



Shima Karate Dojos  
balancing body mind spirit



# Dragon Tale's

February 2011

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**February Birthdays**

|           |            |
|-----------|------------|
| Braeden   | Jury       |
| Carl      | Babst      |
| Elija     | Pelletier  |
| Lee       | Odgers     |
| Mackenzie | Khakh      |
| Morganna  | Clarkson   |
| Scott     | Zmaeff     |
| Shahil    | Lal        |
| Taylor    | Stiller    |
| Aiden     | Huggins    |
| Ben       | Proudfoot  |
| Drake     | Scaife     |
| Jaiden    | King       |
| Lukas     | Elzinga    |
| Sara      | Varro      |
| Stephen   | Igbinosa   |
| William   | Zdancewicz |

**Happy Birthday  
to all of you**



IKGA CANADA  
Winter Training Camp

The next IKGA Winter training Camp will be held on February 18<sup>th</sup>, 19<sup>th</sup>, & 20<sup>th</sup> at Sylvan Lake in Alberta. We are trying to put a list of drivers and students together that want to car pool out to the camp. We would be leaving on the 6:30am ferry on Feb 18<sup>th</sup> and arriving that evening at about 9:00pm. Training would be Saturday and Sunday. We would then leave early Monday morning to head home for the ferry that evening. Monday and Tuesday are both Pro D Days with school.

We will have a signup list at the dojo for interested drivers and students.



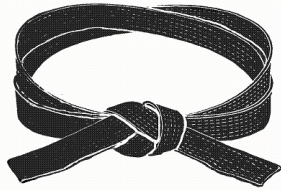
Receipts are now available for 2010  
Please pop into the office to get yours.

# KARATE BC TOURNAMENT

## Provincial Championships – Success!!

We had 33 competitors at the provincials this year and came back with 25 medals which included 8 Gold medals! Good work to all who competed. Remember by just qualifying you are already one of the best in your Zone. Now many of you are among the BEST in BC. The full results are as follows.

|     |            |            |  |
|-----|------------|------------|--|
| 1st | Bernadette | Alvaraz    | 14/15 Girls – Adv/Black Team                           |
| 1st | Bernadette | Alvarez    | Weapons Kata 17 & Under Novice to Advanced Male/Female |
| 2nd | Bernadette | Alvarez    | 14/15 Girls - Adv/Black +54kgs Team                    |
| 1st | Scott      | Zmaeff     | 16/17 Boys - Adv/Black -68kgs Not Team                 |
| 1st | Scott      | Zmaeff     | 16/17 Boys – Adv/Black Not Team                        |
| 3rd | Scott      | Zmaeff     | Weapons Kata 18 & Over Novice to Advanced Male/Female  |
| 1st | James      | Locke      | Men's Kata Intermediate                                |
| 1st | James      | Locke      | Men's Kumite Intermediate                              |
| 1st | Amy        | Pye        | Women's Kata Intermediate                              |
| 1st | Amy        | Pye        | Women's combined Kumite                                |
| 1st | Hannah     | Darmadi    | 8/9 Girls - Intermediate                               |
| 1st | Isak       | Maximchuk  | 12/13 Boys - Intermediate                              |
| 2nd | Dustin     | Schulz     | 14/15 Boys - Intermediate                              |
| 2nd | Emlyn      | Folkes     | 14/15 Boys – Adv/Black Not Team                        |
| 2nd | Luke       | Stepkowski | Men's Kumite Novice                                    |
| 2nd | Brendan    | Rogers     | 8/9 Boys – Intermediate                                |
| 3rd | Brendan    | Rogers     | 8/9 Boys - Intermediate                                |
| 3rd | Sage       | Thomas     | 10/11 Girls - Intermediate                             |
| 3rd | Sage       | Thomas     | 10/11 Girls - Intermediate                             |
| 3rd | Amelia     | Cooper     | 8/9 Girls - Intermediate                               |
| 3rd | Amelia     | Cooper     | 8/9 Girls - Intermediate                               |
| 3rd | Dayton     | Popham     | 12/13 Boys - Intermediate                              |
| 3rd | Shahil     | Lal        | 14/15 Boys – Adv/Black Not Team                        |
| 3rd | Jade       | Fearn      | 7 & under Girls - All belts                            |
| 3rd | Olivia     | Vallee     | 10/11 Girls - Novice                                   |
| 3rd | Andrea     | Miskelly   | Women's Kata Advanced                                  |
| 3rd | Christina  | Craig      | 10/11 Girls - Novice                                   |
| 3rd | Joel       | Bilyk      | 8/9 Boys – Intermediate                                |
| 3rd | Dylan      | Evenson    | 14/15 Boys - Adv/Black -70kgs Team                     |
| 3rd | Emlyn      | Folkes     | Weapons Kata 17 & Under Novice to Advanced Male/Female |
| 3rd | Scott      | Zmaeff     | Weapons Kata 18 & Over Novice to Advanced Male/Female  |
| 3rd | Cameron    | Niziol     | Team Kata 9 & Under Novice to Adv Male/Female          |
|     | Joel       | Bilyk      |  |
|     | Jordan     | Khakh      |  |
| 2nd | Samantha   | Wolff      | Team Kata 9 & Under Novice to Adv Male/Female          |
|     | Fletcher   | Falk       |  |
|     | Hannah     | Darmadi    |  |
| 2nd | Zahnil     | Lal        | Team Kata 17 & Under Novice to Advanced Male/Female    |
|     | Jacob      | Kitchen    |  |
|     | Dustin     | Schulz     |  |
| 2nd | Shahil     | Lal        | Team Kata 14/17 Boys Team                              |
|     | Jordan     | Sunnus     |  |
|     | Emlyn      | Folkes     |  |



Next Regular Grading: Feb 4<sup>th</sup>, 2011

- 6:15pm for all Juniors Classes
- 7:30pm for all Teen and Adult Classes

Make sure that all your books are turned in by the Thursday before the grading.

Bring your sparring gear. Don't be late.

Next Advanced Grading: April 15<sup>th</sup>, 2011

This is for any students attempting Blue belt or higher.

*Pro D Days on February 21<sup>st</sup> & 22<sup>nd</sup>.  
The dojo WILL be open*

### Shima Late Policy

Now that January is here it is time to remind everyone about our late policy. The rule reads:

"If you are late for class you will not be permitted to participate in that class unless you have called in advance to let the Sensei know that you will be late."

Please call even if you think you "might" be late and we will put your child's name on the list.

## 10 Commandments of Success

1. **Hard Work:** Hard work is the best investment a man can make.
2. **Study Hard:** Knowledge enables a man to work more intelligently and effectively.
3. **Have Initiative:** Ruts often deepen into graves.
4. **Love Your Work:** Then you will find pleasure in mastering it.
5. **Be Exact:** Slipshod methods bring slipshod results.
6. **Have the Spirit of Conquest:** Thus you can successfully battle and overcome difficulties.
7. **Cultivate Personality:** Personality is to a man what perfume is to the flower.
8. **Help and Share with Others:** The real test of business greatness lies in giving opportunity to others.
9. **Be Democratic:** Unless you feel right toward your fellow men, you can never be a successful leader of men.
10. **In all Things Do Your Best:** The man who done his best has done everything. The man who has done less than his best has done nothing.

CHARLES M. SCHWAB