Sunshine Coast Karate

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. 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 2014 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.

CHALLENGE 4 YOU: So you really want to step it up in 2014? Why not try your hand at karate? In 2014 all parents are welcome to train with their children. Please check our training schedule for **"+parents"** and take advantage of our family discounts. We look forward to seeing you in the dojo soon. Below are a few pictures of our amazing Little Champions and Karate Kids showing some great training already in 2014. I wonder if mum and dad can keep up!

Push Ups Master: Van

Johan & Georgia wrapping up a great Kihon Dosa Ichi

FEBRUARY 2014

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Inspired Thoughts

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

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Committed To Excellence
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Regular Features

Upcoming Events
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Monthly Club Shop Special
Welcome New Students
Student Birthday's

Contact Us

Martin & Sandra Phillips
Phone. 0435 255 323
Email: info@karate4life.com.au

www.SunshineCoastKarate.com.au

KARATE 4 LIFE

KARATE4 LIFE

SUNSHINE COAST KARATE: Term 1 Workshops

Give Your Karate An Edge

Saturday 15th February 2014

Session 1: 9:00 – 10:00am Little Champions Beginner Workshop ** New students welcome

Session 2: 10:00 – 10:30am EXTENSION: Little Champions (yellow+) kata

Yellow + Little Champions are encouraged to do both sessions (9:00 – 10:30am)

Session 3: 10:30 – 12:00pm Kids/Teens/Adult Beginner Workshop ** New students welcome

Session 4: 12:00 – 1:00pm Kids/Teens/Adults Kata

All kids/teens/adults are encouraged to do both sessions (10:30 – 1:00pm)

Secure your place: Please add your name to the sign up sheet on noticeboard

Upcoming Workshops
Saturday 22nd February
Saturday 1st March
Saturday 15th March
Saturday 29th March

$15.00 per person OR
Term 1 Pass: $40.00

BLACK BELT: Do You Have What It Takes

Saturday 15th March 2014

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.

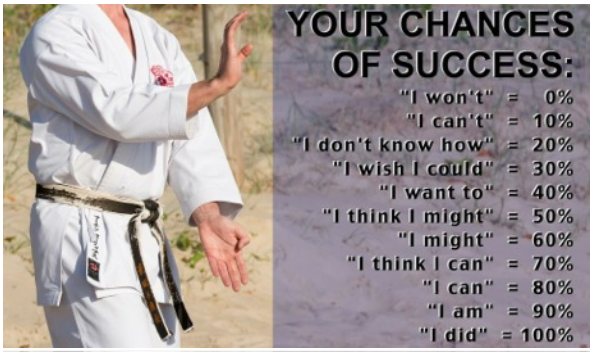
The first step towards any goal is making the commitment and that's what this seminar is all about. Here's some of what you can expect to learn:

- 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...

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 2014.

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.'

FEBRUARY CLUB SHOP SPECIALS

Black Fingerless Gloves (S-XL)
Suitable for all ages
Normal price: $40.00
Sale price: $30.00

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: $30.00

Body Gear
Normal price: $60.00
Sale price: $45.00

KUMITE Gear Package

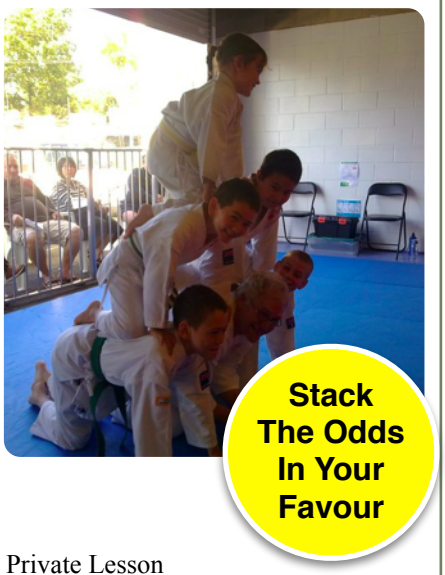
Black Fingerless Gloves
White Shin/Instep Protectors
Basic Mouthguard
Groin Guard
Body Gear

Normal price (individual): $151.00

Sale price (package deal): $90.00
* Girls/ladies package: $75(no groin guard)

Specials Start: Saturday 1st February 2014
Special Ends: Friday 28th February 2014

Private Lesson & Small Group Clinics



Private Lesson
Options include:
1. Quick Tips (one on one)
2. Buddy Up (one on one)
3. Team Builder (2-6 participants)
4. Accelerator (one on one)

Small Group Clinics suitable for 6-12 participants. Choose from listed clinic types or create your own clinic based on your needs.

For further information about Private Lessons & Small Group Clinics please grab a brochure from the front desk or ask staff.

Term 1 Special Class = "SWEAT"

Have some fun in the dojo with this class. Although it is one of the more popular and requested 'special classes', it will test your mind, body and spirit. If you think you've got what it takes, be sure to lock in Wednesday 6:00 - 6:55pm into your weekly schedule.

NO GOAL WAS EVER MET WITHOUT A LITTLE SWEAT.

SUNSHINE COAST KARATE

February

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

3rd - 9th

Mon 3rd Full Schedule Resume
Sat 8th Private Lessons
Sat 8th Leadership Training

10th - 16th

Progress Check Week:
Little Champions Only

Sat 15th Workshops (see page 2)
Sat 15th Private Lessons

17th - 23rd

Progress Check Week:
Leadership Team

Fri 21st In House Tournament #1
Sat 22nd Workshops
Sat 22nd Private Lessons

24th - 2nd

Progress Check Week:
Little Champions & Karate Programs

Sat 1st Workshops
Sat 1st Private Lessons

Coming Up in March

Fri 7th In House Tournament # 2
Sat 8th Grading
Sat 15th Brown/Black Belt Seminar
Sat 15th Committed to Black Belt
Sat 29th Tournament Workshops
Sun 30th SC Tournament

The complete 2014 Calendar is available online. Please note: dates are subject to change.

There are no secrets to doing well in martial arts and moving to black belt and beyond. However, below you will see two key ingredients that will stack the odds in your favour.

2014 Attendance Recognition

Throughout the year we'll publish names to recognise all students achieving 8 lessons or more in one calendar month. To do well in martial arts one of the primary elements is to turn up consistently every week no matter where you are at in your journey.

You may find yourself feeling great, feeling low, or just not feeling as though you are progressing. As much as possible, just do your best to turn up and keep moving forward (breathe and be patient). Just by taking actions you'll soon find yourself in a better position. Remember everything is temporary if you choose to keep moving. It is only when you stop investing your time and effort into something that progress is inhibited in your journey.

Committed to Excellence Awards (Long Term Study)

When you add up all the training sessions, days, weeks, months and years you will no doubt be rewarded for your 'consistent effort'. To achieve black belt it will take 'years'. This is why we introduced our Committed to Excellence Program recognising students for their ongoing effort over a long period of time.

Students training for 3, 5, 7 years will receive a special medallion noting their achievement. Students training 10 years or more will receive a special plaque to help celebrate their achievements.

This month we celebrate the following students for their inspirational efforts in the dojo.
3 Years (Bronze Medallion): Jean-Luc McGee, Dylan McKeown, Adam Amos, Sam Phillips and Matt Doecke.
5 Years (Silver Medallion): George Britchford, Selina Strazzari & Renae Saunders

Welcome to SCK

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

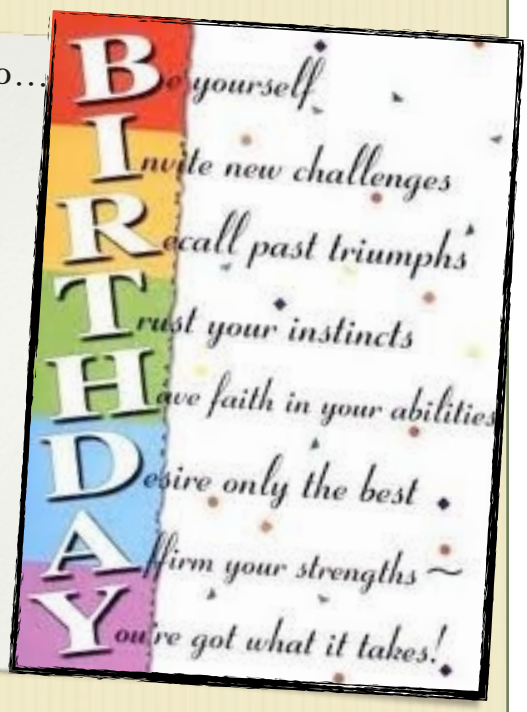
Georgina Overton, Gavin Chainey, Abbie Chapman, Tristan Rusich, Scott Smallwood, Jackson Burgess, Kiri Whittle, Niveke Edwards, Benjamin Leelasangawut, Finlay Bashford & Lily Ludbrook

'A Journey of a thousand miles must begin with a single step.' ~ Lao Tzu

This Month's Student Birthdays

Happy Birthday to...

Cath Amos, George Britchford, Jasmine Leask, Harley Maher, Nicholas Di Pietra, Nina Jerome, Tiahni Eley, Mary Pearson, Daniel Valdivia, Eli Bishoff, Jackson Burgess & Abbie Chapman



"The more you praise and celebrate your life, the more there is in life to celebrate."
~ Oprah Winfrey