



# Karate 4 Life

Your Success Newsletter

December 2012

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### Message from Instructors

2012 has been another extraordinary year capturing much growth and enjoyment. Behind every student there is 'a family'. A family that supports and encourages us all to rise to greater heights. And it is these people we all owe much gratitude.

What we experience every day as karate instructors can be quite challenging at times, but the students and families that we get to work with encourage us to move on to greater heights. Thank you. The more our students and families grow the more we must also choose to grow so that we can provide an 'always advancing learning environment' to meet the needs of our students and families. This does of course lead to a few late nights... but... we can live with that.

The highlight of our journey in 2012 is 'the journey' itself, and being lucky enough to celebrate and enjoy every day with our students and families who choose to:

- Commit to improving themselves
- Persevere through challenges
- Overcome obstacles
- Never give up on themselves

We would like to remind you of one thing as we bring 2012 to a close and move into a new year - When you joined Sunshine Coast Karate, you didn't just join a sporting club, you joined a family of like minded positive people that will succeed and make a difference. As all of you are aware, there are hard times on this road that we choose to walk. It certainly is not all smooth sailing.

This journey can be confronting, it will test your skills, it will make you face your fears, it will take you to some real low points, but you know... it will also take you to so many more high points than you could ever imagine. And here is the special thing about this entire journey and being a part of the Sunshine Coast Karate family - you are never alone, there is always somebody there who has walked that path before you or someone walking right next to you that can and will support you if you ask for help.

So.. when you set your goals for 2013, know that you can reach for the sky. There needs to be no limit on what you can achieve. You have the support. All you need to do is set the goal, be realistic as to the amount of time you can commit and then move forward. You will achieve your goals. And remember, it's OK to ask for help.

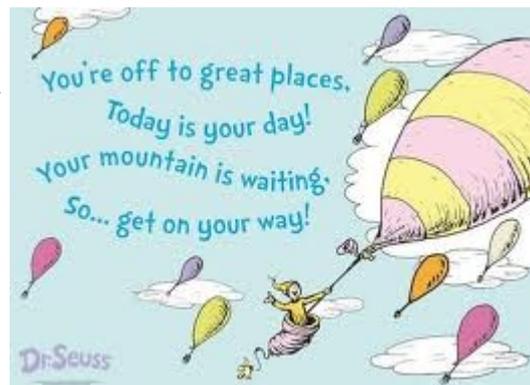
***'With peace, perseverance and hard work, we are sure to reach our goals.'***

Thank you to all members and families for supporting us over the past 12 months. It is with your continued support that we can continue to develop all areas of Sunshine Coast Karate and ourselves to better serve you and your families.

Merry Christmas to you all and we look forward to seeing you all in the New Year to continue to build on the foundations that we have all put in place this year. Below is an excerpt of one of my favourite books that I seem to read often to Sami and Steven. Hope you enjoy it as much as we do.

### Oh, the Places You'll Go! By Dr Seuss

*"You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose. You're on your own. And you know what you know. And YOU are the guy who'll decide where to go. You'll get mixed up, of course, as you already know. You'll get mixed up with many strange birds as you go. So be sure when you step. Step with care and great tact and remember that Life's A Great Balancing Act. And will you succeed? Yes! You will, indeed! (98 and ¾ percent guaranteed.) KID, YOU'LL MOVE MOUNTAINS!"*



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**Happy Birthday** to the following members celebrating birthday's in December: Haris Salam, Oliver Ellice, Matthew Stevenson, Zoe Stielow, Oliver Noble, Sharyn Vidler, Riley Sneath, Sarah Colgan, Dante Shera, Kamryn Stray, Lohna Solomon, Cooper Miller-Smith, Hayden White, Jack Hamilton, Luke Marriott, Zeke O'Connell, Selina Strazzari, Jodie Marriott, Chloe Crocker, Keiko Kabasawa, Dominic Carmody

**Welcome** to the following students starting their training journey at Sunshine Coast Karate. We wish you every success and if you require any additional support please let us know and we'll do our best to help you: James Rackham, Jordan Susan, Samuel Lawson

### DECEMBER

- 1<sup>st</sup> Grading (Sunshine Coast)  
2<sup>nd</sup> Grading (Gold Coast)  
3<sup>rd</sup> – 7<sup>th</sup> Progress Check Week: All programs  
7<sup>th</sup> Start Friday pre-season squad class (self paced training: instructors will be available)  
Pre-season squad class will continue up to and including Friday 21<sup>st</sup> December. Anyone interested in competing in 2013 tournament circuit is welcome to attend.  
9<sup>th</sup> Annual Christmas Picnic/AGM/Presentations  
14<sup>th</sup> End of school term 4  
15<sup>th</sup> Full day workshop for 2013 Scholarship applicants: 5<sup>th</sup> Kyu or higher (9:00am – 2:00pm)  
17<sup>th</sup> – 21<sup>st</sup> School holidays: Training as usual  
17<sup>th</sup> – 21<sup>st</sup> School holidays: Kids Programs will include some Bonus Christmas games/challenges  
20<sup>th</sup> WIN an IPAD MINI competition closes  
21<sup>st</sup> Final Classes of 2012  
21<sup>st</sup> Winners of the IPAD Mini competition will be drawn

### JANUARY

- 7<sup>th</sup> Resume training for 2013  
TBC Beach Training  
14<sup>th</sup> – 25<sup>th</sup> 2 Week Training Intensive (morning & evening)  
TBC Back 2 Basics Workshop



### Thank You SCK Leadership Team

A big thank you to all leaders who have stepped up into leadership roles in the junior programs. We are extremely grateful for your contributions and we look forward to seeing many of you achieve higher leadership levels in 2013. Thank you: Sensei Helen O'Grady, Sempai Jim Moehead, David Strazzari, Wendy Boman, Lachlan and Braydon Whale, Adam Popescu, Renae Saunders, Euan Gray, Aidan Leask, Jasmine Leask, Jodie and Luke Marriott, Duncan Bigg, Keiko Kabasawa, James O'Grady, Adam Gray, Adam Amos, Henrik Flynn, Logan Murray, Kairyo Searle, Nathan Eley, Raphal Borleis, Zoe Stielow, Felix Nicholls, Liam & Emma Rhodes Pery, Adam Laidlaw, Brandon Norton, Bailey Keefe, Jamie Thom, Daylon Johnston, Anthony Williams, Zac Ryan, Jacob Ivanfy

### 2012 QLD Team

Congratulations to all 2012 QLD Team Members for their effort and commitment throughout this year. A great example of what can be achieved if you choose to put your mind to something and follow up with consistent actions.

Full results can be found online (facebook and website).

QLD Team Members include: Duncan Bigg, Raphael Borleis, Klaudia Caston, Henrik Flynn, Jack Graham, Euan Gray, Tia Guy, Rod & Luc Jones, Keiko Kabasawa, Bailey Keefe, Aidan Leask, Jodie & Luke Marriott, Jim Moehead, Logan Murray, James & Helen O'Grady, Renae Saunders, Kairyo & Zennjo Searle, David Strazzari, Debbie Woodhouse

Keep an eye out for these QLD Team Members in 2013. Some will choose to put their skills to the test on the international Chito-Ryu Karate Championships which will be held in Hong Kong. We wish all team members another successful year in 2013.

### Grading Success

Congratulations to all members who graded over the weekend at the final grading for the year.

- Yellow Belt (12th Kyu)** - Dean Hore, Benjamin Kirkwood, Eleni Hurley  
**Orange Belt White Stripe (11th Kyu)** - Isaac Amos, Blake Wood, Dylan McKeown, Romy Wood, Terri Everest, Sharyn Vidler, Jarrad Leach  
**Orange Belt (10th Kyu)** - Braydon Rickard, Adam Laidlaw, Felix Nicholls, Rodney Jones, Jacob David Ivanfy, Viv Dumoulin, Logan Murray, Daniel Robson  
**Green Belt White Stripe (9th Kyu)** - Cath Amos, Luc Jones, Nathan Eley, Jean-Luc McGee  
**Green Belt (8th Kyu)** - Mika Fenwick, Jack Graham  
**Blue Belt (6th Kyu)** - Keiko Kabasawa, Adam Gray  
**Purple Belt White Belt (5th Kyu)** - Jake Davis, Selina Strazzari, Euan Gray  
**Brown Belt Black Belt (1st Kyu)** - Deborah Woodhouse, Aidan Leask, Christopher Baker

**Merry Christmas &  
Happy New Year**

**Have A Happy & Safe Holiday!**



*'He who has not Christmas in his heart will never find it under a tree.'*  
~ Roy L. Smith