Sunshine Coast Karate

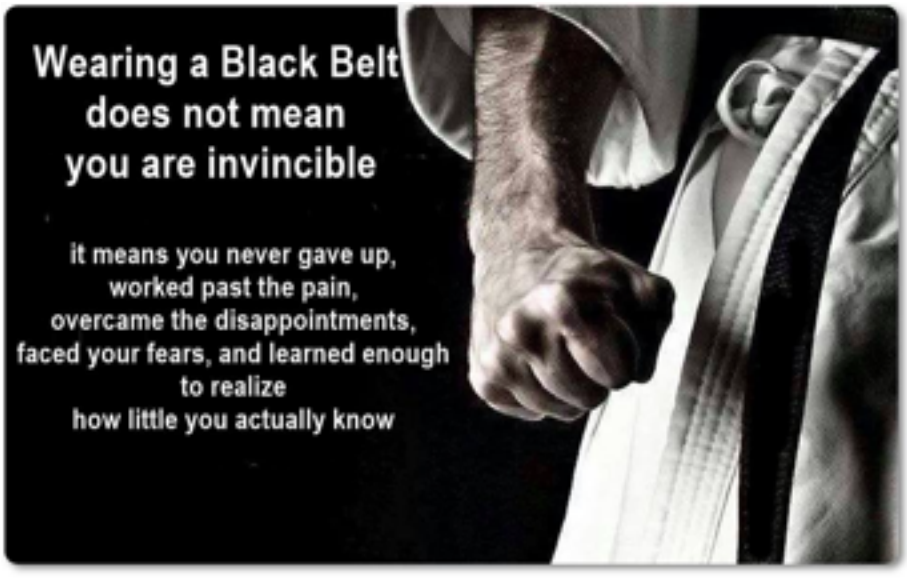
Karate 4 Life

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 2014

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Contact Us

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KARATE 4 LIFE

LEFT: Bella with mum and dad at our 2013 Friendship Tournament

RIGHT: Nathan (parent & leader), helping kids at 2013 Friendship Tournament

LEFT: Ashton, Vanessa, Romy & Blake celebrating after a successful Friendship Tournament

Committed To Excellence

LEFT: Beginner/Intermediate kids, Nicholas Di Pietra and Jacob Rein (1 yr), Sami Phillips (3 yrs), Oliver Noble and Logan Murray (4 yrs)

RIGHT: Advanced students George Britchford (5 yrs), Duncan Bigg (7yrs), Jim Moehead and David Strazzari (8 yrs)

ABOVE: Selina Strazzari 5 years training, Silver Medallion

MARCH CLUB SHOP SPECIALS

Basic Focus Mitts

Starting to get a bit keen on kumite? Want to push your fitness to the next level? Focus mitt training with a partner is great for training your hand speed and reaction timing.

Focus Mitts are also great to take along to tournaments with you in your bag to help you with warming up.

Focus Mitts
Normally $35 a pair
Sale price $25 a pair

Specials Start: 1st March 2013
Special Ends: 31st March 2013

Private Lesson & Small Group Clinics

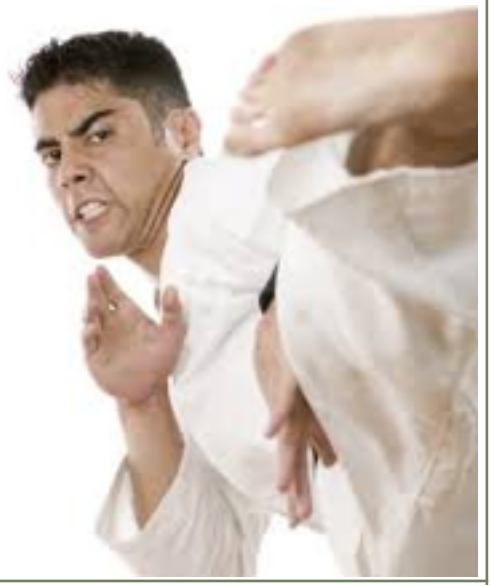
Private Lesson
Options include:
1. Quick Tips (one on one)
2. Buddy Up (one on one)
3. Team Builder (2-6 participants)
4. Accelerator (one on one)

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.



SUNSHINE COAST KARATE

March

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

3rd - 9th

Fri 7th In House Tournament # 2
Sat 8th Grading
Sat 8th Private Lessons

10th - 16th

Progress Check Week:
Little Champions Only

Sat 15th Brown/Black Belt Seminar
Sat 15th Committed to Black Belt
Sat 15th Private Lessons

17th - 23rd

Progress Check Week:
Leadership Team

Sat 22nd Private Lessons

24th - 30th

Progress Check Week:
Little Champions & Karate Programs

Fri 28th In House Tournament # 3
Sat 29th Tournament Workshops
Sun 30th SC Tournament

Coming Up in April

Sun 6th Easter Family Day
Mon 7th Start School Holidays: Holiday Schedule Applies
Fri 18th No Classes (Good Friday)
Mon 21st No Classes (Easter Monday)
Tue 22nd Resume Normal Training Schedule
Fri 25th No Classes (Anzac Day)

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.

Congratulations to the following members achieving 8 lessons or more in February.

Debbie Woodhouse 8, Jonah Dixon 8, Jai Kitson 8, Jack Graham 9, James O'Grady 9, Helen O'Grady 9, Cath Amos 9, Viv Dumoulin 10, Tiahni Eley 10, Dylan McKeown 10, Kamryn Stray 10, Jacob Rein 10, Selina Strazzari 10, Renae Saunders 10, Kiri Whittle 10, Chanda Dunn 11, Matai Doughty 11, Sam Hunt 11, Luc Jones 11, Keiko Kabasawa 11, Paul Murray 11, Jodie Marriott 11, Sam Phillips 11, David Probert 11, Jake Herden 11, Nicholas MacDonald 12, Jim Moehead 12, Rod Jones 13, David Strazzari 13, Abbie Chapman 14, Saria Chapman 15, Nathan Eley 16, Luke Marriott 18, Savannah Perdikis 18, Bailey Keefe 19.

Special mention to these two amazing Little Champions. Keep up the great work Bella and Kobe. Bella Laurie 21, Kobe Marriott 22.

Welcome to SCK

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

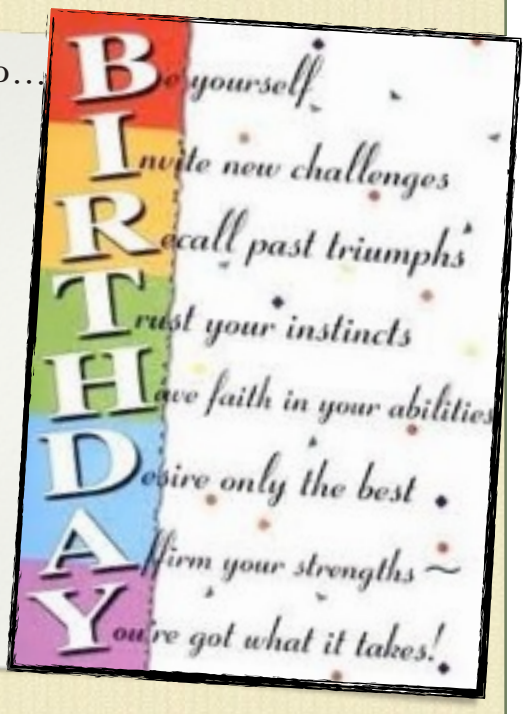
Chanda Dunn, Aiden Bruce, Addison Kurtz, Gary Evans, Jake Evans, Nicholas Larkin, Star Freedom, Tracey Eley, Jimmy Potter, Halea Eggmolesse

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

"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...

Melanie Jones, Brendan Edwards, Matt Doecke, Raphael Borleis, Jack Graham, Jake Herden, Isaac Amos, Jamie Warren, Matai Doughty, Quinn Kratzmann, Page Sweeney, Matteo Cutuli