



WHAT WOULD YOU HAVE DONE?

Below is a story that Sensei Martin stumbled across and I thought it would be a great story to share with everyone via this newsletter. I am unable to provide a source as to where it originated so there is no referencing attached to the following story.

‘Very little has been said about this.....On December 2, Basque athlete Iván Fernández Anaya was competing in a cross-country race in Burlada, Navarre. He was running second, some distance behind race leader Abel Mutai - bronze medalist in the 3,000-meter steeplechase at the London Olympics. As they entered the finishing straight, he saw the Kenyan runner - the certain winner of the race - mistakenly pull up about 10 meters before the finish, thinking he had already crossed the line.

Fernández Anaya quickly caught up with him, but instead of exploiting Mutai’s mistake to speed past and claim an unlikely victory, he stayed behind and, using gestures, guided the Kenyan to the line and let him cross first.

Ivan Fernandez Anaya, a Basque runner of 24 years who is considered an athlete with a big future (champion of Spain of 5,000 meters in promise category two years ago) said after the test:



“But even if they had told me that winning would have earned me a place in the Spanish team for the European championships, I wouldn’t have done it either. I also think that I have earned more of a name having done what I did than if I had won. And that is very important, because today, with the way things are in all circles, in soccer, in society, in politics, where it seems anything goes, a gesture of honesty goes down well.”

He said at the beginning: “unfortunately, very little has been said of the gesture. And it’s a shame. In my opinion, it would be nice to explain to children, so they do not think that sport is only what they see on TV: violent kicks in abundance, posh statements, fingers in the eyes of the enemy ...”

THIS ISSUE

Featuring

What would you have done?

Regular Features

- ◆ **Leader of the Month**
- ◆ **Japanese Language**
- ◆ **Highlights**
- ◆ **Student Achievements**
- ◆ **Upcoming events**
- ◆ **A Touch of Wisdom**
- ◆ **Welcome new students**
- ◆ **Student Birthday’s**
- ◆ **In the Dojo: Photos**
- ◆ **A Gift Loaded with Value**

Contact Us

Martin & Sandra Phillips
Ph: 0435 255 323
E: info@karate4life.com.au



LEADER OF THE MONTH

BAILEY KEEFE

Just when you think Bailey can't do anymore, he continues to step it up and inspire all of us.

Bailey has demonstrated a great effort with his attendance (as both a student and leader) for some time now. The hours are adding up and he continues to refine his skills.

Well done Bailey!! We look forward to seeing how you progress throughout the remainder of 2015.



SCK BLOG

View the full blog post of all featured highlights by visiting:
www.SunshineCoastKarate.com.au

LATEST UPDATES/ REMINDERS & PHOTOS

For more information about any of the featured highlights, please visit:

www.facebook.com/SunshineCoastKarate



To make sure that Sunshine Coast Karate posts come up on your 'Facebook Home Page', please 'LIKE' the Sunshine Coast Karate Facebook Page.

"Strength does not come from physical capacity. It comes from an indomitable will." ~ Mahatma Gandhi



JAPANESE LANGUAGE

A big thank you to our Little Champions and Karate Kids who have been coming to class and teaching me a few words. I thought I'd get back to some basic counting for this newsletter. Enjoy!

1	ichi	6	roku
2	ni	7	shichi/nana
3	san	8	hachi
4	shi/yon	9	ku/kyuu
5	go	10	juu

EASTER FAMILY DAY



Thank you to everyone who came along for a great fun day out for the whole family. Be sure to check out the photos online.

MARCH TOURNAMENT



A great event to kick off the 2015 tournament circuit. Loads of quality photos have been shared online by Jane Graham.

NEW DOJO OPENING



Pacific Paradise Dojo opening on Monday 20th April. For more information visit www.karate4life.com.au

Upcoming Events

April

17th End Holiday Schedule
 18th Soke Cup Training (S.Coast)
 20th Resume Full Schedule
 20th Start Pacific Paradise Dojo
 25th Anzac Day

May

3rd Tournament (Gold Coast)
 9th Kyu Grading
 10th Mothers Day
 15th - 17th QLD Karate Camp
 23rd Soke Cup Training (S.Coast)
 30th Leadership Training

June

8th No Classes: Public Holiday
 12th No Classes: Show Holiday
 14th Sunshine Coast Tournament
 27th Soke Cup Squad Training
 29th Start Holiday Schedule

Progress Check Weeks

April
 13th-17th Little Champions & L'ship
 27th - 1st All Programs
May
 11th-15th Little Champions & L'ship
 25th-29th All Programs
June
 5th - 15th Little Champions & L'ship
 22nd - 26th All programs

Gradings

9th May, 18th July, 19th September
 & 21st November

Grading applications can be found in the student mailbox room. Please complete the application form and return prior to deadlines. It is recommended that all new students review application forms and progress cards with instructors before grading.



Private Lessons

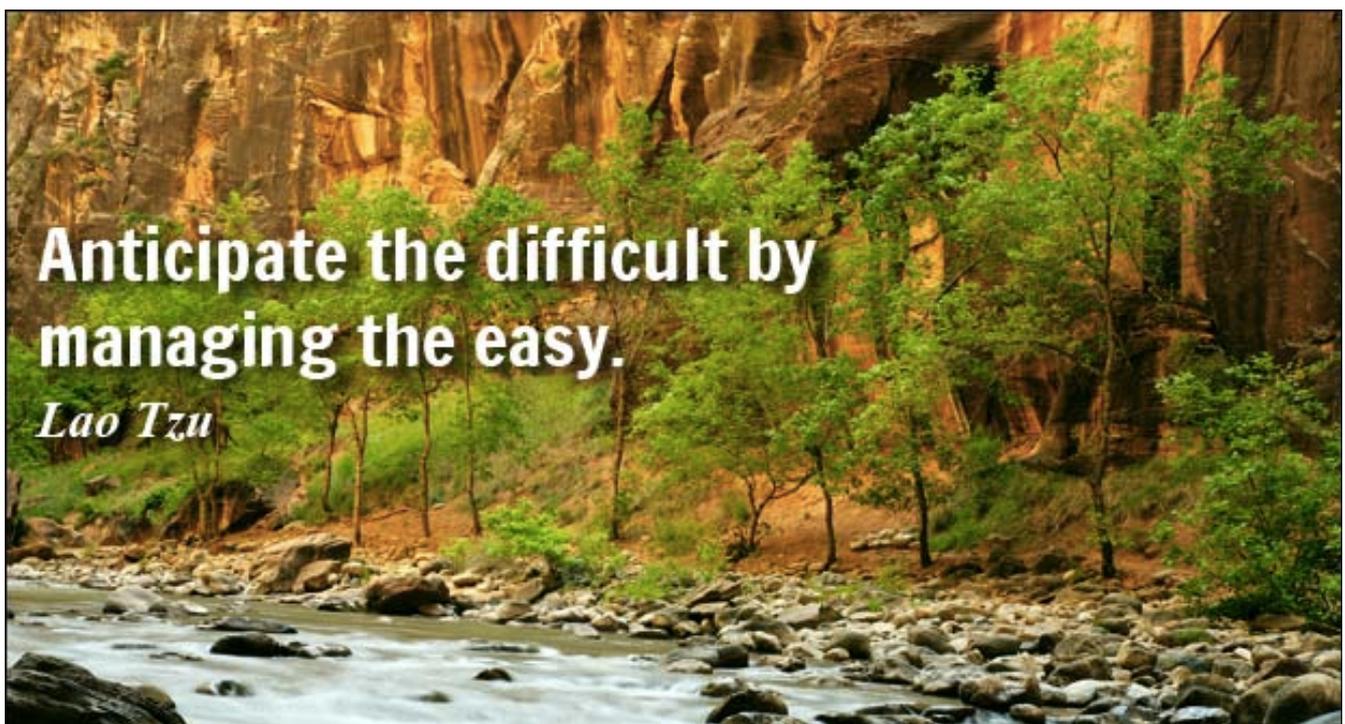
April: 4th, 11th, 18th
May: 2nd, 23rd, 30th
June: 6th, 13th, 20th

Bookings are required in advance.
 Please ask staff at front desk for

Committee Meetings

May: 2nd & 30th
July: 11th

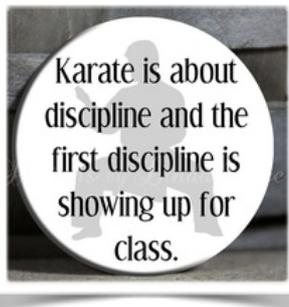
A Touch of Wisdom



Anticipate the difficult by
 managing the easy.

Lao Tzu

Attendance Recognition



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.

Throughout the year we'll publish names to recognise all students achieving 8 lessons or more in one calendar month.

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

Raphael Borleis 8, Ron Burgess 8, Nicholas Di Pietra 8, Niveke Edwards 8, Jake Fisher 8, Kaden Fisher 8, Emmett Furner 8, Jesse Goulter 8, Isabella Gray 8, Aimee Gush 8, Lauren Gush 8, Jake Herden 8, Rod Jones 8, Nicholas MacDonald 8, Charles Robinson 8, Matthew Stevenson 8, Selina Strazzari 8, Debbie Woodhouse 8, Duncan Bigg 9, Jake Evans 9, Dylan McKeown 9, Paul Murray 9, Jakob Nicholls 9, Jay O'Pray 9, Steven Phillips 9, Daniel Probert 9, Anthony Williams 9, Klaudia Caston 10, Rosemarie Caston 10, Viv Dumoulin 10, Chanda Dunn 11, Richard Garnett 11, David Probert 10, Kobe Marriott 11, Kamryn Stray 11, Mitchell Booker 12, Bayden Cahill 12, Keanu Caston 12, Lachlan Edwards 12, Surkhab Gill 12, Miguel Hardy 12, Luke Marriott 12, Zac Ryan 12, Andrew Crocker 13, Matai Doughty 13, Patrick Edwards 13, Faith Hardy 13, Lily Ludbrook 13, Helen O'Grady 14, Van Topham 14, Alahna Eley 15, Luc Jones 15, William Baarslag 16, Jake Graham 16, Tony Gush 16, Ekaterina Maynard 16, Renae Saunders 16, David Strazzari 16, Riley Wallace 16, Bella Laurie 19, Sam Phillips 19, Tiahni Eley 20, Nathan Eley 21, Sam Hunt 23, Ethan Kessels 24, Justin Otto 27, Bailey Keefe 36, Savannah Perdikis 47

Welcome to Sunshine Coast Karate to the following new members.

Ronald Burgess
Kaiya Molyneaux
Katherine Price
Josh Bell
Faye Ennis
Eddie Ennis-Bell
Lola Ennis-Bell
Kael Townsend

We hope that you all enjoy your training at Sunshine Coast Karate. If you require any additional support especially whilst you are getting started please ask one of our staff.



Student Birthday's



"The only way you can live your life to the fullest is by understanding that you do not have all the time in the world."

Happy Birthday to....

Ronald Burgess, Paul Murray, Justin Otto, Nathan Eley, James O'Grady, Grace Smith-Leishman, Luke Abrahams, Dylan McKeown, William Baarslag, Isabella Kearney, Miguel Hardy, Hayden Cammack, Samairaa Dave, Emily Buckland.

We hope that you have an amazing birthday!!!



LITTLE CHAMPIONS EARN NEW BELTS



COMMITTED TO EXCELLENCE CELEBRATIONS



At Sunshine Coast Karate we are continually inspired by the commitment, effort and achievement of all students. Not to mention the commitment, effort and achievement of parents who support our younger Little Champions and Karate Kids.



VALUE: Surface Level

As a result of your effort you may find yourselves being awarded stickers, tips, belts, certificates, medals and trophies. This is something that everyone else can see and admire. It's always a great feeling to experience these rewards and share them with family and friends. You may see your kids standing taller at these times, feeling special/valued and worthy.

VALUE: Beneath The Surface

Whilst you are working towards your goals there is even greater magic and transformation taking place beneath the surface. You are strengthening some of the most amazing muscle groups which will help you move through and beyond any challenge you may ever have to face.

Everybody, including you, is 'super'. And when you develop the right muscles within, your life will never be the same again.

Some of the muscle groups that you strengthen with every lesson at the dojo include: self discipline, commitment, respect (for self and others), determination, humility, consistency, patience, personal responsibility, peace, perseverance, courage and your ability to apply yourself.

Many of you are already experiencing growth with the above mentioned muscles, and realising that the rewards are far greater than any physical item you could receive to recognise your achievement.



VALUE: Help Others Strengthen Their Muscles

At Sunshine Coast Karate we are currently offering you the opportunity to purchase a 'VIP Starter Membership' for one of your friends or family members. (Limited to one per member and only available throughout April & May 2015).

If there is somebody special in your life that you feel would also benefit from joining the Sunshine Coast Karate community, please consider giving them a gift that will keep on giving for a lifetime.



VIP STARTER MEMBERSHIP

What your friend/family member receives:

- * 1 month of unlimited training at SCK, valued at \$132.
- * A free uniform, valued at \$60
- * A free upgrade to unlimited training when they join for any 12 month membership (either paid fortnightly or in full up-front). They only pay for 1 lesson per week. Saving up to \$702 per off their first year's membership fees.

Gift valued at up to \$894, and it only costs you \$97.

Offer expires: 31 May 2015. Membership must start by 30 June 2015.



Thank you for referring Sunshine Coast Karate to your family & friends