

## Black Belt Pride

You don't need to *be* a Black Belt to *act* like one. Black belts are proud of who they are and what they have accomplished, knowing that they have achieved their goals. That is why Black Belts are so respected. You too can walk with your head held high because you are proud of your achievements. You don't need to be a Black Belt to have pride. You simply need to work hard, make good decisions and good choices. This will give you inner strength and self-confidence. People with pride work hard at their jobs, study hard at school, and train hard at the dojo. People who work at being the best they can be succeed; others who don't work as hard fail.

**Just like a Black Belt, you can earn respect and become happier in life by taking pride in who you are and what you do.**



### Napanee currently has 15 Black Belts

Back row: Calvin Silva, Spencer Readman, Thomas Oulton, Dean Martin, Vanderli Silva, Ken Dunphy, Molly Gastle (Absent – Andrew Martin).

Front row: Grant Van Heighten, Richard Welsman, Jim Gounelas, Sensei Brian Lowry, Ed Gastle, Mijra Gulley, Barry Gulley

## Eight of the Best!

### ***NEWS FLASH!***

With great pride, the following Napanee Karate Club Brown Belt students received their promotion to Black Belt in Ottawa at EMAC's National Grading:

**Andrew Martin**

**Calvin Silva**

**Dean Martin**

**Ken Dunphy**

**Molly Gastle**

**Spencer Readman**

**Thomas Oulton**

**Vanderli Silva**

It should be noted that our students placed in the very top ranks of the twenty-one who were graded by EMAC's Board of Directors.

**“I'm on a quest, to be my best, at home, at school, at work, in the dojo, and in the community.”**

## WELCOME NEW STUDENTS!

Remember when you were the new student on the dojo floor? Help these new people get a good start to their training: **Noah, Austin, Mercedes, Denzel, Murray, Dylan, Coulson, Natalie, Rielly, Raymond, Trey, Easton.** Set the best possible example! Thank you for encouraging each other!

## WINTER WEATHER!

*"We doze, we never close!"* If you are not sure about the weather, stay home & train harder the next night! If the weather is uncertain, please stay at the club with your children, instead of dropping them off. Your child's safety is our # 1 concern.

## Jean Frenette

Those who have had the privilege of training with this Master of Karate know what a great inspiration he is. Jean Frenette is a friend to the Napanee Karate Club, a member of the Board of Directors for EMAC Canada, and advises us on our Art. Jean Frenette, 8th degree Black Belt, is fluent in Japanese, and has a long history of training and experience in Okinawa. He was a personal student of Ei'ichi Miyazato, an original student of Chojun Miyagi. Formerly a top competitor in musical styles, he devotes his training time now to Goju-Ryu. He is one of Canada's most celebrated Martial Artists, a five time world champion, and member of the Canadian Hall of Fame.

Still teaching karate at his Boucherville school on the outskirts of Montreal, Jean Frenette is now knee-deep in the film industry where he is one of the most sought after stunt coordinators in the business. He has truly brought the world of classical martial arts to the silver screen in a way that enhances and helps propogate his first passion: the Martial Arts.

## NOTES & CALENDAR

Thank you to our faithful Black Belt Instructors: **Ed Gastle, Jim Gounelas, Richard Welsman, Mijra Gulley, Barry Gulley, and Grant VanHeighen.** Without them it would not be possible to train all the students who attend. These Instructors know the value of training and growing in the Martial Arts. We have many other senior students and volunteers who donate their time and effort so that others may learn. Your help with our children's classes keep our club alive!

### TOURNAMENTS & SEMINARS

All belts are invited to attend **Tournaments & Seminars** at any of our affiliated clubs. Your **EMAC** membership is included with your Napanee Karate Club membership, and gives you a wide variety of training opportunities.

### SPRING GASSHUKU 2011

Our Fall event was a great success. Congratulations to those who participated in the seminars and tournament. The Spring Gasshuku will be a great opportunity to learn new skills, make new friends, and to keep up-to-date on your training.

## YOUR FEES

Your fees keep the club alive! Recent updates include new lighting, windows, insulation, lawn and parking lot upgrades. The simplest and most economical way for all students to pay is to use the PPS or Member Solutions pre-authorized payment system.

Your payment agreement with PPS/Member Solutions cuts down on paperwork, and ensures that as Instructors, we spend our time teaching students on the dojo floor. For questions concerning your payments to PPS/Member Solutions, call them toll/free:

**1-888-277-4408**