



Blackburn Shukokai Karate Newsletter November 2009



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Dear All,

Welcome to our November 2009 Newsletter. Plenty of things have been happening in the past months and the year is not over yet. The most important is coming up in December, our last grading for the 2009 year.

It is really important that your preparation is spot on. Sometimes we tend to slow up towards the end of the year, so it is extremely important that your focus is **100%** and that your mind is on the job. Remember your goal is to achieve your next belt, we don't hand it out to you, it's something you must work hard for. Sensei Tim and I look forward to grading you all in early December. Best of luck!

Sensei Richard Callaghan

Sensei Richard has gone away for a while and will be returning in February / March 2010.

Throughout this period our instructors will be taking classes.

For any enquiries about classes during this time, please speak to Anne Bawden on 0398944344 or you can see Sensei Tim or myself at the club.



2009 Award Presentations

All Juniors and Pee Wees

Date: Saturday 12 Dec
(after grading—at the club)

Seniors

Dinner Presentation
Date: 19 December 2009
(see club for more details)



December 2009 Gradings

All Junior Grades

Date: Saturday 12 December 2009
Time: See club for various start times

All Senior Grades

Date: Thursday 10 December 2009
Time: Start 6.30pm sharp

Quote:

" Karate is about discipline and the first discipline is showing up for class "

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Until next time,
Sensei Jason Nichols

