



Karate 4 Life

Your Success Newsletter

DEALING WITH CHALLENGES

From tired to emotional to overwhelmed to wanting to quit everything and hide from the world. I think we all experience these moments at some stage in our lives. Helping our children identify when they are in a negative emotional state and giving them the tools to move to a more productive state is something that I continue to explore with every challenge that comes knocking on the door. Here are a few things that we do when challenges come our way. Hope they help your family too.

- 1. Back to the basics:** monitor sleep, food, water. Are you getting what you need to help you function at your best.
- 2. Identify the fun and focus** in your child's day. This on its own is worth gold for our kids. Once they realise that they still have loads of play time in their week, balanced with school and after school activities, we are onto a winner.
- 3. Having a break** between school and after school activities. I didn't realise how important this was until it came up in one of our little chats.
- 4. Quality time:** Lots of cuddles, lovin' and giggles. Sock sliding, musical chairs, funny songs, glow stick dancing and anything which releases those contagious fits of laughter. Has to be complete 100% focus on each other. Showing 'love' to my kids is largely about spending quality time with them.
- 5. Find that happy place** before making important decisions: Never make decisions (quitting things) whilst in a negative, non-serving state. Fuel up with the feel good stuff and once in that happier state then choose how to move forward.
- 6. Confidence Bank:** Complete tasks and achievable short term goals that you set for yourself. Every time you complete something your confidence grows. Every time you quit before completion, you are making a withdrawal from your confidence bank. Every decision matters so think before acting.



MARCH 2013

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STUDENT SUCCESS: AUSTRALIAN TEAM MEMBERS

Congratulations to all of the following Sunshine Coast Karate members who have successfully earned a place on the 2013 Australian Team. Australian Team members will travel to Hong Kong during August to compete at the Chito-Ryu Karate World Championships also known as the Soke Cup.

- ★ Duncan Bigg
- ★ Raphael Borleis
- ★ Klaudia Caston
- ★ Henrik Flynn
- ★ Jack Graham
- ★ Tia Guy
- ★ Keiko Kabasawa
- ★ Helen O'Grady
- ★ James O'Grady
- ★ Renae Saunders
- ★ Kairyo Searle
- ★ Zennjo Searle
- ★ David Strazzari



2010 Soke Cup, Japan - James O'Grady, Tia Guy & David Strazzari

Contact Us

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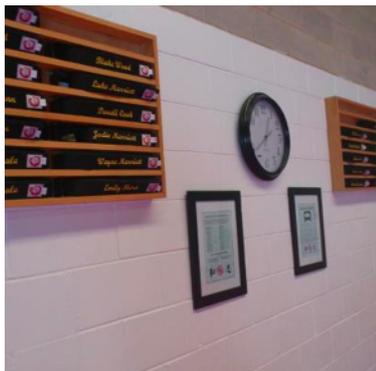
www.SunshineCoastKarate.com.au

BLACK BELTS IN TRAINING: David Strazzari and Keiko Kabasawa Lead the Way

A few times each year we hold a seminar, and ask the members who attend a simple question, "Are you committed to doing whatever it takes to achieve your black belt?"

We ask this question after a few hours of training and after those who have already earned their black belts have shared part of their own story and a few pearls of wisdom about what it takes to be a black belt.

Over the past few years there have been quite a few people who have made the commitment. Amongst those who have made the commitment, we also ask them if they would want a little additional motivation and accountability by getting their own personalised black belt on display at the back of the dojo for all dojo members to see.



For those who have taken this step, it's perhaps one of the biggest commitments they have ever made and it's a very public statement that they are serious about following a path towards personal excellence.

Just last month, we held yet another "Committed To Black Belt Seminar". And no doubt there will soon be a few more black belts to be added to those on display at the back of the dojo.

But at the seminar last month, we also had another little surprise for those who attended and had already made the commitment previously. There were just two members there who had previously made the commitment to achieve their black belt, David & Keiko. So, the surprise.... We decided to give them the opportunity to pull their black belts down from the back wall of the dojo and really feel what it's like to have a black belt around their waist.

At the end of the day, a belt is just a belt no matter what colour. But I have to say it was interesting to see their energy lift and their smiles grow when I told them what I had in mind.

I bet everyone else who has a black belt on display on the back wall of the dojo is now kicking themselves that they didn't make to the seminar this morning. Maybe next time....

The next Committed to Black Belt Seminar is scheduled for: Saturday 7th September.



Pictured above: David and Keiko at the February Committed to Black Belt Training Seminar.

**‘A Black Belt
Is A White
Belt That
Never Quit.’**

2013 Scholarship: Training with Soke Sensei in Japan for 2 Weeks!!!

The ICKFA (Sunshine Coast Branch) Inc introduced a scholarship late 2012 which would fund the airfares of one lucky student to travel to the Sohonbu (International Chito-Ryu Karate-Do Headquarters) to train with Soke Sensei for 2 weeks.

Not only did they enjoy a 2 Week Training Intensive in their first 2 weeks back at the dojo, they also had to create a blog documenting their experiences throughout the 2 week intensive. After much discussion amongst instructors and committee members it was decided that Jodie Marriott would be the most suitable recipient of this year's scholarship.

Flights are already booked. Jodie will fly to Japan on Tuesday 19th March with Sensei Sandra and return on Friday 5th April. Jodie will not only get to enjoy training at the Sohonbu, she will also get the opportunity to watch the 2013 Kumamoto Prefectural Spring Tournament. We wish Jodie all the best for her training adventure and I hope that Sensei Sandra brushes up on her Japanese before leaving. This will be Sensei Sandra's first time leading the way in Japan and she won't have Sensei Martin with her to take care of the technology and Japanese. Could be some interesting reading on the blog whilst they are away.

There are a few students taking advantage of the **2 week training intensives** as a way to build momentum with their training. We have another intensive planned starting **Monday 15th July and will finish Friday 26th July**. If you are up for a great challenge be sure to plan ahead and free up your schedule so you can enjoy the full experience of morning and afternoon/evening training at the dojo. All students are welcome to participate.

MARCH CLUB SHOP SPECIALS

New Special Class - Get Ready

It's almost time to get ready for the change in theme for the Wednesday night Special Class (6.00-6.55pm). For the remainder of Term 1 and throughout the Easter School Holiday period, we will continue with the theme of "Sweat".... But, the theme of the Special Class for Term 2 will be changing to "Padded Weapons" (from Wednesday 10th April).

If you fancy yourself as a bit of a "Samurai" and want to try your hand at wielding a sword in a safe and fun way, you'll definitely want to get to this new class. In order to participate in the Special Class in Term 2, you must have your own padded sword which are available through the club shop. To help get you ready, you might want to check out the March Club Shop Special.

Club Shop Special - March 2013

Padded sword, with black foam handle, surgical plastic inner tube, and padded foam "blade". Available in Red or Blue. Length = 100cm.

Normal Price: \$45 each

Sale price: \$30.00



Specials Start: 1st March 2013

Special Ends: 21st March 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

March Events

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

1st - 3rd

Saturday 2nd

Monthly Soke Cup Squad (G.Coast)

11th - 17th

Progress Check Week:
Little Champions Only

Progress Check Week:
Leadership Team

Sunday 17th

Tournament (Gold Coast)

18th - 24th

Sunday 24th

Easter Family/Training Day

25th - 3rd

Progress Check Week:
Little Champions & Karate Programs

Friday 29th

Good Friday: No Classes

Monday 1st April

Easter Monday: No Classes

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

Coming Up in April

Saturday 20th

Grading

Friday 26th - Sunday 28th

QLD Karate Camp, Currimundi

Monthly Referral Prize Draw

Commencing March 2013, when you refer your friends and family you will be placed into our monthly prize draw. Prizes vary each month. Sometimes you'll win gift cards (variety of stores and restaurants), karate specific items/tuition, prizes supplied by member businesses.

The prize up for grabs in March is: Lawn & gardens done for you (valued at \$40)
Prize Donated by: John Strazzari

John is a very reputable business owner on the Sunshine Coast and comes highly recommended by a number of members and families within the dojo. John takes care of our lawns as well and always does a great job.



2013 QLD CHITO-RYU TOURNAMENT CIRCUIT

Welcome to SCK

About The Tournament Circuit

Over the last few years, Sunshine Coast & Gold Coast Chito-Ryu Karate associations have been working together to host regular tournaments throughout the year. These tournaments are open to all members with events for all ages and levels. This year there will be a total of 6 QLD tournaments, including the National Chito-Ryu Karate Championships which our local association has volunteered to host. With the Nationals in our home state this year, all members are welcome to participate.

Why Would I Want To Compete?

Our members train for a lot of different reasons, but very few people get started because they want to compete. Tournaments are usually something that members grow into over time. When you enter a tournament, it's a great way to put your skills to the test against other members and see how you are going. It will put you under a little bit of pressure, give you a reason to step out of your comfort zone and is a great way to grow your confidence and skills. Also, as you compete more and more, you will start to get to know the other competitors and build strong friendships sharing the experience.

How Do I Get Started Or Learn More About Tournaments?

The best way to learn more about tournaments is come along to watch or join in one of the tournament squad classes held every Friday night. These classes are specifically designed to help you further build upon your basic skills with tournament specific training and match practice. In addition to squad training, talk to instructors, leaders or other members who already compete. We'd all love to see more competitors.

When Are The Next Tournaments?

- Gold Coast Challenge Tournament - 17th March (GC)
- Sunshine Coast Challenge Tournament - 19th May (SC)

Welcome to Sunshine Coast Karate to the following new members who have joined throughout January & February:

Will Hamilton, Lachlan Edwards, Alex Williams, Melanie Jones, Jacob Rein, Amber Edwards, Ethan Taylor-Hayhurst, Ethan Hayes, Riley Hayes, Kody Lambourn, Van Topham, Bella Kretzers, Tarjh Robertson, Samuel Jones, Christian Jones, Reilly Jones, William Buckland, Emily Buckland, Nicholas Clendinen, Nicholas Di Pietra, Oscar Hourigan, Matai Doughty, Sarah Breeze, Jeremy Aitcheson, Shane Robertson, Camryn Atkinson, Ema Shelley, Madison Cartwright, Kai Randl

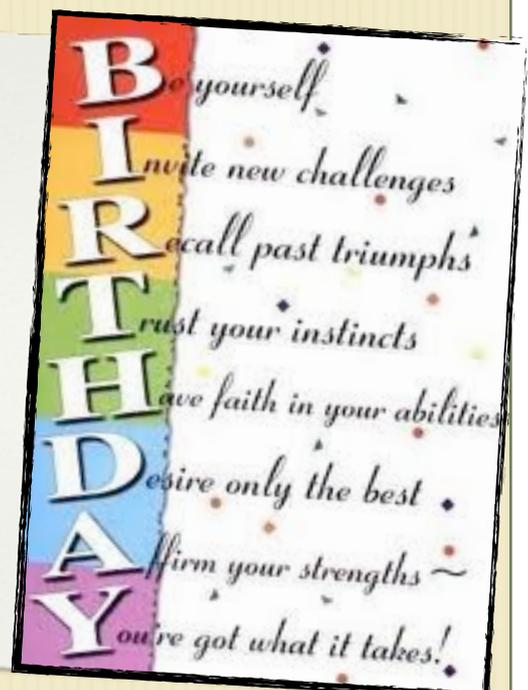
“Success means having the courage, the determination, and the will to become the person you believe you were meant to be” ~ George Sheehan



THIS MONTH'S STUDENT BIRTHDAYS

Happy Birthday...

Dean Hore, Brendan Edwards, Kai Melit, Matt Doecke, Kai Randl, Jake Herden, James Rackham, Zander Mayes, Kamile Pikturnaite, Jack Graham, Melanie Jones, Isaac Amos, Harrison Gray, Joshua Sorensen, Taneesha Newman, Jamie Warren, Keehan Walford, Jaquin Oliver, Matai Doughty



“It takes a long time to grow young.”

~ Pablo Picasso