



## August Newsletter

Another month gone by at the dojo and lots more fun had and improvements being seen everywhere. The first half of July was the school holidays and it was great to see classes during this time so well attended. I particularly enjoy these classes as the change of pace gives us all a chance to refresh and it's also great for the Little Champions and Juniors to train together. I know many of the Little Champions were inspired by watching and training alongside of some of the Juniors.

The other highlight in July was the annual Kangeiko (Special Winter Training). If you haven't already check out the photos on the dojo video or on our facebook page. Whilst your on the facebook page don't forget to leave us a great review.

It has been fantastic to see a lot of new faces around the dojo in recent weeks, a lot finding our dojo thanks to referrals so thank you to all our members who have been spreading the word about us. Welcome to our new members who joined us this month— Charlotte O'Hanlon (welcome back), Oliver Newlands (welcome back), Lachlan McMurray, Jakobi Dellit, Rhiannon Dunn, Kira Dunn, Jake Gabauer, Maddison Gabbauer, Mia Lyons.

Something else new for the dojo is that we have some brand new mats. No more red and black dust marks on our gi's! The mats have been purchased by the GC Chito-Ryu Karate Club Inc. The club exists for the purpose of supporting all members, if you could help the club out please speak with a committee member and/or attend a club meeting.

We have a busy couple of months coming up so keep an eye on the noticeboard, facebook and your email to be sure you do not miss out.

**Tournaments**—There is a lot happening on the tournament front in the next couple of months with the QLD State Titles (12 August), Gold Coast Tournament (9 September), National Titles (30 September) plus our first Soke Cup Information Session and Squad Training (4 August). Tournaments are a great way to accelerate your karate growth with focus and purpose so be a part of as many of these events as you can.

The Soke Cup Information Session and Squad session is open to everyone to attend. If you would like to learn more about the Soke Cup (August 2019 in Canada) please come and attend the session.

**Grading**—The other big event coming up in August is our Spring Grading. The Spring Grading application forms are now available at the dojo and in the eDojo. If you would like to challenge for your next level please check that you qualify in Zenplanner and then submit your application form by the due date. **LATE APPLICATIONS WILL NOT BE ACCEPTED.** If you are not sure if your are ready please discuss with your instructor.

To help people prepare for the grading (or the next one if you are not ready for this one) we will be running our karate intensive seminars on Saturday 18 August. You can register for these seminars on Zenplanner.

Have a great month of training

*Sensei Adam*



### SPECIAL POINTS OF INTEREST

- Soke Cup Squad (4 August)
- QLD State Titles (12 August)
- Intensive Seminars (18 August)
- Spring Grading (24 August)



## SPECIAL EVENT—SOKE CUP SQUAD

Our first Information Session/Squad Training for the 2019 Soke Cup will be held on Saturday 4 August.

The Soke Cup is the World Titles for Chito-Ryu Karate bringing together Chito-Ryu Karateka from all over the world for competition and comradery. It is open to all Gold Coast Chito-Ryu Karate of any age or rank (subject to selection by Sensei Adam).

The 2019 Soke Cup is being held in Penticton, Canada in early August.

During the information Session we will be providing all the currently available information about the event, what is required to compete, expectations etc.

*“It is great to challenge yourself by setting a goal to when you will grade next and working hard to achieve your goal however never let yourself get so focussed on achieving the goal that you forget that karate is about the journey and enjoying the path you have chosen”*

### PREPARE FOR YOUR NEXT GRADING

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](http://edojo.gckarate.com.au)

### Next Grading—Spring Grading

The next grading opportunity for our Juniors and Seniors is the Spring Grading on the 24 August.

All students wishing to challenge for their next level at this grading should be preparing hard at this stage.

Your objective should be to be fully confident with what is required by the end of this month i.e. kata sequences, bunkai sequence, basics etc. and then be spending the final few weeks before the grading refining and improving your technique.

The **Key Basics** are the foundation of your karate and should be continually reviewed and focussed on to ensure your best chance to successfully grade.

The **Physical** side should be practised every day to build a strong healthy body so you can perform at your best.

**Intensive Seminar**—To help you prepare for the grading (or the one after) we will be running our popular intensive seminars on the 18 August. Keep an eye on the noticeboard for when you can book your place.



## SCHEDULE CHANGES

### Winter School Holidays

Friday 24 August—No B&B Class

Friday 31 August—No classes

## Bring Kumite Equipment to Every Classes

A reminder to make sure you bring your kumite equipment to every class (mouthguard, gloves, shin guard, groin guard).

During our regular classes we will be doing more kumite drills, especially in the lead up to the tournament. For safety it is recommended that you have your equipment readily available.

## CALENDAR OF EVENTS

### August

- 4—Soke Cup Info / Squad Training
- 12—QLD State Titles (Sunshine Coast)
- 18—Intensive Seminars
- 24—Spring Grading
- 31—Gold Coast Show Day (no classes)

### September

- 9—Gold Coast Tournament
- 22-7—School Holidays Schedule
- 30—National Titles (Blue Mountains)

### October

- 1 Queens Birthday Public Holiday
- 2-7 School Holidays Schedule
- 20-21 Brown & Black Belt Training Camp

## Special Classes

Did you know as well as our regular classes we run a number of special classes:-

- Junior Kobudo (weapons) - Tue 6:00-6:50
- Senior Kobudo (weapons) - Tue 7:00-8:00
- Family Class—Thu 5:00-5:50

## Saturday Classes

- 8:30-9:15—Little Champions
- 9:30-10:30—Juniors & Seniors

## Do You Have What It Takes to be a LEADER?

Our leadership program provides an opportunity for you to develop leadership skills through assisting others in classes and providing a great example in your own classes. If you would like to be part of the Leadership Team apply online in the eDojo:

<http://edojo.gckarate.com.au/leadership-program/leadership-program-application-form/>

## 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](http://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:-

- Expansions on the key points of the kihon kata
- Requirements for Shodan grading

### You may have missed:-

- Terminology—A list of commonly used words in the dojo
- Leadership Program application form

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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.**

