



JANUARY 2016

SUNSHINE COAST KARATE



**ANOTHER YEAR OVER,
ANOTHER BIG ONE AHEAD**

Before we get onto the year ahead, a quick recap of some of the highlights from 2015.

- ◆ We celebrated 15 years of SCK
- ◆ Sensei Sandra released her first book "The Beginner Blueprint"...first of many
- ◆ Sensei Martin graded to 5th Dan
- ◆ Senpai Debbie Woodhouse & Senpai Klaudia Caston graded to black belt
- ◆ New dojo opened in Pacific Paradise
- ◆ Visit from Soke Sensei in December
- ◆ Visit from Soke Sensei's eldest son, Naoyuki Chitose Sensei in May
- ◆ Another successful QLD camp
- ◆ Another successful QLD tournament

season, hosting 3 local tournaments

- ◆ Lots of members grading to new levels, quite a few moving quickly
- ◆ Japan training scholarship awarded to Bailey Keefe
- ◆ Lots of learning, new members, fun & friendship in the dojo
- ◆ To wrap up the year, we had our annual family fun day, moved to the dojo due to bad weather, but still a great day, well attended and lot of fun
- ◆ And last lesson for the year.... followed by annual water bomb fight

Wow, looking at all of that, you might think it's going to be hard to top all that in 2016, but you'd be wrong. Just wait and see what we have in store.

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Contact Us

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Back to Basics: 2 Week Training Intensive

Monday 4th - Friday 15th January 2014

New year new start. And there's nothing like kicking off the year with a bang.

And, the best way we know how to welcome a New Year is to:

1. Get inspired
2. Hook up with like minded people to share the journey
3. Take massive action and endure a complete immersion to gain momentum
4. And once you have your mind/body pumping, then it is time to focus on your goals and keep on running.

So if you have some goals to achieve in 2015 and would like to draw off the positive dojo energy to get you moving, be sure to take full advantage of your unlimited training in January and the 2 Week Training Intensive.

All you need to do is.... ***"Turn Up & Do Your Best... We'll Do the Rest"***

- * *We're going to push you*
- * *We're going to challenge you*
- * *We want to bring out your best*

If you're up for it, the 2 Week Training Intensive commitment is outlined below.

The commitment (For Kids 8 yrs +)

Mornings 6-7am Mon-Fri,
Evenings 4:30-7:00pm Mon-Thur & 4:30-6:00pm Fri

The commitment (For teens/adults)

Mornings 6-7am Mon-Fri
Evenings 5:15-8:00pm Mon-Thur & 5:15-6:00pm Fri

If you're feeling a little bit sluggish after taking 2 weeks off training, you won't be the only one. And that's precisely why we're doing this, and why you're invited.

Register your interest, email: martin@karate4life.com.au

"If It Doesn't Challenge You, It Doesn't Change You."



JANUARY BIRTHDAYS

Happy Birthday to....

Lola Ennis-Bell, Huxley Wilson, Aiden Bruce, Surkhab Gill, Sean Meintjes, Ryan McLeod, Lachlan Edwards, Hannah Cartwright, Lukas Woolgrove, Isabel Paulsen, Madison Cartwright, Griffin Dunstone, Ethan Kessels, Jake Fisher, Anthony Williams, Zoe Kamarinos, Chanda Dunn, Robbie Warren, Zennjo Searle, Adam Popescu, Klaudia Caston, Mikael Rudenvald, Josh Bell, Sonya Wright



A FEW PHOTOS FROM DECEMBER

- Water bomb fight
- Christmas games
- Soke Sensei's visit
- Sensei Sandra's new book
- Christmas family training day
- Last class of the year



UPCOMING EVENTS

PLEASE NOTE: The 2016 calendar has not yet completely finalised, so all dates after February are subject to change.



January

4th Training recommences, Maroochydore dojo
 4th-15th New year training intensive (2 weeks: mornings & evenings)
 4th-22nd Holiday schedule applies
 16th Beach training - Mooloolaba
 25th New 2016 training schedule commences
 26th Australia Day public holiday
 No classes
 29th Training recommences, Pacific Paradise dojo

February

19th Friday night tournament
 Teens-Adults (14 yrs+)
 26th Friday night tournament
 Little Champions (4-7 yrs)
 Kids (8-13 yrs)
 27th Kyu grading

Major Tournaments

20th March Sunshine Coast
 22nd May Sunshine Coast
 19th June Gold Coast Cup
 6th-7th August Soke Cup (Japan)
 11th September Qld state titles (SC)
 In addition to the major tournaments listed above, there will also be regular in-house tournaments held during tournament squad training on Friday nights throughout the year.

Gradings

27th February Kyu grading
 17th April Kyu grading
 14th May Dan grading (QLD Camp)
 4th June Kyu grading
 20th August Kyu grading
 8th October Dan grading
 15th October Kyu grading
 4th December Kyu grading

Private Lessons

At this stage no specific dates have been set aside for private lessons. If you would like to book in a private lesson, please contact Sensei Sandra.

Email: sandra@karate4life.com.au

Committee Meetings

To be advised

Progress Checks

To be advised

January Special Class

JANUARY SPECIAL CLASS

Wednesday nights 6:00 – 6:55pm

Starting: Wednesday 6th January 2016

New Theme: Stretch & Sweat

Time to work off the Christmas indulgence and shock your body back into action. Just what everyone needs after a few weeks off.

- ✓ Cardio
- ✓ Strength & conditioning
- ✓ Flexibility
- ✓ Speed & agility
- ✓ Plyometrics



Did you claim your Christmas present yet? It's not too late.

**And... It's the best present ever
Even better than a puppy!**

This year, we want to give you the chance to claim our best ever membership discount.

Before we get to the special offer, there are a few things you need to know. We are not going to limit the number of people who can claim this special offer, you don't even need to act all that quickly to make it happen. In fact, you can claim this special offer right up until the end of February.



***Unlimited training in regular classes for a whole year for just.... \$400.
That's a **saving of \$980** off the regular price for unlimited training.***

If you're interested in claiming one of these highly discounted memberships, we need a little bit of help from you first. We want you to help get the word out and refer us to your family and friends. Just share what you love to do with the people that you love.

Then, if the person you referred joins SCK on any annual membership (either paid fortnightly or upfront) you can claim 1 year for yourself at the special discounted price of just \$400. If you want to claim multiple years (up to 3 years), just refer more people.

SENSEI SANDRA'S BOOK

DID YOU MISS OUT ON THE PRE-ORDERS?

Sensei Sandra had a busy end to the year in 2015, releasing her first book, "The Beginner Blueprint". With everything going on, you might have missed pre-ordering a copy. We did order a few extra copies, however, all the extra copies have been sold. So we've ordered more. If you don't want to miss out again, you can order your copy at the dojo.

So what's the book all about? In short, it's Sensei Sandra's goal setting blueprint. Her personal success process that she's been developing and fine tuning over the last 20 years.

In the book she shares the story of how she successfully completed a 111km overnight paddle race down the Hawkesbury River. Just 12 months prior, starting from absolute zero, no paddling experience, no boat, no idea what she was getting herself into...

At this time of year a lot of people reassess their lives and set goals for the year ahead. If this is something you're doing, it's probably time to order a copy of "The Beginner Blueprint" to make sure you're setting yourself up for success with your goals.

