



# SUNSHINE COAST KARATE

It's More Than Just Kicking & Punching

DECEMBER 2019



## 2019...What a Year!!!

Before collating this newsletter, I've taken the time to review every newsletter that was published in 2019. And..... "What a Year!" A most sincere gratitude to all of you who have come along for the ride in 2019. Without you, 2019 would not have been such a great success.

You have been a part of an incredible SCK Team this year. SCK has had it's biggest growth year ever, there has been a dojo expansion, we have enjoyed record attendance and student growth, friendships within SCK community continue to get stronger, there are more seniors than ever before, students are training longer at SCK (Committed to Excellence), a successful Australian Team (podium finishes for all SC team members) at the 2019 Soke Cup and a whole lot more.

Because of you and your family, all of this is possible. Thank you.

2019 isn't over just yet. We still have a finish line to smash through together and we have a few water bombs to throw your way. Final classes are on Saturday 21st December. For more information, please see the reverse of this page.

We hope you enjoy taking a walk back through 2019 with this newsletter. You can visit our SCK Facebook Page for a complete collection of photos and videos captured throughout 2019.

Late December, we'll share more about what we have planned for the year ahead. But, to get you started here are a couple of BONUSSES for you to enjoy in January.

**Bonus #1 - All members have been upgraded to "Unlimited Training" for January (no additional cost)** Break out of holiday mode and clear the cobwebs with a training immersion throughout January. For those families still making the most of the school holidays, you will also find this training immersion a great way to bring a little bit of structure back into your day before school resumes later in the month. And for our super parents, why don't you also drop in for a lesson or two throughout January and enjoy some time with your favourite karate kids. All parents are welcome to tag along and train with their children for free in January. Summer training is great for the whole family.

**Bonus #2 - New Year Training Intensive - 2 Weeks (Mon 6 - Sat 18 January)** All members are invited to join our 2 week training intensive to kick off the new year. This is free for all members. If you are up for the challenge, we'll see you at the dojo at 6am on Monday, 6th January and then every other class on offer for the next 2 weeks. This is a big challenge, but it's well worth the effort. It's a great way to build some serious momentum for the new year.



**Manage class bookings**  
Visit [sck.zenplanner.com](http://sck.zenplanner.com)

**Recurring Class Bookings**  
Recurring bookings can only be done by dojo staff. Submit changes to dojo staff in person, via email or phone. You can make one off changes yourself using Zen Planner.



**Members Resources**  
Visit [dojo.karate4life.com.au/sck](http://dojo.karate4life.com.au/sck)

**Including**

- Getting Started
- How to Tie Your Belt
- Curriculum Information
- Japanese in the Dojo
- Kihons & Kata Videos
- Grading Information
- Self Mastery Articles & Posters
- Weapons Videos
- Bunkai videos
- Colouring Activities



# Final Class Of The Year

*Saturday, 21 December 2019*

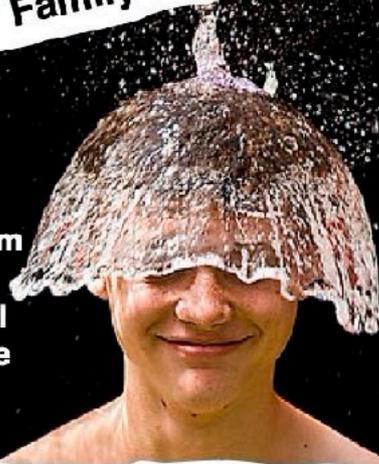
8:00 - 9:00am	Brown & Black Belt Training
9:00 - 10:00am	Final Class For All ages & levels
10:00 - 10:30am	Demonstrations
From 10:30am	The fun begins...



Bring Your Family & Friends To Join The Fun

From 10:30am

Bring a towel  
and a change  
of clothes



**BYO...**  
Water Bombs  
Water pistols  
Buckets

**And get ready  
to get very wet**

## Christmas & New Years Dojo Closures

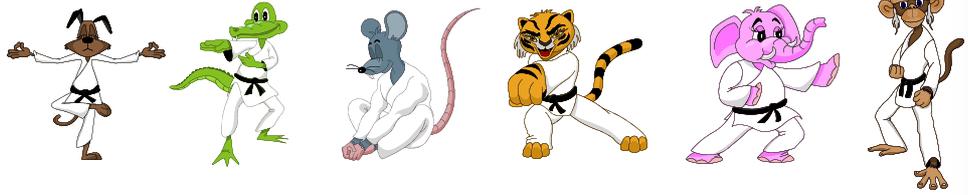
*The dojo will be closed for 2 weeks over the  
Christmas & New Years holiday period.*

**Final classes: Sat, 21 Dec 2019**

**Classes resume: Mon, 6 Jan 2020**

**MERRY CHRISTMAS**





**HIGHLIGHTS:** Our Little Champions have been working their magic in the dojo all year round and they have been bringing truck loads of smiles and laughter with them. Here are a few photos from 2019 celebrating the achievements of some of our Little Champions.





SCK BRINGING FAMILIES TOGETHER



Play, Share, Enjoy, Smile & Grow Together



SCK DEVELOPING LEADERS



Leading By Example



Learn, Grow, Lead



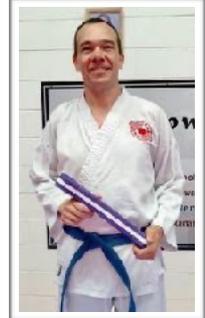
SCK DELIVERING THE TOOLS THAT CHILDREN NEED TO SUCCEED



Focus, Respect, Confidence, Self-Discipline



KARATE TRAINING HELPING SCK TEENS & ADULTS REALISE THEIR PERSONAL BEST



Choose  
To Be Your Best



DECEMBER 2019

Sunshine Coast Karate

COMMITTED TO EXCELLENCE



Decide  
COMMIT  
Succeed



U3A OVER 50'S



Karate Really Is For Everyone





SCK SENIORS



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"WITH PEACE, PERSEVERANCE AND HARD WORK,  
WE ARE SURE TO REACH OUR GOALS."

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TOURNAMENT SQUAD



**Believe You Can And You Are Half Way There**



COMMUNITY & KEEPING IT FUN



Together We Can Do So Much More



# Private Lessons or Small Group Lessons @ Sunshine Coast Karate

## Re-Focus & Build Momentum

Sometimes, everyone needs a bit of a kick along, and private lessons are a great way to do that. If you're just lacking a little bit of motivation, or just feel like you need a bit of extra attention, a private lesson or two might be just what you need to get back on track.

Or if you're really keen to build some momentum, you can book in regular private lessons with one of our black belt instructors.

- **Overcome challenges and obstacles in your training**
- *Personalised lesson, ask any questions you want, go at your own pace*
- **Refocus when you lack motivation, give your training a kick start**

If this sounds like you, book in now for a private lesson.

Or better yet, get together with some friends and book a small group lesson.



**Private Lessons**  
 With Junior Instructor  
 Cost per student:  
 \$25 per 30 min lesson

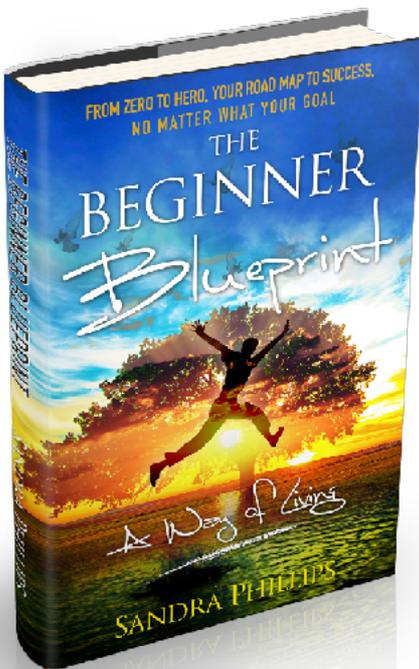
**Private Lessons**  
 With Master Instructor  
 Cost per student:  
 \$50 per 30 min lesson

Affordable fortnightly payment plans also available

**Speak To Dojo Staff Today To Get Started**



# NEED SOME HELP TO SET YOUR GOALS FOR 2019?



The very foundations of “The Beginner Blueprint” have repeatedly seen Sensei Sandra and students of SCK on the podium at the International Chito-Ryu Karate-Do Championships many times over for nearly two decades.

Most recent representation was in 2017 where Sunshine Coast members took away 6 gold, 3 silver and 3 bronze. Sandra Sensei once again winning gold.



**Sensei Sandra has deliberately designed this book so that you can read it quickly, capture the essence of The Beginner Blueprint and spend the majority of your valuable time working it into your life.**

Below is a short extract from 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, we have another batch of books set to arrive in January. If you would like to have one of these set aside for you, send us a quick message.

**Only \$15.00**



## 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.

**“FORGET ALL THE REASONS WHY IT WON'T WORK AND BELIEVE THE ONE REASON WHY IT WILL WORK.”**