



## The Kicker

Hello all,

A big thank you to our members and their parents that have supported our fundraising events so far this year, we are on track to replacing jackets and bags as well as getting a good price for them.

Please note: most members are not training enough to be eligible to attend their next grading, please make it to regular training sessions each week.

We are currently deciding on unique colour designs for both the jacket and bag.

As you may be aware, our web site has a new domain name (www.kyoukeikarate.com) and also a new hosting service.

Feel free to make suggestions about the web site.

The members only area of the web site is password protected, the password is "sai".

You can currently download the gear order form from here.

In the near future we will upload the safe work practices that will cover all dojo's. Parents and members need to ensure they are familiar with them.

Camp forms have been sent out, so far we have 20 from our club (this is mainly our instructors) and we have about 37 from the Mt Druitt Dojo. So half of the available places are gone. Get your forms and deposits in asap.

Our recent disco was a great night, we had 40

of our members attend and 33 members from Budo Ryu.

Some of our students show of some talents we don't normally see in the dojo, a special mention must go to Yesil and her breaking talents (not boards).

Please remember that all of the clubs latest news is posted to our facebook group., It is not hard to create a Facebook account and join the clubs group.

In November we have the Bunning's BBQ fundraiser, this is our second biggest fundraiser behind the chocolates. This year we are allowed to sell drinks, we hope this will add to the profits for the club.

Very soon a sheet will be placed on the table with time slots of 2 hours each, please write in you name if you wish to help out. Or you can fill out the form on page 5 and return it to your instructor

A big congratulations goes to Sensei Felicity for obtaining her Blackbelt on the 6th March 2009 in a 3 hour test that would have pushed any athlete to the limit. She showed the kind of spirit and attitude a Blackbelt requires. This level is something for our students to aspire to.

Congratulations to all of our students that have attended grading so far this year, including our



first White belt only grading, with 14 students getting their yellow belts.

The next gradings will be:

Tiny Tigers 23/6/2009

Main class 15/8/2009, we will have two members attending this grading for their Blackbelt tests. There will be two guest judges on the BB panel.

This year has seen a huge increase to our member numbers though student attendance is very low. We often have members or parents ask when they will be attending a grading, this can only be answered with "after the student fulfills the minimum training requirements".

The minimum training requirements are approximately 70% of classes at their dojo. Glendenning - Lower grades, this would be once or twice a week, for green belt and above this would be two classes a week.

Quakers and Doonside, green belt and above would have to attend another class to make the required amount of training.

Going for Brown belt and above, you should be training not less than 3 times a week to be considered for gradings.

For the **December grading**, all colour belts wishing to attend will need to participate in our September tournament as well as meet training requirements.

Brown belts and above should be aware of what they need for their grading requirements.

### Important event

Our September annual club tournament will be a requirement for colour belts to be able to attend the grading in December, so we will be holding a Mini Tournament on Wednesday 19th August, it will go for two hours from 6:30-8:30pm.

There will be a bag push event for 10yrs & under, Kata event and fighting (kumite).

#### **Aim:**

-Give our students practice before our own annual tournament in September.

-Allows us to introduce any new rules etc.

-Allows students to try new moves in a safe environment.

-We can give our volunteers training and experience in coaching, refereeing, using the tourney software and computers.

The fee is as normal for the class.

You will need at a minimum—mouth guard and cloves.

Recommended: Boys- groin guard, girls - chest protector.

Students should arrive at approx 6pm for check in (desk in entry of hall) Please don't disturb the tiny Tigers.

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### Class/Club Fees

Joining fee \$55 each (includes uniform—new members)

Re-join fee \$45 each (current members)

#### Class fees

Single \$8 kids \$10 adults

2 family members \$7 kids \$9 adults

Family of 3 \$21 (\$7 each)

Family of 4 or more capped at \$25 per class.

**\*\*all family members must train to get the discounts, if not then regular fee applies\*\***

See the attached list for more details.

This supersedes all other arrangements.

Please be fair to your fellow members and pay the correct training fee. Thankyou

Reminder that all students should have a club patch to attend the gradings.

As advised in a recent email, events like camp, disco etc are put on for the following reasons:  
1 Fundraising - **100%** of this money goes directly into the club so you the member can have the best training experience, no other club I know of has the level of equipment we have without owning their own building.

2 - The social interaction, everybody would agree that our students get along great with members from other clubs.

Our recent disco only made \$75 after expenses.

We need your support as members if these events

are to continue.

At our next "all ages" disco, we will be having a prize for the most outlandish outfit on the night, so get dressed up to win!

The club handed out and also emailed out to members a survey back in February, to date not one has returned. It has been included with this email.

This year has seen our members enter three tournaments, Bossley park where our students did great, mention must go to Khia and Hannah for her great head kicks.

We had entrants in the Picton tournament, this was a mix of normal kumite and Koshiki (full contact with good protection), again we did great, this is evident in the disco video that is being hosted on our Facebook group.

Please note that the age requirements for Tiny Tigers had changed to 2-5years to streamline the ages for all classes i.e. TT 2-5yrs, main class 5yrs and up. At 5 years of age, Tiny Tigers will be slowly integrated into the main class, we understand that some children may not want to move, so this will be done over a couple of months so the child has a chance to get use to the main class. No child should be in Tiny Tigers at 6years of age.

The clubs training manual will be on sale soon, pre orders can be submitted now, the cost of the manual is \$25 each.

It is over 50 pages of information that will help each student understand what is required of them when attending classes and gradings, see the index below.

Members that had bought the previous manual can upgrade for \$5 to the new manual, just return the old manual with your fee.

- Welcome
- Index
- Dojo Kun
- Safety/Sickness
- First Aid
- Responsibilities of a student
- Going for 9th Kyu
- Taigyu Chudan Pattern
- 13 Techniques
- Going for 8th Kyu
- Kata Explained
- Sanchin Ichi Pattern
- Going for 7th Kyu
- Sanchin Ni Pattern
- Going for 6th Kyu
- Tencho Pattern
- Going for 5th Kyu
- Going for 4th Kyu
- Going for 3rd Kyu
- Self Defence and Bunkai
- Going for 2nd Kyu
- Saiunchin pattern
- Going for 1st Kyu
- Going for Sho Dan Ho
- Going for Sho Dan
- Kata list
- Club Rules
- Kiai
- Specific Training Principles
- Kumite
- Sai
- Teaching Titles
- Anatomy
- Law in NSW
- Goju history
- Karate terms

### Included with this newsletter (in email)

- Camp form, poster & info
- Club rules
- Glendenning SWP zip
- Club fees - amended

### Spotlight



#### Our classes:

**Glendenning Wed and Fri beginners**

**6:30pm, advanced 7:30pm**

**Glendenning Tiny Tigers 2-5yrs, Wed 5:30pm**

**Doonside Mon 6:00pm (behind the IGA shops)**

**Quakers Hill Tue 6:30pm Barnier Public School (entrance to hall via carpark).**

karateemail@yahoo.com.au  
and Facebook



# KARATE CAMP 2009



**20th to 22nd November**  
**Blue Gum Lodge Springwood**  
Cabin style accomodation

All ages welcome, families are encouraged to attend and join the fun.



- Kata seminars
- Kumite workshops
- Weapons classes
- Tournament
- Bag pushing for kids & adults
- Noodle fights
- Parents vs kids games
- Giant soccer
- Semi contact Kumite (Advanced students)
- Awards night
- Movies (Projector)
- Disco
- All meals supplied (usually with seconds)
- Games room - Tennis - pool

\$115 Adults & \$110 Children  
All accomodation & meals included

Only 100 places available **HURRY!!!**  
Day visits available for a small fee  
(must advise)

**Phone: 0412 447 911**  
**karate\_email@yahoo.com.au**



**Glendenning/Quakers Hill/Doonside Schedule 2009**

Date	Event	Location
14/01/2009	Wednesday class 8:30pm starts back	Glendenning
19/01/2009	Doonside Monday night return 8pm	Doonside
28/01/2009	Australia day - No class	Doonside
31/01/2009	School returns Monday 2:45h	
3/02/2009	Tuesday night class return 7pm	Quakers Hill
4/02/2009	Tiny Tigers starts 5:30pm Wednesday	Glendenning
8/02/2009	Friday class returns 8:30pm	Glendenning
1/03/2009	Sensei Mario tournament	Bessley Park Dojo
4/03/2009	Camp invites open to other clubs today	
8/03/2009	Blackbelt grading 8:30-9pm classes as normal for others	Glendenning
7/03/2009	Advanced Brown/Black belt training - Saturday 10am-12pm	Glendenning
12/03/2009	Bring a BUDDY - discount class fee (no limit) - must sign waiver	Glendenning
4/04/2009	Grading main classes - Saturday 9am-12pm	Glendenning
8/04/2009	Tiny Tigers Grading 5:30pm-5:50pm - All students	Glendenning
TBA	Chocolate drive	
10/04/2009	Good Friday - No class	Glendenning
20/04/2009	School holidays	
13/04/2009	Easter Monday - no class	Doonside
18/04/2009	Advanced Brown/Black belt training - Saturday 10am-12pm	Glendenning
20/04/2009	School returns	
1/05/2009	1st Camp installment due by today	
9/05/2009	Club Disco - Saturday 8pm-10pm	Glendenning
TBA	Cross training with Mt druit dojo (Sat)	Glendenning
17/05/2009	Budo Ryu Childrens tournament	St Mary's
20/05/2009	White belt only grading during Wed class - normal class for graded students	Glendenning
8/06/2009	Queens Birthday - No class	Doonside
13/06/2009	Advanced Brown/Black belt training - Saturday 10am-12pm	Glendenning
23/06/2009	Tiny Tigers grading 5:30pm-5:50pm - New students only	Glendenning
26/06/2009	2nd camp installment due today	
11/07/2009	Advanced Brown/Black belt training - Saturday 10am-12pm	Glendenning
11/07/2009	School holidays	
26/07/2009	School returns	
15/08/2009	Grading main class 9am - 12pm	Glendenning
TBA	Cross training with Mt druit dojo (Sat)	Mt-Druitt
5/09/2009	Advanced Brown/Black belt training - Saturday 10am-12pm	Glendenning
9/09/2009	Tiny Tigers grading 5:30pm-5:50pm - All students	Glendenning
16/09/2009	White belts only grading - Main class - classes as normal	Glendenning - Wed
26/09/2009	Kyoukei tournament 9am-3pm	Glendenning
3/10/2009	Club Disco - Saturday 8pm-10pm	Glendenning
31/0/2009	School holidays	
5/10/2009	Labour day Monday - No class	Doonside
17/10/2009	Advanced Brown/Black belt training - Saturday 10am-12pm	Glendenning
18/10/2009	School returns	
19/10/2009	HSC written exams start	
23/10/2009	Final camp installment due today	
9/11/2009	School certificate exams start	
14/11/2009	Bunnings fundraiser BBQ	Minchinbury
20/11/2009	No Friday class due to camp	Glendenning
20/21/22	Nover Club camp Bluegum lodge - all members	Springwood
2/12/2009	Tiny Tigers grading 5:30pm-5:50pm - All students	Glendenning
11/12/2009	Last Friday class	Glendenning
12/12/2009	Grading Main class- Sat 9am - 12pm	Glendenning
14/12/2009	Last Monday class	Doonside
15/12/2009	Last Tuesday Class	Barnier PS
16/12/2009	Last Wednesday class Xmas party 8pm-9pm	Glendenning
19/12/2009	School holidays	

Kata list 剛柔流	Meaninig	Grade going for	Belt going for
<b>Taigyū Chudan</b>		9th Kyū	Yellow
<b>Taigyū Jodan</b>		8th Kyū	Orange
<b>Taigyū Gedan</b>		8th Kyū	Orange
<b>Sanchin</b>	Three Battles	8th Kyū	Orange
<b>Kakeuke ichi</b>		7th Kyū	Orange Green tip
<b>Tencho</b>	Revolving Hands	6th Kyū	Green
<b>Gekisi ichi</b>	Smash & Destroy 1	6th Kyū	Green
<b>Kakeuke ni</b>		5th Kyū	Green Purple tip
<b>Gekisi ni</b>	Smash & Destroy 2	5th Kyū	Green Purple tip
<i>Tenchi (Meibukan)</i>		<i>5th Kyū</i>	<i>Green Purple tip</i>
<b>Mawashi Uke ichi</b>		4th Kyū	Purple
<b>Mawashiuke ni</b>		4th Kyū	Purple
<i>Seiryū (Meibukan)</i>	<i>Blue Dragon</i>	<i>4th Kyū</i>	<i>Purple</i>
<b>Saifa</b>	Smash & Tear	3rd Kyū	Brown
<b>Seiyunchin</b>	To Grab & pull in Battle	3rd Kyū	Brown + Black tips and Black Belt
Byakko (Meibukan)		3rd Kyū	Brown + Black tips and Black Belt
Shujakku (Meibukan)		3rd Kyū	Brown + Black tips and Black Belt
Genbu (Meibukan)		3rd Kyū	Brown + Black tips and Black Belt
<b>Sanseiru</b>	36 Hands	<b>2nd Dan</b>	<b>Black with red tip</b>
<b>Sepai</b>	18 Hands	<b>3rd Dan</b>	<b>Black with 2 red tips</b>
<b>Seisan</b>	13 Hands	<b>4th Dan</b>	<b>Black with 3 red tips</b>
<b>Suparinpei</b>	108 Hands	<b>5th Dan</b>	<b>Black with 4 red tips</b>
<b>Shisochin</b>	Four Direction Battle	<b>5th Dan</b>	<b>Black with 5 red tips</b>
<b>Kururunfa</b>	Holding Ground	<b>5th Dan</b>	<b>Black with 5 red tips</b>

Interest of expression to volunteer at a club event.

Name(s) \_\_\_\_\_

Phone number \_\_\_\_\_

Email \_\_\_\_\_

Club Tournament 26 September

Second all ages club disco

Bunning's BBQ 14 November

To enable us to understand if the second (3 October)2009 disco is viable to put on, we would like you to confirm if you will attend it or not, remember it is for all ages and still alcohol free. Please circle

**Yes** I will attend with (number)\_\_\_\_\_ of friends

**No**, I cannot attend.

**Return to your instructor**

In 2010 another expression of intrest will go out in January to all members for all events to see if we will have enough support to proceed with them, these are disco's, tournament, Bunnings, camp, xmas party. Most of these events make the club viable, and without your suport we can't run them.

Thankyou.