



Karate 4 Life

Your Success Newsletter

PARENTS LEADING THE WAY

As parents it is our role to guide our children to the best of our abilities. The easiest way we have found to do this ourselves is by 'leading the way' and choosing to be a good role model. And yes, we make mistakes but that's life. We choose to continue to be students and to learn everyday with our children.



Things we have learned as young parents:

- The words we speak... will be heard.
- The things we do... will be seen.
- The things we feel... will be felt.
- The way we deal with challenges...
- When things get tough and we give up on ourselves....
- And the list goes on....

Everything we 'choose' today may/will be mirrored back to us tomorrow. Watch your children and have a closer look at how they do things, how they see the world, the words they use. When our kids mirror our good habits, it paints a nice picture (they get that quality from you). When they mirror our bad habits it can be a little confronting.

If you want to really inspire your children to be the best they can be in all that they do, there is no better way than to step up and lead the way. How many good habits can you acquire in 2013 that will help you become the best version of you? And know that every bit of time you invest into growing yourself, you are also investing into your children, after all you are their world for now.

Share with them your goals, your successes, your challenges, how you deal with challenges, how you turn up to things/do things (that you know are good for you) that you don't really feel like doing. You are not only an important person in your children's lives, but you are also the most important person in your life. Choose to live life to the fullest for not only you but also your family. Choose to lead the way in your family to constant and never-ending self-improvement. Not only will you feel much happier, you will also be helping your children develop valuable life skills which will serve them for the rest of their lives.

"There are many ways to measure success; not the least of which is the way your child describes you when talking to a friend." ~ Unknown

STUDENT SUCCESS: FINAL GRADING OF 2012

What a great way to wrap up 2012. Congratulations to all of the following students successfully grading on Saturday 4th December 2012.



Above: Jarrad & Riley Leach

Yellow Belt (12th Kyu):

Dean Hore, Benjamin Kirkwood, Eleni Hurley
Orange Belt White Stripe (11th Kyu): Isaac Amos, Blake Wood, Dylan McKeown, Romy Wood, Terri Everest, Sharyn Vidler, Jarrad Leach

Orange Belt (10th Kyu):

Braydon Rickard, Adam Laidlaw, Felix Nicholls, Rodney Jones, Jacob Ivanfy, Viv Dumoulin, Logan Murray, Daniel Robson

Green Belt White Stripe (9th Kyu):

Cath Amos, Luc Jones, Nathan Eley, Jean-Luc McGee

Green Belt (8th Kyu):

Mika Fenwick, Jack Graham

Blue Belt (6th Kyu):

Keiko Kabasawa, Adam Gray

Purple Belt White Stripe (5th Kyu):

Jake Davis, Selina Strazzari, Euan Gray

Brown Belt Black Stripe (1st Kyu):

Deborah Woodhouse, Aidan Leask, Christopher Baker

We look forward to seeing you all back in the dojo in 2013 building on all of your hard work in 2012.

Special mention to Aidan Leask who will be celebrating 11 years of training at Sunshine Coast Karate this year (Sept 2013).

We are very fortunate to be seeing more and more students enjoying long term studies at Sunshine Coast Karate. The journey isn't an easy one, but it is loaded with a truck load of gifts if you dare to commit to consistent self improvement.

FEBRUARY 2013

In This Issue

Inspired Thoughts

Parents Leading The Way

Why sit back and watch your kids grow up when you can grow with them.



Student Success

Final Grading of 2012

Hard work pays off. Congratulations to...

Upcoming Events

Feature Events

Committed to Black Belt Seminar

QLD Karate Camp

Committed to Excellence

Matthew Stevenson
Level: Shodan (1st Degree Black Belt)
Started Training: October 2000

Contact Us

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BLACK BELT: Do You Have What It Takes

Saturday 16th February 2013

Nearly everyone who has done martial arts has at one time or another aspired to becoming a black belt. However, history tells us only a very small percentage of people actually make it.

Anyone can be a **black belt**, even you!! We want to show you how simple it really is. It's not an easy path to black belt, but it definitely is simple and extremely rewarding.

Have you ever thought about being a black belt? If the answer's "yes", then we have something special for you.

Seminar:

**All The Way To Black Belt And Beyond
A Special Event for those committed to
achieving black belt in karate and in life.**

The first step towards any goal is making the commitment and that's what this seminar is all about. Here's some of what you can expect to learn:

- Find out what it takes to become a black belt.
- Use your mind to accelerate your learning.
- Develop a plan to overcome the challenges along the way.
- Build your success team.
- And much, much more...



YOUR CHANCES OF SUCCESS:

| | |
|--------------------|--------|
| "I won't" | = 0% |
| "I can't" | = 10% |
| "I don't know how" | = 20% |
| "I wish I could" | = 30% |
| "I want to" | = 40% |
| "I think I might" | = 50% |
| "I might" | = 60% |
| "I think I can" | = 70% |
| "I can" | = 80% |
| "I am" | = 90% |
| "I did" | = 100% |

Register your interest, via email: info@karate4life.com.au Or add your name to the sign up sheet on the noticeboard in the parents room.

All students who have already committed to black belt and have their belts displayed on the back wall of the dojo, be sure to turn up to this event to further inspire you on your journey in 2013.

For further information please check your student mailboxes and dojo noticeboard.

**‘Today I Will Do
What Others
Won’t, So
Tomorrow I Can
Do What Others
Can’t.’**

QLD Karate Camp: 26th - 28th April 2013

The ICKFA (Sunshine Coast Branch) Inc will be hosting the 2013 QLD Chito-Ryu Karate Annual Training Camp. This year, the camp will be moving to a different venue, the **Currimundi Active Recreation Centre**, located on the southern end of the Sunshine Coast, just a few minutes walk from Dicky Beach.



The camp facilities feature cabin style accommodation with up to 12 people per room. All main meals, plus morning tea, afternoon tea and supper are included. And there will be plenty of karate training and some free time for socialising and other organised activities.

The main focus of this camp is intensive karate training. So if you are serious about propelling your karate to the next level with a weekend of immersion with many of Queensland Chito-Ryu senior members, this camp is for you! The training program will be tailored to the age and level of the attendees, so all members are welcome to attend. Outside of training time, only limited supervision will be provided, so non-training family members are encouraged to attend if possible.

To secure your place, return your form (available at dojo) along with full payment to your dojo instructor no later than, **Friday 22nd**

February. Late bookings may be accepted subject to space, up until, **Friday 5th April**, however a \$30 late fee per person will apply.

FEBRUARY CLUB SHOP SPECIALS



Black Fingerless Gloves (S-XL)
Suitable for all ages
Normal price: \$30.00
Sale price: \$25.00

White Shin/Instep Protectors (S-XL)
Normal price: \$25.00
Sale price: \$20.00



Basic Mouthguard (Jnr & Snr)
Normal price: \$6.00
Sale price: \$4.00

Groin Guard (XS - XL)
Normal price: \$20.00
Sale price: \$15.00



Head Gear (Large size only)
Limited clearance stock
Normal price: \$70.00
Sale price: \$35.00

Body Gear
Normal price: \$60.00
Sale price: \$50.00

KUMITE Gear Package

Black Fingerless Gloves
White Shin/Instep Protectors
Basic Mouthguard
Groin Guard
Body Gear

Normal price (individual): \$141.00
Sale price (individual): \$114.00
Sale price (package deal): \$90.00
* Girls/ladies package: \$75(no groin guard)

Specials Start: Friday 1st February 2013
Special Ends: Thursday 28th February 2013



Private Lesson Packages

Private Lessons are a great way to:

1. Refocus on your goals when challenges arise
2. Get the wheels turning again after having time off
3. Prepare for gradings and tournaments
4. Get a head start on your next level content after grading
5. Keep you accountable (training at the dojo and at home) with regular check-ins

Duration: 30 minutes/lesson
Availability: At a mutually convenient time
Single Lesson: \$40.00

Package # 1:
5 x 30 minute private lessons
\$160.00

Package # 2:
10 x 30 minute private lessons
\$300.00

For further information about private lessons please see Debbie at the front desk or email Sensei Sandra:
sandra@karate4life.com.au

February Events

For further information about any of the following events please contact staff.

1st - 3rd

Saturday 2nd
First Leadership Induction/Training of 2013. All leaders to attend

4th - 10th

Monday 4th
General Training Schedule Resumes (full schedule in place)

Saturday 9th
Monthly Soke Cup Squad (S.Coast)

11th - 17th

Progress Check Week:
Little Champions Only

Saturday 16th
Committed to Black Belt Seminar

18th - 24th

Progress Check Week:
Leadership Team

Saturday 23rd
Grading

25th - 3rd

Progress Check Week:
Little Champions & Karate Programs

Saturday 2nd (March)
Monthly Soke Cup Squad (G.Coast)

The complete 2013 Calendar is available online. Please note: dates are subject to change.

Coming Up in March

Sunday 24th March
Easter Family Picnic & Training Day

Do You Pay Your Karate Fees Fortnightly? Want to SAVE \$'s?

Did you know that you can SAVE \$'s by paying your fees annually?

If you are currently on a no commitment program, paying fortnightly, You will save 20% by paying annually.

If you are currently on a 12 month program, paying fortnightly, You will save 10% by paying annually.

And families save even more!



Committed To Excellence Award

The journey to black belt and beyond is much like life. The more time you invest into it the greater the rewards. Not only do you grow to be a master of your karate techniques, you also grow and learn how to master your life in a way in which you can attract greater abundance and prosperity to your life.

At Sunshine Coast Karate we choose to focus on 'doing the basics well'. Continually refining the basics everyday (in the dojo and in life). There is always a way to do things better if you choose to look closely. The more you choose to explore your technique and yourself the more gifts you will receive. There is no set time frame on this process, it is simply up to each individual to determine the speed of the unfolding of their gifts based on their commitment to themselves.

This month we would like to acknowledge the journey of Sempai Matthew Stevenson. He is on a very unique journey, it is not comparable to anybody else. This is a journey that has been crafted especially for Sempai Matt which will continue to lead



him to becoming the best version of Matthew Stevenson. Not only will he continue to advance as a role model to all of us in the dojo, he will continue to shape all areas of his life.

Together in 2013 we will all celebrate Sempai Matt's 13th year of training at Sunshine Coast Karate. We are extremely grateful to have worked with Sempai Matt for all this time. Not only has Sempai Matt earned his black belt but he has also inspired us to continue to grow more ourselves. A big thank you to Sempai Matt for choosing to continue his journey with us for this extended period despite what challenges he has endured in this time.

We look forward to extending this journey even further in years to come.

Picture: Sempai Matt as a white belt with his sister Lauren. This photo was taken in the year 2000 at our very first dojo, Millwell Road Community Centre, Maroochydore.

‘We are what we repeatedly do. Excellence, then, is not an act, but a habit.’ ~ Aristotle



“The more you praise and celebrate your life, the more there is in life to celebrate.”

- Oprah Winfrey

THIS MONTH'S STUDENT BIRTHDAYS

Happy Birthday to...

Alexandra Thom, Kiarn Gray
Aidan Leask, Debbie Hutton
Samuel Doecke, Bridget
Waugh, Adam Popescu
Ethan Farrell, Zennjo Searle
Mika Fenwick, Luca Darin
Laura O'Keefe, Robbie
Warren, Riley Leach, Lilly
Clements, Anthony Williams,
Klaudia Caston, Ilan Keays-
Nissim

