

Partner Up !

Most of us understand that martial arts training is great for both kids and adults. You may even know adults benefit from exercise, stress relief, self-defense, and goal setting, while kids learn discipline, goal setting, self-defense, and respect building, enhance their motor skills and flexibility, and earn better grades because their focus is now stronger.

Have you thought of doing martial arts with a partner? A partner doesn't have to be in the same class, even though that may be possible. It means, at a minimum, being involved in the same activity so you both have a commonality and maybe even some common goals. Having a partner, in any activity, including martial arts will offer numerous benefits:

Accountability - check up on each other.
Call if your partner misses a class.

Motivation & Support - encourage each other if training reaches a plateau.

Variety - practice outside the club; a benefit not always the case with individual exercise fitness programs.

BONES

The body of every group is made up of different bones.

Wishbones, who spend all their time wishing someone would do the work.

Jawbones, mostly talk, but do little else.

Knucklebones, who knock everything anyone tries to do.

Lazybones, who just won't do anything.

Fortunately, in every organization there are

Backbones, who get under the load and do most of the work.

Leo Aikman —
Atlanta Constitution

Upgrades

Counter & Cooler: The old drink machine bit the dust, and we have a new unit that works! Please feed the pig loonies for bottled water or pop.

New Wall Furnace: After a trial and error time, we have a new wall furnace that resists the wind!

New Equipment: Money raised from the sale of T-shirts and Hoodies bought new sparring gear and kicking shields. Thanks to Dean Martin for co-ordinating the orders again this year.

Chairs & Stools: Old plastic seats are gone; we have sturdy seats now!

Volunteers Appreciated!

Our club continues to participate in Community events to live up to our mission as leaders in the Greater Napanee Community. We are hosting young teens from the new Napanee Youth Centre for a talk about traditional Martial Arts and self defence. We continue to serve some students from Family and Children's Services, Interval House, and Pathways. We have been invited to put on a demo for Seniors at a nursing home, on a day when their families attend.

Every week our children's classes are busy, and club members give their time to help train these youngsters. We offer a free trial class, with no strings attached, to any child in the community.

The benefit to our volunteers can be summed up in the Japanese phrase "Shido-Geiko" which means "to train through teaching". The more you help others, the stronger your own skills become. Please continue to support your club by helping our newest and youngest members.

Thanks to all who attend, and help in any way to make these events and classes a success. You are valued and appreciated!

GASSHUKU: 'Training Together'

May 4 to 6, 2012 & October 19 to 21, 2012

All belts are invited to attend **Seminars** at any of our affiliated clubs. **EMAC** membership is included with your Napanee Karate Club membership, and gives you many training opportunities. **EMAC** holds two major events, or Gasshuku, each year. During the Gasshuku, National Gradings for Black Belt are held, as well as a variety of seminars and a tournament. Part of your development as a student in the Art of Karate involves taking part in the Gasshuku. Our brown belts are preparing for their Black Belt National Grading, and our Black Belts are preparing to upgrade their skills and certification.

YOUR FEES

Your fees keep the club alive, and we appreciate those who pay their fees on time, in advance, including seminars and gradings. 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