



# SUNSHINE COAST KARATE

It's More Than Kicking & Punching



## SUMMER TRAINING SCHEDULE



Holiday Schedule Applies  
Mon 6th Jan - Sat 1st Feb  
Regular Schedule Resumes  
Monday 3rd February

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

Dear Members & Families,

We hope that you have had a great Christmas and the opportunity to enjoy time with family and hopefully a bit of a rest as well. Now that 2019 has drawn to a close, we'd like to take this opportunity to thank you for your continued involvement as a member. We are very grateful for the opportunity to work with you and your family on this amazing journey. To help kick off the new year in the dojo we have a few special bonuses for you to enjoy.

**FREE BONUSES!**

**NEW YEAR TRAINING INTENSIVE:** If you're serious about having your best year in the dojo yet join us for our new year training intensive.

**The challenge:** do every class on the training schedule for 2 weeks. As a bonus we've even added a few extra early morning classes to the schedule for the first 2 weeks of training of the year. First class is scheduled for 6am Monday 6th January 2020.

**See you there!!!**

## NEW YEAR TRAINING INTENSIVE

Monday 6th January - Saturday 18th January 2020

Every class  
For 2 weeks

Are You Up For  
The Challenge?

Plus Bonus  
Early Morning Classes



## Australia Day Long Weekend

**NO CLASSES**

Saturday 25th January  
Monday 27th January

Thank you for your patience & continued support!



## zenplanner

**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.

## KARATE4 E-DOJO

**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

# UNLIMITED

**PROGRAM UPGRADED TO UNLIMITED TRAINING FOR JANUARY:** This upgrade is for all members and there are no additional costs. 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.

**FREE BONUSES!**

**Looking for something to do these school holidays?**

*The choice is yours...*

**Option 1      or      Option 2**



**Join us for a school holiday adventure & martial arts training program like no other**

**Summer Holiday Program @**

**SUNSHINE COAST  
KARATE**

**One Week Only:** Monday 20<sup>th</sup> January – Friday 24<sup>th</sup> January (during Little Champions & Karate Kids Classes)

**...And, it's not just for kids, **parents** can join us too!**

**Register now for a single day or the whole week**

Here's just a small taste of what we're going to do:

- New students will learn the basics of karate, a great way to kickstart your martial arts journey
- Members will extend on the karate skills they already have and learn cool, new things too
- You will learn some practical self-defence techniques to help you stay safe
- You'll exercise your body, your mind and your manners (parents love that last one)
- You will have fun making new friends and participating team challenge activities everyday

### A Reminder For Parents

This is not just a program to give kids something to do in the school holidays. This is a program designed to help people of all ages live a life of adventure and really get the most out of your life. This is **KARATE 4 LIFE**.

And parents, this is your chance to **lead by example** and **BE GREAT!**

**Free For Members & Guests**  
**Register Your Interest Today! Places Limited**





**FREE BONUSSES!**

# BEACH TRAINING



## Sunday 19th January 2020

- Where:** Mooloolaba Beach  
(Meet near the 'Loo With A View')
- Time:** 6:00 – 7:30am
- Dress:** Please wear your karate gi + hat + sunscreen (swimmers underneath)
- Bring:** Water bottle, towel, camera, change of clothes & b'fast

**WET WEATHER PLAN: TRAINING WILL BE HELD AT THE DOJO**

## 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)

"There is nothing  
 Outside of yourself  
 That can ever enable you  
 To get better, stronger, richer,  
 Quicker, or smarter.  
 Everything is within.  
 Everything exists.  
 Seek nothing  
 Outside of yourself."

Miyamoto Musashi



## FOCUS YOUR MIND, FOCUS YOUR BODY

# 2020 AWARDS

To help you with setting goals for 2019, we thought it may be a good idea to share with you a little more information about the awards that will be presented at the end of the year. Not everyone is motivated by awards, yet others find them valuable to keep momentum during the more challenging times. What do you do whilst waiting for that next grading, tournament or personal achievement to come your way? What is it that keeps you turning up and giving 100% week after week?

Maybe one of the award categories may help you:

- Train consistently throughout 2019 with a great training attitude and in turn position yourself for favourable results.
- Grow yourself and also contribute to the lives of others.
- Unite and strengthen your family whilst having a whole lot of fun together.
- Feel better about yourself and to help you find peace no matter what challenges you may endure.
- Find balance, harmony, self acceptance in your life.
- Lose weight, get fitter, push the boundaries of what you thought you could achieve.
- Become a better friend, parent, son, daughter with bundles of positive energy, love and enthusiasm.
- Smile more 😊



Take the time to check out the award categories below and see which ones may help accelerate you towards your next feature goal. On the reverse of this page, we have a sample of the goal setting blueprint that we have used time and time again to achieve many of our goals. We hope that the blueprint helps you with your goals in 2019.

### Attendance Recognition

- **Outstanding attendance:** *Awarded to all students who train at least 8 lessons every month (Jan-Nov)*
- **Dojo rat:** *Awarded to all students who achieve outstanding attendance, plus train at least 20 lessons per month for any 3 consecutive months (Jan-Nov)*
- **Ultimate dojo rat:** *Awarded to all students who train at least 20 lessons per month, every month (Jan-Nov)*



### Major Awards

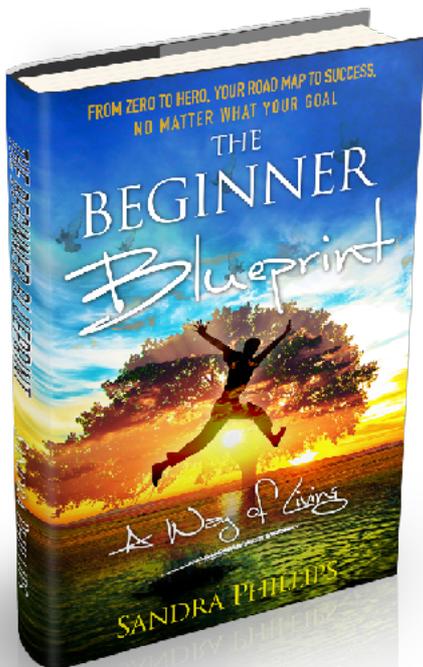
- **Little Champion:** Student of the year & Most improved Beginner, Intermediate, Advanced
- **Karate Kids:** Student of the year & Most improved Beginner, Intermediate, Advanced
- **Teen/Adult:** Student of the year & Most improved Beginner, Intermediate, Advanced

### Special Awards

- **Family of the year:** *Awarded to the family that brings the most energy to the dojo throughout the year*
- **Leader of the year:** *Awarded to the top dojo leader throughout the year*
- **Volunteer of the year:** *Awarded to the top volunteer of the year; as nominated by the committee*
- **Team player of the year:** *Awarded to the student who brings the most energy to everyone they train with in the dojo*
- **Competitor of the year:** *Awarded to our top competitors.*
- **Budoka of the year:** *Awarded to the student that best exemplifies all that we learn in the dojo: attitude, effort, manners, leadership, etc.*

### Committed to Excellence Awards (awarded throughout year)

- 3, 5, 7 years training at SCK (medallions)
- 10, 15, 20 years training at SCK (Plaques)



# NEED SOME HELP TO SET YOUR GOALS FOR 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.**

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."**

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**