

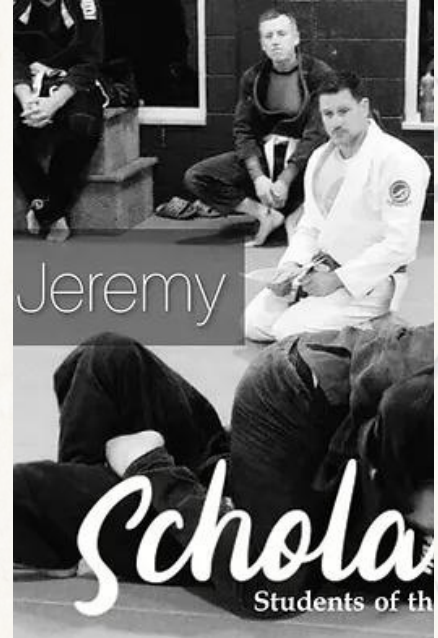
SHUGYO KARATE DOJO

MONTHLY NEWSLETTER - MAY 2023 - EDITION 005

MONTHLY MINDSET: BRAZILLIAN JIU-JITSU SEMINAR **BALANCE** Shugyo Dojo, May 15th

One of the most important aspects of karate, yet often overlooked is balance. It's not just about being physically strong; it's also about finding harmony in your mind and body. In our martial art, we focus on three key elements: breathing, meditation, and relaxation. Breathing is essential. By taking deep breaths, you give yourself energy and stay focused. It helps you stay calm and strong during training and competitions. During Meditation, try to become aware of your thoughts and emotions without judging them. It gives you mental strength and helps you stay calm and confident. Take a moment each day to sit quietly, clear your mind, and feel the peace within you. Relaxation is not just a break; it's a way to restore balance. It helps you let go of tension and recharge your body and mind. Practice techniques like gentle stretching or visualization to unwind and find inner peace. In our physical practice of karate, the ability to relax our body can actually amplify the power we're able to produce. So, remember the importance of balance. Breathe deeply, meditate to find your inner strength, and take time to relax. By embracing these elements, you'll become a well-rounded martial artist, both on and off the dojo floor.

On Monday May 15th, in Sensei Sean's absence, Professor Jeremy Gore will be leading an introductory class to Brazilian Jiu-Jitsu for students of all ages. Brazilian Jiu-Jitsu (BJJ) is a martial art that focuses on protecting oneself when on the ground. Students will learn how to keep themselves safe in various situations that they could find themselves if a fight



were ever to take place on the ground. Professor Jeremy has trained in BJJ for many years and has earned his black belt in the art. Professor Jeremy teaches BJJ classes every Friday at Shugyo Karate Dojo starting at 5:00 pm. If you're interested in enrolling in BJJ classes, please contact Professor Jeremy by visiting his website, www.scholarsbjj.com. Please give Professor Jeremy a warm welcome. I'm excited to hear about how the seminar goes!

IMPORTANT DATES

Saturday, May 6th
Karate Maynia Tournament
Monday, May 15th
BJJ Seminar with Professor Jeremy
Monday, May 22nd
Dojo Closed (Victoria Day)
Saturday, June 3rd
Open for private lessons

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!



WWW.SHUGYOKARATE.COM



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