



Shima Karate Dojos
Balancing body mind spirit



Dragon Tale's

January 2010

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Birthdays for January

Dayton Popham
Derek Watts
Garrett Tait
Hannah Jones
Markice Cogswell
Mathius Veeg
Rebecca Evenson
Trevor Loffler
Alex Pelletier
Jerod Gelderblom
Levi Ronkainen
Owen Harver



IKGA Seminars

Friday 7:00 – 9:00

All Blue Belts and up

Saturday 10:00 – 12:00

All Green Belts

Cost \$20

Dates: January 15th and 16th

Sensei Gardecki will be coming here on this Friday and Saturday to teach two seminars. The Friday one is geared towards Blue Belts and up and will cover Oyo Ido, Yako Soku Kumite and Bunkai.

The Saturday seminar is geared towards our teen Green Belts that train on Tuesday and Thursday from 6:35 – 7:35. Sensei will be covering the green belt curriculum that you will need to grade for your next belt.

Remember Sensei Gardecki is the person who decides who will be ready for the black belt gradings. Every green and up in the dojo should try to be at one of these seminars.



Next Gradings

The next regular grading will be held on February 5th at the Nanaimo dojo. Remember, at the gradings now you need to remove your belt and tie it back up. You will be graded on how well you do.

The next Advanced Grading is on February 19th. If you think that you will be ready for this grading be sure you talk to your Sensei to get permission and determine what you need to work on.



Weapons Training

Unfortunately due to gradings and holidays the weapons training has been off more than it has been on. The following is a list of the dates for the next couple of months that we will be training. We will be doing it at a \$5 drop in cost.

Juniors:	Adults:
Jan 15 th ,	none
Jan 22 nd ,	Jan 22 nd
Jan 29 th ,	Jan 29 th
Feb 12 th ,	Feb 12 th
Feb 26 th ,	Feb 26 th

As you can see there will be no Adults Weapons on the evening of the 15th, this is the evening of Sensei Gardecki's seminar.



Open Classes

Open training class continue every Saturday from 12:00 – 1:00.

These are non structured times that the dojo is open for anyone to come in and work on their own towards their grading or tournaments.

Any students who come in during this time must be ready to work and be self motivated. There is a higher belt there if you have any questions.



Provincial Championships

The provincials will be on January 23rd and 24th at BCIT in Vancouver. Please make sure you know the competition schedule, have all your gear including a red and blue belt and are ready to have fun.

We have 18 students that have qualified to compete and expect to come back with a number of medals that in essence state that you are the best in your category in BC.

There are two weeks before the big event so train hard and stay healthy.

IKGA Winter Camp

On February 12th, 13th, and 14th there will be an IKGA Winter Training Camp held in Alberta. It is open to anyone from the dojo that wishes to go. Sensei Maximchuk and I will be in attendance. If you wish to go or wish more information please ask at the office.

T-Shirts arriving soon!



According to the people that know the t-shirts should be in around the end of the week.

We will let you know as soon as they come in.

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2 Weeks Free Training

This coupon is valid for any new students that wish to try karate.

Expires: Jan 29th, 2010

One coupon per person, new students only

KARATE BC EVENTS

January 23rd & 24th: 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 4th – 7th: 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 costs are covered for students that qualify. Out of the 15 students from the island that qualified to compete 5 are from the Shima dojo, they are as follows:

Jordan Sunnus,
Bernadette Alvarez
Emlyn Folkes
Sheldon Robertson
Jacob Kitchen

Congratulations to all of you, I know you will make Shima proud.

March 19th – 24th: 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.