passed their grading.

Remember there are two main criteria for being selected to attend a grading, the first is attendance, you must meet the minimum required classes for each rank, the second is

progression as you must practice and get more proficient as you advance.

Over the years we have tried various methods of keeping our members up to date with what is happening with the club including SMS and email but the most successful methods to date has been **Facebook**, this is our primary communications tool now so if you want to know about events ASAP we advise opening a Facebook account and having the club as friend (even if you don't want to use it to connect with others)

Last year Australia had a very mild **flu season** as compared to 2009 when we had a very bad flu season and also had H1N1 to worry about on top of it.

This year is looking like another bad year for the flu so we would suggest that when attending class that students clean their hands with the special hand cleanser we supply (free), also if you rub your nose with or sneeze into your hands to use the hand cleanser as well.

If you think you are sick then you should not attend class to avoid spreading the bug, if you are worried about attendance then advise your instructor why you can't come.

### 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.

## Grading's

We have noticed recently that some students are expecting to grade without meeting the requirements laid down for each level. From this date forward no student will be considered for any grading without the proper attendance for their level, this may mean you have to attend two or three classes a week.

Also, since we are a traditional fighting club and Karate is a sport, from now on it will be a part of all members curriculum for all students grading for Green belt (6th Kyu) and above to attend at least two **tournaments** a year (one must be our own club tournament), compared to other sports like soccer and cricket this is not a lot to ask

For those worried about injuries, don't be, tournaments are strictly regulated and are considered safer than sports like netball and basketball.

Also, if you are given a grading form it does not mean you can disappear for three weeks prior to grading and still expect to grade (this happened at our last grading), without the regular attendance that form will be rescinded.

Also, be aware that grading dates are set the year before, instructors are expected and do make it every time, it is up to you to check those dates and keep them clear if you want to grade.

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 between \$75 (single) or \$115 (1 adult and 1 child), these prices will rise as they get closer to the camp, includes morning and afternoon tea and lunch. Day visitors will be allowed to stay and join activities until 5pm.

Congratulations to all our members that passed their grading this December, great job!

### Inside this issue:

	1
	1
	1
	1
	2
	2

Members must remember that we have club rules as set out below, as a member you must get to know them and abide by them.

1. Remove your shoes BEFORE entering the Dojo.
2. Always bow when entering & leaving the Dojo.
3. A bowing in ceremony is performed at the beginning & end of training as a sign of respect to our Head Sensei (In Japan), your Class Sensei & each other.
4. Always use the correct teaching title when addressing Istructors. E.g., *sensei*, *sempei*.
5. Permission must be obtained if you wish to leave the Dojo. This is for the safety of students.
6. No student is to talk back to a higher grade.
7. All students are to comply with any reasonable request of a higher grade without question.
8. Always obey the instructor's commands quickly and Without question.
9. For safety reasons, no loose jewelry is to be worn during training.
10. Once graded, no student may refuse Kumite (sparring) with a higher grade.
11. Mobile phones must be turned off or down in class. Permission must be obtained before class to leave them on.
12. Interference with a club official in any way at any time will not be tolerated. This includes threats and assault.
13. Ensure that you know and follow the safe work practices (Available from the website) at all times.

#### Supplementary Rules

1. Never swear, spit or use any other form of bad behavior.
2. Students will maintain a serious attitude at all times. No profanity or loud talking is permitted in the dojo.
3. No Karate-Ka will provoke violence outside the dojo or allow himself to be provoked into violence, under pain of expulsion from the sport of Karate for life
4. If you are not sure what to do, follow the example

of the senior students or ask for help.

5. At all times, show respect to your parents, *sensei*, fellow students and equipment.
6. Always sign in before class.
7. Do not smoke or eat in the *dojo*.
8. Never lean on the walls or other places.
9. Toys or computer games etc. must not be brought to class

It is generally recognised that a junior grade should not ask a higher grade to do kumite, to do so can be considered an insult to the higher grade. It also may make the lower grade look arrogant in doing so.

For a complete run down of dojo rules and etiquette please see the club manual.

### IMPORTANT DATES TO REMEMBER

- 8th May Mothers day
- 14th May Advanced class
- 15th May Picton tournament (get your form in ASAP)
- 28th May Pyjama party movie night fundraiser
- 4th June Advanced class
- 10th - 13th June Melbourne trip
- 25th June Instructors development day
- 26th June Kung Fu Panda at the movies
- 27th June White belts only grading at Ropes Crossing Dojo

For a complete list of dates and events, see the club calendar and or Facebook events page.

### Tiny Tigers fees

All Tiny Tigers fees are now to be paid by school term (training will continue during school holidays for TT)

Term 1 = 11 weeks - \$100 (includes 1 free class) see dates 30March

Term 2 = 12 weeks - \$110 (includes 1 free class)

Term 3 = 12 weeks - \$110 (includes 1 free class)

Term 4 = 9 weeks - \$80 (includes 1 free class)

New class fees are \$10 per student per class, TT members are being given a free class each term when paying promptly.

Fees should be paid in the first week of training, an attendance card will be issued and will be signed each day of attendance. There will be no refunds for non attendance.

Tiny Tiger grading fees remain at \$30 as the class fee structure absorbs any fee rise for grading's.



#### Our classes:

- Glendenning Wed and Fri beginners 6:30pm, advanced 7:30pm
- Glendenning Tiny Tigers 2-5yrs, Wed 5:30pm, Weapons Wed 5:30pm
- Glendenning Kobudo 5:30pm
- Rope Crossing Mon 6:00pm
- Hassall Grove Thur 6:30pm
- Quakers Hill Tue 6:30pm Barnier Public School (entrance to hall via carpark).

Karate\_email@yah