



Blackburn Shukokai Karate

Newsletter

January 2010



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Bad Habits or Good Habits?

Welcome to 2010. It's the start of a brand new year and a year of high expectations at Blackburn Shukokai Karate. The Christmas / new year break is over and it's time to get serious about your karate again.

We always find at the start of any new year that your training can drop right off. Perhaps a good resolution for those who believe in them is to start your training off at a higher level than you have done in previous years. By this I mean start training seriously hard, get motivated and maintain this standard all the way through. Sure, we all have peaks and troughs in our training whether through injury, family and school commitments and other interests.

The key to staying motivated is to get into a good training habit. One way this habit can work for you is setting goals in your karate. List your goals down at the start of the year, both short and long terms and tick them off as you go. The setting of goals keeps you on track and gets you into a good training habit to achieve those goals.

Goals can be simple; I want to grade in March, I want to get to training each week, I want to go and train overseas at the next KOI event and I want to compete in the next tournament. Any goal can be achieved providing you stick to your plan and don't deviate from it. **Habits are twofold. Bad habits are easily formed. Good habits are hard to maintain.** In regards to your karate, bad habits could be not training, poor attitude, no motivation to name a few. On the flipside, good habits are maintaining your fitness, sticking to your training schedule, practising relentlessly and giving 100% each time you train.

Good habits are good to get into as they keep you focused and motivated to succeed, not just in karate, but in life.

So the message from Sensei Richard, Sensei Tim and myself for 2010 is a simple one, **"develop a good training habit for 2010"**

Regards

Sensei Jason Nichols

Quote:

"Motivation is what gets you started, habit is what keeps you going"



Changes to Adult Classes January 2010

Starting January 2010, the Adult Senior Class on a Monday night has changed to a 'combined' karate class for all belt levels. This class starts at 7.30pm and ends at 8.30pm.

Therefore we now have combined classes for all belt levels on these days:

Monday Night: 7.30pm to 8.30pm

Tuesday Night: 6.30pm to 7.30pm

Thursday Night: 6.30pm to 7.30pm

Saturday Day: 11.30am to 12.30pm



Classes start back 4 January 2010