

FEBRUARY

NO EXCUSES!

SOKE CUP (HONG KONG, 14 - 16 AUGUST 2013)



'If it Doesn't Challenge You, It Doesn't Change You.'

KNOW YOUR GOAL: EVERYDAY FOCUS ON WHAT YOU WANT

Today, what are you going to do to move one step closer to achieving your goal?

Write your goal here: _____

SPECIAL ANNOUNCEMENT: 2013 AUSTRALIAN TEAM MEMBERS

Congratulations to all of the following Sunshine Coast Karate members who have successfully earned a place on the 2013 Australian Team. It is a great honour to be a part of these representative teams so please train hard (in the dojo and at home), always do your best and communicate with your coaches regularly so they can help you achieve your goals. What's Next: Instructors will chat with all of you to confirm your divisions (kata, kumite, team kata). This will take place at an upcoming Friday evening tournament class.

Sunshine Coast: Australian Team Members

1. Duncan Bigg (Masters B Male)
2. Raphael Borleis (Adult Kyu Male)
2. Klaudia Caston (Jr B/C Kyu Female)
3. Henrik Flynn (Jr F Male)
4. Jack Graham (Jr B/C Kyu Male)
5. Tia Guy (Jr B/C Kyu Female)
6. Keiko Kabasawa (Masters A/B Female)
7. Helen O'Grady (Adult Dan Female)
8. James O'Grady (Jr B/C Kyu Male)
9. Renae Saunders (Jr D Female)
10. Kairyo Searle (Jr E Male)
11. Zennjo Searle (Jr D Male)
12. David Strazzari (Jr B/C Kyu Male)
13. Martin Phillips (Adult Dan Male)
14. Sandra Phillips (Adult Dan Female)

Gold Coast: Australian Team Members

1. Adam Higgins (Master B Male)
2. Anthony Horgan (Adult Dan Male)
3. Cheyenne Ferguson (Jr D Female)
4. Ryan Wilcox (Adult Kyu Male)
5. Daniel Goldberg (Jr E Male)
6. Lee Winson (Jr E Female)
7. Ray Winson (Jr F Male)
8. Samantha Lenton (Adult Kyu Female)
9. Eugeny Lee (Jr F Male)

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COVERING TOURNAMENT COSTS

Estimated total costs to participate at the 2013 Soke Cup is \$2000 per competitor. The ICKFA (Sunshine Coast Branch) currently has approximately \$8,500 set aside to support competitors from the Sunshine Coast Dojo.

To further support competitors your local association will provide a structure and various fundraising activities for any athlete to raise funds as an individual (in addition to the pool of funds currently available). The individual fund raising activities will be managed by the local association but all funds raised by each individual athlete will go back to directly support that athlete.

If you are successful in gaining a place on the Australian Team, please let committee president, Sensei Helen O'Grady know if you would like to be considered for funding from the local association. If you are interested in participating in the individual fundraising efforts you should be available to attend the next committee meeting at the dojo on Saturday 19th February 2013. At this meeting, individual Soke Cup fundraising will be discussed and a sub-committee will be formed to co-ordinate the activities.

YOUR TRAINING PROGRAM

Minimum Training Requirements (Weekly):

1. x 2 basic training classes
2. x 1 Friday tournament class
3. Attend all monthly squad session
4. Attend all tournaments hosted in QLD
5. If you are unable to meet this commitment due to injury or illness you are expected to provide a written apology (email or text message is adequate).

Some of you have spoken to us about pushing the boundaries and setting your sights on a podium finish. Below is an altered program which will help you get there. If you want a more personalised program please speak with your instructors.

Podium Finish: Recommended Training Requirements (Weekly):

1. x 5 basic training classes (Monday - Friday)
2. x 1 Friday tournament class
3. Every Friday film kata and kumite to review, journal entry
4. Take away drills to practice from class and request areas to be covered in class to support your home training
5. Attend all squad sessions and tournaments

PLUS.... Home Training

1. x 3 Speed training (kumite specific). 3-4 months out increase to x 4 /week
2. x 3 Kata training (use kata mastery sheet as a guide)
3. Incorporate flexibility/posture/breathing into all your training sessions
4. Buddy Up... Get a training partner/s to keep you accountable with every session.
5. When doing kumite training (train with your full bogu and kumite gear)

LIFE BASICS

Whether you are doing the minimum training, podium finish or something in between please consider one last thing. 'Life Basics'. These are things like sleep, food, water, self care, rest, breathing/posture, balance (family,school,work), time management (weekly planners are great) etc. Do the basics well and you will have the right fuel to get more out of yourself when you are training. And if you need a rest... than rest. Work with one rest day per week but if you need more than listen to your body.

ABC TRAINING PROGRAMS

Sometimes you are not going to be able to fit in your 120 minute or 90 minute program (A Plan) into your day. Life happens. Don't stress.

Plan B: Just have some pre-made 45 - 60 minute programs that you can use for that day (specific to what you would have been working on). Still not enough time.

Plan C: 15 - 30 minute training programs are a whole lot of fun and if done well will give you a great workout.

BONUS RESOURCES

Sensei Martin has created extra training videos to help you with developing Shi ho hai, Seisan and Niseishi dai. Available on the Sunshine Coast Karate Members Website. We will continue to create more of these videos upon request. Stack the odds in your favour. Anything you want more help with, please ask and we'll do our best to help you. Use the resources often to accelerate your growth. And remember there is always more to learn if you dare to look beneath the surface. The greater you can refine the details of your kata and kumite the greater the results you will achieve.

STAYING INSPIRED



Did You Know? Some karate enthusiasts train/study sport karate full time. One of the most popular karate circuits is the WKF (World Karate Federation). Sensei Martin competed in WKF in his day. Although not the best circuit to develop bogu kumite, it will certainly give you some great material to see some quality example of kata, kumite and team kata. There is no limit to what you can achieve if you choose to put your mind to it.

Suggested youtube search:

'wkf world championship 2012'

If you find some great videos that others may enjoy please send them through to Sensei Sandra so that we can add them to upcoming 'No Excuses' Newsletters.

IMPORTANT DATES

Upcoming Squad Sessions

2nd March (GC)
26th-28th April: QLD Camp (SC)
18th May (SC)
1st June (GC)
20th July (GC)

Upcoming Tournaments

17th March (GC)
19th May (SC)
16th June (GC)
7th July (Nationals, SC)
14th-16th August (Soke Cup)

Final 2 Week Team Intensive

15th - 26th July

SCK MEMBER WEBSITE



www.SunshineCoastKarate.com.au

You will need to log into members area to access bonus resources.

If you need help please contact Sensei Martin.

Email: martin@karate4life.com.au