

SHUGYO KARATE DOJO

MONTHLY NEWSLETTER - JANUARY 2023 - EDITION 001



MONTHLY MINDSET: COMMITMENT

Happy New Year to all of our students and parents of Shugyo Karate Dojo! This is the perfect time to set goals and stay committed to them. That's why our monthly mindset is commitment. Commitment means not just setting your goals, but ensuring you stick to them. When setting your goals, it is important to determine their time frame. There are short, medium, and long term goals. When setting short term goals, aim to achieve them in one month or even less. Medium term goals can be achieved in 3-6 months, and long term goals may take you around a year or longer to achieve. Ensure your goal is specific, measurable, attainable, relevant, and time-bound. Lastly, remember that failure leads to success. When we fail, it's important to always get back up and continue despite how discouraged we may feel. We will discuss these elements in the dojo this month and during our Hatsu Geiko on Saturday, January 14th!

HATSU GEIKO 2023

Our dojo will be holding our Hatsu Geiko this year on Saturday, January 14th, 2023 from 9:00 am until 12:00 pm (noon). For those who are not aware, Hatsu Geiko literally means 'first training'. This is an important event for the start of a new year in your karate journey. We will have a great workout followed by



goal setting and a potluck lunch. The event is open to students of all ages. The first two hours (9:00 am - 11:00 am) will be dedicated to training. The final hour (11:00 am to 12:00 pm) will be for our potluck. If you plan to attend, please sign-up on the sheet in the dojo, and indicate what you plan to bring for the potluck. The sign-up sheet will be in the dojo on the first day back to class, Wednesday January 4th.

IOGKF CANADA MEMBERSHIPS

It's that time of year again. IOGKF Canada membership renewals are due no later than January 30th, 2023. The IOGKF Canada membership fee is \$45.00 for each participant. This is a yearly fee charged by IOGKF Canada for all of our students to be members of the national organization. Payment of the IOGKF Canada membership fee is mandatory to remain a member in good standing at our dojo.

REIGI CORNER

We would like to remind all parents and students that it's proper etiquette to bow when entering and leaving the dojo. Please face towards the dojo, and bend forward slightly at the hips.

IMPORTANT DATES

January 4th

first day back in 2023

January 14th

Hatsu Geiko & Potluck

January 31st

IOGKF memberships due