



## The Kicker

Hello members,

Welcome to all of our new members.

Congratulations to our 14 members that recently passed their grading that was held at our newest Dojo at Ropes Crossing, the grading went for 1 hour and showed the true spirit of our members, everybody put forward their best effort and made us all proud. Well done!

The next grading will be at the Glendenning dojo on the 20th August, to be eligible you must have regular attendance (meet the required training schedule) and also know your current syllabus. Do not ask for a form as refusal often offends, you will be given a form if your instructor sees you have been training hard and have shown progress.

### Dojo report:

Our two newest dojo's are building faster than expected, maintaining a regular student base (new classes often start slow and have ups/downs in membership numbers).

Our new Kobudo class (weapons) has taken off with a group of members, they are on schedule and already have learned the basic movements and two kata.

Numbers are limited for the Kobudo class, speak to your instructor if you are interested in participating, new attendees to this class are ONLY taken in the first 2 weeks of any school term as it is very hard to catch up after those two weeks.

As you may know, recently it became state law that all people working with children (paid or volunteer) over the age of 18 years must be accredited under "Working with Children" legislation, all of our instructors have attained their certificate that indicates that the NSW Police and NSW commission for children & young people have performed a Background check and that there were no convictions recorded against children, this is important to you as a parent. We have copies of our certificates on display at the Glendenning Dojo and each instructor also has a copy of their own certificate in their folder with them. Certificates are issued by Megan Mitchell Commissioner NSW Commission for Children and Young People. Copies are only carried so the original is

not lost, if lost they cannot be replaced.

It has been a good year for our members entering tournaments, the first was at Picton in May, we had 16 enter with over 100 competitors in 54 categories, this made for a long hard day, we came away with 12 first, 4 second and 3 third places, this was an excellent result for such a large event, it truly shows the dedication and hard work our students put into training.

Next was our trip to Melbourne over the long weekend to participate in the Ceberano Martial Arts tournament, Friday night the team went out to dinner and had a great time, some went on to party (hard) while the rest of us returned to the motel for some sleep. The next day we all went to Luna Park and spent the day running around trying all of the rides and food. Then Sunday was the tournament, there were 4 different types of events Noodle fights for 10yrs & under, kata, kumite and Koshiki. Guy took out a first place in 5yrs noodle fights (his first tournament) while Tyrell took a 2nd in the 6-7yrs, All of our members performed to a very high standard, it was the first tourney in a long while that I had the chance to watch most of it instead of referee all day. Needless to say our entire team showed true spirit and made us proud.

You can see copies of the local news paper articles attached to the email with this newsletter or on our Facebook page.

The next tournament will be run by our own club on the 28th August at the Emerton Leisure Centre, we will have at least 4 other clubs attending and we are running 4 rings on the day, we are expecting over 100 competitors.

### Events will be:

Bag push for 10yrs & under (white belts can enter this event)

Kata, Points sparring, Kobudo (weapons) and Koshiki

All events are covered under the \$50 entry fee, our members will receive a **discount of \$10** if they get their forms in before the 10th July, after this date you MUST pay the full entry fee.

Remember that all Green belts and higher MUST participate in at least two tournaments per year to be eligible for grading, This and the tournament in October are your only chances to be eligible for the grading at the end of the year, don't miss out.

We need parent volunteers for time and score keepers on the day of the tournament, please see your instructor to indicate you can help out.

Earlier in the year we had the chocolate fundraiser to help raise funds for the team going to Japan next February, I want to thank all of our members that sold their boxes and helped raise the much needed funds.

\*I am a little sad as well as we still have at least 8 outstanding boxes of chocolates, this equates to almost \$400.00 that we cannot use for the trip. Those members that are still outstanding at 10th July will have their membership with the club canceled (not suspended), after this you will not be permitted to train until the membership is fully paid (\$45) and chocolate money is returned (\$48).

Chocolates will not be accepted for return.

Our latest fundraiser is for Fathers day, tickets are 50cents each, the basket contains a mug, cap, and lots of other fatherly items.



Camp is on 25-27 November this year at Bluegum Lodge, our end of year grading will be held on the Saturday at 1pm, Fushichou Goju Ryu Karate will also be attending this year and they are also holding a grading with us (combined), it will start at 1pm. The discount deadline is fast approaching (15th August), if you miss by paying in full prior to this date then you will have to pay the full fee.

We now have a Kobudo (weapons) class running each Wednesday at 5:30pm, this class is for any graded student 8th Kyu or higher, it explores the use of Sai, Bo, Boken basics and kata. Places are limited and no new students will be accepted to the class after week two of any term as it is too hard to catch up. Classes are \$4.00 each (this covers the rent) and must be paid by term in full prior to the term starting. Later this class will explore the Katana (sword) as an extension of the Boken component. Note that this class does not contribute towards the Karate gradings until the student reaches Brown belt (3rd Kyu) therefore it is advantageous for all 3rd Kyu and above to participate in this 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. There will be no make-up gradings.

## IMPORTANT FOR ALL STUDENTS

In 2011, the December grading will be held at the club camp on the Saturday at 1pm, and will run for four hours, all campers (staying overnight) 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.

\*\* Grading invites will be given out a little earlier than usual for the camp grading, these invites will only be valid and accepted when returned if you have met the criteria for your belt level.

### Inside this issue:

New dojo's	1
Tournaments	1
Gradings	1
Fundraising	1
Fee structure changes	2
Club rules	2

The **Christmas party** will be on the 14th December at the Glendenning Dojo, all members, family and friends are invited, tickets are only \$5 per person. There will be a mini tournament followed by awards.

We are implementing a new "Optional" **payment system**, it will allow members to pay for their classes up front by school term and in doing so get a free class included.

It will start from next term, at this stage it is **optional** and all members can still pay per class if that is preferred. We will eventually have to look at this as the preferred payment option, This will benefit you as the student as we hope to drive up attendance and therefore we don't have to keep going over the same things for those with irregular attendance. Regardless if students attend or not we still have to pay the bills to keep the club running. Any ideas or feedback on this subject can be emailed or left at Facebook.

There is an attachment (if emailed) that shows all terms until the end of 2012.

**\*\*Also, there is a monthly option for singles only, \$120 for a month and you can train at all dojo's, that's equal to \$6 a class. (Excludes Kobudo)**

The following applies for term payments:

- Pay for 2 or more classes and get 5% off the total price. (Kobudo excluded)
- Card will be supplied and **MUST** be stamped at each attending class.
- Classes are not redeemable if missed.
- All classes are only valid for the day you have purchased and cannot be used on another day.
- If attending another class/day that you don't have a term card for then the normal class fee must be paid.
- A new card must be purchased prior to the start of the next term, cards will not be sold at a cheaper rate half way through the term.
- Advanced classes are not included in the term payment option.
- Kobudo class: No new members for this class after week (all classes must be paid for) 2. Full payment must be made before week 1.

**Grading criteria:**

Grading for 9th Kyu (Yellow belt)

Training time = 10 classes (3 months)

Recommended Training = once a week minimum

Grading for 8th Kyu (Orange belt)

Training time = 13 classes (3 months)

Recommended Training = once a week

Grading for 7th Kyu (Orange belt with green tip)

Training time = 22 classes (3 months)

Required Training = twice a week minimum

Grading for 6th Kyu (Green belt)

Training time = 22 classes (3 Months)

Required Training = twice a week minimum

Grading for 5th Kyu (Green belt with purple tip)

Training time = 30 classes (4 months)

Required Training = twice a week minimum

Grading for 4th Kyu (Purple belt)

Training time = 33 classes (5 months)

Required Training = twice a week minimum

Grading for 3rd Kyu (Brown belt)

Training time = 45 classes (5 months)

Required Training = Three times a week minimum

Grading for 2nd Kyu (Brown belt 1 tip)

Training time = 70 classes (6 months)

Required Training = Three times a week minimum

Grading for 1st Kyu (Brown belt 2 tips)

Training time = 85 classes (10 Months)

Required Training = Three times a week minimum

Grading for Shodan Ho (Probationary Black belt)

Training time = 110 classes (12 months)

Required Training = three times a week minimum

Grading for Shodan (Black belt)

Training time = 160 classes (14 months)

Required Training = Four times a week minimum

**\*\*See table to the right**

**Green belt and above need to have entered two tournaments within the preceding 12 months for grading eligibility.**

**IMPORTANT DATES TO REMEMBER**

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

**\*\*Please remember, all events are posted on**

the Facebook page, important events or information is sent via email and Facebook. If we do not have your contact details for these two mediums then you may miss the events.

Kata	Grade going for	Belt going for
Taigyū Chudan	9th Kyū	Yellow
Taigyū Jodan	8th Kyū	Orange
Taigyū Gedan	8th Kyū	Orange
Sanchin Ichi	8th Kyū	Orange
Sanchin Ni	7th Kyū	Orange Green tip
Sanchin Tensho (Meibukan)	7th Kyū	Orange Green tip
KakeUke Ichi	7th Kyū	Orange Green tip
Tensho	6th Kyū	Green
Gekisi Ichi	6th Kyū	Green
Seiryū (Meibukan)	6th Kyū	Green
Jo Chu Ge (Meibukan)	6th Kyū	Green
KakeUke Ni	5th Kyū	Green Purple tip
Gekisi Ni	5th Kyū	Green Purple tip
Shujakku (Meibukan)	5th Kyū	Green Purple tip
Mawashi Uke Ichi	4th Kyū	Purple
Mawashi Uke Ni	4th Kyū	Purple
Chu Shuto Ge (Meibukan)	4th Kyū	Purple
Seiyunchin	3rd Kyū	Brown & White stripe
Saifa	3rd Kyū	Brown & White stripe
Byakko (Meibukan)	3rd Kyū	Brown & White stripe
Chu Gen Ge (Meibukan)	3rd Kyū	Brown & White stripe
Sai - Jodan Ni	3rd Kyū	Brown & White stripe
Sai - Taigyū Jodan	3rd Kyū	Brown & White stripe
Sai - Taigyū Chudan	3rd Kyū	Brown & White stripe
Sai - Taigyū Gedan	3rd Kyū	Brown & White stripe
Sai - Gekisi Ichi	3rd Kyū	Brown & White stripe
Sai - Gekisi Ni	3rd Kyū	Brown & White stripe
Bo - Gekisi Ichi	3rd Kyū	Brown & White stripe
Bo - Gekisi Ni	3rd Kyū	Brown & White stripe
Genbu (Meibukan)	2nd Kyū	Brown
Ko Chu Ge (Meibukan)	2nd Kyū	Brown
Sai - Saifa	2nd Kyū	Brown
Bo - Saifa	2nd Kyū	Brown
Tenchi (Meibukan)	1st Kyū	Brown & Black stripe
Sai - Shisochin	1st Dan	
Sanseiru	2nd Dan	Black with two tips
Sepai	3rd Dan	



Our classes:

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

**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@yahoo.com.au  
and Facebook