



November Newsletter

There have been so many exciting things happening at the dojo over the last couple of months and it is going to continue in November with Beach training, social BBQ, Summer Grading and the most exciting part Soke and Higuchi Sensei visiting our dojo.

For the new comers Soke is the head instructor of Chito-Ryu Karate-do and the son of the founder O'Sensei (Their pictures are at the front of the dojo). We are very lucky to have such a strong connection with Soke that he takes the time to come all the way from Japan each year to visit the Australian dojos. Accompanying Soke is one of his senior students, Higuchi Sensei. Higuchi Sensei is a kobudo (weapons) master and has been responsible for developing the Ryu Kyu Kobudo Syllabus that the senior students learn.

Both these special guest love nothing more than seeing a dojo full of keen students no matter what level they are at, so please do everything you can to attend every session possible with them. They will be here on Wednesday 28 November and Thursday 29 September.

In November we also have the Summer Grading for our juniors and seniors. Grading applications are available in the eDojo. Good luck to everyone challenging for their next level, I look forward to watching you perform your best and more importantly seeing you training hard in the lead up.

We will be holding the grading intensives on the 23 November for those looking for some extra focus on what you need for your next level. I have had to move the Grading Intensives to the Friday this time as Saturday was no longer available. Please book your place in Zenplaner.

The final big event for November is the Beach Training followed by the social BBQ. It would be great to see as many people as possible in attendance enjoying the training and the opportunity to socialise with our karate friends out of the dojo.

If you are looking for a special karate gift for Christmas I will be sending out a pre-order form for some of the popular karate goods at the start of this month. By pre-ordering you receive a discount. If you need to keep the gift secret please be sure to let me know when you order.

For those students who have been borrowing kumite gear this would be a good opportunity to get your own.

Keep up the great training!

Sensei Adam

Calendar of Events

November

- 4 - Sunshine Coast Tournament
- 17 - Beach Training & Fun Day
- 23 - Karate Intensive Seminars
- 24-25 - Soke Brown & Black Belt Seminars (SC)
- 28-29 - Soke and Higuchi Sensei (TBC)
- 30 - Summer Grading

December

- 8 - Soke Cup Squad Training
- 19 - Final Class 2018
- 20 - End of Year Break-Up

January

- 7 - First class of 2019

SCHEDULE CHANGES

Saturday 17 November - Venue Change, training to be held at the Beach as part of the beach training and BBQ.

Friday 23 November - Brown & Black Belt Class 6:30-7:30 (Karate Intensives 4:30-6:20)

Friday 30 November - No classes (Summer Grading)

Bogu Kumite Schedule

To ensure we maintain our bogu kumite level we have adopted a rotating roster of class where we will be doing bogu kumite training (or kumite tag in some Little Champion Classes). Please ensure you bring your kumite equipment to all classes, but in particular these ones.

Little Champions

- ◆ Thursday 8 November
- ◆ Wednesday 14 November
- ◆ Monday 19 November
- ◆ Tuesday 27 November

Juniors

- ◆ Thursday 8 November
- ◆ Tuesday 13 November
- ◆ Wednesday 21 November
- ◆ Monday 26 November

Seniors

- ◆ Wednesday 7 November
- ◆ Monday 12 November
- ◆ Thursday 22 November
- ◆ Monday 26 November

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.

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

New Members

Welcome to our new members who joined us in October we look forward to you being part of our family for many years to come:

- Zavia Cole
- Joe Reavey
- Lucy Reavey
- Ryan Gale
- Kellie Windle



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.

Important Reminders

1. Reserve Your Classes in Zenplanner

Why?

- ⇒ So we know who is coming to the class and can plan what we will be working on to ensure that all students needs are covered.
- ⇒ For Little Champions when you reserve your class we then can check to see if you are ready to be tested for your next stripe.
- ⇒ If any last minute changes, cancellations etc. are required a message is sent directly to those who have reserved the class.
- ⇒ As our classes reach capacity you may not be able to get in to the class if it is already full.

** If you have a regular class reservation and can not make a class please ensure that you cancel the reservation in Zenplanner.*

2. Check-in at the dojo

Why?

- ⇒ So we have a record of who attended the class.
- ⇒ So that you accumulate classes towards your next grading. If you have not attended the minimum number of classes for each level you are not permitted to grade.

Gold Coast Chito-Ryu Karate November Anniversaries

9 Years

- Leonard Lam
- Taj Pike

2 Years

- Shone Denny

1 Year

- Aiden Spoto
- Liam Glover

Beach Training & Social BBQ - Saturday 17 November

Come join us for a morning of Beach Training followed by a Breakfast BBQ, fun, games and social time.

The Beach Training is for members to enjoy after which we will go to the park behind the beach for some Bacon & Egg Rolls for breakfast. All family members and friends are invited to be part of the BBQ.

After the BBQ we will stay together for some fun park games and activities, or you can simply pull up a chair and relax.

Date: Saturday 17 November

Time: Beach Training 7:00-8:30

BBQ 8:30-10:30

Where: The surf beach beside the Golden Spa Fitness Club in Main Beach (opposite Marina Mirage)

Cost: \$0 (The GC Chito-Ryu Karate Club Inc. is supplying the BBQ)

Bookings: Please book the Beach training in Zenplanner. We will allow for a couple of extra people per beach training participant for the BBQ.

What to Bring: Gi, Towel, Hat, Sunscreen, Water, Change of Clothes, Games (i.e. Cricket, football etc.)



Looking for that special karate gift for Christmas?

Keep an eye on the notices for your chance to pre-order karate gear at a discounted price!

Upcoming Events

Be sure you don't miss these important upcoming events. Note: All major events are in the eDojo under the "events" heading.

Beach Training & BBQ

When: 17 November 2018

Where: Park beside the Golden Spa, Main Beach

Open to: All Gold Coast Chito-Ryu Students

Details: TBA

Grading Intensive Seminars

When: 23 November 2018

Where: Gold Coast Karate

Open to: All Junior & Senior Gold Coast Chito-Ryu Students (White Belt - 4th Kyu)

Details: Book in Zenplanner

Summer Grading

When: 30 November 2018

Where: Gold Coast Karate

Open to: All Junior & Senior Gold Coast Chito-Ryu Students (White Belt - 4th Kyu)

Details: Submit a Grading Application (available on the eDojo)

Sunshine Coast Senior Clinic with Soke

When: 24-25 November 2018

Where: Sunshine Coast

Open to: All Brown & Black Belt Gold Coast Chito-Ryu Students

Details: refer to notice sent to Brown & Black Belts

Tasseikan Senior Clinic with Soke

When: December 2018 (TBC)

Where: Peakhurst, NSW

Open to: All Chito-Ryu Brown & Black Belts

Details: TBA

End of Year Break-up

When: 20 December 2018

Where: Gold Coast Karate

Open to: All Members, Family and Friends

Details: TBA

Queensland Chito-Ryu Karate Camp

When: May 2019 (TBC)

Where: Sunshine Coast, QLD

Open to: All Chito-Ryu Members

Details: Preregister your interest - <http://edojo.gckarate.com.au/events/2018-qld-chito-ryu-karate-camp/>

Soke Cup

When: August 2019 (TBC)

Where: Penticton, Canada

Open to: Applications closing

Details: Apply to be part of the team - <http://edojo.gckarate.com.au/soke-cup/soke-cup-team-selection-registration/>

Did You Know?

Not sure who the leaders is that has been helping you in your class? You can see the entire Gold Coast Chito-Ryu Karate Leadership Team in the eDojo. (<http://edojo.gckarate.com.au/leadership-program/leadership-team/>).



2019 Soke Cup Team Members

Adam Higgins
Anthony Horgan
Sam Lenton
Brendan Young
Adrian Spoto
Jason Lucas
Jimamelia Clark
Darren Clark
Bailey Weeks
Ben Weeks

Soke Cup - Penticton, Canada

The first Soke Cup Squad Morning training was held on Wednesday 31 October with Team Members working hard on building fast explosive fitness and then applying that in to their kata to take their kata from a potential good score to a potential great score.

This focus will continue in future squad training sessions to ensure that not only are techniques performed with perfection but also in a way that adds meaning and understanding to the kata.

In the new year there will be regular Wednesday Morning sessions as well as monthly special weekend sessions to help ensure our team members are at their best come the Soke Cup. All Gold Coast Members are welcome to attend these sessions if they would like the opportunity to work on developing their karate and assisting the Squad members in their preparations.

Soke Cup Squad Training

Sat 17 Nov - 7:00-8:30 (Beach)

Sat 8 Dec - 3:00-5:00

2019 Dates to be advised

Soke Cup Squad training is also open to general members who would like to get some additional training and/or support our team. Book the



2017 Soke Cup - Japan

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:-

- New Grading Application forms for levels 12th Kyu to 4th Kyu
- Clarification on the Grading Process for Juniors and Seniors
- Diagrams on the parts of common weapons used for Kobudo

You may have missed:-

- Basic Technique breakdowns (look under techniques or your grading level page)
- Leadership Program application form



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/>

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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.