



[www.sunshinecoastkarate.com.au](http://www.sunshinecoastkarate.com.au)

**SUNSHINE COAST KARATE**



**Contact:** Martin & Sandra Phillips  
**Email:** [info@karate4life.com.au](mailto:info@karate4life.com.au)  
**Phone:** 0435 255 323



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## Special Guest Instructors From Japan

**Saturday 24th - Tuesday 27th November 2018**



**Left: Soke  
 Chito-Ryu Supreme  
 Instructor**



**Right: Higuchi  
 Sensei, 7th Dan,  
 Kyoshi (Master)**

Thanks to the financial support of our local association, we are very happy to host both Soke & Higuchi Sensei as special guest instructors again this year at Sunshine Coast Karate for a period of 4 days. For members, this means you have the opportunity to train with two modern day karate masters in your home dojo at no additional cost to you, just because you're a member.

Throughout their visit all members are welcome and encouraged to train as much as possible. We will maintain our regular training schedule, plus a few extra bonus sessions over the weekend. They will be teaching all regular classes in the main training space, with the exception of the Tuesday day class (9:30-10:30am), this will be their rest time. Regular classes that are held upstairs will still be on as usual, but will not be taught by Soke & Higuchi Sensei. If you usually train in the upstairs classes on these days, you are welcome to swap to any of the downstairs classes so you don't miss out.

This year Sensei Sandra will be travelling to other regions for additional training with Soke & Higuchi Sensei, if anyone else is interested in doing the same, even for part of their visit, please speak to us so that we can send through a list of students to organising dojo instructors.

**NOVEMBER 2018**

### Featuring

- ▶ Special Guest Instructors from Japan
- ▶ Upcoming Events
- ▶ You've Been Framed
- ▶ Little Champions Celebrations
- ▶ Recent Video Uploads
- ▶ Stay Up to Date Facebook Pages
- ▶ Attendance Recognition
- ▶ Happy Birthday To...
- ▶ Quotes of the Month
- ▶ Practicing Bravery at SCK
- ▶ What Are You Focusing On?
- ▶ Welcome To SCK
- ▶ 4 Years Training at SCK
- ▶ Brooke, Edging Her Way Closer to Black Stripe
- ▶ New Tips
- ▶ More Celebrations
- ▶ Japanese With Rika Sensei
- ▶ Committed to Excellence
- ▶ New Belts & Tips
- ▶ SCK's Computer Whizz
- ▶ Brown & Black Belt Training Intensive
- ▶ Magic!!
- ▶ You Are Stronger Than You Think
- ▶ Boost Your Child's Confidence
- ▶ Venue Hire
- ▶ 2018 Teaching Schedule Soke & Higuchi Sensei

**Full Schedule: Refer to back page of this newsletter**

## SUNSHINE COAST KARATE



### COMING UP IN NOVEMBER

4th Team Challenge Tournament  
11th Soke Cup Squad  
17th Committee Meeting  
17th Committed to Black Belt  
24th - 27th Soke & Higuchi Sensei Visit (S Coast)  
28th - 29th Soke & Higuchi Sensei Visit (G Coast)

\*Basic Japanese with Rika Sensei,  
Saturdays @ 11:40am. Bookings required.

### COMING UP IN DECEMBER

1st - 2nd Soke & Higuchi Sensei (Blue Mountains)  
2nd Soke Cup Squad  
3rd - 9th Soke & Higuchi Sensei (Sydney)  
8th Kyu Grading  
16th Xmas Family Day (Committee Event)  
17th Start School Holidays - training on as usual  
22nd Annual Waterbomb Fight  
22nd Final Classes of 2018

\*Basic Japanese with Rika Sensei,  
Saturdays @ 11:40am. Bookings required.



### NOVEMBER PROGRESS CHECKS

29th - 4th Karate: White - 10th Kyu  
5th - 11th Little Champs & Karate: 9th - 6th Kyu  
12th - 18th Karate: 5th Kyu - Black Belt  
19th - 25th Little Champs & Leaders  
26th - 2nd Karate: White - 10th Kyu

## YOU'VE BEEN FRAMED AT SCK

Capturing a few fun photos after class these school holidays. Thanks to SCK Staff Debbie Strazzari and Helen O'Grady for joining in on the fun. SCK wouldn't be the same without you both. Thanks for all that you do at SCK.

Wrapping up the school holidays with a bit of fun. Thanks Karren and Karen McRae for your continued support at SCK. These ladies are often enjoying a class from the sidelines, helping out at our local events and sharing smiles. Good times!!!



**"It doesn't matter how slowly you go, as long as you do not stop." ~ Confucius**

## LITTLE CHAMPIONS CELEBRATIONS!!!!

Congratulations to all of our Little Champions who have earned new levels throughout October. An amazing effort by everyone and we look forward to seeing how you all progress throughout the remainder of the year. A BIG thank you to all of our leaders who continue to support our Little Champions.



## RECENT UPLOADS



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

- Kumite Drill with Senpai Sam & Senpai Keanu
- Soke Cup Squad

## STAY UP TO DATE

### Facebook Groups

- Sunshine Coast Karate
- I.C.K.F.A (Sunshine Coast Branch)
- SCK Tournament Squad
- 2019 Soke Cup Squad (SC)
- Rika Sensei's Japanese Class



## ATTENDANCE RECOGNITION

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

### Little Champions

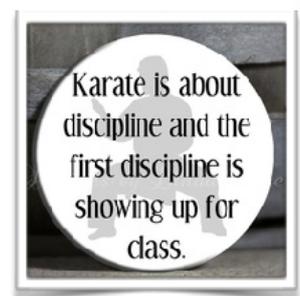
Mia Taylor 8, Alessandra Colless 9, Fynn Colless 9, Archer McLean 11, Mylo Saultry 12, Timothy Probert 17, Mahirah Khan 19

### Karate Kids

Tia Barr 8, Holly Crocker 8, Emmett Furner 8, Aabid Hassen 8, Flynn Jordan 8, Sam Mengel 8, Harry Tapp 8, Lachlan Thomas 8, Rhiannon Saunders 8, Chloe Carter 9, Sai Colless 9, Cooper Darling 9, Claire Krausz 9, Lily Ludbrook 9, Tayah Thompson 9, Anthony Williams 9, Ava Perry 10, Abigail Robb 10, Joseph Purvis 11, Katja Baarslag 12, Matai Doughty 12, Lachlan Edwards 12, Patrick Edwards 12, Chloe Grice 13, Tenaya Grice 13, Miguel Hardy 13, Abby Kerrison 13, Bailey McRae 13, Jaskaran Bhotoya 15, Faith Hardy 15, Sam Phillips 17, William Baarslag 18, Na'ila Khan 19, Raiyan Khan 19

### Teens/Adults

Matt Craven 8, David Probert 8, Matthew Stevenson 8, Jacqui Lippey 9, Debbie Woodhouse 9, Lewis Bailey 10, Lachlan Humphreys 10, Terry Langton 10, Torsten Sprey 10, Keanu Caston 11, Rosemarie Caston 11, Lachlan Davies 11, Sam Hunt 11, Renae Saunders 11, Shane Smith 11, Jack Graham 12, Brett McRae 12, Joanne Bailey 13, Andrew Crocker 13, Richard Krausz 13, Katelyn Plant-Bates 14, Sonya Wright 14, Miyuki Power 15, Bailey Keefe 17, Selina Strazzari 17, Justin Otto 18, Rika Tsuchida 18, Irena Sprey 19, Terry Plant 23



## HAPPY BIRTHDAY TO...

Tom & Jack Hurley, Lily Ludbrook, Daniel Probert, Sai Walker, Jasper Wiseman, Emma O'Dea, Miles Allan, Hannah Tragen, Marlee Thompson-Strachan, Maya Basic, Jason Tickle, Isaac MacFarlane, Sunny Elphick.

We hope that you have an amazing birthday!!!



## QUOTES OF THE MONTH

"Take care of the days, and the years will take care of themselves." ~ Unknown

"When I lost all of my excuses, I found all my results." ~ Unknown

"The humble man makes room for progress, the proud man believes he is already there." ~ Ed Parker



## PRACTICING BRAVERY AT SCK

Many would argue that "Bushido Seishin" (the spirit of the samurai) is not relevant in modern martial arts. At Sunshine Coast Karate we know the virtues of the Bushido are not just timeless wisdom, instead it is something that we must practice on a regular basis in all that we do.

Today, we'd like to give an example of one of the virtues of Bushido, BRAVERY.

For some people, acts of bravery come easy, whereas others they have to really work on it. No matter where you fit in the scale, the dojo is a great place to become more aware of yourself and make bravery a practice.

The fear of public speaking is terrifying for many people, in fact it's rated even more highly than the fear of death. Rather than shying away from it, two of our young athletes who were given another opportunity to practice bravery recently in the dojo. After the National Championships last weekend, both Patrick and Lachlan spoke beautifully in front of the whole class sharing their recent experiences.

In the process of being brave and getting up in front of the whole class, they inspired some of our newer students to not only give tournaments ago but also face their own fears and want to get up in front of the class and speak like they did.

For some people, getting up in front of the class and speaking might seem like nothing at all, for others it takes a whole lot of bravery. But if you exercise your bravery muscles, it gets easier and easier.



## WHAT ARE YOU FOCUSING ON?

It's the little things in our lives that make a big difference.

Choosing to intentionally "*learn about focus and apply focus in your life*" may just give you the edge that will help you rise to the next level.

Remember, there is always another level, if you dare to look.

What are you focusing on today?

Will your thoughts move you towards your goals or away from your goals?

Once you set your focus, it's time to take action. Let's Do This!!



**Sunshine Coast Karate**

**WELCOME TO SCK**



Welcome to Sunshine Coast Karate to the following new members.

Otis Pihema, Lucy Moore, Kaden Poole, Benjamin Hall, Malikai White, Brodyn Thomas, Sam Mengel, Jazlyn Draper, Eli Brady, Theresa Pauly, Ivana Susan Mathew, Matt Craven, Nicola Ross, Campbell Benjamin, Harper McGilvery-Gunn, Hannah McGrath, Kalani Sykes, Xavier Kurvink, Jacob Bailey, Harrison Kite, Charlie-Anne Hargraves, Lisa-Mari Van Rooyen, Sidakpreet Singh Makkar, Maximus Page.

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

**4 YEARS TRAINING AT SCK**

A big congratulations to Jay who now celebrates 4 years of training at SCK. It's been a pleasure working with you Jay. Keep up the great work.



**BROOKE, EDGING HER WAY CLOSER TO BLACK STRIPE**



Congratulations Brooke. Brooke is pictured here soon after receiving her blue stripe Little Champions belt. It's been a big year in the dojo for Brooke and I can't wait to see how she wraps up 2018. Keep up the great work Brooke.

**NEW TIPS!!!**

Way to go Finn and Catherine! Here are a couple of our newer Little Champions off to a flying start at SCK.



**MORE CELEBRATIONS!!**

Congratulations to Tim, Connor and Audrey. Love your work guys!



**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)

**COMMITTED TO EXCELLENCE**

Congratulations to Marco & Mikele on their recent achievement of training at SCK for 3 years. Keep up the great work boys!



**NEW BELTS & TIPS!!!**

Congratulations to Jaxson, Malikai and Angus on their recent achievements at Sunshine Coast Karate. The joy in the eyes of these Little Champions and the smiles from ear to ear was... PRICELESS.



**SCK'S COMPUTER WHIZZ**

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.

**SPECIAL OFFER – Exclusive to Sunshine Coast Karate Members:** 50% off your first computer service (Windows or Mac, a saving of \$55). Available until the end of 2018.

**Phone:** (07) 54296750. **Web:** [www.conceptsystems.com.au](http://www.conceptsystems.com.au). **Email:** [sam@conceptsystems.com.au](mailto:sam@conceptsystems.com.au)

*"The ultimate aim of karate lies not in the victory or defeat, but in the perfection of the character of it's participants."*  
 ~ **Gichin Funakoshi**



## BROWN & BLACK BELT TRAINING INTENSIVE

What a big weekend of training for our Queensland seniors. More than 14 hours of training in just 2 days. Thank you everyone for making it a great weekend of learning. This is now the 3rd year that we've done this. Each year it's been great to see an ever growing love of training and continual growth in everyone's Karate.



For our newer brown belt who attended the senior training weekend for the first time there is bound to be quite a bit of information overload. And for those who have been in the senior ranks for a few years maybe it was the same for you, but if not there was definitely a lot of refinement of skills going on, plus a deepening of understanding in many areas of training.

One last thing. In addition to a big weekend of training, I am please to announce that a number of students have successfully passed teaching and Dan gradings.

### Congratulations:

Anthony Horgan - Jun-shidoin  
Keanu Caston - Jun-shidoin  
Bailey Keefe - Jun-shidoin & Nidan

Matthew Stevenson - Jun-shidoin  
Klaudia Caston - Jun-shidoin

## MAGIC!!

A sea of brown and black belts took over the main training space at SCK over the weekend and there were a few of our junior level students lucky enough to train along side of them.

Once again I'm reminded of the power of "leading by example" and "team work". The combination of senior ranking students lifting their game to be a great example and junior ranking students modelling the senior students opened a door for all to bring out their best.

**Together, We Can Do So Much More!!**



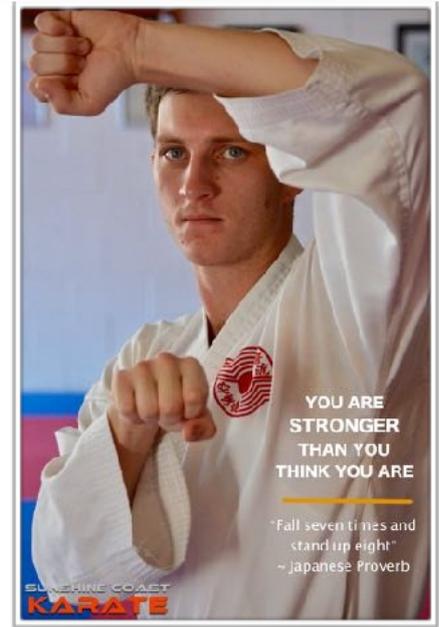
## YOU ARE STRONGER THAN YOU THINK YOU ARE

Whether it be in life or in the dojo, you will experience overwhelm, defeat, fear, stress, anxiety, feelings of not being good enough at some stage. These are the moments that will test every part of your being. The power is in what you choose to focus on and what you choose to do next...

This is your life and you can choose how the next chapter of your life will unfold. Will you choose to remain where you are and become trapped and enslaved by your difficulties? Or, do you choose to seek victory no matter how long it may take for the season to change?

Here are a few ideas to help you take control of your life.

**READ MORE:** <https://karate4life.com.au/news-and-articles/>



**“Lesson Not Just Karate Only. Lesson For Whole Life. Whole Life Have A Balance. Everything Be Better.” ~ Mr Miyagi**

### BOOST YOUR CHILD’S CONFIDENCE

with Our Proven Martial Arts Programs: We’ll help your child develop and practice habits of respect, personal success, confidence, self-discipline and more while making sure they have a load of fun.

Limited spaces currently available in our Little Champions (4-7 yrs) and Karate Kids (8-13 yrs) programs.

Thank you for referring Sunshine Coast Karate to your family and friends.



### VENUE HIRE FOR SMALL GROUP TRAINING

Ideal for small group training. We are currently seeking instructors of Tai Chi, Yoga, Stretching, Meditation Classes, Pilates and similar activities who would like to hire the space and join our growing Sunshine Coast Karate community.



**Space:** approx 5.5 x 10.5m  
**Available:** Monday - Sunday  
**Price:** Negotiable

**Apply:** All applications to be emailed to [sandra@karate4life.com.au](mailto:sandra@karate4life.com.au)

## 2018 Teaching Schedule Soke & Higuchi Sensei

### **Sat, 24 Nov - Sunshine Coast**

8:45 - 9:25 Little Champions (4-7 yrs)  
 9:30 - 10:25 Kids (8-15 yrs)  
 10:30 - 11:30 Teens/Adults (all levels) + Kids (green belt +)  
 11:30 - 12:30 Lunch break  
 12:30 - 2:00 Brown & Black Belt

### **Sun 25 Nov - Sunshine Coast**

10:00 - 12:00 Brown & Black Belt  
 12:00 - 1:00 Lunch break  
 1:00 - 3:00pm Brown & Black Belt



### **Mon 26 Nov - Sunshine Coast**

3:45 - 4:25pm Little Champions (4-7yrs)  
 4:30 - 5:25pm Kids (8-15 yrs)  
 5:30 - 6:10pm Kids Extension (green belt +)  
 6:15 - 8:00pm Teens/Adults (all levels)

### **Tue 27 Nov - Sunshine Coast**

6:00 - 7:00am Teens/Adults (all levels)  
  
 3:45 - 4:25pm Little Champions (4-7yrs)  
 4:30 - 5:25pm Kids (8-15 yrs)  
 5:30 - 6:10pm Kids Extension (green belt +)  
 6:15 - 8:00pm Teens/Adults (all levels)

**Wed 28 - Thu 29 Nov** - Gold Coast

**Sat 1 - Sun 2 Dec** - Blue Mountains, NSW

**Mon 3 - Sun 9 Dec** - Sydney, NSW

