



Blackburn Shukokai Karate

Newsletter

February/March 2010



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Self Defence & Awareness

- Prevention is always the best form of self defence. Keep intruders out by having good locks on all doors and windows. Drive with car doors locked. Stay away from deserted areas and travel with friends.
- Train yourself to be alert and aware of potential dangers. Learn to notice things out of place
- Surprise is a valuable weapon. Your attacker is unaware that you know how to fight. Striking first without delay will give you a good advantage.
- Be sure and aggressive in your response. Don't worry about injuring your attacker. If the situation is unavoidable, you must stop them—whatever it takes. They have made a commitment to do you harm, then you must make a commitment to yourself to stop them.
- Remember the attacker is not looking for a fight, he or she preys on an easy target. Learn to walk tall and be confident in everything you do. If you are aware, confident and assertive, he looks for easier prey
- Remember to be alert and aware of your surroundings. Look for attention to detail, things that are not right and don't feel right, normally are not right. Trust your instincts if something is not right, be ready to act, be responsive.

The Traffic Light Model

- **GREEN:** Completely relaxed and unprepared
- **YELLOW:** Relaxed but alert
- **ORANGE:** You notice something out of place. Something is not right
- **RED:** Fighting. You have been unable to avoid or defuse the situation and are fighting. Be sure and aggressive !

Sensei Richard is back.

Sensei Richard Callaghan returns back to BSK on the 12 March 2010. He has been away for the past four months overseas and is really looking forward to resuming back at the club. **Welcome Home Sensei!**

Quote:

"Take things as they are, punch when you have to punch, kick when you have to kick, defend when you have to defend and attack when you have to attack"



Grading's

**Saturday March 20
2010**

Our next Grading will be held at BSK on the above date for all grades. Please see the club for further details regarding times.

Sensei Jason Nichols



ATT: BSK Instructors

Instruction DVD's

I am putting together a library of training DVD's (MPEG format) for the instructors to use as a tool for their teaching. Once completed, they will be available at the club for download. Will include; Karate Skills, Kumite, Kata, Self Defence, Grappling and Kali Sticks. Stay tuned.