



SAKURA MARTIAL ARTS ACADEMY NEWSLETTER

Spring 2009

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Black Belt Grading Success!

Donovan deCarle recently graded for his SHONENBU SHODAN (junior black belt) at Sensei Mike Sywyk's Dojo, Eastwind Budolife Centre in Ottawa last Friday evening. The grading was run by Sensei Mike and Sensei Brian Lowry and a grading board consisting of various EMAC Sensei. The grading was comprised of a written exam, followed by a personal interview and review of the student's essay and book reports. Each student then had to demonstrate their teaching abilities, kihon, kata and kumite. Students were also marked on their attitude, effort and focus. We are proud to say that Donovan successfully passed and represented our club very well. On hand to take part in the grading were Sensei Laurie as well as our other black belts, Sempais Julie Must, Kelley Heggie and Lindsay Smith. This was part of the Spring Gasshuku which was hosted by Sensei Pierre Labranche and Sensei Paul Lariviere in Orleans. Six years of committed training lead to this day. Donovan, we are very proud of you!

Spring Gasshuku 2009

For a lucky few students, this gathering of EMAC students and teachers was an opportunity to meet with old friends, make new ones and also to experience top notch instruction in a variety of seminars. After the lunch break each club participated in a dojo demonstration followed by a competition of kata and kumite (sparring). The day ended with yet another seminar. Lucky participants from Sakura included Donovan deCarle, Randy Richmond, Don deCarle, Franklin Lawlor and Sensei Laurie. Each came home with medals in their various events. There will an opportunity to participate again this year at the Fall Gasshuku in October. Hopefully more students will come out and enjoy this great event geared to *all* ages and belt levels!

Dojo Seminar Coming Soon!

Start the summer off with a boost to your training and mark down Saturday, June 27th on your calendars! We are pleased to have former Sakura Martial Arts Sensei Jamie Wright, returning to conduct two seminars. Tentative time will be 10:00am for a sparring 'drills and skills' seminar for **all** ages and ranks, followed at 11:00 am for a self-defence/ groundwork seminar for **adults and teens**. Don't miss this tremendous opportunity to take advantage of Sensei Jamie's great teaching and experience his fun, challenging workouts. Plan on bringing your own skills to the next level. Sign up at the dojo. Cost will be \$10 for each seminar. See Sensei Laurie for more details.



IMPORTANT - Next Grading is scheduled for Monday June 15th

Juniors 6:00-7:00pm Adults 7:15-8:30pm

Please see the grading list that is posted on the bulletin board and be sure that you receive an invitation from Sensei Laurie. All students are expected to attend class whether they are grading or not. Help support your dojo mates and cheer them on. Classes over the next couple of weeks will be focusing on kata, and general knowledge. Do your best to attend all classes in preparation.

EQUIPMENT ORDER SOON!

Please see Sensei if you wish to purchase any equipment from *CENTURY*. At our Gasshuku, Sensei Lowry indicated that our current style of shinguard is no longer acceptable at tournaments. Proper foot protection is now required for competitions. Also, if you would like kobudo equipment or anything else in the catalogue, please see me by June 8th.

T-SHIRTS ARE IN!

Sakura Martial Arts T-Shirts are now in. These cotton training shirts have our logo on the back and the red BU symbol on the front. They are great to wear under your Gi. Please see Sensei to purchase your shirt. COST -\$20

SUMMER TRAINING IN STEWART PARK and ON THE STREETS

Students are reminded that in nice summer weather we often train in the park. We always check the training area for rocks, glass, twigs etc. that can hurt the feet BUT for better protection consider purchasing "Water Shoes" from Canadian Tire or other local stores. These are quite inexpensive and a good lightweight alternative to bare feet that provide some protection for outdoor training. These can be purchased for as little as \$5 per pair.

We also are continuing our running segment of warm-up on the streets of Perth during nice weather. Please be sure to bring running shoes to each class. For students who do not wish to participate, there will be a senior to hold warm-up in the dojo. Please ensure that you are ON TIME for class so that we can start the running promptly.

Refer to your BUDOPASS for Etiquette rules

Students are reminded that fingernails and toenails **MUST** be kept clean and short for safe training. Scratches and cuts to yourself and others are a risk during training. It is imperative that students take personal hygiene seriously. Please ensure that you look after your hands and feet before coming to class otherwise you run the risk of being pulled out to attend to **UNATTENDED** nails. This is all part of BUDO (the way of the warrior). Clippers are available at Sensei's desk for those in need. Students will be inspected in the coming weeks. Please be advised.

SAKURA BBQ COMING SOON

We are planning on a dojo BBQ later in JULY at Sensei 's house. Stay tuned for a date announcement.

Next Saturday Open training

Saturday, June 12 at 10:00am -noon

Great opportunity for special training before the **grading** on Monday the 15th.

REMINDER THAT KOBUDO AND KARATE TRAINING ARE STILL ONGOING AT SENSEI MIKE'S EASTWIND BUDOLIFE CENTRE ON THURSDAYS. KOBUDO STARTS AT 7:00 AND KARATE AT 8:00-9:30. \$10 DROP-IN FEE. THERE IS A FAMILY CLASS AT 6:00 TOO, FOR THE YOUNGER STUDENTS AND LOWER RANK BELTS.

