



# SUNSHINE COAST KARATE

It's More Than Just Kicking & Punching

JULY 2019

## REMINDER: SPECIAL TRAINING SCHEDULE

Monday 22nd July - Tuesday 31st July

Training will only be available in the main training space (downstairs) whilst Sensei Martin and Sensei Sandra are in Canada attending the Chito-Ryu Karate-Do World Championships. Visit [www.SunshineCoastKarate.com.au](http://www.SunshineCoastKarate.com.au) to download your training schedule.

You will be in good hands with Sensei Helen, Sensei Bailey and Sensei Matt on the floor, and Debbie will be available Monday to Friday afternoons for any program related help that you may require. Visit SCK's Facebook Page for updates from Canada.

*"Thank you for your patience and for supporting our local athletes!"*

We would like to wish all athletes the best of luck with their upcoming representation at the 2019 Soke Cup (World Championships).

**AUSSIE! AUSSIE! AUSSIE! OI! OI! OI!**



Sydney Dojo



Blue Mountains Dojo



There are also Australian team representatives from Gold Coast and Newcastle Dojos.



Sunshine Coast Dojo



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

# SUNSHINE COAST KARATE



## JULY

1st - 14th School Holiday Schedule (downstairs only)  
3rd Soke Cup Squad Training 6:00 - 7:00am  
6th Final Soke Cup Squad Training + Party  
10th Soke Cup Squad Training 6:00 - 7:00am  
15th - 20th Full Training Schedule (downstairs and upstairs)  
25th - 28th Soke Cup, CANADA  
22nd - 31st Special Training Schedule (downstairs only)

JULY



### TOURNAMENTS

25th-28th July Soke Cup (Canada)  
Sun 15th September (S.Coast)



### GRADINGS

Sun 24th August  
Sun 19th October  
Sun 7th December



### TRAINING INTENSIVES

12th - 13th October Senior Training

## 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

Cost per student:  
\$25 per 30 min lesson or  
5 x 30 min lessons for \$110

#### Small Group Lessons (2-4 students)

Cost per group:  
\$40 per 30 min lesson or  
5 x 30 min lessons for \$175

Affordable fortnightly payment plans also available:  
One private lesson per month for 12 months, just \$10 per fortnight

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

## Need more information about any of our upcoming events?

### At The Dojo

1. Check your student mailboxes for all information relevant for your program
2. Check noticeboard in the parents room (in between the front desk and kitchen)

### Online

1. Visit [SunshineCoastKarate.com.au](http://SunshineCoastKarate.com.au)  
Click on "blog" in top navigation bar
2. Visit SCK Facebook Page  
<https://www.facebook.com/SunshineCoastKarate/>



### Facebook Groups

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

**JUNIOR SQUAD - "MOST OUTSTANDING PLAYERS"**

Throughout June, our junior squad members have been voting for their team mates to determine the most outstanding players of each squad training session. Although everyone is training exceptionally well, below are the top players who have been celebrated throughout June.



**QLD STATE TITLES**

The 2019 QLD Chito-Ryu Karate State Titles were a great success with a record number of competitors and a great standard of competition all day. There were many strong performances with our overall tournament champions being:-

Little Champions Tournament Champion  
Liam Glover (Gold Coast)

Junior Tournament Champion  
Raiyan Khan (Sunshine Coast)

Senior Tournament Champion  
Klaudia Caston (Sunshine Coast)

	Gold	Silver	Bronze
 Sunshine Coast Karate Sunshine Coast, Australia	19	12	8
 Gold Coast Chito-Ryu Karate Gold Coast, Australia	9	17	14
 Tasselkan Peakhurst, Australia	3	2	5

For complete listing of results plus access to some great photos, visit:

<http://www.gckarate.com.au/general/2019-qld-chito-ryu-karate-state-titles-2/>

***“Never stop trying. Never stop believing. Never give up. Your day will come.” ~ Mandy Hale***

**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**

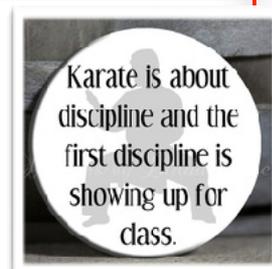
Fynn Colless 8, Nakoa Seni 8, Axel Dede 9, Lily Craven 10, Mahirah Khan 10, Lachlan Powell 10, Jake Zantiotis 10

**Karate Kids**

Chloe Carter 8, Bailey McRae 8, Otis Pihema 8, Jamie Warren 8, Talia Lowns 9, Holly Crocker 10, Aabid Hassen 10, Connor Jordan 10, Lily Ludbrook 10, Tessa Nielsen 10, Sai Colless 11, Matteo Cutuli 11, Cooper Darling 11, Lachlan Edwards 11, James Craven 12, Emmett Furner 12, Miguel Hardy 12, Tristan Taylor 12, Hayden Tootell 12, Lyric Byrne 13, Faith Hardy 13, Anthony Williams 13, Katja Baarslag 14, Noah Smith 14, William Baarslag 16, Abby Kerrison 16, Daniel Probert 16, Timothy Probert 16, Tayah Thompson 16, Sidakpreet Singh Makkar 17, Tia Barr 19, Patrick Edwards 19, Chloe Grice 19, Na'ila Khan 20, Raiyan Khan 20, Matai Doughty 21, Tenaya Grice 21, Joseph Purvis 21, Abigail Robb 21, Jaskaran Bhotoya 23, Flynn Jordan 24

**Teens/Adults**

Jun Abe 8, Kerrie Hall 8, Shane Smith 8, Sonya Wright 8, Joanne Bailey 9, Terry Colless 9, Matthew Craven 9, Brett McRae 9, Richard Garnett 10, Abbey Hunt 10, Jack Graham 11, Bailey Keefe 11, Paul Murray 11, David Probert 11, Renae Saunders 11, Keanu Caston 12, Richard Krausz 12, Miyuki Power 12, Rosemarie Caston 13, Irena Sprey 13, Andrew Crocker 14, Annie Gagnier 14, Sam Hunt 14, Terry Langton 15, Justin Otto 15, Katelyn Plant-Bates 15, Klaudia Caston 16, Rika Tsuchida 16, Sam Phillips 17, Terry Plant 18



## HAPPY BIRTHDAY TO...



Lachlan Thomas, Dean Ellis, Tia Barr, Arkady Dyer, Lachlan Humphreys, Sandra Phillips, Alexandra Braun, Abby Kerrison, Keanu Caston, Jacob Bailey, Na'ila Khan, Millie O'Shea, Faith Hardy, Aabid Hassen, Tayah Thompson, Tessa Nielsen, Byron Nogueira, Katja Baarslag, Steven Phillips

We hope that you have an amazing birthday!!!

## QUOTES OF THE MONTH

- "Never stop trying. Never stop believing. Never give up. Your day will come."~ Mandy Hale
- "Calm mind brings inner strength and self-confidence, so that's very important for good health."~ Dalai Lama
- "Success is not final, failure is not fatal: it is the courage to continue that counts." ~ Winston Churchill.
- "I'm still learning." ~ Michelangelo at age 87

## THE ELEPHANT ROPE

As a man was passing the elephants, he suddenly stopped, confused by the fact that these huge creatures were being held by only a small rope tied to their front leg. No chains, no cages. It was obvious that the elephants could, at anytime, break away from their bonds but for some reason, they did not.

READ MORE: <https://medium.com/motivatio.../the-elephant-rope-c22ee790a226>

## THE WAY OF BONSAI AND THE BUGEISHA

"Initially practicing is exciting as we are always learning something new, but as time goes by and as we add more techniques to our tool bag, we need to adjust our thinking, to a mindset that is much more attuned to refinement, rather than learning new techniques. " By John Conradie

READ MORE: <https://theronindojo.wordpress.com/2018/11/02/do-the-way/>

## 6 STRATEGIES TO HELP YOU DEVELOP THE HABIT OF "TURNING UP"

The journey from white to black belt is going to take not only your physical muscles but also your mental and emotional muscles. All your muscles will fatigue and breakdown at various points in your journey and if you choose to continue to "turn up", your muscles will repair and grow stronger and help you live a more harmonious, energetic and productive life. Because of the person you will become, there is no doubt that you will leave a foot print or two in this world and you will make a difference.

READ MORE: <https://karate4life.com.au/blog>

## SMILE YOUR WAY TO GREATER MIND CONTROL

Sometimes we start our days with the intention to have a great day, but for some reason we can't seem to gain control of our thoughts no matter how hard we try.

We find ourselves pondering negative, unproductive thoughts so we try to override this lack of mind control with a growing "to do list" and anything we can do to distract ourselves from our own minds, or just get frustrated and allow it to steal our joy.

READ MORE: <http://edojo.karate4life.com.au>



**WELCOME TO SCK**

Welcome to Sunshine Coast Karate to the following new members.

Mya Coleman, Ellie Venervyver, Byron Nogueira, Chloe Jarrett, Kai Gray, Jack Gray, Keiko Kabasawa, Marsden Allan

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



**NEW BELTS FOR FINLAY & NATE**

Congratulations to both Finlay and Nate on your recent achievements. Your consistent effort is paying off. Keep up the great work!!



**MALOUF PHARMACIES**



**Sponsors**

A big thank you to one of our karate Mums, Julie-Anne who works at Malouf Pharmacies who has arranged this amazing raffle prize to help support our team of local athletes headed to Canada next month to compete at the 13th International Chito-Ryu Soke Cup.

<http://www.maloufpharmacies.com.au>



**SUNSHINE COAST WASHERS AND FRIDGES**

Thank you to the team at Sunshine Coast Washers and Fridges for the donation of the new fridge for the dojo kitchen. We have no doubt that it's going to get plenty of use and will be well used by members for many years to come.

If you were planning on upgrading any of your white goods or home electrical appliances, maybe you should pay them a visit. And they don't just do white goods. They also sell products in these categories too: cooking, dishwashers, small appliances, heating and cooling, audio and visual and floor care.

<https://www.sunshinecoastwashersandfridges.com.au/>

And if you do pay them a visit, be sure to tell them that you're a member at Sunshine Coast Karate too.



**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)

### SAMI & STEVEN'S TREASURE BOX WINNERS

Congratulations to Lily, Jake, Fynn and Mia for earning a prize this month for top attendance. Way to go Little Champions. Keep up the great work!!



Be The First To Find.....

## SCK'S 'STICKMAN'

Stickman will move about our SCK website showing his best moves to give you lots of chances to WIN!! Every time we move him, you can enter again. You can even receive notifications every time SCK's Stickman moves.

And WIN!!!



**HOW TO PLAY:**

1. Find Stickman
2. Click on Stickman
3. Complete entry form

One winner per month will be announced. Every win = \$50 cash.

**More ways to Win.....**

Tell your friends about the competition, even non-karate friends. If one of your friends win and they enter your name as the referral, you'll win \$50 too.



**SUNSHINE COAST KARATE**

*It's More Than Just Kicking & Punching*

**Let's Have Some Fun!!!**

Follow the link to learn how you could WIN \$50 Cash.  
<https://www.sunshinecoastkarate.com.au/win-50/>

### SHANNYN'S FIRST DAY IN HER WHITES

Shannyn has been watching her two beautiful daughters training at SCK for sometime. Now, it's Shannyn's turn to invest time in herself to move towards her personal goals.

Shannyn is a remarkable person and we feel very lucky to be welcoming her to SCK as a student. This is the beginning of something special for Shannyn and her family.

Please help us welcome Shannyn to SCK.



### LASERZONE LEADERSHIP PARTY

So this is what our leaders got up to before going into battle. Thank you to Laserzone Sunshine Coast for the great photos. Can't wait for our next visit to Laserzone.



***“Instead of giving myself reasons why I can't, I give myself reasons why I can.”***

Sunshine Coast Karate

**A TOUCH OF INSPIRATION**

Whilst out and about enjoying our long weekend, we ran into this amazing family. Although, Jenson no longer trains at SCK, it was so great to catch up once again and share a moment together.

I thought I'd find this photo one more time for Jenson as it was truly a magic moment. If anyone can remember Jenson and how hard he had to work to earn his yellow stripe belt would be smiling right now just thinking about it. Inspirational.

Another reminder, that anything is possible if we choose to focus ourselves. So proud of you Jenson and grateful to have had the opportunity to work with you.

If you live on the Sunshine Coast and you love Thai food, you've got to visit Jenson's parents at Pum's Kitchen. (located in the Big Top Shopping Centre) Amazing!!



**SCK OVER 50's CLASS**

A big thank you to all U3A Sunshine Coast members who joined us at SCK throughout Term 2. It's been a great term and we have had lot's of fun working with you all.



**THERE'S NO STOPPING RUPERT**

One of SCK's newest students recently double graded to 11th Kyu prior to taking time off training for an operation. Congratulations Rupert!! But it doesn't stop there...attached is an article that I stumbled across in a local newspaper featuring Rupert and his business, "10 Toes". Check it out!!

Congratulations also to Rupert's wife, Kerrie who also double graded to 11th Kyu. It is great to see more families come together enjoying the many benefits of Karate training.



**WOW! WOW! WOW!**

Congratulations to Louis, Billy and Asher on your recent achievements. Lovin' those new belts and especially love all of our Little Champions and Leaders coming together to celebrate each other's successes.

What a team!! Let's keep growing together.



**SENSEI KLAUDIA... NIDAN GRADING SUCCESS!**

Congratulations to Sensei Klaudia Caston, successfully grading to Nidan on the weekend on the QLD State Titles.

Normally QLD Chito-Ryu seniors have the opportunity to do dan gradings at the QLD camp (usually May) and senior training weekend (Sep or Oct), however there are some special circumstances and we felt it was appropriate to make an exception.

Prior to the QLD camp we were watching Sensei Klaudia closely as someone who was possibly ready to grade, but at that time there was still some more work to be done in some areas, so she did not get the opportunity to grade at the camp.

Shortly after the camp Sensei Klaudia shared some big news with us, that some of you may already know. She's decided to spend the next 2 years in Canada, staying on after the Soke Cup.

Given that she was so close to being ready to do her grading at the camp, we decided to give her the opportunity to keep working towards her nidan grading and if she got up to speed attempt her grading last weekend. She not only got up to speed to earn an invitation to grade, but also successfully passed, becoming only our 3rd home grown nidan on the Sunshine Coast.

The next 2 years are sure to be a big adventure for her and although we're sad to see her leave the Sunshine Coast (temporarily) we're also excited to see where life takes her as she embarks on this adventure.



**ACHIEVE YOUR GOALS IN 2019**

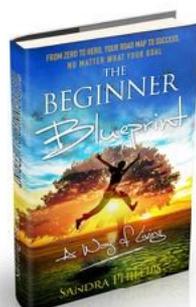
The very foundations of "The Beginner Blueprint" have repeatedly seen Sensei Sandra and students of SCK on the podium at the International Chito-Ryu Karate-Do Championships many times over for nearly two decades.

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.**

NOW AVAILABLE AT THE DOJO

**Only \$15.00**



**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)