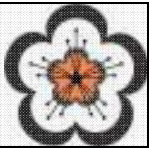


Sakura Martial Arts Academy



Birthdays in January!

- Sensei Jamie Wright – 23rd
- Marie Collison-Ferguson – 20th



Upcoming EMAC Events

- January 26 at East Wind Budo, Teaching Seminar. Open to all colour belts but only Black belts will be certified 1:30 – 4:00 pm
- February 3 at East Wind Budo, Kyoshi Jean Frenette, 8th Dan , seminar. 2:00 – 5:00
Please see Sensei Laurie for details.



Miyagi Chojun Sensei

Founder of our style

Jodan -	High
Chudan -	Middle
Gedan -	Low
Uke -	Block
Tsuki -	Punch
Dachi -	Stance
Geru -	Kick
Heiko Dachi -	Ready stance
Musubi Dachi -	Knot stance
Sanchin Dachi -	Hourglass stance
Zenkutsu Dachi -	Long stance
Shiko Dachi -	Square stance
Geki Sai Dai Ichi -	Turning disadvantage into advantage No.1
Geki Sai Dai Ni -	Turning disadvantage into advantage No.2
Sanchin Dai Ichi -	Three battles
Saifa -	To Break apart
Seiyunchin -	Direct and control the battle
Sanchin Dai Ni -	Three battles 2
Shisochin -	Four direction fighting

Welcome to 2008!

Make this your year!

What is it you really want to do this year? How can we help you?

Set a goal for yourself now and work towards it. Some goals may take longer than others, but all are worth while and even better....no one can ever take them away from you. Talk to a Sempai to see how they can help you.

I came across this in a old newsletter and thought it was worthwhile printing it again.

IT'S YOUR RACE !

Experienced athletes learn that in order to be consistently successful they must train hard. Those who compete on teams or who are elite athletes, may be fortunate to have a trainer or coach to guide and push them when necessary. They 'enable' the athlete by creating goals and timelines so that whether or not the coach is present, the athlete has a plan to focus on. Ultimately though, there is no one else on the field, in the race or in the competition other than the athlete. They have to "run their own race." And in the end the difference between winning and losing is **all in the mind**.

When we are new to an art or sport, it is easy to get caught up with what other people are doing. It is particularly challenging for children who see themselves pitted against their peers or siblings and in competition for praise and attention for doing well, from parents, peers and teachers. Adults are not exempt from this tendency to compare - they may however, find it easier to understand how they can get more fulfillment out of their training if they too *run their own race*.

Ponder this quote: " There is nothing noble in being superior to another person, true nobility lies in being superior to your former self"

If you catch yourself becoming frustrated at not progressing fast enough or performing as well as someone else - try reflecting on how you have changed or developed since you started karate training. Chances are you **have** improved. You may even have a new belt. Each karateka has their own path to follow. How long it takes, or how well you do depends on so many factors. Things like - current fitness level, health concerns, injuries (before or during training), time available, self-imposed timelines, focus, commitment, perseverance, other commitments such as school, jobs and family, the very way in which you talk to yourself - the list is endless.

When we train in Goju Karate we are training our bodies as well as our minds and spirits. Those three areas may not all be at the same level of development or refinement. When you see small positive changes in any or all of these areas, then you know that you are becoming superior to your former self.

Over the past month we have discussed goal setting. These personal challenges are what keep us moving forward in *our own race*. They allow you to become successful on your own terms. Be patient. Improvements may be slow at first - sometimes even backslide a little - but they will come. Don't be surprised if you see improvements in other areas of your life too - at school, in other sports/hobbies, your jobs and relating to other people.

Gushin Funakoshi said that, "...those who remain true to warrior ideals realized that constant training in the martial arts developed in them, qualities that helped them to excel in endeavours totally unrelated to combat." In his book, *The Martial Way*, Forrest Morgan stated that, "The Martial Way does not start and end at the door of the training hall...it is a holistic discipline aimed at the pursuit of excellence...It's disciples strive to apply the Way in every vocation and its adepts tend to be achievers in any field of endeavour..."

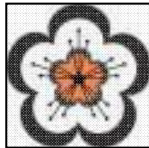
Keep on working on those goals that you have set. Remember that they may need to be modified to suit a more realistic timeline or elevated to accommodate your achievements. Good things are worth waiting for. How will you feel when *your race* is over? Will you have spent your time wisely and will you be superior to your former self? Continue training and my guess is that your answer will be yes.

Have some ideas for the newsletter? Want to share a story or a poem or a picture? Pass it along because we would love to print it!

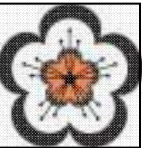
Coming Soon!

Members of the Month! Get to know your fellow Karateka!

Visit us on the internet at sakuramartialarts.tripod.com



Sakura Martial Arts Academy



Don't Quit

When things go wrong as they sometimes will,

When the road you're trudging seems all uphill,

When the funds are low, and the debts are high,

And you want to smile, but you have to sigh,

When care is pressing you down a bit....

Rest if you must, but don't you quit.

Success is failure turned inside out,

The silver tint of the clouds of doubt,

And you never can tell how close you are,

It may be near when it seems afar.

So, stick to the fight when you're hardest hit....

It's when things go wrong that you musn't quit.

Author anonymous

Thanks for a great 2007! Everyone worked really hard and it was great to see your training come such a long way!

A few of you really went the distance and were given Certificates for your efforts. Please join me in congratulating them!

Junior Class

Kokoro – Carson Pratt

Kime – Sarah Teflissi

Most Improved – Philip Carleton

Youth Class

Kokoro – Travis Fair

Kime – Donovan De Carle and Meaghan Paine

Most Improved – Nigel Wilson

Adult Class

Kokoro – Don McLean

Kime – Don De Carle

Most Improved – Franklin Lawlor

Winners for fundraising were as follows

Kids – Travis Fair

Adults – Don McLean

And a great shout out to all you who graded successfully in December!

Juniors - Orange belts - Carson Pratt, Brady Carleton, Philip Carleton

Youth - Blue Belts - Meaghan Paine and Nigel Wilson

Adults - Red Belts - Sue Foley and Candice Pilgrim

Did you know?

Okinawa Island (沖縄本島 Okinawa-hontō, or 沖縄島 Okinawa-jima) is the largest of the Ryukyu Islands, home to Naha, the capital of Okinawa Prefecture. The island has an area of 1,201.03 square kilometers (square miles).

During the American occupation of Japan, following the Imperial Japanese surrender after WW II, the United States controlled Okinawa Island, which remained under U.S. governance until June 17, 1972. Since then, United States Armed Forces personnel and Kadena Air Base have remained on Okinawa Island by invitation of the Japanese government as part of the Treaty of Mutual Cooperation and Security between the United States and Japan.

In 1990, the total population of Okinawa Island was an estimated 1.22 million people, comprising Ryūkyūans (especially native Okinawans), Japanese people, and expatriates, as well as American military personnel and their families.

Whereas northern Okinawa Island is largely unpopulated, the south is markedly urbanized—particularly the city of Naha, and the urban corridor stretching north from there to the city of Okinawa. The island also houses six gusuku, Okinawan fortresses most of which now lie in a state of ruin. The southern end of the island consists of uplifted coral reef, whereas the northern half has proportionally more igneous rock. The easily eroded limestone of the south has many caves, the most famous of which is Gyokusendō in Nanjō. An 850 m stretch is open to tourists. The island's subtropical climate supports a dense northern forest and a rainy season occurring in late spring. Okinawans eat low-fat, low-salt foods, such as fish, tofu, and seaweed. Okinawans are known for their longevity. Five times as many Okinawans live to be 100 than the rest of Japan, and the Japanese are the longest lived nationality in the world.

– source Wikipedia

