

USA KARATE ACADEMY

USA Karate Academy

Policy Announcements, Tournament Updates, Monthly Events



Grab your gi and your water bottle - work out and rock on! The dojo is ready to dig in and train for testing, tournaments, and FUN.

A Letter from Shihan Joni

Wednesday, January 25, 2017

February is just a week away, and we are excited to enter into this coming month with lots of enthusiasm to assist our students in achieving their goals and helping them set new ones.

Friday, January 27, 2017, 5:30 pm - 7:00 pm and 7:00 pm - 8:30 pm, we'll be conducting testing and wish all candidates good luck! Attend testing prepared to demonstrate at the highest performance level. Tips for a successful testing include the following: wear a clean, pressed uniform, females wear a white sport top or t-shirt under their uniform, wear and tie your obi (belt) properly, bring your progress check booklets and sparring equipment. If you are a kobudo student, bring your weapons too.

We rely on our Black Belts and Sr. Colored Belt students to assist in grading the students. Please set aside some time to help, as those who have promoted in the past, know that someone from our dojo mentored you on your path to Black Belt.

Many tournament dates were tentatively announced for 2017. There are several changes to the schedule. Please look over the updated 2017 Tournament Schedule. Those who are interested in competing at the 2017 AAU National Karate Championships and/or the 2017 Itosu-kai International Federation World Championships must attend at least 4 upcoming events to be eligible to compete, and/or to earn a stipend to off-set national/international travel expenses from the USA Karate Club. The preferred events will be discussed in the Saturday morning tournament class.

As we approach the tournament season, it is essential that all students who want to compete regularly attend their assigned classes as well as the 8:30 am - 10:30 am Saturday morning class. To be eligible for travel funding, students who miss any class will need to contact me for an excused absence. We are looking over the schedule and may need to add another option for extra training due to the fact that most tournaments involve Saturday.

Let me say a few words about our ongoing battle to repeal the unintended

Upcoming Dates to Note

2/4 - Black Belt Training
11:30am-1:30pm

2/4 - Women's Self Defense Seminar 2:00-4:00pm

2/20 - Presidents Day
We are **CLOSED**

3/10 - Belt Testing (tentatively)

4/1 - PNW AAU District Championships and Regionals Qualifier (this is our home tournament!)

Women's Self-Defense Training for Awareness and Safety - Open to the Public

Rescheduled Date: February 4
Time: 2:00-4:00pm

Spread the word to friends, family, teachers and co-workers! Shihan will be holding a self-defense seminar for girls and women ages 16+. This seminar is appropriate for **EVERYONE**, regardless of personal fitness, age or experience.

Let us know if you would like a

tax on martial arts. I realize that there is so much on everyone's mind today, and life is going to throw some unpleasant situations at us. The taxation on martial arts has had a significant negative impact on our dojo. We have always put all proceeds back into the dojo, and still try. Since the new tax, our budget has completely stagnated, and the growth of the school has slowed. Granted there are a combination of reasons why there are slow downs in the martial arts industry, but the fact is we really need to do all we can to repeal this tax.

I am personally asking for contributions to continue this fight and it is essential, to fight this fight, to win. All proceeds collected go to pay the expense of our lobbyists. You can contact me directly to know how to make a contribution.

Another way to help is to contact your local legislator with your personal message, either by email, telephone or snail mail.

Our bill, SB 5220, is Prime Sponsored by Sen. Judy Warnick (R-13). This is the bill that we really need to get behind.

Thank you all for your amazing support.

Shihan Joni

group of flyers to distribute when we have them.

Happy Birthday to our February Babies

2/1 - Marcio R
2/2 - Ismael R
2/6 - Dennis T., *Sensei Ryan*
2/14 - *Sensei Irwin*
2/17 - Tavin P
2/22 - Tyrone B
2/24 - *Sensei Jon*
2/28 - Edwin G

Contact Us

Joni Sharrah
USA Karate Academy
206-440-5533

Tournament Update - SAVE THE DATE!

The Pacific Northwest AAU District Championships and Regionals Qualifier is officially on April 1, 2017 at the Lynnwood High School gymnasium in Bothell, WA. USA Karate Academy is the host. All proceeds benefit the USA Karate Club and funds are used to support our athletes' travel.

All our students are expected to participate and assist (check your record book!) and we also rely on parents' helping with the many moving pieces that ensure a smoothly running, safe and fun event. Much more information will be forthcoming in the next newsletter, but it is imperative that you regularly come in the building, check the website, and check your email for updates and emerging details.

For more information about all upcoming tournaments... Please ask questions of senseis in the dojo, visit the Students & Parents Facebook Page for printables, and train with the tournament team every Saturday from 8:30-10:30am.

Get Your Gear Here!

Support our small business with your retail purchases!

We carry or can order everything martial arts related, from optional sparring gear and weapons to apparel and accessories.

All students need basic sparring gear, which includes a mouthguard, groin cup & supporter (boys), fist pads, and helmet with face shield (for minors).

We have all mandatory equipment available for sale in the dojo.

Students participating in weapons classes need to purchase their own bo staff (and later kai-bo, escrima, etc.) as soon as possible. You cannot practice weapons at home if you don't have the equipment!

A message from PUBLIC AFFAIRS OF WA LLC

The lobbyists that are working on behalf of all martial artists in Washington State would like you to know the following:

Hello Martial Arts Teachers and Families,

I wanted to give everyone an update on our Legislative progress to have this unfair tax removed from Martial Arts.

Policy Reminders & Updates

Check your Official Record Promotion Book and your New Student Handbook for details

Make sure we have your current cell/mobile phone number and email address! We are utilizing new software to mass email and text our members with emergency information, updates and

For anyone that I haven't met yet, I'm Chester Baldwin and my partner Mark Gjurasic and I are your lobbyists in Olympia. We have gotten bills sponsored in both the Washington House and Senate to repeal the tax and Mark and I have been meeting with lawmakers and staff regarding the importance of this bill. In fact, lawmakers are so concerned about this issue that we currently have 2 bills in the Senate to help us. The Prime Sponsors of those 2 bills are working together to collaborative support one bill to pass the Senate...but it is never bad to have more lawmakers that love you and want to help.

;))

This is the second year that we have been working on this issue with the Washington State Martial Arts Association. Last year we got the bill voted out of the House unanimously (97-0) and then worked the bill in the Senate where the bill came out of the Ways and Means Committee but had some purely political opposition and we ran out of time at the end of session.

This year we have already had a hearing on our bill in the House and are working to have the bill brought up for a vote as well as working to have a hearing on the agreed Senate bill when completed. We have very good sponsors on all bills this year and we have received VERY positive responses from lawmakers when we discuss our bill with them.

Determination and Perseverance are hallmarks of the martial arts, and we CAN pass this bill this year if all of you will stay with us and continue to be engaged on the issue.

We need our members to continue to stay engaged and ready to contact your lawmakers at the right times. If you have any questions or want more information on how you can help, you can always reach me at chet@lobbywa.com.

Are you a USA Karate Academy fan?

We know our program is rewarding and enriching. Help us spread the word to everyone.

Feel free to take a brochure from the box out front and give it to a friend or co-worker. Consider leaving a review of the dojo on Yelp, Facebook, or NextDoor. Follow us on Twitter (@ShorelineKarate) and Facebook. Participate and encourage others to participate in Buddy Week. Encourage people to come visit the dojo, watch a class and ask questions.

Contact your Washington congresspeople about the Martial Arts Sales Tax via phone, email, or letter.

Referrals are appreciated and rewarded!

announcements. This information is critical to keeping you in the loop. We do NOT spam our members or share this information with outside parties.

Let us know if you/your student will miss class for any reason. Use the official dojo phone (206-440-5500) and email (usakarateacademy@gmail.com) to ensure the staff gets notice. Shihan's direct contacts are: 206-228-2392 and jsharrah@windermere.com.

If you need to hold your space in the program while you are out for a month or more, let us know.

Summer Day Camp for 2017 will NOT BE AVAILABLE. We have a lot of summer travel planned for our amateur karate athletes.

Langniappe - a little something extra

Check out this article on nutrition and diet for serious athletes like Shorecrest grad and Olympian, Katrina Young.

[Eat Like an Olympian - Nicole Tsong](#)

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