



SAKURA MARTIAL ARTS ACADEMY  
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Welcome to summer! With busy school schedules and other activities winding down it is a great time to increase your focus on your karate training and if you are a parent – maybe give it a try! Find out why karate is such a wonderful way to train your mind, body and spirit. For students who are planning to do other sports activities during the summer months, keeping up with your karate is a great way to cross train and see what a positive impact that karate has on your other activities. Miyamoto Musashi said if you want to improve your kata – play the violin, if you want to improve the sword, study the tea ceremony. In every day language – by studying other art forms or activities- it can only improve your karate. The other activities will also benefit from your karate training.

I would like to thank all the students and parents for their wonderful support over these past few months as I began my journey as Sensei of Sakura Martial Arts Academy. Classes have grown since September, as have the students! It has been heartwarming to see the development and improvement of so many of you. I commend you all for the courage and perseverance that you have shown. This past weekend, Sempai Franklin Lawlor and I traveled to Boucherville (near Montreal) to train with Hanshi Chuck Merriman and Kyoshi Jean Frenette. Sensei Merriman spoke to the group and stated that although we train to improve our physical state, when we study the BUDO (the way of the warrior) we are training our minds and spirits as well. If all we do is teach someone how to do a fantastic flying side- kick, or be able to do 1000 push-ups, then we have failed. What we encourage is to create good people. We try to develop people who have integrity, honesty, manners, faith, self-confidence, empathy and humility among other positive traits. I know that the students at Sakura are all working in that direction.

During the summer months we will have the opportunity on nice nights (if this rain ever stops!), to train in Stewart Park. To protect the student's feet while training it is recommended that students wear shoes. Water shoes, which are lighter and inexpensive, provide great alternative foot protection. These can be purchased at places like Canadian Tire or discount stores for about \$5.

We can look forward to seeing Sensei James again this coming month and Sensei Mike is also planning a trip soon to our dojo to teach Bo staff and nunchaku. There are also a number of people nearly ready to grade for their next belt. I will let you know when the next grading will be scheduled.

Keep an eye on the bulletin board for announcements of class times or extra activities.

Please take a few minutes and complete the questionnaire on the back so that I may be able to continue to improve the teaching and programs offered.

With thanks In Budo,  
Sensei Laurie