

Our Dojo Newsletter



Ballina & Lismore

Volume 2, Issue 2 February 2010

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Beach Training is a go!!!

Well the time has come for Beach Training with the Brisbane Kyokushin Dojo. This event will be held on 13th Feb. 2010 at the Lennox Head Surf Club. Please all arrive at 9am for a 9:30am start..

We will be doing fight training, Kata, Bo and all things Kyokushin. Sensei Mal will be brining down a few of his senior students and some senior graded female students.

This will be a great day of training and a must for all student in Far North Coast Kyokushin.



Bring your Gi, sunscreen, towel and dry clothes to change into.

If you have and questions feel free to contact Sempai Mark

A Black Belt is a white belt who never gave up - Trust the Process!!

Dojo Changes

Ballina Dojo has been forced to change locations and this has created some new opportunities for us all. See below for the complete timetable for Far North Coast Kyokushin.

Monday Ballina:

Little Lions 4:30pm - 5:30pm Northlakes Community Centre
General Class 6pm - 8pm Wardell Hall Richmond Street

Tuesday Goonellabah:

General Class 7pm - 9pm Summitt Gym

Wednesday Ballina:

Little Lions 4:30pm - 5:30pm Northlakes Community Centre
General Class 5:30pm - 7:30pm Northlakes Community Centre

Thursday Goonellabah:

General Class 7pm - 9pm Summitt Gym

Friday Ballina:

Fight Nite (all welcome!) 5:30pm - 7:30pm Northlakes Community Centre



Kobudo in Wardell Park 24 January 2010

So no excuses that you cant make training because its on every night!!

Remember Goonellabah students are welcome to train in Ballina and/or Wardell and visa versa. If you pay monthly fees you do not have to pay extra at the other Dojo.

New website launched

The Lismore and Ballina dojos are not stand alone. We belong to an organisation called Kyokushin International Martial Arts Australia.

A new website has been launched – please look it up. <http://www.kimaa.com.au/>

Kobudo Leassons.

Kobudo lessons have resumed and are now on every second Sunday, alternating between Goonellabah (Kadina Park) and Wardell.

Calendar dates are listed below. Training is on a fortnightly basis, however the astute may notice that there are some date when it is either weekly or 3 weeks apart. This is due to training falling on either ANZAC day or on a day when Sempai Jon and Sempai Mark both have commitments. See also the article later in the Newsletter called "DATES" (no its not about fruit.)

We are making great progress and once we have the partner work with Kihon kata at a competent stage we will move onto the first SAI kata, and then onto UFGSUKU. ~~No Kon, another Do Kata.~~



Far North Coast Kyokushin Karate
Lismore and Ballina

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Far North Coast Kyokushin Karate Dojo Newsletter

24 January 2010	Wardell
07 February 2010	Goonellabah
28 February 2010	Wardell
14 March 2010	Goonellabah
28 March 2010	Wardell
11 April 2010	Goonellabah
02 May 2010	Wardell
09 May 2010	Goonellabah
23 May 2010	Wardell
06 June 2010	Goonellabah
20 June 2010	Wardell
04 July 2010	Goonellabah



Alisha, Trish & Aiden Kihon Kata

Make sure that you bring your card to training which indicates that you have paid your fees.

Dates!



Di and Courtney under the trees in Wardell park

As promised in the last Newsletter Sempai Jon and myself have scoured the web and come up with dates, of Kyokushin tournaments. In addition to the Grading dates, these give us targets to work towards in training.

You will note that some dates may conflict with Bo training and as we get closer we will work around that issue. Why is the NAS (National All Styles Listed)? These tournaments are listed so that people who are interested in competing in either point sparring or kata (karate and Kobudo)

Talk to either Sempai if you are interested and then we can work towards that goal.

- 7/3/2010 National All Styles Queensland Round 1
- 7/3/2010 National All Styles NSW Round 1
- 27/3/2010 QLD State Titles St Josephs College, Brisbane QLD

- 11/4/2010 NSW State Titles Wollongong
- 18/4/2010 National All Styles Queensland Round 2

- 2/5/2010 National All Styles NSW Round 2

- 3/6/2010 National All Styles Queensland Round 3
- 17/6/2010 National All Styles NSW Round 3
- TBA Australian National Titles Brisbane Matsui



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- 15/8/2010 National All Styles Queensland Round 4
- 21/08/2010 Queensland State Titles at Nerang AKKA
- 22/8/2010 National All Styles NSW Round 4
- 30/8/2010 Shin Kyokushin Nationals Cook Phillip Park Aquatic and Fitness Centre
- 17/10/2010 National All Styles Queensland State titles
- 17/10/2010 National All Styles NSW State titles
- 30/10/2010 AKKA Australian Open Non Contact Tournament Sydney
- 31/10/2010 AKKA Australian Open Full Contact Tournament

FEES

Last June, following an increase in venue hire, we were forced to increase our fees. This was the first time since Far North Coast Kyokushin commenced that this occurred.

These fee increases were past on immediately to new students, however all existing students were "grandfathered" until the 1st of February 2010.

	Current fees	New fees
Lessons (paid at each session)	\$10	\$15
Lessons (paid Monthly)	\$60 (save 25%)	\$80 (save 33%)
Lessons (family rate 3 or more people)	By negotiation	By negotiation
Yearly Membership Fee	\$50	\$50
Grading fees	\$30	\$50

Yearly Memberships

Yearly Membership fees are now due and should be paid by 15th of March 2010. These fees are applicable to both Adults and Children.



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Caring for your Gi

The following article was published in the members area of the KIMAA website. All students should sign up for this website.

Keeping your gi clean, pressed and free from any odour is a sign of respect for your Shihan, your dojo and your own wellbeing.

Replace your gi if any part of it becomes torn, frayed or with stains or mould that cannot be fully removed. A dirty gi can not only be harmful to yourself, it can be the source of spreading bacterial infections if there are spores living in the cotton fabric. Never bring a smelly gi into the dojo out of respect for those you train with.

Top 3 tips for keeping your gi clean.

1. Always wash your gi in cold water. Warm or hot water will shrink your uniform and embed stains.
2. Avoid bleach. This will turn your gi yellow and weaken the fibers of your uniform. If you need to remove stains or mould, try soaking in a liberal amount of bi-carbonate of soda or an oxy-clean laundry soaker prior to your normal wash. If a bleach strength product is needed, use sparingly and try the non-chlorinated variety.
3. Do not allow your gi to sit in your gym bag. A damp or wet gi should be washed or at least left to dry out after each training session. If you train more than twice a week, a second gi is recommended.

Kobudo Pictures



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Smiling!! Cannot be
training hard enough!



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Staff leaning stance, an ancient ready position adopted by Okinawan council workers who feared attack from wandering brigands while working on the roads of Okinawa. From this position one can leap to attack or defence with great agility!!!



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