



Kicking Back

This Edition

Welcome to the first edition of 'Kicking Back' for 2018! As in the past, each new year shapes up to be a 'big one' with training camps (gasshuku), workshops, gradings and tournaments, besides routine training.

In this edition we give updates on recent karate related activities and upcoming activities in Blitz & Pieces. We have an article on 'How Karate Can Improve your Childs Grades' and 'The Power of Values in Traditional Karate'.

We also have updates on our Kinder Karate, Kids Karate and PeeWee Karate program.

We hope you enjoy this edition and we wish all our members happy training and the very best for 2018.

Important Dates for FKIA

2018

- Teens & Adults Gasshuku: 23-25 Mar
- Kyu-belt Gradings at Gasshuku: 24 Mar
- Annual Black Belt Gradings: 25 Mar
- Kyu-belt Gradings (round 1): 24 Apr
- Kyu-belt Gradings (round 2): Aug
- VRK Funakoshi Open, W'bool: 20 Oct
- Kyu-belt Gradings (round 3): Dec

FKIA Dojo Contacts

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FKI Australia website:

www.funakoshikarateaustralia.com.au

Blitz & Pieces

Public holiday

There is no karate on Monday 12 March, Labour Day.

Easter holidays

The karate school (Hombu Dojo, Warrnambool) will be CLOSED from Monday 2 April to Friday 6 April (first week of school holidays). Normal scheduled classes (excluding kinder Karate) will run from Monday 16 to Friday 20 April (second week of school holidays).

Annual 2018 FKIA Team Leader and Instructor Gasshuku

The annual FKIA Instructors' Gasshuku will be held on Saturday 3 February 2018 from 9:00am to 3:00pm at Hombu Dojo, Warrnambool. This is compulsory for all involved in teaching the FKIA syllabus. Cost is \$30 per person and includes am/pm tea and lunch.

Annual 2018 FKIA Gasshuku and Black Belt Gradings

The annual FKIA gasshuku will be held from 23-25 March 2018 at Brucknell Park Scout Camp. This training camp is for ALL teens, adults and Black Belt Club members, and is compulsory for those doing a black belt grading.



The annual FKIA black belt gradings will take place on Sunday 25 March 2018. Those grading to black belt must attend the whole camp from 7pm Friday

FKIA Team Leader and Instructor Gasshuku

The annual FKIA Instructors' Gasshuku was held on Saturday 3 February 2018 from 9:00am to 3:00pm at Hombu Dojo, Warrnambool. 30 karate-ka from Warrnambool, Hamilton, Terang and Camperdown attended. The objective of this workshop was

teaching functional karate and using fun/novel approaches to disguising repetitive training and teaching karate concepts. Activities included:

- Functional training/conditioning applied to karate (asymmetrical exercises to improve core strength, balance challenges to improve proprioception, one leg forms and combining functional training with kihon).
- Shisome-ho (beginning probationary kata) for training basics in kata format.
- Karate terminology workshop (10 Japanese words everyone misunderstands in karate).
- Teaching traditional kumite concepts (go-no-sen, sen-no-sen and sen-sen-no-sen).
- Teaching supplementary karate concepts (distancing, timing, kime, kicking technique, etc).

Kinder Karate Update

Kinder Karate recommenced training for 2018 on Tuesday 30 January.

Our Kinder Karate program introduces young children (ages 3-4) to karate training in a fun, structured setting.

We have a recognition/reward system based on attendance. Attendance is tracked using a star chart. After attending six sessions, the student is rewarded with a merit badge. Merit badges are coloured 'belt badges' with the sequence following the kyu-belt grading system: yellow, orange, green, etc ... to black belt badge.

PeeWee Karate Update



PeeWee Karate students following a merit badge and grading presentation in January 2018.

Kids Karate Update

For newcomers to Kids Karate (8-12 years), a reminder that merit badges are awarded monthly for:

- full attendance for the month (based on 2 sessions per week), and
- reasonable proficiency in a category.

A total of 20 badges to make up a full collection.

How Karate Can Improve your Childs Grades

Training in karate gives your child a whole lot of benefits. It gives them skills, confidence and often helps with their self-esteem.

But did you know that karate classes can help your child do better in school?

1. Rigorous academics require discipline

A good student is one who understands that life is not a free-for-all, where they can just do what they want when they want. In order to get good grades, they must complete their homework, turn it in on time, and study and prepare for tests. The trait necessary for achieving all these is discipline. Karate helps to develop this discipline because it helps students learn structure, order and most importantly, how to have self-control.

2. Being prepared leads to success

Benjamin Franklin said "by failing to prepare, you are preparing to fail". Much of academic success hinges on being prepared and organized. Karate teaches kids that they always need to be prepared. For example, when they're getting to spar, they know they need to stay in fighting stance and stay on their bounce so they can explode into action when they need to.

3. Good students have to be able to focus

With all the opportunities and channels of entertainment available to today's kids it can get difficult to focus. Karate can help your child to develop this very important character trait; focus and concentration. When in karate class, they learn to shut out distractions, whether they're external (classmates



playing around) or internal (negative thoughts and doubts).

4. Setting and achieving goals is critical to success. Success comes from achieving a series of smaller goals which ultimately culminates in the accomplishment of larger goals. In school, this could mean finishing an essay on time or reading a few chapters ahead of the class. In karate, it means passing an evaluation and earning a new belt. As a karate student, your child learns to enjoy the satisfaction of accomplishing goals and this will spur them to seek out opportunities to replicate in school and at home.

Karate can be extremely useful for your children to boost their school grades, it can also help them by developing necessary skills to become a very good student.

The Power of Values in Traditional Karate

Now, you may be asking, how does all this values stuff work? And why does karate manage to do a better job teaching it?



Again, more than any other sport, karate gives your child the chance to explore their innate powers. They'll marvel (as you will) as they increase in strength, flexibility, endurance, balance, and harmony. Yet, this is only the start. In fact, their physical skills act as a foundation for something much more important: the development of their value skills, mental and spiritual. And not cut off from their physical skills, but intimately connected—even bonded—to them.

Unstoppable Courage

As your child finds the courage to move outside of their comfort zone, they will take on more difficult karate moves and skills. They become no longer afraid of being afraid. As they do so, they learn that whatever they sow, so they reap. They learn to blame no one but themselves. They suddenly see their life as a constant, never-ending journey of life-giving improvement. In short, with a deep breath, they

refuse to become a victim of fate. They put an arm lock on their own destiny.

Unbreakable Determination

Your child finds joy in improving their physical stamina. They can walk farther, run longer, and practice skills until they get them right. They learn not to give up. They stick things out. With the help of their teachers, they strive harder, longer to reach their goals. Even if they fail, they preserve their self-respect. They won't let their self-doubts get in the way of finding an ultimate solution.

Laser Like Focus

This results in a keener focus. They learn to make eye contact with their teacher (and not just in karate). They pay greater attention to what each teacher says. They know and accept where they stand. They'll learn what's needed, along with the skill to zero in on critical tasks at hand. Normal, yet time-wasting, trivial distractions won't get in their way.

Powerful Self Control

They'll refuse to give in to negative peer pressure. They'll have a deeper respect for rules.

Karate Quotes

1. "A student well versed in even one technique will naturally see corresponding points in other techniques. A upper level punch, a lower punch, a front punch and a reverse punch are all essentially the same. Looking over thirty-odd kata, he should be able to see that they are essentially variations on just a handful." – Gichin Funakoshi
2. "Our teachers did not give us a clear explanation of the kata from old times. I must find the features and meaning of each form by my own study and effort, by repeating the exercises of form through training." – Tsuyoshi Chitose (founder of Chito-ryu Karate)
3. "You may train for a long time, but if you merely move your hands and feet and jump up and down like a puppet, learning Karate is not very different from learning a dance. You will never have reached the heart of the matter; you will have failed to grasp the quintessence of Karate." – Gichin Funakoshi