



JULY 2016

SUNSHINE COAST KARATE

JUNE GRADING RESULTS

Congratulations to the following students who successfully passed gradings recently. As always it's great to see lots of students moving to higher levels. Well done everyone.

12th Kyu – Yellow Belt

Eden Baker, Madison Cartwright, Jessica Hobbs, Isaiah Jackman, Erika Pikturaitis, Scott Roberts, Phoenix Rusich, Irena Sprey, Megan Topham.

11th Kyu – Orange Belt (White Stripe)

Jasmine Caston, Holly Crocker, Zac Evett, Reya Hand, Flynn Jordan, James Kapos, Ethan Kessels, Shayla Larkin, Laura O'Keeffe, Tristan Taylor, Sam Thomas, Zak Wright

10th Kyu – Orange Belt

Zoe Kamarinos, Lily McLeod, Mia McLeod, Lily Schultz, Dylan Woods

9th Kyu – Green Belt (White Stripe)

William Baarslag, Cooper Darling, Caelan Dean-Meredith, Emmett Furner, Isabella Gray, Miguel Hardy

8th Kyu – Green Belt

Chloe Crocker, Zoe Grima, Nicholas MacDonald

7th Kyu – Blue Belt (White Stripe)

Ronald Burgess, Patrick Edwards, Kobe Marriott, Daniel Probert

6th Kyu – Blue Belt

Rosemarie Caston

5th Kyu – Purple Belt (White Stripe)

David Probert, Charles Robinson



PICTURED ABOVE:
Emmett Furner - 9th kyu grading

"There are no short cuts to any place worth going." ~ Unknown

THIS ISSUE

In This Issue

- ◆ June Grading Results
- ◆ Gold Coast Cup Results
- ◆ August In-House Tournament
- ◆ Shake Off Your Problems
- ◆ Upcoming Events
- ◆ July Birthdays
- ◆ Attendance Recognition
- ◆ Welcome New Students



Contact Us

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

GOLD COAST CUP

Congratulations to all Sunshine Coast Karate members who participated at the Gold Coast Cup which was held on Sunday 19th June. Everyone did very well and we are proud of everyone's performance.

A special thank you to all seniors and families who gave up their time to ensure the smooth running of the event. And thank you to all parents and carers who supported their young karate kids with the long drive to the Gold Coast.

Competitor Representatives: Lachlan Edwards, Patrick Edwards, Savannah Perdikis, Sam Hunt, Debbie Woodhouse, Faith Hardy, Miguel Hardy, Bailey Keefe, Jack Graham, Renae Saunders and Sami Phillips.

For complete listing of competition results, please visit the following link:
<http://www.gckarate.com.au/news/2016GCCupResults.pdf>

**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.

COMING SOON.... AUGUST IN-HOUSE TOURNAMENT

Friday 12th August: Little Champions & Karate Kids
Friday 19th August: Teens & Adults
Registration Closes: Friday 5th August

- *All Students welcome to join a team*
- * A Great opportunity for competitors competing for the first time*
- * Competition takes place in class time*
- * \$10.00 Entry Fee*

**KUMITE TAG****KATA****KUMITE**

*Be sure to speak with instructors and/or team captains to learn how you can get involved.
 Entry Forms Now Available at the dojo.*

UPCOMING EVENTS

PLEASE NOTE: Dates are subject to change.



July

1st Weapons Workshop #3
1st Holiday Program Day 3
8th Weapons Workshop #4
15th Weapons Workshop #5
16th Tournament Squad Training

August

12th In House Tournament
(Little Champions & Karate Kids)
13th Tournament Squad Training
19th In House Tournament
(Teens & Adults)
27th Kyu Grading

Major Tournaments

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.

In House Tournaments

12th August Little Champions & Karate Kids
19th August Teens/Adults
Registrations close 5th August

Gradings

27th August Kyu grading
Registrations close 19th August

15th October Kyu grading
3rd December Kyu grading
22nd-23rd October Dan grading/
Training Intensive (Sunshine Coast)

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

23rd July, 13th August, 17th
September, 22nd October, 26th
November, AGM 11th December

Progress Checks

July
11th - 15th All Programs
25th - 29th Little Champions

SHAKE OFF YOUR PROBLEMS

A man's favorite donkey falls into a deep precipice; He can't pull it out no matter how hard he tries; He therefore decides to bury it alive.

Soil is poured onto the donkey from above. The donkey feels the load, shakes it off, and steps on it; More soil is poured.

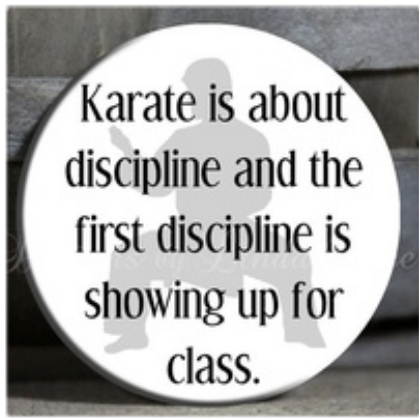
It shakes it off and steps up; The more the load was poured, the higher it rose; By noon, the donkey was grazing in green pastures.

After much shaking off (of problems) And stepping up (learning from them), One will graze in GREEN PASTURES.



Resource: <http://www.livin3.com/>

ATTENDANCE RECOGNITION



Once again it's been a big month in the dojo with amazing student attendance.

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

Little Champions

13 Lachlan Edwards
12 Lessons - Holly Crocker
10 Lessons - Tayah Thompson

Karate Kids

26 Lessons - Savannah Perdikis
20 Lessons - Bailey Keefe
17 Lessons - William Baarlsag
16 Lessons - Daniel Probert
13 Lessons - Scott Roberts
12 Lessons - Faith Hardy
11 Lessons - Matai Doughty
10 Lessons - Zac Evett, Miguel Hardy, Flynn Jordan, Sam Phillips, Steven Phillips
9 Lessons - Eden Baker, Isabella Gray, Jake Herden, Isabella Kearney, Jay O'Pray, Anthony Williams
8 Lessons - Jasmine Caston, Chloe Crocker, Cooper Darling, Emmett Furner, Lily Ludbrook

Teens & Adults

23 Lessons - Justin Otto
19 Lessons - Sam Hunt
17 Lessons - Debbie Woodhouse
15 Lessons - Klaudia Caston, Sonya Wright
14 Lessons - Frazer Evett, Jack Graham
12 Lessons - Andrew Crocker, Paul Murray, David Probert
11 Lessons - David Strazzari
10 Lessons - Ron Burgess, Selina Strazzari
9 Lessons - Kamryn Stray
8 Lessons - Lachlan Davies, Matthew Stevenson, Renae Saunders



Welcome to Sunshine Coast Karate to the following new members.

Fletcher Logan, Beau Robbins,
Eshan Erigadoo

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 BIRTHDAYS



Happy Birthday to....

Gary Evans, Daniel Meloncelli, Sandra Phillips, Jakob Nicholls, Keanu Caston, David Strazzari, Charles Robinson, Ema Shelley, Faith Hardy, Aabid Hassen, Halea Eggmolesse, Liam Allen, Jade Schriever, Will Howe, Steven Phillips, Marco Strano, Mikele Strano, Abby Kerrison, Jeremy Roles, Kobe Spinks, Katja Baarslag, Poppy Shadforth, Cameron Grima, Eddie Ennis-Bell, Tayah Thompson, Kaden Kaarsberg.

