



# SUNSHINE COAST KARATE

It's More Than Kicking & Punching

MAY 2019



## UPCOMING DOJO CLOSURES

**Labour Day Long Weekend**  
Saturday 4 May, Monday 6 May

**QLD Camp Weekend**  
Friday 10th May - Sunday 12th May

### Friday 10th May

3:45pm Little Champions (on as usual)  
4:30pm Karate Kids (on as usual)  
4:30pm Junior squad (not available)  
6:10pm Senior squad (not available)

### Saturday 11th May

8:45pm Little Champions (not available)  
9:30pm Karate Kids (not available)  
10:30pm Junior squad (not available)

If you normally train on any of these days,  
please book your make up classes at: <https://sck.zenplanner.com>



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

From our family  
to yours....

We hope you  
have a  
wonderful  
Mother's Day  
weekend.

Sunday 12th May

# Happy Mother's Day



## Testimonial

"Finding the right Dojo for our then 5 year old daughter involved visiting all the Dojo on the Sunshine Coast, talking to the Sensei and other members. We were very impressed with the overall quality of the facilities, training equipment and all the staff at Sunshine Coast Karate.

Many Dojo are fortunate to have one very good Sensei and a host of senior Black Belts assisting. Sunshine Coast Karate has not one, but two highly qualified and experienced Karate practitioners in Sensei Martin and Sensei Sandra.

Their Admin/Manager is like a second mom to all the young people there and is always available to answer endless queries from parents, provide support and guidance when necessary and offer just the right amount of support, kindness and praise to all the members.

Sunshine Coast Karate is at the forefront in developing training programs, training techniques, preparing young people for local, State and National Tournaments and designing and developing ancillary equipment.

We thoroughly recommend Sunshine Coast Karate to any parent seeking a Dojo for their child/ren." ~ Colin Chapman



Members Resources

Visit [dojo.karate4life.com.au/sck](https://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
- Coming Soon**
- Bunkai videos

# SUNSHINE COAST KARATE

MAY



## MAY

- 1st Soke Cup Squad Training 6:00 - 7:00am
- 4th No classes
- 6th No classes - Labour Day
- 8th Soke Cup Squad Training 6:00 - 7:00am
- 10th-12th QLD Camp
- 10th No squad training (only basic training classes -upstairs)
- 11th No Classes QLD Camp
- 15th Soke Cup Squad Training 6:00 - 7:00am
- 18th Kyu Grading
- 22nd Soke Cup Squad Training 6:00 - 7:00am
- 25th Committee Meeting
- 29th Soke Cup Squad Training 6:00 - 7:00am



### TOURNAMENTS

- Sun 19th May (Sydney)
- Sun 23rd June (Gold Coast)
- 25th-28th July Soke Cup (Canada)
- Sun 15th September (S.Coast)

### GRADINGS

- Sun 18th May
- Sun 29th June
- Sun 24th August
- Sun 19th October
- Sun 7th December

### TRAINING INTENSIVES

- 10th - 12th May QLD Camp
- 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

*"Enjoy the journey  
as much as the destination."*

*- Marshall Sylvester*

## CONGRATULATIONS ARCHER

Archer is pictured here celebrating his recent achievement (blue stripe belt).

Way to go Archer.

Thanks to Sami and Jacqui for all of your help on Monday afternoons. We are all very lucky to have you both a part of the SCK Leadership Program.



## CONGRATULATIONS MASON

Mason is stepping it up in our Little Champions Program and on his way to black stripe. Keep up the great work Mason. Love your work!!!



## ATTENDANCE RECOGNITION

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

### Little Champions

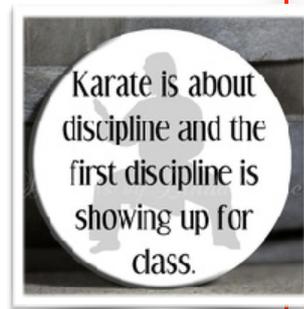
Axel Dede 8, Angus Skinner 8, Mia Taylor 8, Lily Craven 10, Jake Zantiotis 10, Mahirah Khan 11, Lachlan Powell 11

### Karate Kids

Tia Barr 8, Holly Crocker 8, Aabid Hassen 8, Tessa Nielsen 8, Lisa-Mari Van Rooyen 8, Noah Smith 9, James Craven 10, Maxwell Garnett 10, Hayden Hosking 10, Anthony Williams 10, Katja Baarslag 11, Ryan Bridge 11, Matteo Cutuli 11, Abby Kerrison 11, Lily Ludbrook 11, Timothy Probert 11, Lachlan Edwards 12, Connor Jordan 12, Bailey McRae 13, Faith Hardy 14, Miguel Hardy 14, Chloe Grice 14, Tenaya Grice 14, Hayden Tootell 14, Joseph Purvis 15, Emmett Furner 16, Matai Doughty 17, Daniel Probert 17, William Baarslag 19, Flynn Jordan 19, Sidakpreet Singh Makkar 19, Patrick Edwards 21, Abigail Robb 21, Na'ila Khan 23, Raiyan Khan 23, Jaskaran Bhotoya 27

### Teens/Adults

Jun Abe 8, Terry Colless 8, Cooper Darling 8, Brett McRae 8, Joanne Bailey 9, Katelyn Plant-Bates 9, Lachlan Davies 9, Richard Krausz 9, Rosemarie Caston 10, Kerrie Hall 10, Abbey Hunt 10, Terry Langton 10, David Probert 10, Muhammad Putra 10, Deborah Woodhouse 10, Jack Graham 11, Sonya Wright 11, Keanu Caston 13, Shane Smith 13, Irena Sprey 13, Klaudia Caston 14, Andrew Crocker 14, Richard Garnett 14, Selina Strazzari 14, Rupert Hall 15, Justin Otto 15, Renae Saunders 15, Bailey Keefe 16, Sam Hunt 17, Sam Phillips 18, Terry Plant 23



**HAPPY BIRTHDAY TO...**

Samuel Carpenter, Hannah O'Shea, Holly Crocker, Sam Phillips, Rupert Hall, James Craven, Noah Smith, Brodie Gaylard, Tenaya Grice, Lachlan Powell, Zac Evett, Abigail Robb, Harrison Tapp, Cadell Roberts, Andrew Crocker, Denzel Ross.

We hope that you have an amazing birthday!!!

**QUOTES OF THE MONTH**

- Always remember, your focus determines your reality." ~ George Lucas
- "Perseverance is not a long race; it is many short races one after the other." ~ Walter Elliot
- "The truth is that teamwork is at the heart of great achievement." ~ John. C. Maxwell
- "You don't have to see the whole staircase, just take the first step." ~ Martin Luther King Jr
- "Don't limit your challenges, challenge your limits."

**TODAY, I FEEL LIKE GIVING UP**

Research from the University of Pennsylvania has shown that grit is the characteristic linked most closely to success. I could use some grit today.

Here's what I try to remind myself of when I feel like giving up...

By James Clear

READ MORE: <https://jamesclear.com/giving-up>

**POWER NEEDS DIRECTION**

'Sensei Nishiyama repeatedly said: "power need direction". What does it mean? There are few components to this.'

By RokahKarate

READ MORE: <https://rokahkarate.com/power-needs-direction/>

**THE CHALLENGE**

Sometimes the biggest obstacles and threats exist only in your mind, only because you give them power. Perception is coloured by emotion, reality and perception are often very different things.

By Sage Arts

READ MORE [http://www.sageartsstudio.com/story\\_challenge.php](http://www.sageartsstudio.com/story_challenge.php)

**WAYS TO LOOK AT BUDO - GREAT WAY, SMALL WAY**

Daido can mean a main street or highway, but in our Budo context, it can mean a great principle. Sensei described Daido to me as the main stem, like the trunk of a tree, the spiritual or intangible truths, the core of our being and our martial journey.

He contrasted this with the Small Way – Shodo, by comparing it to a single branch tip—to a single technique, action, or experience.

by Rick Rowell

READ MORE: <http://budotheory.ca/blog/2016/12/30/great-way-small-way/>



## WELCOME TO SCK

Welcome to Sunshine Coast Karate to the following new members.

John Cranefield, Henry Cranefield, Milla Nason, Joshua Wilson, Reese Jackson.

We hope that you all enjoy your training at Sunshine Coast



## Take Back Control Of Your Life With This Proven 5 Step Process

Do you have days when you feel that your life is out of control and you are barely surviving? Like a plane spiralling out of control to the ground at high speed. The more you fight it, the faster you fall. You become more tired as you fight. You can no longer serve your loved ones like you once could. The more out of control you feel, the more your mind starts to play tricks on you. Your mind is no longer being directed by you, it is now your number one enemy which has the power to accelerate you to the darkest of dark places.

Take a moment, take a breath and know that life doesn't have to be lived like this. There is another way of living. You can learn about your body and your mind and you can learn to control both of them in a way which aligns you to a life that you want to live. I'm not saying it's easy, but it is simple. And, you can do this with a bit of practice and a touch of "never give up attitude." Promise yourself now... no matter how many times you may fall, you'll never give up on yourself. Your life is worth fighting for, you do matter, you are of value and you do deserve to live a great life.



### Let's Do This...

Before you start each of your main activities, take a couple of minutes to optimise your state by following the 5 step process below. Taking the time to stabilise and direct the mind and body will help you get more out of all that you choose to do with your time.

1. Move your body, stretch your spine, have a little water, sMiLe. Raise your energy, freshen up.

**Target:** Body control and increase energy.

2. Move your mind... create the experience in your mind by answering the following.

a. What's it look like?

b. What's it feel like?

For me personally, I like to write the answers down or talk to someone about my plans as it helps me control my thoughts and bring me into the moment more easily.

**Target:** Mind control. Create and direct your thoughts.

3. "How am I turning up?" Are you bringing your "A" game? Are you choosing to make this moment (activity) something amazing right now.

**Target:** Decide how you need to turn up to bring your best to the task at hand and give it your best shot. Live in this moment, intentionally.

4. Take Action. Don't wait for motivation or for all the stars to align before starting. Just get started. From action comes things like confidence, momentum, motivation, opportunities, clarity and so much more. Dig your heels in and go for it. Yes, you'll probably make a few mistakes. It will probably feel as though you need a whole lot of effort and then some to get yourself moving and to keep focus. "Keep taking action". Know that you will move through this stage in the perfect time. Life is seasonal, flow with it and make the most of each season, make the most of today. After all, today is all you really have. Your efforts of today will shape a better tomorrow.

**Target:** Make today better than yesterday.



**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)

## SUNSHINE COAST TOURNAMENT RESULTS

It was wonderful to see such a good turn out for our first Sunshine Coast Tournament of the year. Lots of new competitors, lots of the old regulars, competitors from Gold Coast & Blue Mountains too.

Tournaments take a lot of work both behind the scenes and on the day: compiling entries, preparing event draws, setup, table officials, referees, event marshals, canteen/BBQ and lots more. As always we're very grateful to everyone who steps in to give so freely of their time, without your help, these events would not be possible.

This tournament also coincided with a visit from Miyazaki Sensei (7th Dan, Kyoshi) from Japan. Miyazaki Sensei spent 4 hours on the Saturday before the tournament working with our seniors to help with our referee development. It was a great day of learning and a really good opportunity to learn from a very good referee. On the day of the tournament, Miyazaki Sensei also assisted by refereeing all day and continued to offer feedback and advice to both referees and competitors.

Supporting the small team of competitors from the Blue Mountains, Mark Snow Sensei (5th Dan, Shihan) & Adam Macdonald Sensei (3rd Dan) refereed all day. And supporting the Gold Coast team, Adam Higgins Sensei (3rd Dan, Shidoi) also refereed all day. Plus other seniors from all dojos, many of who were also competing.

After the morning session of competition, everyone was treated to kata demonstrations from Miyazaki Sensei and Mark Snow Sensei.

It was great to see everyone competing with great enthusiasm and spirit, whilst still demonstrating good manners. It was a real testament to the hard work that everyone is putting in at their respective dojos.

Tournament results now available at: <https://www.karatedo.org.au>



### NEXT TOURNAMENT: Sunday 23rd June 2019 (Gold Coast)

Squad training for this event is held every Friday afternoon/evening.

Kids 4:30 - 6:10pm

Teens/Adults 6:15 - 8:00pm

**If you are not a squad member but would like to join - contact SCK staff for more information**

### NEW & IMPROVED OBSTACLE COURSES

Throughout April, we have been having our Little Champions stepping up to help us create some new and improved obstacle courses with our leadership team members.

It's been truly amazing watching everyone working together and there have been some great obstacle courses for us all to enjoy.

Thank you to all leaders and little champions who have been a part of this experience so far. I can't wait to see our new and improved obstacle courses in term 2.



### COMMITTED TO EXCELLENCE

Congratulations to both William and Joseph on your recent achievements. We are very grateful to have the opportunity to work with both of you. Keep up the great work.



### MIYAZAKI SENSEI VISITS SCK

It was a great experience to welcome Miyazaki Sensei (7th Dan, Kyoshi) to our Sunshine Coast Karate community. We hope that you all enjoyed your time with him.

Miyazaki Sensei offered some great knowledge at our seniors referee clinic, Sunshine Coast Tournament and in our Monday afternoon/evening classes.

Thank you to Miyazaki Sensei for visiting Sunshine Coast Karate. We look forward to seeing you in Canada at the 2019 Soke Cup in July.



## EASTER PICNIC FUN

Thank to members and families who joined at Cotton Tree last Sunday for our annual family picnic & training day. A big thank you especially to our seniors who helped teaching groups: Sensei Bailey, Senpai Sam H, Senpai Sami P, & Senpai Bailey.

Also a big thank you the committee, especially Leanne who arranged all of the shopping for the BBQ and Easter games. And a big thank you to Annie for the great photos that have been shared via the SCK Facebook Page.



## ACHIEVE YOUR GOALS IN 2019

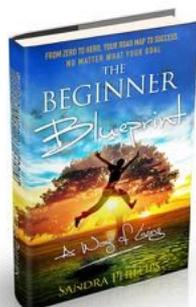
The very foundations of "The Beginner Blueprint" have repeatedly seen Sensei Sandra and students of SCK on the podium at the International Chito-Ryu Karate-Do Championships many times over for nearly two decades.

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)