

MARCH

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: _____

2010 DIVISION SIZES

Early February all competitors had the opportunity to confirm their divisions (kata, kumite) and review the division sizes from the 2010 Soke Cup. Our reasoning for sharing this information with you is so that you can prepare yourself mentally and physically for your upcoming competition. This is only to be used as a guide to help you shape your home training program. If you would like to review this information again, please ask and we'll send it through to you.

KATA SELECTION

Early February all competitors had the opportunity to sit with Sensei Sandra to nominate their preferred kata (3) for this tournament. Instructors have been reviewing your performance at every Friday squad session (and basic training classes) with the view to make kata selection recommendations by the end of February. If you have not received your instructors recommendations with regards to your kata selection please follow up your instructors as soon as possible.

Once you know your 3 kata it is up to you to practice, practice, practice. To do well at a Soke Cup you will need to practice regularly at home, train hard at the dojo and perform your kata as much as possible. Every chance you get to perform a kata, be sure to choose one of your tournament kata so you can perform it under pressure as much as possible. If you require additional support with your kata please ask instructors.

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PARENT/FAMILY SUPPORTERS ATTENDING SOKE CUP

Now that the Australian Team has been formed, we need to ask for the help of our team supporters (parents/family members travelling with competitors). Any help you can provide to support competitors would be greatly appreciated.

The biggest request we need to ask of our supporters is that you are able to be the 'rock' for the competitor that you are personally supporting. Tournaments can be a highly emotional environment, the training leading up to the event can become overwhelming as can the travelling overseas to unfamiliar locations. Post tournament can also be a time in which guided reflection and balancing of emotions is required.

It would be appreciated if you could provide a state of calmness and a positive perspective throughout this experience. The more you can help your competitor plan and prepare themselves leading up to the event you will be helping them reduce stress and just focus on being their best and getting the most out of the experience.

Please know in advance that we will ask for your support at the tournament to monitor the scores of your competitor, take photos and record videos. Based on previous Soke Cup events, we are expecting a six ring event. To ensure that all competitors enjoy a fair competition we will be asking that you keep the scores of that division. In the event that you find anything questionable we ask that you bring it to the attention of the coaches ASAP. There is very rarely any issues with scoring but we'd rather make the effort to take care of competitors just in case errors are made with scoring.

If you have no idea about scoring kata and/or kumite please let instructors know so that they can provide some coaching in the lead up to the Soke Cup.

KNOW THE RULES

If you haven't already done so, get a copy of the tournament rules and put them in your training bag. When you practice kata and/or kumite at home be sure to review these rules. All referees will see your kata performance/kumite match in their own unique way based on where they are at in their journey. If you have taken the time to learn the rules and cover these key areas when developing your kata and kumite there is a good chance that you will stack the odds in your favour at the time of competition.

All competitors received a copy of the rules as a QLD Team member in 2012. If you need another copy please ask instructors. A great way to learn is to be a table official at one of the upcoming tournaments.

SOKE CUP UPDATES FROM HEYTON SENSEI

At the time of compiling this newsletter we had received news of a registration website being completed soon. You will be able to do all tournament registrations and accommodation bookings via this website.

News that we have received which may put a smile on your face is that the venue is air-conditioned and there is an indoor pool next door to the venue. It may be a good idea to include your swimmers if you are keen on relaxing after your competition.

You can also expect accommodation to be approx \$165/night (twin share).

A BIT OF HISTORY

The very first Soke Cup was in the year 1983 and is held every 3 years at various locations around the world. Sensei Martin participated in his very first Soke Cup in 1989 which was held in Canada. Sensei Martin was a junior (12 yrs old) at this time and was awarded gold in his individual kata event and bronze in team kata. If you get a chance, ask Sensei Martin about how he trained for his first Soke Cup. This may give you some thoughts on how you can prepare for your Soke Cup experience.



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



There are some extraordinary examples of team kata on you tube. If you are considering being a part of a team get inspired by some of the leading teams in the world.

Suggested youtube search:
'team kata'

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