

SHUGYO KARATE DOJO

MONTHLY NEWSLETTER - APRIL 2023 - EDITION 004

MONTHLY MINDSET: COURAGE FRIENDSHIP TOURNAMENT

Haber Centre, April 29th

Courage is not just about facing your fears, but it's also about taking action in the face of uncertainty or adversity. In the context of karate, courage means pushing yourself beyond your limits, challenging yourself to be better, and never giving up even when the odds are against you. But the benefits of courage extend far beyond the dojo. In fact, having courage can improve every aspect of your life. When you have courage, you are more likely to take risks and try new things, which can lead to new opportunities and experiences. You are also more likely to stand up for yourself and others, to speak up when something is wrong, and to make difficult decisions with confidence. Courage can also help you overcome obstacles and setbacks. When you face challenges with courage, you develop resilience, which is the ability to bounce back from adversity and keep going. This can help you in all areas of your life, whether you are facing a difficult test at school, a challenging project at work, or a personal setback. So, my message to you today is to embrace courage in all areas of your life. Use the skills and mindset you develop in karate to build your courage and face challenges head-on. Remember, courage is not the absence of fear, but the willingness to act in spite of it.

All students are invited to attend this year's IOGKF Canada Friendship Tournament. This is one of the biggest events of the year held by our organization. Nakamura Sensei and myself are looking forward to seeing all of you there. This tournament is kata only. This means it's very safe, and it's a great opportunity for first-time competitors. Nakamura



Sensei wanted to make all of our members aware that the purpose of this tournament is personal growth. It takes courage and mental power to compete, and through competing you (or your child) can further develop this. The secondary purpose of the event is to further establish a strong sense of community among our karate organization. I'm certain that all competitors will grow, make new friends, and have fun! I will provide the registration papers to all students the first week of April. The due date for registration is Wednesday April 12th.

PARENT INFORMATION NIGHT

Our parent information night was rescheduled to Thursday April 6th from 6:30 - 7:30 pm. Attendance to the parent information night is required. I'm excited to see all of you at the event. I will be providing you with in-depth information about how to best support your child in their karate journey.

IMPORTANT DATES

Thursday, April 6th
Parent Information Night
Wednesday, April 12th
Tournament Registration Deadline
April 24th - 28th
Dojo Closed (Spring Break)
April 29th
Friendship Tournament

REIGI CORNER

It's proper etiquette to inform sensei if you or your child is unable to attend class. Please send Sensei a quick email every time a situation like this may happen, so he's not left wondering where you are. Sensei greatly appreciates it!



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