

Gold Coast Chito-Ryu Karate

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May Newsletter

NEW LOOK NEWSLETTER

To better communicate all that is happening at Gold Coast Chito-Ryu Karate we have given our newsletter a new look.

With a little bit more room to play around with we hope to be able to provide a more information on what is happening at the dojo and important events to look out for. In addition we will be able to provide helpful hints about how to get the most out of your karate training. This will be great for our new members and a handy reminder for the old hands.

The Newsletter will be available via our website www.gckarate.com.au and a small number will be printed out for the dojo. Notification of when the newsletter will be available will be sent out via email and notified on our facebook page.

2018 GOLD COAST CUP—SUNDAY 24 JUNE

Our biggest tournament for the year is coming up on the 24 June. Tournaments are a great place for students to test their karate and grow themselves. Participation in tournaments is not compulsory but is highly encouraged.

During May and June we will be doing a lot of prep work in the regular classes to help all our students to prepare for this tournament.

Volunteers needed

Our tournaments are run by the club and need volunteers to succeed. The club runs the tournaments not to make money but instead to give all our members the opportunity to grow and develop. If any profit is made from the tournament it is put back into the club through the purchase of equipment, sponsoring guest instructors etc.

Areas we require volunteers for include:- table officials, marshals, canteen, first aid, set-up and take down.

Please keep an eye out for where you can help out at the tournament. Notices will be sent out when we are calling for volunteers.



SPECIAL POINTS OF INTEREST

- 2018 QLD Camp (25-27 May)
- Winter Grading (1 June)
- GC Cup (24 June)
- New Weapons Class commences Tuesday 8 May



WINTER GRADING—FRIDAY 1 JUNE

The Winter Grading is for our Junior and Senior students. Application forms for the grading will be available at the dojo and in the eDojo early May.

To grade students must:-

1. Complete a grading application form.
2. Have attended enough classes and be training regularly.
3. Be confident that they can perform the grading requirements demonstrating good key basics.
4. Have a strong spirit and desire to grade. i.e. Work Hard

“Gradings are a great place for students to test their karate and grow themselves”

GRADING

PREPERATION

Did you know that everything you need to prepare for your next grading can be found in the eDojo?

In the eDojo you can find:-

- Grading requirements
- Grading theory
- Grading application form
- How gradings work
- Technique guides

edojo.gckarate.com.au

Karate Intensive Seminars—Saturday 12 May

The intensive seminars provide an opportunity to focus on what you require for your next grading.

1:00-1:50 White & Yellow Belt

2:00-2:50 Orange/White & Orange

3:00-3:50 Green/White & Green

4:00-4:50 Blue/White, Blue, Purple/White & Purple

Cost—\$20

You must register for this event on Zenplanner. (if you need help registering please see Sensei Adam)

<https://gckarate.sites.zenplanner.com/login.cfm>



SCHEDULE CHANGES

Monday 7 May

No classes due to public holiday

Friday 25 May

Regular Brown & Black Belt class cancelled. Camp class with Shihan Phillips 9:00-2:30 at the dojo instead.

Saturday 26 May

No Saturday classes due to instructors attending the 2018 QLD Karate Camp.

Friday 1 June

No Friday Brown and Black Belt class due to the Winter Grading

Tuesday Schedule Changes

6:00-6:50—Weapons (Juniors)

7:00-8:00—Weapons (Seniors)

Sports Karate Classes Cancelled

The sports kumite classes have been cancelled due to lack of numbers. Sports kumite will now be incorporated more into the regular classes. All students are requested to bring their kumite equipment to every class.

CALENDAR OF EVENTS

May

7—Labour Day (no classes)

12—Intensive Seminars

20—Tassei Cup (Sydney)

25-27—QLD Karate Camp

June

1—Winter Grading

15 - Gold Coast 13 year Anniversary

24—Gold Coast Cup

July

1-15— School Holidays Schedule

22—Kangeiko

August

4—Karate Intro Seminar

12—QLD State Titles (Sunshine Coast)

18—Intensive Seminars

24—Spring Grading

New Weapons Classes

The new weapons classes will commence from Tuesday 8 May.

For the first term we will primarily be focusing on using the Bo (Staff). We have some Bo for students to use at the dojo but would encourage people to bring their own if you have one.

For the Juniors if you do not have a bo, a broom stick is a good alternative to begin with.

If you would like to purchase a Bo please speak with Sensei Adam.

Tuesdays:

6:00-6:50—Weapons (juniors)

7:00-8:00—Weapons (Seniors)

GOLD COAST CHITO-RYU KARATE

Gold Coast Chito-Ryu Karate is dedicated to sharing the art of Chito-Ryu Karate-Do an authentic style of karate with a deep history.

Chito-Ryu Karate is of benefit to practitioners for the development of character, spirit, health and well-being.

The Gold Coast dojo has been operating continuously since 2005. Our dojo is a family friendly environment of support and mutual growth.

Integrity and commitment to upholding the standards of Chito-Ryu Karate are our cornerstones.

New members are always welcome to join us :)

EDOJO UPDATE

edojo.gckarate.com.au

The eDojo is the online resource for members of Gold Coast Chito-Ryu Karate. The eDojo contains policies and procedures, grading information, event registration, training guides, technical guides and more. The eDojo is constantly being updated with new content so be sure to check back regularly.

Recently added to the eDojo:-

- Explanations of the key basics (50% completed)
- Members businesses page—You can list and provide a link to your business. Contact Sensei Adam to add your business.
- 12th-1st Kyu Grading requirements
- Membership Hold Request Form—To place your membership on hold you must complete this form.

You may have missed:-

- Mae Geri—technique breakdown
- Kihon Dosa Ichi—key points for performing the kata well

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Do you have a friend or family member
that might like to try karate?

If you love your karate, can see its benefits,
and think this is a great dojo to be part of
then please share with your friends and
family by inviting them to attend a
FREE TRIAL LESSON.

