



# SUNSHINE COAST KARATE

*It's More Than Kicking & Punching*

**FEBRUARY 2020**



**SUNSHINE COAST  
KARATE**

**Sign On Day ... Sat, 15 Feb 2020**

**You're Invited For A  
FREE Trial - Register Now**

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

**Ph: 0435 255 323**

**Maroochydore Full-Time Dojo**



**zen**planner

**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.

## ANNUAL SIGN ON DAY

A huge thank you to all members and families who have been getting the word out about our upcoming Sign on Day. We are very grateful for your continued support.

If you are inviting friends and/or family, it would be great if you could also be in attendance. This way you can be their personal coach and we'll also give you a chance to be a part of our demonstrations which I'm sure will inspire your guests.



## BACK TO SCHOOL REMINDER...

"Stand tall, breathe deeply and smile from ear to ear, "YOU REALLY DO HAVE THIS, YOU REALLY ARE ENOUGH and YOU WILL HAVE A GREAT YEAR." Choose to exercise your "muscles 4 life" and feel yourself growing more confident and happier with each day. And..... know that we believe in YOU.

*"Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle."*

*- Christian D Larson*



**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



FEBRUARY

- 1st Committee Meeting
- 8th Leadership Training & Waterbomb Fight
- 15th Sign on Day
- 22nd Kyu Grading

FEBRUARY



TOURNAMENTS

1st March



GRADINGS

Sat 22nd Feb  
Sat 18th April  
20th June



INTENSIVES

15th-17th May QLD Camp



SOCIALS

5th Easter Picnic



NO CLASSES

10th-13th April  
25th April

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 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  
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
- Rika Sensei's Japanese Class



### ATTENDANCE RECOGNITION

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

**Little Champions:**

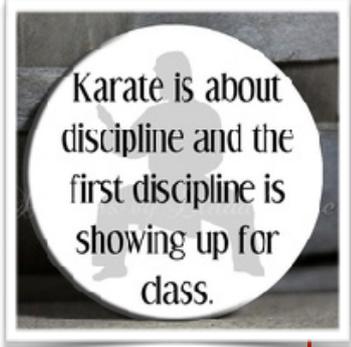
Mahirah Khan 10, Arav Joseph 13

**Karate Kids:**

Aabid Hassen 8, Hayden Hosking 8, Lily Ludbrook 8, Bailey McRae 8, Tayah Thompson 8, Katja Baarslag 9, Lyriic Byrne 9, Flynn Jordan 9, Tia Barr 10, Abby Kerrison 11, Noah Smith 11, Matai Doughty 12, Faith Hardy 13, Miguel Hardy 13, Joseph Purvis 15, Daniel Probert 16, Na'ila Khan 17, Raiyan Khan 17, Lachlan Edwards 18, Patrick Edwards 18, Abigail Robb 22, Chloe Grice 24, Tenaya Grice 24, Timothy Probert 25, William Baarslag 26, Jaskaran Joseph 28

**Teens/Adults:**

Jun Abe 8, Bailey Keefe 8, Brett McRae 8, Paul Murray 8, Renae Saunders 8, Shane Smith 8, Torsten Sprey 8, Selina Strazzari 8, David Probert 9, Mark Sprey 9, Emmett Furner 10, Richard Garnett 10, Rika Tsuchida 10, Rosemary Caston 12, Justin Otto 13, Keanu Caston 14, Terry Plant 16, Sam Phillips 25,



**"Instead of giving myself reasons why I can't,  
I give myself reasons why "I CAN"**

### ACHIEVE YOUR GOALS IN 2020

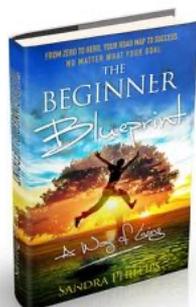
The very foundations of "The Beginner Blueprint" have repeatedly seen Sensei Sandra and students of SCK on the podium at the International Chito-Ryu Karate-Do Championships many times over for nearly two decades.

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)

## SUNSHINE COAST KARATE

### HAPPY BIRTHDAY TO...

Chloe Jarrett, Mark Sprey, Henry Cranefield, Mason Coleman, timothy Probert, Lyriic Byrne, Fynn Colless, Reese Jackson, Raiyan Khan, Joseph Purvis, Bethany Slocombe, Nate Ellis, Byron Nogueira, Neer Raiyani, Jun Abe.

We hope that you have an amazing birthday!!!



### QUOTES OF THE MONTH

"Do the best you can until you know better. Then when you know better, do better." – Maya Angelou

"Success is not final, failure is not fatal; it is the courage to continue that counts." ~ Winston Churchill

"You've Got To Aim High And See Where You Land." ~ Nigel Harman



### HEIJOSHIN (平常心)

An ongoing challenge for all of us. But just like our physical training, we also need to train our minds. In my mind, it's about keeping and even keel (mentally).

For those not familiar with the term, here's a short article I found after a quick search.

<https://www.yaegaki-kai.be/heijoshin/>

The thing that sparked the conversation last night was that we were doing some repetitive training, the same things over and over. Students in the class were having very mixed results, some got it to work most of the time, some got it to work about 50% of the time, some maybe got 1 out of 10 to work.

Although there was a physical element to what we were doing, my primary goal in the exercise was not about how successful we were in achieving the result, but instead using it as an opportunity to train the mind and the emotional response.

When students got it to work, you could see the excitement in their posture and even their facial expressions. When they didn't get it right they would become distracted, their posture would fall a little (in some cases a lot) and their eyes would drop.

In a combat or self defence situation, heijoshin is a vital element. If you cannot keep your emotions under control you are setting yourself up for defeat. For those who compete in karate tournaments (or any sport for that matter) maintaining your composure is essential.

Although we weren't specifically practicing self defence at the time of the discussion last night. It just goes to show that all of your training has a very practical purpose and it's not just about the technique or the moves, you also need to train your mental/emotional state and your focus.



力必達



### WELCOME TO SCK



Welcome to Sunshine Coast Karate to the following new members.

Chace Bevan, Markus Kerkdikj, Lewis Clarke, Mia & Lui Walker, Hayden Etherton, Lila Tampiyappa, Thomas Da Silvasuartz, Rachel Thomas, Farrah Macfarlane, Wes Barr, Elias Kerkdikj.

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

### WOW! WOW! WOW!

**Lachlan & Patrick  
2013 - 2020**



### GET MORE OUT OF LIFE

January we have been doing a lot of work with our younger karate kids on finding the right balance of "fun and focus" to bring about the best in ourselves and each other. But, it's not just for kids, it applies to all of us. Balancing "Focus" and "Fun" in our day reminds us to:

1. Always be moving towards achieving our goals
2. Enjoy the journey along the way.

You are invited to join me this week as I spice up my life a little more by exploring "Focus and Fun".

What to do:

1. In your daily planner, map out your day. Next to your key activities/experiences, decide how you are going to turn up. Do you need to be "focused" or is it something that can be a little more laid back and enjoy the "fun". And... DO IT. When it's time to focus, bring your best focused self. When it's time to have fun, bring the joy loaded with smiles and a good belly laugh or two.

And for the high achievers reading this post.... You've got your day mapped out and you've identified the "focus" and "fun" moments. EXT: Before you start each of your main activities, take a couple of minutes to move your body, stretch your spine, have a little water and think (or write) about how you are going to experience "great focus" or "great fun" whatever that means to you. And.... Do it with enthusiasm!!



**Contact Staff & Secure Your Place Today!**

### Starting Saturday 7th March 2020

**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 KARATE

### HAVE YOU EVER WANTED TO COMPETE IN AN INTERNATIONAL EVENT?

The countdown to the 2022 Soke Cup has begun. This is a tri-annual event, where the best of the best come together to test their skills and develop life long friendships. The 2022 Soke Cup will be held in Japan and we would love to take a committed and well prepared team.

If you are interested in being a part of this adventure here are a few things that you can do in the lead up to the team selection.

1. Apply to join the tournament squad. We meet weekly on Friday afternoon/evenings. Speak with staff.
2. Participate in tournaments.
3. Start a savings plan. Although it seems like a long way away, it will be here in no time. Putting small amounts of money aside now will make the lead up to the 2022 Soke Cup more enjoyable, stress free and allow you to focus on bringing out your best.



### SCK LEADERSHIP TEAM: ACHIEVE MORE TOGETHER

*Be The Best You Can Be, And Help Others Be The Best They Can Be*

#### THANK YOU!!!

When we are at the dojo teaching and see leadership team members entering the dojo with big smiles, full of energy and ready to help make someone's day special we say thank you. Although we may not come up and say thank you to you every time you come to the dojo, please know that we are grateful for your time and effort.

It is especially exciting to see many of you now connecting with students even more. Connecting with students as a leader is one of the greatest things to happen in the dojo. Every time a student connects with a teacher and/or leader it allows them to relax a little more. It helps them to have a sense of belonging and it helps them feel valued.

When you put all of that together, you have gently enabled that student with the freedom to be themselves. You have allowed them to feel comfortable with making mistakes and being able to laugh at themselves and to keep moving forward. You have given them the opportunity to be the best they can be in the dojo and in their life.



Thank you to all leaders for your continual time and effort at the dojo. You will never know when a little smile or act of kindness will help someone but know that you are making a difference every time you step up as a leader and focus on serving others.

**Action for Leaders:** The Leadership Roster is now on the leadership noticeboard. Please review your family/school/work commitments and lock in your leadership classes.



**THIS NEW YEAR RESOLVE TO Win!**

- ✓ Get Fit
- ✓ Feel Great
- ✓ Learn Self Defence
- ✓ Become More Focused
- ✓ Release Stress & Tension

**5 TRIAL LESSONS + A FREE UNIFORM (VALUED AT \$70)**

**YOU PAY ONLY \$60** REGISTER NOW

**Get Into The Best Physical, Mental & Emotional Shape Of Your Life**

**Register Today!!**

Visit: [www.SunshineCoastKarate.com.au](http://www.SunshineCoastKarate.com.au)  
Call: 0435 255 323

Limited places available

**SUCCESS STORY**

*Let's face it, being a parent is a tough job. I was so lucky to find Sunshine Coast Karate, who have been the most amazing and supportive coaches for my children and I for 18 years now.*

*As 5th Dan instructors and world champions of the Chito-Ryu style of karate, Senseis Martin and Sandra, teach karate with great skill, positive encouragement and in an energetic, motivating and fun environment. They are also subtle and influential partners in developing those positive values and real life skills which are fundamental to successfully navigating that transition from teenager to young adult.*

*Their learning for life philosophy grounded in personal challenge, team participation, physical and spiritual wellbeing, developed innate values of leadership, courage, respect, loyalty and resilience throughout my children's primary and high school years.*

*Most notably these qualities were exhibited during those difficult teenage years. My children shared their knowledge and experience respectfully and patiently with older and younger karate students, even with their very nervous white belt mum when I began my karate. They stood up for what they thought was right and to school bullies, both for themselves and others. They proudly represented their state and country in competition, by having the spirit to participate and experience, not win at all costs. And most importantly built the fortitude and resilience to make their way through life's challenges with a healthy serve of self-esteem and independence.*

*I continue my karate4life journey, knowing my children respect, value and practice the philosophy and skills developed, as part of their membership of the Sunshine Coast Karate family.*



**SUCCESS STORY**

*"Joining Sunshine Coast Karate has quite literally changed our family's life. Our 7 year old daughter has been attending classes weekly for the last few months. The improvement in her behaviour and confidence has been incredible.*

*What makes her transformation so incredible is because at the beginning of the year she was miserable. She was a very anxious little girl and she found it difficult to control her emotions and behaviour. Through karate she has learned discipline over her mind and over her body.*

*She is now a more confident and happy little girl and we know that so much of the credit must go to Sandra,*

*Martin and David.*  
- Samantha Dwyer



**GIVE YOUR CHILD AN ADVANTAGE THIS SCHOOL YEAR**

**BACK TO SCHOOL CHECK LIST**

- ✓ Self-Confidence
- ✓ Self-Discipline
- ✓ Concentration
- ✓ Respect
- ✓ Focus

**FREE TRIAL + A FREE UNIFORM UPON JOINING**

**SAVE \$70** REGISTER NOW

**\$10 OFF** REGISTER NOW

**SUNSHINE COAST KARATE**

**It's More Than Just Kicking & Punching**

**Secure Your Place Today**

Visit: [www.SunshineCoastKarate.com.au](http://www.SunshineCoastKarate.com.au)  
Call: 0435 255 323

Limited places available