

# USA KARATE NEWS

September 2011

## Dojo Reminders:

The 2011 summer season is almost over and many dojo members and their parents begin to turn their thoughts to the upcoming school year. It is sincerely our hope that the members of the USA Karate Academy will value their training and benefits of being members of our dojo and continue to support their karate school by renewing their membership. Registration Forms and Fees are due for the 2011-2012 fiscal year. Your registration fee covers your AAU Membership (14.00 for youth and 27.00 for adults) as well as membership to USA Karate Academy. The balance of fees that are not submitted to AAU for your membership are utilized by the dojo for general operating costs such as heat, electricity, and general maintenance. These fees must be paid in full by September 1, 2011. If you have questions or concerns about your membership at USA Karate Academy please contact us at your earliest convenience so that we can address your questions or concerns as soon as possible.

### Dojo Etiquette

(Never neglect courtesy and etiquette)

Staff members; Shihan Joni Sharrah, Sensei Tony Sharrah, Sempais Gyles Batara, and Anel Ruiz, and Office Administrator Jan Beaver meet every 3-4 weeks to discuss dojo activities, student attendance, and overall status of the school. One of the concerns that the staff has expressed is that many of our young students are referring to their Black Belt leaders by their first name. We gently remind the parents of our young students to review the "Basic Etiquette Policies" in the Student Course Guide with your youngster. Item No. 10 on page 9 states; "All black belts will be referred to by their formal title such as "shihan", "sensei" or "sempai". Black Belts must never be referred to solely by their name. While the black belts try to correct



and remind the youngsters to use the correct etiquette, it is essential to remember that children learn from the example set by their parents. We recommend that parents refer to the black belts by their formal titles at home and at the dojo. As the old saying goes, "Action speaks louder than words", and so we ask all parents, family members and friends that observe class to also adhere to the rules and etiquette of the dojo as outlined in the Student Course Guide.

**Early arrival is "on time arrival"** For many years our travel team has lived by this simple mantra, "If you're early, you're on time, if you're on time you're late, and if you're late, you're rude". Basic etiquette item no. 8 states that, "All students should arrive ten minutes before class begins. Students should get on the training floor and warm up on their own." The black belts are willing to assist students review and refresh the skills of students who arrive early. In addition, those students who are chronically late tend to miss opening ceremony which is an essential part of preparing mentally and emotionally for class. We use the opening ceremony to assist students in calming their body and focusing their mind on the moment. If there is a time conflict that prevents you or your child from arriving to class in a timely manner, please notify us in advance of the issue at hand. Chronic tardiness prevents students from performing at their best.

## Attendance is the key to consistent progress.

Item no. 14 in the Student Course Guide states that students should strive for consistent attendance. Twice weekly attendance is mandatory for all students that expect to advance properly. If you or your child must miss class or require an extended absence from the dojo, please inform Shihan Joni in advance. One of the most common concerns we hear from students' parents is, "My child does not want to come to class and I don't want to force them". Through the years, we have learned that once that child gets to the dojo and begins practice the negative attitude toward attending class seems to melt away and a positive, happy attitude replaces the frowns. One way parents can assist their child in looking forward to class is to think about what kind of activity your child is involved in prior to the start of class. If your child is playing with their friends, or into video games, or other high interest activities they will not want to stop their activity to attend their karate class. However, if your child is involved in some other activity that is not so engaging for them such as chores or homework, they will feel more motivated to finish their chores or homework to get to the dojo and meet up with their karate friends.

**Warning:** Your child will want to quit if they stay away any length of time. If their interest begins to waiver let us know immediately. We deal with this on a regular basis, and how fast you inform us is directly linked to the outcome of this challenge. The sooner we are informed, the better chance we have to help your child assess their motivation and reconnect to their goals. Shihan Joni feels that a chat with the student sooner than later is the best course of action. We have noticed that those who do not schedule a chat with Shihan Joni may be trying to overcome this challenge on their own, and once 1 or 2 months passes with the student feeling ambivalent or anxious about their karate training it is too late to turn the tide of discontent. We urge you to reach out to us either by e-mail, or telephone any time you have questions or concerns.



USA Karate Academy has a fan page on Facebook. We invite you to "Like" us. Or better yet, ask us to be "Your Friend" [www.facebook.com/USA.Karate.Academy](http://www.facebook.com/USA.Karate.Academy)

## Student Creed, Principles of Black Belts

are affirmations and lessons designed to instill the foundations for a positive mental attitude in and outside of the dojo. They also provide points of reference for praising or correcting behavior. We ask all students and need the help from the parents of children to memorize the creed. The creed and principles can be found in the Student Course Guide on page 11.

## Tournaments

USA Karate Academy hosts two or more tournaments a year. Tournament participation is a required part of each student's progress. Over the years we have seen the many benefits students gain from their participation in tournaments. In recent times we hear that parents think their child is not "ready" to participate in an event or a child tells their parents that they don't feel like participating. We want to remind all the members and families of USA Karate Academy that these events are hosted for the positive physical and mental development of our members. Therefore you or your child's participation is required for progress in martial arts. We need parents of our students to volunteer to assist us in either time/score keeping, expediting athletes, setting up, taking down, and organizing concessions at our events. Soon, we will be announcing our tournament schedule for the year 2011-2012. We believe that if all our students and family members knew what was expected of them, that they will rise to that expectation. Please look for upcoming announcements and be prepared to take part in the upcoming events.

October 22, 2011 is the date for the PN Karate-do Classic. Location, Former Edmonds Woodway Gym

March 31, 2012 is the tentative date for the PN AAU Karate District Championships

### My Best List

**USA KARATE**

1155 NE 177 St  
Shoreline, WA 98155  
(206) 440-5533

Week of:	Mon	Tue	Wed	Thurs	Fri	Sat
<b>CLEAN ROOM</b>						
Make my Bed						
Put Personal Belongings Away						
<b>STAY CALM</b>						
Brush Teeth						
Take a Bath						
Shut Clothes in the Laundry						
<b>BE BOLD</b>						
Complete Homework						
Use Black Belt Effort at Class						
Use Black Belt Respect for Teachers & Peers						
<b>BE BOLD</b>						
Complete Assigned Chores						
Use Black Belt Respect for Parents						
<b>STAY CALM</b>						
Practice Martial Arts for your age*						
number of minutes						

\*Parents: This list is a tool to help you monitor your child's progress. The completed list is returned at the first class of the week. Please use this list to help you monitor your child's progress. Trying to do this on your own will help your child feel good about their progress and pride in their accomplishments. Thank you for your support and encouragement. (2011-2012)

## Congratulations

Jared Y., Sean L-G, Mason P, Michael H., and Ruby L. for being selected as a "My Best List Super Star"! Keep up the good work! Remember that the "My Best List" is a required part of being eligible for belt rank promotions.

## USA Karate Academy congratulates this year's College and High School Graduates!

Sensei Justin Wilson Graduated from Western Washington University with a Bachelor of Arts Degree in Business Management. Sensei Justin will begin working in the Greater Seattle Area this September.

This year's High School Grads are Sempais: Gyles Batara, Jack Chelgren from Edmonds Woodway High School and Abby Knapp, Nate Matthews from Shorewood High School. We are very proud of all of our graduates and wish them well as the move forward in the next chapter of their lives.

## Summer Karate Camp

### Summer Day Camp Karate Academy was a great success!

Sensei Emily Hie with the help of Sensei Nate Matthews and Sempais Alyssa Korth and Dane Pray under the direction and guidance of Shihan Joni Sharrah and Sensei Tony Sharrah conducted the 5 day session that was attended by 23 campers. Campers learned advanced katas, enhanced sparring skills, and a variety of challenging martial arts drills to spur a deeper interest in the advanced aspects traditional karate-do. Campers also enjoyed a field trip to Majestic Bowling Lanes in Lynnwood as well as games, crafts, and journaling. The dojo has been conducting the Summer Day Camp Academy every summer since 2004. Next year's Summer Day Camp Academy is tentatively scheduled for July 16-20, 2012.

## THANKS TO ALL OF YOU!

Sensei Alan and Shihan Joni want to thank you all very much for all your prayers, cards, and well wishes during



the time that Sensei Alan was very sick and admitted to the hospital for Viral Meningitis from June 17-22. Some students may not have known that Sensei Alan was very ill at that time, and due to the consistent leadership and commitment to the dojo, Sensei Tony, Sempais Gyles and Anel and Jan Beaver assured

the smooth operations of the dojo. The cards, prayers, and emotional encouragement from family members, friends, and dojo students really lifted Sensei Alan's spirits up, and gave Shihan Joni the foundation and support necessary for her to advocate for Sensei Alan's medical treatment and his return to good health.



### Leadership Weekend was conducted August 5, 6, and 7, 2011.

Black Belts and emerging leaders were invited to participate in Advanced Training. We enjoyed an immersion of Classical Shito-ryu Kata training, Filipino stick fighting led by Sensei Irwin Batara, Plyometric drills and reflections led by Sensei Justin Wilson and much, much more. As we look ahead to next year, we are tentatively scheduling next year's training session for August 3, 4, and 6, 2012.

**Congratulations to Abby Knapp** who participated this June 27-30 at the AAU National Karate Championships in Ft. Lauderdale, FL. Abby earned a Silver Medal in the 17 year old Advanced Female Long Kobudo (Long Weapons) division.

# 2011 USAKARATE Calender

September						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

October						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## SEPTEMBER

5 Labor Day - Closed

## OCTOBER

22 17th Annual Pacific Northwest Karate-do Classic

## NOVEMBER

24 Thanksgiving - Closed

## DECEMBER

22 Holiday Pizza Party

24 Christmas Eve - Closed

31 New Year's Eve - Closed

\*The dates for the In House Tournament and Gasshuku Leadership training are tentative and subject to change.

November						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

December						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

**Congratulations to Anel Ruiz** for passing her test to the rank of Shodan. Anel Ruiz, has been training at USA Karate Academy for almost 10 years. She is an assistant instructor at the dojo, and has overcome many challenges to achieve her shodan rank. As Anel recounts her journey



toward earning her 1st Degree Black Belt she reflected about her obstacles whereby a year ago, due to a severe ankle injury sustained while playing soccer, Anel lost her focus and felt like giving up karate. When asked what got her back on track Anel says that she just needed a reminder of why she was

in karate and found the needed reinforcement after talking with Shihan Joni. "I feel it has put into perspective where karate fits in my life". Anel credits her karate training at USA Karate Academy for providing structure in her life and teaching lessons beyond just kicking and punching that seem to be missing in today's society, such as respect for authority, confidence and how to feel good about yourself. When asked what message she may have for her kohai (students that she mentors), Anel said, "When in doubt about your karate training, talk to Shihan Joni". Anel says, "Karate training is not easy but it is all worth it".

A word about **The Black Belt Club**; when students achieve the rank Orange Belt or above, they may become a candidate for membership in the Black Belt Club. Students of the BBC receive extra classes, discounts off standard merchandise, and permission for weapons training. BBC members are more likely to achieve the level of Black Belt due to their physical, mental, and emotional commitment to their training. Those who are eligible demonstrate an excellent attitude toward life and all aspects of their martial arts training, are current in their tuition and membership fees. Candidates receive a letter of invitation from USA Karate Academy. Candidates write a letter of intent to Sensei Joni stating why they want to become a member of the BBC. Once accepted there is a slight increase in tuition, however, the benefits are truly priceless.

**Rank Promotions:** Saturday, September 24, 2011 at 1:00 pm – 3:00 pm is the next rank test date. Students will be identified as a candidate for rank promotion the week of September 6, 2011. To be considered for rank promotion, Students are required attend class consistently and make up any missed classes as soon as they are able. Those who miss two weeks or more during the cycle leading up to testing are not eligible to test to their next belt level.

Tentative rank test dates: Friday, November 4, 2011 6:30 pm – 8:30 pm, Saturday, December 10, 2011 1:00 pm – 3:00 pm, Friday January 20, 2012 6:30 pm – 8:30 pm, Saturday, March 3, 2012 1:00 pm – 3:00 pm