



# Sakura Martial Arts Academy

## Birthdays in February!

Joe Freund

Feb  7th



### Congratulations

to Sensei Laurie on achieving her

**Regional Instructor certificate!**

Welcome to our newest members

Rob and Rose Dyke!

Mason Miller

### Upcoming EMAC Events!

February 27

**Sensei Brad Gilbert in Perth**

## Would you still get your Red Belt?

Do you know ?

- Geki Sai Dai Ichi...
- Mae Geri Keage...
- Shuto Uchi...
- Can you break back into Shiko Dachi?
- What does Hajime mean?
- What does Yame mean?
- What does Kihon Waza man?
- Can you name 3 other martial arts?
- Can you Name which one influenced Goju-ryu?
- How many parts are there to a kick?

# February 2008

## Bring a BUDDY Month!

### What's been happening?

February is bring a buddy month! Share your love of traditional and authentic martial art training and bring a friend to try and free class!

Recently Sensei Laurie, Sempai Corey, Sempai Don and Sempai Donald went to a teaching seminar at Sensei Mike's Dojo Eastwind Budo. They joined other Senior and Black belts and learned a great deal through direct instruction and sharing experience. Sensei Lowry (over 40 years teaching experience) and Sensei Mike (having taught for many years all over the world) led the seminars.

**Sunday Feb 10th—Sensei Laurie, Sempai Lindsay and Sempai Kelly continue their Can-ryu self defense course.**

### Take 5 and stay focused!

**This simple Karate meditation is fast, but powerful.**

It combines breathing, which has been shown to have significant effects on the mind, the body and one's moods, with simple meditation, to help you become more physically relaxed and mentally centered. Whether you use it to prepare for physical battle or just a taxing day at the office or school, this quick exercise is a proven tool to help you feel relaxed, alert, and more ready for anything.

**1** Sit in a comfortable position. While most martial artists use the 'seiza' ("say zah") position, with legs beneath the buttocks with knees directly in front, many people find this position to be uncomfortable. If this is the case, you may also sit cross-legged ('anza') or in another position that's more comfortable for you.

**2** Close your eyes, but

keep your back straight, shoulders relaxed, head up, your eyes (behind your lids) focused ahead.

**3** Take a deep, cleansing breath, expanding your belly and keeping your shoulders relaxed, and hold it in for the count of six. Exhale, and repeat twice more. Then breathe normally, and focus your attention on your breathing. As you breathe, inhale through your nose and exhale through your mouth, still expanding your belly rather than moving your shoulders up and down.

**4** If your thoughts drift toward the stresses of the day ahead or of the day behind you, gently refocus on your breathing and remain in the present moment. Feel the air move in, and feel the air move out. That's it.



### Fast Facts!

Miyagi Chojun Sensei

April 25 1888—Oct 8th 1953

- Born Naha, Okinawa
- Family owned trade ships
- Started training at age 14 in 1902 with his master. (Kanryo Higaonna )
- Trained with him for 14 years before until his Masters died. Upon his masters death he went to China for the first time to start training
- Dedicated his whole life to this art

**Have something you would like to ask Sensei?**

**Want to share a poem or a story? Pass it along to Sensei Laurie or Sempai Corey and you'll see it here!**



# Sakura Martial Arts Academy



Rose on the bars at her gymnastics club

What's your name? [Rose Dyke](#)

Where do you work/Go to school? What grade?

[North Elmsley Public School Grade 3](#)

Do you have any brothers or sisters?

[One younger sister – Sophie age 6](#)

How long have you been training?

[Began Karate with my Dad January 2008.](#)

What do you like best about Karate?

[Learning how to protect myself](#)

Do you play other sports? What are they?

[Yes, gymnastics, downhill skiing, biking, running and water skiing](#)

Do you have any other hobbies?

[Crafts with my Mom \(like scrapbooking\)](#)

What's your favorite movie?

[Men in Black](#)

Who is your favorite Singer?

[Shania Twain](#)

Anything else you would like to tell us about yourself?

[I'm a daredevil!](#)



## Haiku

Haiku is one of the most important form of traditional Japanese poetry. Haiku is, today, a 17-syllable verse form consisting of three metrical

## Sakura

'Midst fallen blossom,

On the pathways first travelled,

Sakura was born

## Spring

Watching the birds fly,

My mind wanders to the sky,

Searching for beauty.

- Owen Johnson

## Focus

Training I focus

Breathing deeper I practice

Sanchin for the soul

- Corey Turnbull