



www.sunshinecoastkarate.com.au

SUNSHINE COAST KARATE



Contact: Martin & Sandra Phillips
Email: info@karate4life.com.au
Phone: 0435 255 323



Like Us On
facebook

FEBRUARY 2018



Latest News

- ▶ Record Class Sizes!!
- ▶ Back to School Reminder
- ▶ Sign on Day
- ▶ Upcoming Events

Featuring

- ▶ Squad now Forming
- ▶ Young Leaders
- ▶ Welcome Back Sensei Helen
- ▶ Beach Training Fun
- ▶ Class Booking Reminder
- ▶ Little Champions Success
- ▶ 5 Years Training - Lachlan Edwards
- ▶ Attendance Recognition
- ▶ New Students
- ▶ Student Birthday's
- ▶ Quotes of the Month

RECORD CLASS SIZES IN 2018!!

Thank you everyone for welcoming in the new year with us at SCK! There is no limit to what we can achieve together in 2018. Let's make it a great year together. A 2nd training space is on the way to enhance your training experience at SCK. An exciting year ahead and we are really excited to be sharing it with you.



BACK TO SCHOOL REMINDER...

"Stand tall, breathe deeply and smile from ear to ear, "YOU REALLY DO HAVE THIS, YOU REALLY ARE ENOUGH and YOU WILL HAVE A GREAT YEAR." Choose to exercise your "muscles 4 life" and feel yourself growing more confident and happier with each day. And..... know that we believe in YOU.

JOIN US
FOR SOME FUN AND CELEBRATIONS
AT OUR FACEBOOK PAGE
WITH OUR DAILY COUNTDOWN



"What you get by achieving your goals is not as important as what you become by achieving your goals."
 - Henry David Thoreau

UPCOMING EVENTS

Mark Your Calendars



FEBRUARY

3rd Committee Meeting (www.karatedo.org.au)

7th Weapons Training: Week 1

14th Weapons Training: Week 2

17th Sign on Day/Come & Try

21st Weapons Training: Week 3

24th Kyu Grading

Registration close Saturday 17th February

28th Weapons Training: Week 4



FEBRUARY PROGRESS CHECKS

1st-3rd Little Champs & Karate: 9th - 6th Kyu

5th - 10th Karate: 5th Kyu - Black Belt

12th-17th Little Champs & Leaders

19th-24th Karate: White - 10th Kyu

26th - 3rd Little Champs & Karate: 9th - 6th Kyu

FEBRUARY DOJO RECORDS

5th-10th Little Champions

12th-17th Karate Program



COMING UP IN MARCH

3rd Committed to Black Belt

7th Weapons Training: Week 5

10th Committee Meeting (www.karatedo.org.au)

14th Weapons Training: Week 6

18th SC Tournament (www.karatedo.org.au)

21st Weapons Training: Week 7

25th Easter Family Day (www.karatedo.org.au)

30th Good Friday - Public Holiday: No classes

31st Easter Saturday - Public Holiday: No classes

2018 GRADING DATES

24th February 28th April 30th June

25th August 27th October 8th December

2018 TOURNAMENT DATES

Sun 18th March (S. Coast)

Sun 20th May (Sydney)

Sun 24th June (Gold Coast)

Sun 12th August (S.Coast) - QLD Titles

Sun 9th September (Gold Coast)

Sun 30th September (Blue Mountains) - Nationals

2018 TRAINING CAMPS

25th-27th May (Gold Coast) Everyone welcome

20th-21st October (S.Coast) Seniors Weekend

SQUAD TEAM NOW FORMING..

Squad training for 2018 has begun and all squad members are off to a great start. Well Done Everyone!!

Thanks to everyone who is stepping out of their comfort zone to embrace this adventure in 2018 and thanks to our seasoned competitors who continue to inspire us with every session.

I'm sure we'll learn a lot from each other over the next 12 months.



There are more places available, so if you are eager to give it a go we would love to have you on board! Please chat with staff when you are in next to see how you can get started.

Sunshine Coast Karate

**WELCOME BACK
SENSEI HELEN!**

What better way to welcome Sensei Helen back than with a few water bombs. Thanks to all of our cool karate kids helping to celebrate Sensei Helen's return. Let's have a great year together.

**CLASS BOOKING REMINDER**

It's great seeing you back in the dojo for 2018, and we thank you for your continued support.

If you haven't already confirmed your class bookings, it would be great if you can do this as soon as possible. We already have several classes with waiting lists, but bookings from last year will be prioritised.

Thanks for helping us finalise class bookings for 2018.

YOUNG LEADERS MAKING A DIFFERENCE

At SCK we are fortunate to have many young leaders who give their time to help our Little Champions and Karate Kids. If you see these leaders in the dojo, please thank them for their time.

**ATTENDANCE RECOGNITION**

Congratulations to all students who put in a great effort in the dojo throughout the month of January. Congratulations to the following members achieving 8 lessons or more in January.

Little Champions

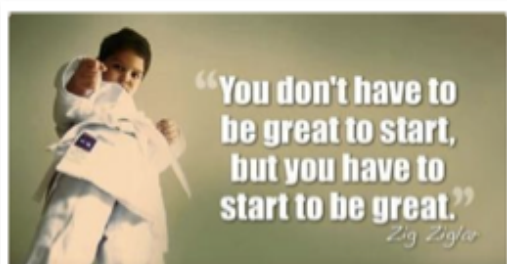
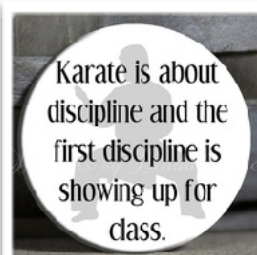
Halina Stenhouse 8, Hayden Hosking 8, Mahira Khan 12

Karate Kids

Claire Krausz 8, Steven Phillips 8, Matai Doughty 8, Emmett Furner 8, Aabid Hassen 8, Boas Nielsen 8, Tessa Nielsen 9, Lachlan Thomas 9, Cooper Darling 9, Abi Robb 11, Lachlan Edwards 11, Tenaya Grice 11, Chloe Grice 11, Raiyan Khan 12, Jaskaran Bhoyota 12, Patrick Edwards 13, Savannah Perdakis 20, Lily Ludbrook 21, William Baarslag 24, Sami Phillips 31.

Teens & Adults

Tom Hurley 8, Rika Tsuchida 9, Torsten Sprey 11, Irena Sprey 11, Sonya Wright 11, Andrew Crocker 12, Terry Plant 13, Jack Graham 14, Richard Garnett 14, Annie Gagnier 15, Selina Strazzari 15, Klaudia Caston 18, Justin Otto 20, Keanu Caston 25, Bailey Keefe 45.



Welcome to Sunshine Coast Karate to the following new members. Andrew McMahon, Rhannon Saunders, Lachlan Humphreys, Will Tuckey, Tom Tuckey, Olivia Vautier, Kimberley Priestly,

We hope that you all enjoy your training at Sunshine Coast Karate.

HAPPY BIRTHDAY TO...

Lachlan Davies, Joshua Bound, Zak Wright, Nate Sihota, Talia Downs, Rain Khan, Ryan Bastick, Jackson Burgess, Silas Hart, Lyriic Byrne, Joseph Purvis, Harvey Willis, Halina Stenhouse, Mason Coleman, Timothy Probert, Nate Ellis.

We hope that you have an amazing birthday!!!



QUOTES OF THE MONTH

"If you can't do great things, do small things in a great way." ~ Napoleon Hill

"Adopt the pace of nature: her secret is patience." ~ Ralph Waldo Emerson



LITTLE CHAMPIONS SUCCESS

One of our young leaders, Anthony, had the pleasure of awarding our youngest student, Mahira, her yellow stripe belt. Congratulations Mahira on a great start to training at SCK. We are very fortunate to have the opportunity to work with you and your family.



COMMITTED TO EXCELLENCE

Young Lachlan is on top of the world as he celebrates 5 years of training at SCK with his karate friends. We are so very grateful to have been given the opportunity to work with Lachlan for so many years. It has been an incredible journey so far.



BEACH TRAINING FUN

Thanks to everyone who came along and enjoyed our Summer Beach Training session last month. You can view more photos online at our SCK Facebook Page.

