

# Karate Bulletin

Volume 3 Issue 2 February 2009



## We're On Our Way

When the year began we set our goals. Now a month has passed there must be progress! Wishful thinking will not make progress, only the determination of a martial artist. It's not too late, if you haven't moved on or you haven't gotten as far with your plans as you'd like. Keep reviewing where you are, and keep taking steps towards getting where you want to go. Next belt? Are you training enough? Teaching? What learning are you doing? What questions are you asking, what steps are you taking? Remember, the first time you ask for something it might not appear; a lot of people ask for things without really wanting them. Keep asking. A question not initially answered for you might not be a snub, it might have been an inopportune moment or not appropriate at that time. Keep asking. Do you really want it or not?

## Kata Comparison Seminar

Saturday 31st January 2009 saw Sensei Damien Birch stepping into the breach and teaching us Seisan, while John Burke Sensei carried on as planned with Hangetsu despite the inability of the invited instructor to commit to the class. We hope everyone enjoyed it, and we have a Comparison DVD in the works remind you of what was taught.

## Buddy Day

Well done to those of you who bought friends along to Buddy Day. Hannah and Abbey have joined us and are enjoying their training because you guys took the trouble to invite them! It's a friendly thing to do, bringing like-minded individuals into our Academy. We salute you.

## Birthdays

The following students have birthdays in February:

1st	Stacey Evans, Mickey Gillett
3rd	William Mathews
4th	James Hodgson, Jenny Pierpoint
5th	Finn Lee, Elizabeth Wade
7th	Kerry Gantely
9th	Miles Jefford, Jacob Whittle
10th	Andrei Slipszenko
11th	Isabelle Lindsay
12th	Ronnie Hughes
14th	Kerenza Flanary, Hayden Tarr
19th	Darren Cross
20th	Jack West
22nd	Eric French, Jamie Keith
25th	Tia Moorhouse, Molly Wells
26th	Keith Franks, Bradley Merrick

*Happy Birthday to you all.*

## New Members

During the month of December the following students joined our group. Welcome one and all. **Sarah Hutchins, Tracey LaVallee, Keanu LaVallee, Shakira LaVallee, Kalani LaVallee, Finn Lee, Alex Lee, Sean Green, Charlayne Green, Hannah Cauldwell, Abigail Appleyard, and Freja Scott-West.**

## February Timetable Exceptions

Tuesday 10th	No lunch-time lesson
Sunday 15th	Kick-a-thon, no regular sessions.

## Coming-up

Ground Grappling Seminar Saturday 7th February 1-4.30pm  
Terry Wingrove sensei Sunday 1st March 10am

## Kyu Grading

The Kyu Grading Examination in March is fast approaching. Anyone who has attended regularly should be in a position to take part, and if anyone needs extra help then the time to get it is now, not two days before the exam. So if you need a private lesson or want to attend a few more sessions, now is the time to book.

## Last Word

The year progresses apace. Stay focussed on your goals and you will achieve them. Remember, the plan is one thing, but the appropriate Action is what will accomplish it. The help is there for those who step up and ask for it. The Nanny State that says you stand and wait for things to be handed to you does not work. Strong Character requires that we are demanding, both of ourselves and what we expect from others. Mediocrity is not for the martial artist. No-one lay on their death-bed and wished they'd been more average, did they? Live life Exceptionally, with a good heart, and let others remember the positive impact they had when they met you.

Proud to be the Keikokai.

See you in the dojo.

Oss

## Kick-a-Thon Kicking Cancer

Well, the votes came in, and what we discovered is that there was an upsurge in support for Children-In-Need. We'll have a Fundraising Evening for Children In Need at the time of the TV appeal to help gain extra support. In the meantime, the various Cancer charities attracted the most votes, with Cancer Research UK getting the lion's share.

We have banners, stickers, collecting boxes and balloons for the day, and now we have to get on with getting sponsorship before the 15th February—the Day of the Event! Anyone who can't make the actual day is welcome to do the kicks, supervised in class before or after the day just so that no-one loses out.

Enclosed with this newsletter are your Kick-a-thon Sponsor Forms and instructions.

**Challenge: The person to get the most sponsors (quantity) will be awarded a new Gi. The person to raise the most money will be awarded a new heavy weight gi.**

