

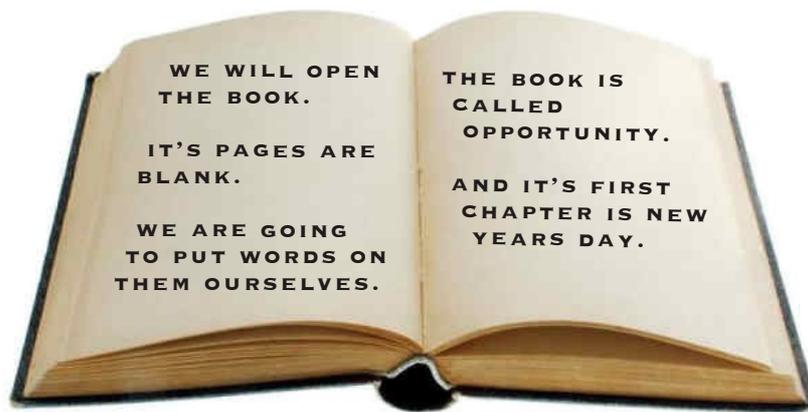


## SUNSHINE COAST KARATE



Dear Members,

We hope that you have had a great Christmas and the opportunity to enjoy time with family and hopefully a bit of a rest as well. Now that 2016 has drawn to a close, we'd like to take this opportunity to thank you for your continued involvement as a member at Sunshine Coast Karate and also tell you about some of the exciting things coming up in 2017.



Like every year before, 2016 has seen a lot of milestones in the dojo. Here are just a few:

- **Sensei Sandra graded to 5<sup>th</sup> Dan & Shihan (master instructor), which makes her the only female master instructor outside of Japan.**
- *We had three members grade to black belt, Lachlan Edwards (Little Champions Black Belt), Bailey Keefe (Jr Shodan) & Sam Hunt (Shodan).*
- **We've had yet another year of record training attendance throughout the whole year, resulting in a surge of members progressing to higher levels.**
- *With financial support from our local association, we've hosted world class guest instructors from overseas – Mitchell German Sensei from Canada in September and Higuchi Sensei & Soke Sensei from Japan in November.*
- **Again thanks to the financial support from our local association, we have some new dojo mats for all members to enjoy.**



In addition to reflecting on the year that has passed, we also like to look the future, reset goals for the year ahead and start setting the wheels in motion for an even bigger year ahead.

## SUNSHINE COAST KARATE

As you probably already know, the dojo is closed for 2 weeks over Christmas & New Years. Classes will resume Monday 9<sup>th</sup> January 2017. If you're away on holidays enjoying time with family & friends, we'll see you in the dojo when you get back, but if you're still around town, we'd love to see you in the dojo.

Throughout the school holiday period and into 2017, we will continue to run on the same training schedule as 2016, with a few extra classes starting in February. The only exception being, there will be no Friday tournament squad training for juniors or seniors throughout January. Squad training will resume in February along with some new classes. View schedule online: [www.SunshineCoastKarate.com.au/schedule.pdf](http://www.SunshineCoastKarate.com.au/schedule.pdf)

To help kick off the new year in the dojo we have a few special bonuses for members to enjoy.

**FREE upgrade to unlimited training for all members in January.** To help get things moving again, all members can enjoy unlimited training in their regular classes at no additional cost.

**2 Week Training Intensive: For Karate Kids, Teens & Adults.** (Sorry this one is not open to Little Champions.) The idea is simple, do every class on the timetable for 2 weeks, Mon 9<sup>th</sup> Jan – Fri 20<sup>th</sup> Jan.

- Early morning training Monday-Friday 6:00 – 7:00am
- Afternoon/evening training Monday-Thursday 3:45 – 8:00pm. Friday 3:45-7:00pm. For evening classes, adults can start after work if required ;-)

If you're not up for the 2 week challenge, that's OK, you're welcome to come in and just do your regular classes.



**FREE BONUSES!**

## NEW CLASSES STARTING IN... **FEBRUARY 2017**

### Tuesday

10:40 - 11:30am  
Home Schooling Families  
All Levels + Parents

### Thursday

10:40 - 11:30am  
Over 50's Class  
All Levels

### Saturday

6:00 - 8:00am  
Weapons (school term only)  
8:45 - 9:25am Little Champions  
All levels + parents  
9:30 - 10:25am Karate Kids  
All levels + parents  
10:30 - 11:25am Teens/Adults  
All Levels



**Achieve More in 2017!**

**VISIT: [EDOJO.KARATE4LIFE.COM.AU](http://EDOJO.KARATE4LIFE.COM.AU)**



## FOCUS YOUR MIND, FOCUS YOUR BODY

# 2017 AWARDS

To help you with setting goals for 2017, we thought it may be a good idea to share with you a little more information about the awards that will be presented at the end of the year. Not everyone is motivated by awards, yet others find them valuable to keep momentum during the more challenging times. What do you do whilst waiting for that next grading, tournament or personal achievement to come your way? What is it that keeps you turning up and giving 100% week after week?

Maybe one of the award categories may help you:

- Train consistently throughout 2017 with a great training attitude and in turn position yourself for favourable results.
- Grow yourself and also contribute to the lives of others.
- Unite and strengthen your family whilst having a whole lot of fun together.
- Feel better about yourself and to help you find peace no matter what challenges you may endure.
- Find balance, harmony, self acceptance in your life.
- Lose weight, get fitter, push the boundaries of what you thought you could achieve.
- Become a better friend, parent, son, daughter with bundles of positive energy, love and enthusiasm.
- Smile more



Take the time 😊 to check out the award categories below and see which ones may help accelerate you towards your next feature goal. On the reverse of this page, we have a sample of the goal setting blueprint that we have used time

### Attendance Recognition

- **Outstanding attendance:** *Awarded to all students who train at least 8 lessons every month (Jan-Nov)*
- **Dojo rat:** *Awarded to all students who achieve outstanding attendance, plus train at least 20 lessons per month for any 3 consecutive months (Jan-Nov)*
- **Ultimate dojo rat:** *Awarded to all students who train at least 20 lessons per month, every month (Jan-Nov)*

### Dojo Records

Each month, all students will have the opportunity to improve their score in each of the following physical challenges. The person with the highest number each month will be the record holders. For each challenge, there will be 3 record holders in 3 different categories: little champions, kids, teens/adults.

- Most push ups in 2 minutes
- Most sit ups in 2 minutes
- Most squat kicks in 2 minutes
- Most burpees in 2 minutes
- Most cat stretches in 2 minutes
- Most box jumps in 2 minutes

### Major Awards

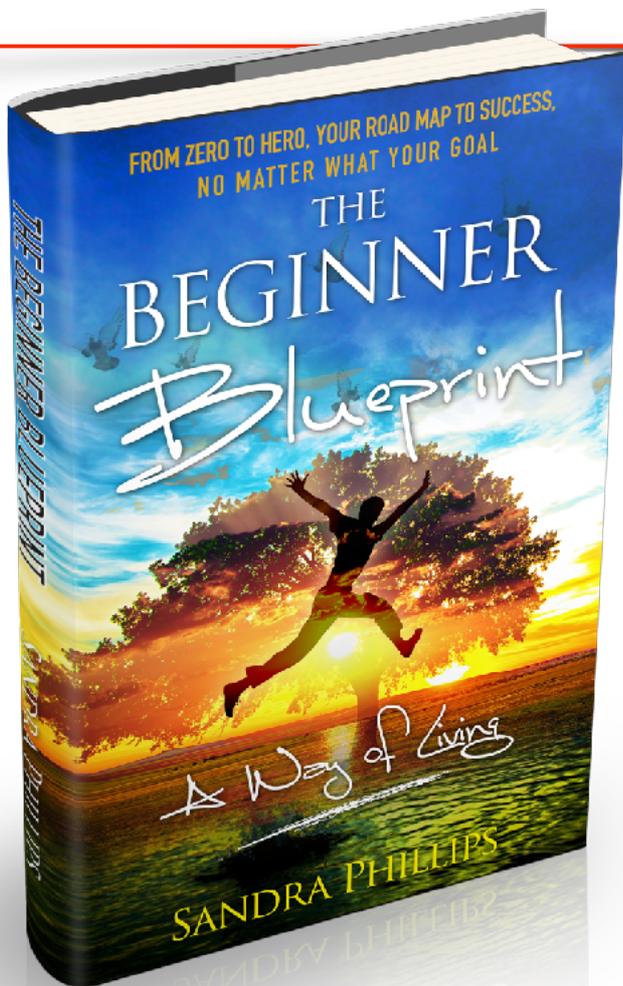
- **Little Champion:** Student of the year & Most improved Beginner, Intermediate, Advanced
- **Karate Kids:** Student of the year & Most improved Beginner, Intermediate, Advanced
- **Teen/Adult:** Student of the year & Most improved Beginner, Intermediate, Advanced

### Special Awards

- **Top referrer of the year:** *Awarded to the member who refers the most new members throughout the year*
- **Family of the year:** *Awarded to the family that brings the most energy to the dojo throughout the year*
- **Leader of the year:** *Awarded to the top dojo leader throughout the year*
- **Volunteer of the year:** *Awarded to the top volunteer of the year, as nominated by the committee*
- **Team player of the year:** *Awarded to the student who brings the most energy to everyone they train with in the dojo*
- **Budoka of the year:** *Awarded to the student that best exemplifies all that we learn in the dojo: attitude, effort, manners, leadership, etc.*

### Committed to Excellence Awards (awarded throughout year)

- 3, 5, 7 years training at SCK (medallions)
- 10, 15, 20 years training at SCK (Plaques)



## A FEW FINAL THOUGHTS

# NEED SOME HELP TO SET YOUR GOALS FOR 2017?

Many people take the opportunity to usher in the new year by setting some goals for the year ahead.

Below is a short extract from Sensei Sandra's first book, The Beginner Blueprint to help set you on your way so that you set your goals in a way that you can actually achieve them.

If you'd like to get your own copy of The Beginner Blueprint, you can order a copy from the dojo or order online at:

[www.thebeginnerblueprint.com](http://www.thebeginnerblueprint.com)

If you want to order from the dojo, please get your orders in by the end of January.



## THE Beginner BLUEPRINT



**"Goals are dreams with deadlines." ~ Unknown**

### GOAL SETTING BASICS

1. Choose a goal (including target date)
2. Make a commitment (including an action)
3. Awareness of starting point
4. Achieving your goal. How will it help you? How will it help others?



**"A goal without a plan is just a wish." ~ Unknown**

### CREATE A PLAN

1. Establish a timeline
2. Listen and learn
3. Self awareness
4. Familiarity of equipment/tools
5. Positive fuel
6. Familiarity of environment
7. Support team
8. Pre-event rehearsals
9. Immersion
10. Measuring progress



**"Nothing worth having comes easy." ~ Unknown**

### MUSCLES FOR LIFE

Exercise these muscles daily to give you the best chance to achieve your goals. Consider adding other qualities.

Consistent effort, self discipline, perseverance, patience, focus, commitment, respect, trust, gratitude, imagination, love, peace, go with the flow, positive perspective, do your best, help others, 100% responsibility for you.