

SHUGYO KARATE DOJO

MONTHLY NEWSLETTER - FEBRUARY 2023 - EDITION 002

MONTHLY MINDSET: RESPECT (REIGI)

The practice of traditional karate-do is very unique from other sports or activities. One reason for this is that respect is rooted deeply in its practice. Respect in karate is more than being simply nice to one another, or showing good sportsmanship in competition. At the center of karate's element of respect is a practice called reigi. Reigi is a formal system of etiquette that externally represents one's heartfelt thoughts and respect for others. Two key aspects of reigi include the external acts that we use to show our respect, and the internal expression of respect in our hearts. We must be mindful of our physical actions, and what we hold in our heart. The key element surrounding all of the acts of reigi is the realization that we're all interdependent, for all of our great achievements cannot be obtained without those who support us and even those who compete against us. The practice of proper reigi help karate-ka to develop a great sense of humility. These values extend to every aspect of their lives. Attached is a list of many of the external acts of reigi we should exercise.

MATSUMURA CHALLENGE Invitational Tournament

Our dojo members have been invited to attend the Matsumura Challenge invitational tournament. It will occur on Saturday, February 18th, and be located in London, ON. Students of all ages are encouraged to compete.



There are divisions for kata, sparring, team kata, and weapons. If you've never competed before, try competing in the kata divisions first. Team kata can be a super fun way to 'get your feet wet' in your first tournament. You are challenged to assemble a team of 3-5 of your fellow karate friends, and perform a kata in unison with each other. If you'd like to compete, please submit your registration no later than Tuesday, February 14th.

NEW ATTENDANCE SYSTEM

The number one thing you can do to improve your karate is to attend. In February, a three-tier attendance system will be implemented. Each student can view their progress on their personal Nafuda (nameplate). In addition, senior students will keep a monthly record of attendance at the start of each class to track short-term attendance trends. Lastly, a QR code system will be implemented on each student's Nafuda which will help Sensei easily track long-term trends in attendance. If you or your child is unable to attend a class for any reason, please send a quick email to Sensei to inform him. For any absences that are not reported we will be calling home to check in, weekly.

REIGI CORNER

We would like to remind all parents and students that it's proper etiquette to address the head of a dojo by their title, such as 'sensei'. A sensei will never call themselves sensei, but all others should use their formal title in written and oral communications.

IMPORTANT DATES

February 14th
Tournament registration due
February 18th
Matsumura Challenge
February 25th
Kyu belt grading

WWW.SHUGYOKARATE.COM

First student to find and submit the easter-egg completed will win a free sticker

