Sunshine Coast Karate

Karate 4 Life

Your Success Newsletter

"You can make excuses...
Or, you can make progress.
But, you can't make both!"

Thank You Leaders

We wanted to say thank you to all of our amazing leaders for helping with classes throughout the year. So, what better way to do it than to shoot them, at Laserzone.

It was a great fun day out for the kids and the few adult who came and played too (you know who you are).

Arcade games, team laser challenges, the laser spider web, pizza and prizes after winning lots of tickets. Thanks for coming along and making it a fun day everyone.

NOVEMBER 2014

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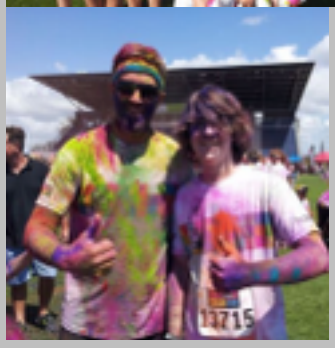
KARATE 4 LIFE

Little Champions

Van Topham, receiving his new blue stripe belt.

Tiahni Eley, teaching life lessons before class starts.

Colour Run



Congratulations Sensei Sandra

However you look at it, 111kms is a long way. If it's a car ride, you'd be hearing the kids in the back seat asking "Are we there yet?" But paddling a kayak 111kms overnight, down a dark river. You'd have to be nuts!

A year ago, Sensei Sandra made the commitment to do the Hawkesbury River Canoe Classic. You see, she likes a good adventure. But there were a few little problems. At that time, she didn't know how to paddle, she didn't even have a kayak and she didn't know what she was getting herself in for.

I have to admit she's come a long way since then. At first I think there was a lot more swimming than paddling, but what can you expect when you try something new like this. You have to let go and be a beginner.

She's done it! 15 hrs 42 mins. It's a long time to sit on your backside, but even longer when you paddle it. A huge thank you to all supporters who contributed finally helping Sensei Sandra raise $705 in funds for medical research, the major beneficiary being The Arrow Bone Marrow Transplant Foundation.

This paddling adventure has been a true test of perseverance and commitment. Read more SCK members website: www.SunshineCoastKarate.com.au

Well Done Kobe

Congratulations Kobe Marriot, earning his Little Champions Black Stripe Belt. Kobe is just the third ever Little Champion at our dojo to reach to highest level in the program, following in the footsteps of his big brother Luke, who was the first.

Just to put things into perspective, Kobe has been working towards this goal for half of his life and now he's done it.

Pictured right: Kobe, Luke, Sensei Sandra & Sensei Helen. Celebrating after receiving his new belt.

OCTOBER CLUB SHOP SPECIALS

It's almost Christmas.... Club Shop Special

The year is quickly running out, so it must be Christmas soon!

If you want to get in early with your Christmas shopping here are a few ideas for your favourite karate nut! Special prices are only on the stock that we have on had and some items are very limited. If stock clears, we will buy in more stock, but it will be at normal prices. So don't wait too long.

November Club Shop Specials

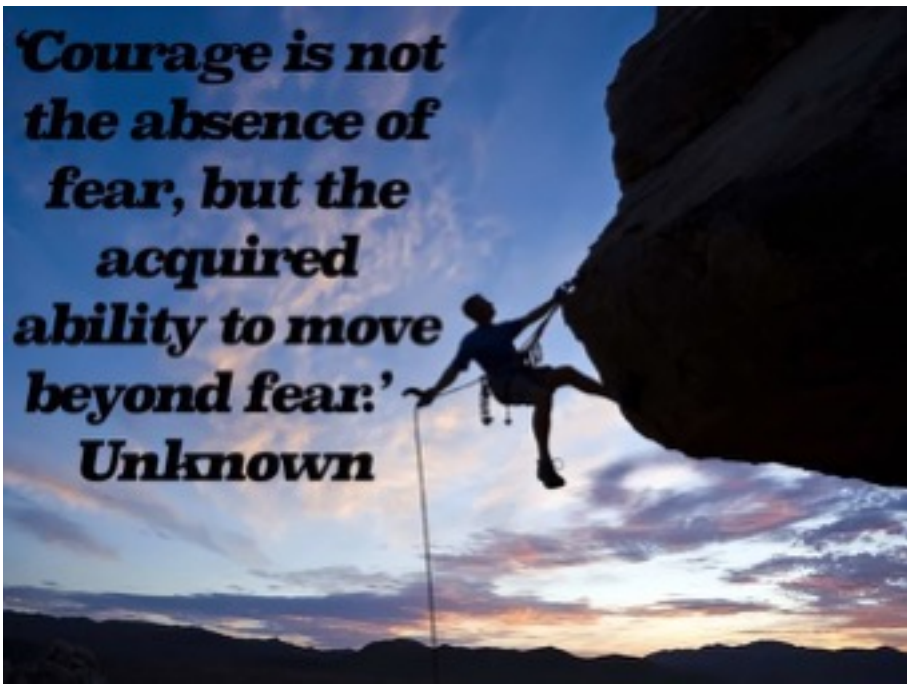
Light weight karate uniforms	Normally $60	Sale price $40
Heavy weight karate uniforms	Normally $110	Sale price $70
100cm punching bag	Normally $110	Sale price $70
Large strike shield	Normally $90	Sale price $60
Junior strike shield	Normally $75	Sale price $50
Balance Boards	Normally $20	Sale price $12

A Big Year For Tia

Congratulations to Tia Guy on your great success at the MSHS awards night. Gold Academic award, Bronze Sports award, Yr 11 "All Rounder" award and 2015 School Captain!

We know that Tia's not the only one to be a great all rounder performing both in the dojo and academically. But we don't always get to hear about these successes, so it's worth sharing.

A great example of: "Bun Bu Ryo Do". Scholarly studies and Martial studies going had in hand.



SUNSHINE COAST KARATE

NOVEMBER

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

3rd - 9th

All week: Progress Check
Little Champions & Karate Programs
Fri 7th: Soke Cup Info night
Sat 8th: Private Lessons

10th - 16th

Tue 11th - Thur 13th:
Special Guest Instructor, Soke Sensei

17th - 23rd

All week: Leader Progress Check
Little Champions & Karate Programs
Sat 22nd: Kyu Gradings
Sun 23rd: Brown/Black Belt Training
Sun 23rd: Dan Gradings

24th - 30th

All week: Leader Progress Check
Little Champions Only
Fri 28th: Kumite Tag Competition
Sat 29th: Private Lessons

Coming Up in December

Sat 6th Private Lessons
Fri 12th Kumite night,
1 point matches
Sat 13th Private Lessons
Sun 14th Association AGM
Sun 14th Christmas Picnic & Training
Fri 19th Final class of the year

Christmas New Year Holidays
There will be no classes for 2 weeks
Classes recommence: Mon 5th Jan

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

Team Challenge Tournament

Congratulations to everyone who took part in the final tournament of the year. Once again it was a team challenge, and once again the team from the Gold Coast took the top honours. We really need to do something about this…

Being the final tournament of the year, points were awarded for the 2014 QLD circuit season rankings. And a huge congratulations to Luke Marriott, coming out on top as season champion.

2014 Season Champion
Luke Marriott (pictured right)

Senior Tournament Champion
Jack Graham (1st kumite, 2nd kata)
(pictured below)

Junior Tournament Champion
Bailey Keefe (1st kata, 1st kumite)
(pictured to the right, below,
with some members of Karate Train)

Thank you Jane Graham for the great photos.

The Teams

Tsuyoi Tigers

Totally Girls

Karate Train

Llama United Party

Mojo From The Dojo

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.

October 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 October.

Abigail Amos 8, Isaac Amos 8, Emily Buckland 8, Saria Chapman 8, Tracey Eley 8, Richard Garnett 8, Tom Hurley 8, Rod Jones 8, Helen O'Grady 8, David Probert 8, Daniel Probert 8, Matthew Stevenson 8, Bret Buckland 9, William Buckland 9, Jackson Burgess 9, Keanu Caston 9, Patrick Edwards 9, Lachlan Edwards 9, Luc Jones 9, Melanie Jones 9, Kate Killion 9, Lily Ludbrook 9, Dylan McKeown 9, Sam Phillips 9, Selina Strazzari 9, Sienna Smith 9, Debbie Woodhouse 9, Jim Moehead 10, Mary Pearson 10, Van Topham 10, Ema Shelley 10, Kamryn Stray 10, Alahna Eley 11, Ethan Kessels 11, Luke Marriott 11, Justin Otto 11, Michelle Pearson 11, Brian Pearson 11, Josephine Pearson 11, Viv Dumoulin 12, Jack Graham 12, Jake Herden 12, Kobe Marriott 12, David Strazzari 12, Abbie Chapman 13, Matai Doughty 13, Renae Saunders 13, Andrew Crocker 14, Paul Murray 14, Chloe Crocker 16, Tiahni Eley 16, Sam Hunt 17, Bella Laurie 21, Nathan Eley 23, Chanda Dunn 24, Bailey Keefe 26, Savannah Perdikis 31

Welcome to SCK

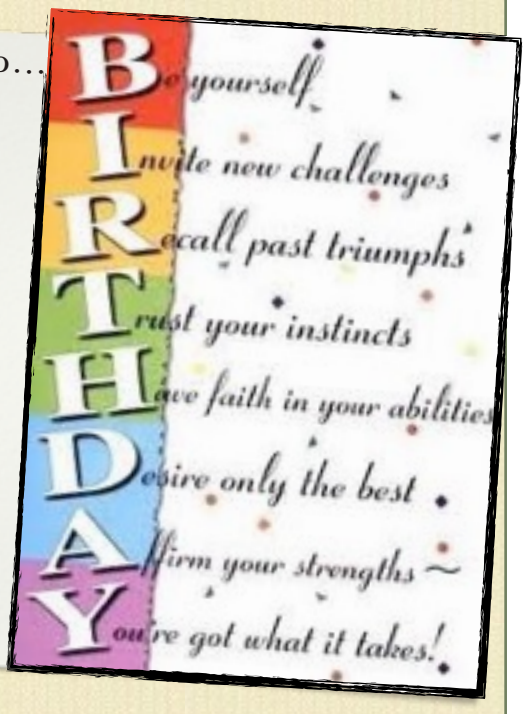
Welcome to Sunshine Coast Karate to the following new members who have joined in October:

Jay OPray, Taije Baxter, Hayden Cammack, Taylah Mattiazzi, Beau Mattiazzi, Hayden Hosking

"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...

Tom Hurley, Emily Aspland, Adam Laidlaw, Amber Edwards, Niveke Edwards, Kane Abrahams, Blake Wood, Romy Wood, Lily Ludbrook, Tamas Palasthy, Michelle Pearson, Brandan Fiederlein, Jessica Manning, Sienna Coghlan, Finlay Bashford, Saria Chapman, Daniel Probert, Kobe Marriott, Jesse Goulter, Jake Maclennan, Zack Manz