

# SHUGYO KARATE DOJO

MONTHLY NEWSLETTER - MARCH 2023 - EDITION 003

## MONTHLY MINDSET: FOCUS (ZANSHIN)

During the month of March, our mental mindset will be focus. Sensei will guide a series of talks at the end of each karate class concerning the topic of focus. A concept related to focus in Japanese is 'zanshin'. Zanshin is a state of awareness or of relaxed alertness in Japanese martial arts. A literal translation of zanshin is, "remaining mind". This is the state of mind we aim to achieve in karate and in daily life. Those who can access this mindset are often high performing athletes. A person who has this mindset is able to see tasks completed through to their very end with exceptional results. The practice of 'tameshiwari', or board-breaking can help us attain this zanshin mindset. As one strikes a wooden board, continuous focus is needed to break through it. If one's focus stops at the board, it will not be broken. In order to attain zanshin it's also important that one holds their posture in the correct alignment. Our bodies, minds, and spirits are all inextricably connected; therefore, they must all be worked on to achieve this heightened level of focus. The practice of traditional Karate-do provides one with the path to achieve this.

## MARCH BOARD-BREAK FUNDAISER EVENT, MARCH 18th

During the month of March we will be practicing our ability to produce powerful, focused strikes. As an ultimate way to test our progress, we will break wooden boards. The board breaking event will be held on Saturday, March 18th, From 9:00 - 10:00 am. Students will be given one board, and they will be encouraged to have friends and family sign their board in exchange for donations. All donations will go to IOGKF Cuba. Karate students in Cuba need assistance with purchasing karate gis, belts, and other equipment. Please sign up for the March Board-Break on the sheet in the dojo. Any student who can't attend the event day will be provided an opportunity to break their board during a regular class time. This event will be fun, and extremely empowering for yourself/your child. No one forgets the moment they broke their first board and the feeling of accomplishment that it evokes!



## PARENT INFORMATION NIGHT

We will be holding a parent information night on Thursday, March 30th from 6:30-7:30 pm. Attendance to the parent information night is mandatory. The information discussed will be crucial to your child's success in our karate program and will further develop our dojo community. Please ensure at least one parent is present. Due to the amount of the information being presented, Sensei will not be sending the information via email. We look forward to seeing you at the information night and appreciate any changes to your schedule you may need to make to ensure you're in attendance.

## IMPORTANT DATES

March 11th & 25th  
Open for private lessons  
March 18th  
March Board-Break  
March 30th  
Parent Info Night

## REIGI CORNER

Please remember that during the beginning and ending bowing ceremonies all spectators in the dojo should remain completely silent. By remaining quiet we allow the students to meditate, and provide our respects to the masters who've passed away.



WWW.SHUGYOKARATE.COM



First student to submit the crossword puzzle completed will win a free sticker

# Congratulations!



Congratulations to all the students who recently passed their kyu-belt grading on Saturday, February 25th! The grading lasted 3 hours yet everyone showed an immense amount of focus, discipline, and courage. I'm very proud of all the students who attended. Below is a list of the the students who successfully passed their grading:

- Ireland (4th Kyu)
- Alaura (5th kyu)
- Robin (8th kyu)
- Aarib (9th kyu)
- Yuvraj (9th kyu)
- Neil (9th kyu)
- Karim (9th kyu)
- Toby (10th kyu)
- Teni (10th kyu)
- Mason D. (10th kyu)

Congratulations to all the students who recently competed in the Matsumura Challenge. I'm very proud of the effort each student showed regardless if they won a medal. The ultimate goal of entering a competition is to improve oneself, and I believe each one of you showed immense self-improvement. You also demonstrated kindness and respect towards the other competitors. Keep up the good work, and never give up!

- Phelan
- Chloe
- Liam
- Eli
- Claire
- Loukas
- Tamika

Please be sure to personally congratulate these individuals. It's very important we all recognize each other's accomplishments.

## Updated Round Logo Explained

### Name:

Now featuring our new name, 'Shugyo Karate Dojo'. The name 'Shugyo' has been selected to honour our heritage, and indicate our deep devotion to our practice of karate. Shugyo is often translated as 'austere training' meaning a deep, concentrated study period and continuous intensive training of the techniques.

### Shiisa (Lions) :

Shiisa are a traditional Ryukyuan decoration from Okinawan mythology and a variation on Chinese guardian lions. They are placed on rooftops or flanking entrances to houses to protect the house from evil. When in pairs, the left guardian usually has a closed mouth to keep good spirits in, while the right one has its mouth open to scare evil spirits away. They can also represent inhaling and exhaling which are two important concepts in Goju-Ryu. The Shiisa on our logo have been adorned with Chojun Miyagi Sensei's family crest to convey our earnest efforts to protect and pass on traditional karate-do.



### Kenkon:

The logo features the Kenkon (red design in the center). The Kenkon is the symbol of IOGKF and was created by the founder of the IOGKF, Morio Higaonna Sensei. The center of the Kenkon is Chojun Miyagi Sensei's family crest. He was the founder of Goju-Ryu. The Kenkon symbolizes opposites; it can symbolize hard and soft, heaven and earth, and circular and direct movement.

### Established Date

Our dojo was first established in 2012 by Sensei Sean Gore. Sensei Sean decided to open the dojo in 2012 while he completed his post-secondary education. The purpose of opening the dojo was to pass on the intangible cultural asset of Goju-Ryu Karate-do to future generations.

### Distressed Wood Design:

The design of our logo includes a distressed wood design. This design invokes the Japanese concept, Wabi-sabi, which is an elegant philosophy that denotes a more connected way of living—a lifestyle, where we are deeply connected to nature, and thus, better connected to our truest inner-selves. Wabi-sabi motions us to constantly search for the beauty in imperfection and accept the more natural cycle of life. It reminds us that all things including us and life itself, are impermanent, incomplete, and imperfect. Perfection, then, is impossible. however that may be, we continue our journey towards it, steadfastly.