



Shima Karate Dojos
balancing body mind spirit



Dragon Tale's

January 2011

Inside

- Birthdays
- Next Grading
- Advanced Grading
- Dojo Closed
- Provincial Championships
- Helpers Needed!!
- Tournament Practice
- Zone Training
- Shima – Late Policy

January Birthdays

Anna	Weissova
Chelsea	Schweers
Dayton	Popham
Derek	Watts
Hannah	Jones
Luke	Stepkowski
Lynne	Schulz
Madison	Gorosh
Mathius	Veeg
Rebecca	Evenson
Trevor	Loffler
Alex	Pelletier
Levi	Ronkainen
Noah	King
Salah	Elekiaby
Jason	Depka

Happy Birthday to all of you! ☺

Dojo Closed
Friday, January 21st

KARATE BC TOURNAMENT

Provincial Championships

The Provincial Championships will be held on Jan 22nd and 23rd in Burnaby at BCIT.

Everyone competing in sparring at the provincials **MUST** have a red and blue belt and red and blue gloves.

The order of events has been put on the wall at the dojo, check it out to see when you compete.

If you have any questions please let me know Sensei

Shima Late Policy

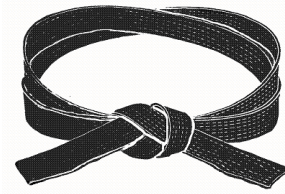
Now that January is here it is time to remind everyone about our late policy. The rule reads:

“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.

Tournament Practices

We will be having two tournament practices before the Provincials. They will be on January 8th and 15th from 11:00am – 12:00 noon. Any of the students who qualified for the Provincials are welcome to attend. There is no cost for these practices. Bring your sparring gear.



Next Regular Grading: Feb 4th, 2011

- 6:15pm for all Juniors
- 7:30pm for all 13 & up

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 15th, 2011

This is for any students attempting Blue belt or higher.

Tournament – Parent Helpers Needed

We need as many parent helpers as possible for the Provincials. No experience is necessary. If you can only help for one of the days that is fine. If you helped at the last tournament you realize how much more fun tournaments are when you help. Please get your names on the list at the dojo.

Zone Training

Sunday, January 9th, 2011

Oliver Woods Community Center, Nanaimo, 6000 Oliver Rd
Salal Rooms 1 & 2

10am - 12 noon agility, coordination, speed and reaction, strength building – Kata training

Lunch Break 12 noon - 12:30 (bring bag lunch)

12:30 pm - 4pm All Zone 6 athletes Competition training – Kumite training

Things to Bring:

Karate Spirit!!, water, All Kumite gear, Healthy Lunch

Cost: \$20 for the day