

JANUARY, 2020

SHÚSHIN KAI GOJU RYU KARATE

No. 32

Kiai !!!!

2019 BREAKUP & GRADING RESULTS

A successful Breakup night was held at the Hillside dojo on 17th December. Grading results.....

Promoted to 1st Kyu Brown Belt

Tara Balia (Westmeadows)
Anthony Balia (Westmeadows)
Daniella Smith (Hillside)

Promoted to 2nd Kyu Brown Belt

Jordan Saykarosky (Hillside)

Promoted to 3rd Kyu Brown Belt

Brian Lu (Hillside)

Promoted to 6th Kyu Orange Belt

Isha Bangara (Hillside)
Sanindu Somarathna (Hillside)
Gabriela Stojkoska
Michael McLaughlin
Taren Kaur

Promoted to 8th Kyu White Belt/Black Bar

Tracy Raleigh
Julia Raleigh

New belts and Certificates will be awarded on the first night back in class.

XMAS FAMILY DAY

On 15th December the club held its Annual Xmas function at Brimbank Park. This was the third time we had our Xmas breakup function at the park as a family day out. Last year the day was not very well supported but fortunately better organizing and advertising plus a nice day saw our numbers go to 35 people!!.

A big thank you to the members who came along to support the club. Many thanks to Sean who organised the event for everyone this year, and to

Claire who invented the fridge magnets advertising the event!! Thank you so much!.

STUDENT OF THE YEAR

Once again we had our Student of the Year Award presented on our breakup night. We are pleased to announce this year's winner was Tara Balia from Westmeadows dojo. Tara attended class regularly throughout the year including training at Hillside on a number of occasions, and showed great improvement and dedication to karate studies. We are looking forward to Tara continuing her karate career well into the future and realizing her full potential. Congratulations again Tara !!!



Here is Tara with Sensei's Graeme and Lincoln holding her Student of the Year Certificate.

ANNUAL TRAINING DAY 2019

On Saturday, 5th October we held our 14th Annual Training Day and Competition at the Westmeadows dojo. Thank you all for attending and helping to make the day enjoyable and productive!!

Before each session during the day candidates for Black Belt grading took the class for warmups and stretching. This was part of their Black Belt grading assessment.

The first session was conducted by Sensei Lincoln and consisted of a review of our Basic Sparring Method and then the introduction of flow-on techniques which were presented as Intermediate Sparring Method. Rather than being a prescriptive set of techniques, the intermediate techniques should encourage members to consider other responses and opportunities presented as a consequence of the Basic Sparring Method. Members should apply these techniques in their dojo sparring.

This was followed by the Black Belt kata grading test for Con Daglis, Jake Daglis, Jack Daws and Marc DelCimmuto.

The katas showed that each applicant had trained hard over the months and years since they joined the club. Of course the demonstrations were not perfect, and nerves played a significant role!!! But over the next few years we expect them all to consolidate their training and continue to grow along the martial path.

After a quick lunch we conducted our annual club kumite tournament for both adults and juniors. There was spirited sparring and everybody tried hard!!! Our experience with this year's tournament means we will be concentrating on basics, sparring and kamaes this coming year. Members need to develop better skills in basics and sparring and appreciation of the role of kumite in developing ourselves to our best potential. Crowned "Shushin Kai Kumite Champion" this year was Jordan Saykarosky from the Hillside dojo, who sparred skillfully and rightfully earned himself this trophy. The junior tournament was won by Daniella Smith from the Hillside dojo. Well done to you both!!!

Jordan received a silver plate engraved with his victory and Daniella received a 1st Place Medal for winning the Junior competition. The tournament incorporated a "grading" or "handicap" system. Lower grades and females received higher scores for fighting higher grades, thus giving everybody a fair chance of winning. The sparring was based on close quarter self defence sparring of 30 seconds duration. This year under strict control rules, the juniors competed for their own winner

After the tournament Lincoln Sensei took the class for an explanation and practice of defence against front kicks. This was followed by another session with Graeme Shihan on Kakie or "push hands" including using push hands as a defence. The seniors would appreciate these techniques were actually bunkai from Sepai kata.

Then came the reading of the assignments written by the applicants for Black Belt. The assignments, which every aspiring Black Belt must write is

entitled "What Karate Means to Me". The object is for each applicant to think back over their karate journey and analyse what they have experienced over the years and what contribution karate has made to their lives. Each assignment was thoughtfully written and earned each candidate a pass in their day long grading examination.



Jordan Saykarosky won the adult section of the Club Kumite Championship. Here Jordan receives his trophy from Shihan Graeme



Daniella Smith won the Junior section of the Club Kumite Championship, pictured here being presented with her medal by Shihan Graeme

Thank you to everybody who came along to support the event, and particularly to Suraj who organized life-saving food and drinks, and Sensei Lincoln who organized the whole day plus taught and conducted and refereed the sparring competition. Thanks also to Vicki, Sean, and Asanka who officiated as timekeepers and scorers.

NEW DAN GRADES

A major highlight of the day was the promotion of Jack Daws from the Westmeadows dojo, and Con and Jake Daglis from the Hillside dojo to 1st Dan Black Belt.

We were also very pleased to promote Marc Del Cimmuto from the Westmeadows dojo to 3rd Dan. Their promotion was very well deserved, so congratulations to you all.

In the evening, after the Training Day, all the Black Belts met for the Annual Black Belt dinner at Chiba Japanese Restaurant in Moonee Ponds.



Marc Del Cimmuto, Con Daglis, Jake Daglis and Jack Daws pictured here with their new certificates.

SHUSHIN KAI (AUSTRALIA) WEBSITE

Our website www.goju.com.au continues to attract visitors and provides an email facility for interested people to contact us with a view to joining. If you have not visited the website, please do so as it is full of good information!!!

ARTICLES ON OUR WEBSITE

Our website contains many articles which will help you in your martial arts journey. All the Black Belt Assignments are there so you can read what has motivated our black belts over the years. The assignments from last year's grading are now loaded for you to read. We also have a good selection of photos in our photos section. In addition there are many articles by others, including your instructors, covering many aspects of our Goju Ryu and information about improving your understanding of our karate.

SHIGAKU KAN (TOKYO) WEBSITE

Our parent organization in Japan is Shigaku Kan, the head dojo under the Ichikawa-ha Goju Ryu Karate organization. Under the leadership of Sensei Tsubamoto 10th Dan, Shigaku Kan has an interesting website which we recommend you visit.

The address is www.karates.net

The website can be viewed in English or Japanese formats.

The website contains great information about the background to our karate and Ichikawa Sensei, and also includes videos of our kata performed by Tsubamoto Sensei.

MITORI GEIKO "watch in training"

There are times when injury or illness prevents us from training, but often we are not so injured or ill that we cannot come to class to watch the class and train by watching. Those who are enthusiastic about their training should come to class even if they are unable to physically join in. This is a very important aspect of true martial arts and is something that "extraordinary people" do. Our

Black Belts have already had a detailed discussion about this at a recent Keiko Class at the hombu dojo. They were given a paper on this topic written by Graeme Shihan. As it is such an important aspect of karate the article has been loaded onto our website for you all to read. The direct access link to this article is

<https://www.goju.com.au/mitori-geiko/>

Please read this article and apply it to your daily life and particularly your karate.

FACEBOOK

Our Facebook page is ShushinKaiGojuRyuKarate, or there is a live link from the bottom of the Home Page on our website www.goju.com.au Please visit our Facebook page regularly as it carries more up to date, day to day information than the website. Please "like" us, share pages and invite your friends to visit and "like" us. Please feel free to make entries and comments.

FUNDRAISING

To meet the costs of running the club members have been busy fundraising. This year we held our usual chocolate drive. Thank you to everybody who supported us. We are a very small club and have some major fixed costs (particularly insurance and advertising) that we cannot cover with fees alone. This was our best chocolate drive ever. So thank you to all our members for your efforts on the club's behalf. Your help is very much appreciated. A huge thanks also to Suraj who administers the choco drives.

USING DIRECT DEPOSIT

When using direct deposit to the club's bank account for fees or other payments, please note on your deposit slip what the deposit is for. Not doing so causes extra work as we have to find out from you what the money is for as we are not mind readers!

The direct deposit details are shown below.

IMPORTANT NEWS: FEES

This year once again (10th year), there will be no increase in training fees. Please note that when junior members turn 12 years their monthly training fees become the adult rate of \$70 per month.

Given that we are not increasing training fees would all members please pay their fees promptly on the FIRST training night of each month. (Which means of course, bring your fees to the first night back in class).

PAYING FEES

We accept cash or cheque for any fees.

You can also pay your fees via direct banking on the internet.

ShushinKai Karate Banking Details

Name of Bank: BankAustralia

BSB: 313 140

Name of Account: Japanese Karate Academy Inc.

Account No: 14069239

2020 CLASSES START DATES

Westmeadows dojo, (Westmeadows Hall, Raleigh St, Westmeadows) : Monday, 3rd February, at 7.00 pm

Westmeadows Dojo (Home dojo, present members only) : Wednesday, 5th February at 7.00 pm

Hillside Dojo (Banchory Community Centre, Banchory Ave, Hillside): Tuesday 4th February at 7.00pm.

THE YEAR AHEAD IN SHÚSHINKAI

We are looking forward with great anticipation to seeing you all when class recommences. We are sure 2020 will be exciting and productive for everybody!!!

See you back in class.....

Shihan Graeme
Sensei Lincoln

January, 2020



The group photograph of Shushin Kai members taken at our breakup night at the Hillside dojo at our Breakup night, 2019.