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JULY 2018



**CONGRATULATIONS TO ALL GOLD COAST CUP COMPETITORS
 TOURNAMENT SUCCESS**

Congratulations to all competitors who competed at the Gold Coast Cup. It was wonderful to see so many of our squad members in attendance. To review the full results listing and view photos taken on the day, please visit SCK's Facebook Page. A special mention to tournament champions, Senpai Keanu Caston, Na'ila & Raiyan Khan.



Featuring

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Tournament News

Sunday 29th July
 Information Session - Squad Forming for 2019 Soke Cup

Sunday 12th August
 QLD Titles (Sunshine Coast) ** Divisions for First Time Competitors

"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



COMING UP IN JULY

2nd Start school holidays - training as usual
7th Laserzone Party
16th Start Term 3
21st Committee Meeting
29th Soke Cup Information Session



JULY PROGRESS CHECKS

2nd - 8th Little Champs & Leaders
9th - 15th Karate: White - 10th Kyu
16th - 22nd Little Champs & Karate: 9th - 6th Kyu
23rd - 29th Karate: 5th Kyu - Black Belt

COMING UP IN AUGUST

12th QLD Titles
25th Kyu Grading
26th Soke Cup Squad Training

2018 GRADING DATES

25th August 27th October 8th December

2018 TOURNAMENT DATES

Sun 12th August (S.Coast) - QLD Titles
Sun 9th September (Gold Coast)
Sun 30th September (Blue Mountains) - Nationals

2018 TRAINING CAMPS

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

JUNE GRADING RESULTS

Congratulations to everyone who graded in June. Below are the results and photos will follow in the next newsletter. The next Kyu Grading is scheduled for Saturday 25th August.

12th Kyu: Jude Allet, Alexander Eckerman, Hayden Hosking, Rebecca Lamprecht, Ethan Thomas, Will Tuckey

11th Kyu: Talia Lowns, Brett McRae, Joseph Purvis, Peter Thomas ****double grading**

10th Kyu: Bailey McRae, Marco Strano, Mikele Strano

9th Kyu: Katja Baarslag, Annie Gagnier ****double grading**, Tenaya Grice, Lachlan Humphreys ****double grading**, Abby Kerrison, Noah Smith, Tayah Thompson

7th Kyu: Emmett Furner, Jamie Warren

6th Kyu: Lachlan Davies, Frazer Evett

TELSTRA PHOTO SHOOT

Late June, we had a lot of fun in the dojo with the presentation of the giant novelty cheque from Telstra to help pay for the giant fan to go in the dojo.

Our karate kids had a lot of fun working with the photographer, Joseph Byford, who did an amazing job with the photos. Thanks Joseph.

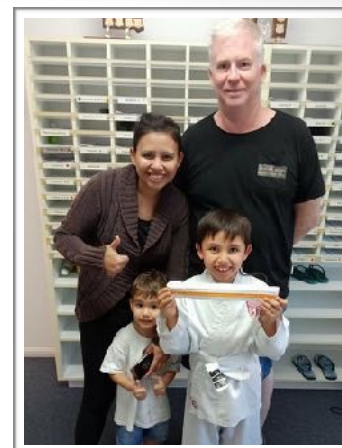
Visit SCK Facebook Page to view entire photo shoot album.



IT'S A TEAM EFFORT

Having a proven martial arts program delivered by a qualified team can produce great results. However, when you add eager parents to the team to become the number 1 supporters of our karate kids and get involved in the community, we can have a huge impact on our own lives and the generations that follow in our foot steps.

A huge thank you to all the parents/carers at Sunshine Coast Karate who make the time to be the "number one fans" of your karate kids. We are very grateful for all that you do and although I'm sure it is challenging at times, you are making a positive difference in the lives of your children.



SENPAI MATT & JUDE RE-UNITE

Senpai Matt and Jude met in February 2018. Now, mid year, they re-unite at the dojo. A big thank you to Senpai Matt for taking Jude under his wing in the dojo.



We are fortunate to have Senpai Matt and other seniors looking out for our young karate kids as they move towards black belt and beyond at SCK.

RECENT UPLOADS

Throughout June we've had a load of fun creating some little videos for you. You can view all videos on SCK's Facebook Page.

- Karate for U3A S.Coast
- Big Ass Fan Installed
- Sensei Helen's Birthday
- Sweat & Stretch
- Telstra Photo Shoot



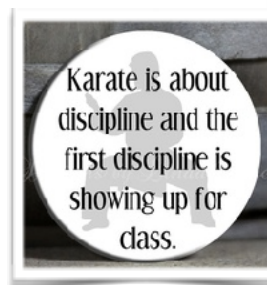
ATTENDANCE RECOGNITION

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

Little Champions: Harry Tapp 8, Mylo Saultry 11, Mahira Khan 13, Na'ila Khan 14, Timothy Probert 15,

Karate Kids: Sai Colless 8, Ava Perry 8, Patrick Edwards 8, Shane Smith 9, Jude Allet 9, Talia Lowns 9, Thomas Da Silva Suarez 10, Daniel Probert 10, Savannah Perdikis 10, Emmett Furner 10, Anthony Williams 10, Zac Evett 10, Archer McLean 10, Flynn Jordan 11, Abby Kerrison 11, Steven Phillips 11, Matai Doughty 12, Tenaya Grice 12, Chloe Grice 12, Jaskaran Bhoiyota 12, Katja Baarslag 13, Abni Robb 13, Bailey McRae 13, Joseph Purvis 15, Tayah Thompson 15, Raiyan Khan 17, Miguel Hardy 17, Faith Hardy 17, William Baarslag 19, Sami Phillips 24

Teens/Adults: Richard Krausz 8, Renae Saunders 8, Tom Hurley 8, Jacqui Lippey 9, Frazer Evett 9, Brett McRae 9, Terry Colless 9, Keanu Casto 9, Jack Graham 9, Lachlan Humphreys 9, Lachlan Davies 10, Klaudia Caston 10, Torsten Sprey 10, Sam Hunt 11, Terry Plant 11, Miyuki Power 12, Cooper Darling 13, Richard Garnett 13, Annie Gagnier 13, Bailey Keefe 13, Andrew Crocker 16, Selina Strazzari 19, Irena Sprey 20, Justin Otto 27.



WELCOME TO SCK

Welcome to Sunshine Coast Karate to the following new members. Marlee Thimpson-Strachan, Terrence, Said, Alessandra & Fynn Colless, Joanne & Lewis Bailey, Jude Brimelow, Elliot Hodgkins, Thanasi & Catherine Pavlou.

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

HAPPY BIRTHDAY TO...

Keanu Caston, Lachlan Humphreys, Faith Hardy, Aabid Hassen, Tessa Nielsen, Jake Kelly, Steven Phillips, Miele Strano, Marco Strano, Dean Ellis, Abby Kerrison, Katja Baarslag, Lachlan Thomas, Tia Barr, Tayah Thompson, Na'ila Khan, Tom Tucky & Elliot Hodgkins.

We hope that you have an amazing birthday!!!



QUOTES OF THE MONTH

"Peace begins with a smile."
~ Mother Theresa

"He who wishes to secure the good of others, has already secured his own."
~ Confucius

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

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



COMMITTED TO EXCELLENCE AWARDS



Congratulations to all of the following students who celebrate training milestones at SCK. A great effort!! Keep up the great work everyone.

- 1 year:** Leo & Hannah, Mia, Honey & Finley
- 3 years:** Holly
- 5 years:** Matteo
- 13 years:** Sensei Helen



SMILES ALL ROUND AT SCK



At Sunshine Coast Karate, our Little Champions are encouraged to put in their best effort with every lesson and intentionally exercise their mind and body.

It's a truly magic moment when our Little Champions realise that they can make positive choices in their lives, apply themselves (mind & body) and create favourable results through consistent and focused action. And, they can do all of this whilst having a load of FUN.

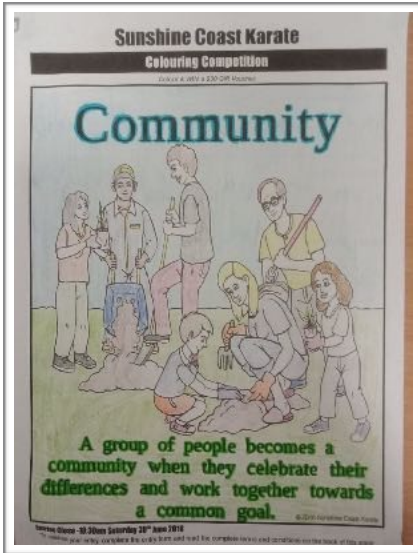
Outwardly, we may see tips and belts being awarded, but the real win is what is happening on the inside. When it comes time to receive a belt promotion, our Little Champions can stand tall and embrace their victory moment more fully with great satisfaction.

SCK Little Champions: 1. Make a commitment. 2. Invest time and do the work. 3. Develop their skills and grow in confidence.



**COLOURING COMPETITION
THE WINNER IS....**

Congratulations Tenaya! Here is Tenaya's artwork which has secured her a win in our recent "community" colouring-in competition.



IN THE MEDIA

Here is an article that was released on Thursday 21st June in the Sunshine Coast Daily. Visit SCK's Facebook Page to view enlarged copy.



TOP VOTERS WIN IPAD

Here is a picture of two of our top voters, Hannah & Leo soon after receiving their prize, a brand new iPad. Having the opportunity to award the iPad will be an experience I'll remember for a long time. It was an afternoon of overwhelming joy that flooded the dojo that was felt by everyone present. May everyone's lives be filled with such joyful experiences.



SENPAI BAILEY MAKING A DIFFERENCE

Saturday morning Little Champions Class is quickly becoming Senpai Bailey's class as he develops his confidence as a young instructor at Sunshine Coast Karate.

Senpai Bailey has been training at Sunshine Coast Karate for many years now. He knows what it's like to be a young boy with a passion for karate and lots of energy to burn. What better person to step up and lead our younger Little Champions who are so eager to learn karate.

Senpai Bailey has an extraordinary training history so far both in the dojo as a student/leader and on the tournament circuit. Senpai Bailey has even been to Japan to train with Soke (International Supreme Instructor of Chito-Ryu Karate-Do).

Keep up the great work Bailey and thank you for all that you do in the dojo. A wonderful role model for our young karate kids following in your footsteps. I am also very grateful that you keep us on our toes with our personal training and leadership development.



**Basic Japanese Class
With Rika Sensei**

Contact Staff & Secure Your Place Today!

Where: Sunshine Coast Karate, MAROOCHYDORE

When: Saturday mornings

Time: Starting at 11:40am (One hour class)

Suitable for: All students (14 years +) who would like to learn Japanese. No previous experience required.

Cost: Lessons are Free. (Bookings required)

2018 QLD TITLES ON THE SUNSHINE COAST

Entries are now open for the 2018 QLD Chito-Ryu Karate-Do State Titles. The event will be held on the Sunshine Coast, at Kuluin State School. Sunday, 12th August 2018.

This event is open to all students of Chito-Ryu Karate-Do. There will be divisions and events for all ages and levels.

If you've never competed before, we recommend the best place to start is with the individual and team kata events. This year we'll be running a special team kata event where beginners can team up with more experienced members.

Entries Close: Saturday, 25th July 2018.

Competitors and volunteers can download your entry online at: <http://www.karatedo.org.au/> OR pick up your copy at the dojo.



Great News!!!
Divisions for
FIRST TIME
competitors

CONCEPT IT SYSTEMS SERVING SCK MEMBERS & FAMILIES

At Sunshine Coast Karate we are fortunate to have Senpai Sam Hunt a part of our SCK family. Sam only knows one way to train.... "100%". Sam broke the record for the fastest person to achieve a black belt at SCK. Starting at SCK in September 2013 and going on to earn his black belt in October 2016. Senpai Sam has since become Secretary of your local association, competed successfully at the 2017 World Championships, trained in Japan with Soke (International Supreme Instructor) and somehow able to fulfill his role as store manager at Concept IT Systems which is based in Maleny.

Sam has also been taking care of SCK's technology needs for sometime and continues to share his services with all members at very competitive prices. Sam can help you with any computer related issues and help you upgrade your devices from a wide selection of computers and accessories from top name brands. Concept IT Systems is your one-stop-shop for all your computing needs.

For exceptional, convenient and friendly service for all your technology needs, be sure to connect with Senpai Sam. He truly is a computer whizz and provides speedy service. Senpai Sam can even meet with you at SCK rather than travelling to Maleny.

Phone: (07) 54296750. **Web:** www.conceptsystems.com.au. **Email:** sam@conceptsystems.com.au



SUBWAY SPORTS AWARDS

Sunshine Coast Karate Little Champions and Karate Kids have been training hard throughout term 2 to earn themselves a special Subway Sports Award. A big thank you to the team at Kunda Park Subway for helping us celebrate student achievement in the dojo.



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