

# Shima Karate Dojos

balancing body mind spirit



March 2012

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## Next Grading March 9<sup>th</sup>

6:15pm – All Juniors White to Orange/Black

7:30pm – All Teens / Adults and Green and up all ages

## Next Advanced Grading March 2<sup>nd</sup>

6:30pm – All students attempting blue & up, by invitation only

## Kick Kong



king of the Dojo

Kick Kong is a new member of the Shima Dojo. He will be making an appearance monthly with tips and some suggestions or examples of what not to do in the dojo, listen carefully to what he has to say....

## Kick Kong



## Winter Games Champion Sage Thomas



Sage took Gold in kumite, bronze in kata and bronze in team kumite at the BC Winter Games last weekend, this makes her the best at kumite in her weight for all of BC.

Sage has been training 4-5 times per week since she found out she was picked as a wildcard for the Zone 6 team. It is a great accomplishment. Congratulations Sage.



IKGA CANADA

IKGA Summer Camp: May 18<sup>th</sup>, 19<sup>th</sup>, 20<sup>th</sup>

We are still taking registrations for the camp. Consider making this part of your summer vacation plans. All green belts and up should try to attend. Ask at the office for more information.  
Sensei



**Karate Canada National Championships**

The National Karate Championships will be held on March 16<sup>th</sup> to March 18<sup>th</sup> at the Richmond Oval. Bernadette Alvarez from Shima has qualified for the National team and will be representing Shima and BC at the event in Kata and Team Kata. Qualifiers from this can go on to the Pan Am Games and beyond. This is truly a high caliber competition and if anyone wishes to help or attend to watch please ask me for more information.

Calendar Changes

Please note,  
In the month of April and May there are the following calendar changes.

- April 13<sup>th</sup> Grading moved to April 20<sup>th</sup>.
- April 14<sup>th</sup> Shiai moved to April 21<sup>st</sup>.
- April 28<sup>th</sup> Duncan Tournament
- May 4<sup>th</sup> Grading Cancelled
- May 12<sup>th</sup> Courtney Tournament

**Happy March Birthdays to the following Students**

- |            |           |
|------------|-----------|
| Alison     | Cheung    |
| Bernadette | Alvarez   |
| Brennan    | Puckett   |
| Brittany   | Carpenter |
| Cameron    | Whitcomb  |
| Carter     | Ashton    |
| Dylan      | Odgers    |
| Eric       | Kuehnel   |
| Ethan      | Robertson |
| Finn       | Miles     |
| Hanah      | Darmadi   |
| Jacob      | Lovejoy   |
| Jordan     | Dean      |
| Katherine  | Good      |
| Luc        | Beaulieu  |
| Megan      | Saunders  |
| Nate       | Paris     |
| Severian   | Lacalle   |
| Sophia     | Miles     |
| Val        | Ivanova   |
| Chase      | Mackinnon |
| Finn       | Coulson   |
| Wyatt      | Bombardir |



**Congratulations for Making another year!**

"If at first you don't succeed, try hard work." - William Feather



IKGA CANADA  
Kids Tournament

## Tournament Reminder

Date: March 3<sup>rd</sup>, 2012

Who: All 13 & under White to Blue Belts (higher belts referee)

Place: Coquitlam (see poster for details)

Times: Walk on the 6:30am Departure Bay ferry, (be early)  
The bus will pick us up at Horseshoe Bay and take us to the tournament;  
The bus will return us for the 5:00pm ferry (hopefully)

### Shihan Gardecki Seminars

Shihan Gardecki will be putting on 3 seminars on March 24<sup>th</sup> for green belts and up. The times are as follows:

- 11:30 – 1:00 Green & Green/Black
- 1:30 – 3:00 Blue & Blue/Black
- 3:30 – 5:30 Brown & Up

The green and blue belt seminars are \$20 to attend. The Brown and up is \$25

Try plan to be there, Shihan's seminars are always fun and informative.



The secret of success of every man who has ever been successful lies in the fact that he formed the habit of doing those things that failures don't like to do. -A. Jackson King