

SPRING & SUMMER 2009

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## ON A QUEST

We end many classes with this slogan:

**“I’m on a quest, to be my best**

- at home
- at school
- at work
- in the dojo
- and in the community”

I have the students repeat these words after I say them. This is my challenge to all our students. Many people first come to our club with no real idea about the true nature of traditional Martial Arts. Their view is taken from television and movies, and that is not what we teach at the Napanee Karate Club.

While Martial Arts involves punching, kicking, and striking, there has always been a concept of self-discipline and control. Most Kata start not with a strike, but a block. “There is no first strike in Karate” is a common saying. Our students are taught to walk away from trouble, and to use their training to become better people, more disciplined, more controlled, calmer, more focused, filled with courage and self-respect.

Over many years of teaching students both in the Dojo and the classroom, my goal has always been to produce better people, to challenge them to reach higher, to gain in confidence. Through weekly training and reaching new levels, our students of all ages prepare to meet life’s ever changing expectations.

**“A journey of a thousand miles begins with a single step.” Lao Tzu (604 BC - 531 BC)**

## ON THE WEB!

We maintain a web site, and invite you to check it out for updates and information.

**[www.napaneekarate.org](http://www.napaneekarate.org)**

We also ask that you refer friends to our web site, as there are phone numbers, an email address, and even a way to register for a free lesson! We know that word of mouth is the best referral of all, and ask that you take the time to speak to others about the benefits of great training here at the Napanee Karate Club.

We also have a site that contains more information about EMAC, the organization to which we at the Napanee Karate Club belong:

**[napaneekarate.googlepages.com](http://napaneekarate.googlepages.com)**

This site also has some contact information, so be sure to check it out and recommend it to your friends and neighbours.

Sensei Mike & Laura Sywyk have a great site:

**[eastwindbudo.org](http://eastwindbudo.org)**

## TV TURNOFF

Special thanks to our Senior Belts and Instructors who came to help with the enthusiastic children who took part in our classes. We welcome **Cole, Katherine** and **Shannon**, our newest students.

### OPEN HOUSE & TRAINING

**Saturday June 13**

**11:00 AM to 2:00 PM**

If you know someone who would benefit from training, bring them with you to the Napanee Karate Club for a trial lesson.

## SHIDO-GEIKO

You may hear people talk about *shido-geiko*, meaning “to train through teaching.” When you have been at the dojo for a while, the Instructor may give you some responsibility for helping other students. Get ready for a surprise: what you thought you knew well sometimes becomes complex when you try to show others. Students will have questions you never thought to ask, and present problems you never encountered. It is gratifying to be thought competent enough to be given some responsibility for instruction, even in a limited way. It will soon, however, be very humbling. Look forward to shido-geiko, not for the chance it affords you to show others what you know but rather for the opportunity it presents you in seeing how much you have left to learn.

(from Dave Lowry, ‘In the Dojo’, pages 181-182)

We need help with the Wednesday and Friday 6:30 classes. Look for the sign-up sheet, and experience ‘*shido-geiko*’.

## RECENT EVENTS & CALENDAR

### FIRST AID/CPR

Watch for the announcement of the date for this training. Space is limited to ten people; our members will have first chance to register. The course will be taught by a qualified Red Cross Instructor. Cost is \$75, and includes a First Aid Manual and Certificate. The course is 8 hours, and will be held here at the Napanee Karate Club.

### SPRING GASSHUKU

Our Fall event was a great success. Congratulations to **Richard Welsman, Grant VanHeighen, Andrew Martin & Ashley Austin** on their successful gradings, and to those who participated in the Seminars and Tournament. The Spring Gasshuku will be held May 22 and 23, 2009 in Ottawa and Orleans. Make plans now to attend.

### BRING A FRIEND

Thanks to all those who brought a friend to train. One of the best things you can do is to recommend our club to someone else. That is how we will continue to grow and operate. The winner of the Black Belt Bear was **Jeffrey Vanderveer**. Congratulations Jeffrey!

## FEES & TAXES

The Ontario Government’s new Harmonized Sales Tax will combine GST and PST into a 13 % HST. To offset the increase, the Government will issue rebates to taxpayers with installments, and combined with the \$500 Fitness Tax Credit, should benefit everybody. Beginning July 2009, payments to Member Solutions will increase 5 % (GST), and 8 % (PST) in July 2010. With rising costs of heat, hydro, taxes, insurance, and maintenance, we will do our best to keep our basic membership fees from increasing. Check the schedule posted in the office, and ask if you have any questions about the new HST.