



Shima Karate Dojos  
Balancing body mind spirit



# Dragon Tale's

December 2009

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## Birthdays for December

Adrian Clarkson  
Alan Kimber  
Christian Dickhout  
Cody Creiger  
Connor Dubroy  
Cordell Bos  
Daniel Taylor  
Danny Bristol  
Ethan Demedeiros  
Grayson Schaefflein  
Hunter Cook  
Jesse MacIntosh  
Jonathan Puckett  
Kim King  
Logan Gilks  
Sensei  
Sean Miller  
Simon Baker



## Next Grading

The next grading will be held on December 11<sup>th</sup> at the Nanaimo dojo.

PLEASE NOTE: It will be at two different times.

WHITE BELTS: 6:00 – 6:45

YELLOW and UP: 7:00 – 8:00

We expect about 50 white belts for the first grading and about 30 color belts for the second. This is why we are breaking it in to two time slots.

Please remember, manuals must be turned in and grading fees must be paid by Thursday, December 10<sup>th</sup>. We will not be accepting them on the night of the grading.

## Advanced Grading

The advanced grading that we had on the 27<sup>th</sup> of November went very well. Everyone survived and there was no blood. That is always a good sign. Good work everyone. Don't let up now, you are well on the way towards your black belt.



## New Shima T-Shirts

Shima is now taking pre-orders for t-shirts.  
There are 3 designs as shown below.

Youth: Sm, Med, Lg, Xlg  
Womens: Sm, Med, Lg, Xlg  
Mens: Sm, Med, Lg, Xlg, XXlg, XXXlg

Regular T-Shirts \$25 (all sizes)                      Dry Fit T-Shirts \$35 (all sizes)

**Order Deadline: December 11<sup>th</sup>, 2009**

**Order Delivery: Jan 15<sup>th</sup>, 2010**



Shima Dragon Side



Shima Girl Power



Shima Dragon Front



### Tournament Practice

On the following Saturdays from 11:00 – 12:00 there will be tournament practices at the dojo.

December 5<sup>th</sup>, 11:00 – 12:00

December 12<sup>th</sup>, 11:00 – 12:00

January 9<sup>th</sup>, 11:00 – 12:00

January 16<sup>th</sup>, 11:00 – 12:00

Mark these on your calendar if you are competing.

These are only for people that are training extra to compete in the upcoming tournaments. We will focus on one specific tournament kata and Kumite.

Regular open training will still be happening from 12:00 – 1:00.



### Closed for Christmas

Remember, Shima will be formally closed for Christmas from Dec 21<sup>st</sup> to Jan 1<sup>st</sup>.

### Open Classes

There will be two open training classes over the holidays.

December 28<sup>th</sup> and December 30<sup>th</sup>.

Juniors: 5:30 – 6:30

Adults: 6:45 – 7:45

Anyone wishing to do makeups or just maintain over the holidays are welcome to come in.

Note: there is a grading on January 8<sup>th</sup>; this is one week after we return to classes.



### December Zone Training

Date: December 13<sup>th</sup>, 2009

Times: 10:00-12:00      General training  
12:30 – 4:00      Competition Specific training

Place: Island Savings Centre, “Heritage Hall”, 2687 James St.,  
Duncan, BC (Big Hockey Stick)

Cost: \$10 for half day, \$20 for full day

This will be the last Zone training before the Provincials in January.

**Everyone** that qualified for the Provincials should be there.

If you need a ride car pooling can be arranged.

# KARATE BC EVENTS

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December 6<sup>th</sup>: Zone 6 Winter Games – Eliminations

Any student that is 12 or 13 years of age as of March 4<sup>th</sup>, 2010 may compete in this event. The students who place top four will qualify to compete in the BC Winter Games in March.

January 23<sup>rd</sup> & 24<sup>th</sup>: Provincial Championships

Any students who qualified in the November Eliminations may compete in this prestigious event. The people who win medals in this tournament are considered to be the best in the province. Some of these students that are 14 or older could qualify to be on the provincial team and go to the Nationals.

March 4<sup>th</sup> – 7<sup>th</sup>: BC Winter Games

Any students who qualify at the December Winter Games eliminations may compete at this event. This is only held every 2 years. I also believe that most of the traveling cost are covered for students that qualify.

March 19<sup>th</sup> – 24<sup>th</sup>: National Black Belt Championships

Students that make the provincial team will compete in Toronto at the Nationals.

Please Note: There will be some other local tournaments that we have not been notified about yet. We will keep you notified.