

USA KARATE ACADEMY

USA Karate Academy

Reviewing the Summer, Looking forward to Fall



Say good-bye to heat and haze and hello to a new year in karate! May the cooler weather reinvigorate your enthusiasm in all things. Thank you being part of the harmony martial arts promotes.

From the desk of Shihan Joni

Fall 2017

Greetings,

This is a good time to commit to consistent attendance and practice so you/your child can achieve your goals. Often, I ask students in class to identify, in one word, their main goal in karate training. You would be surprised to hear many young students say they want to "be a black belt" or "be a sensei", "protect myself from bullies", or "have self-esteem". I am amazed so many students have concrete ideas of what they want to achieve in their martial arts training, yet their parents haven't heard of their child's intrinsic goals.

Progress in karate can only take place with consistent participation in prescribed classes, along with personal practice outside the dojo. Additionally, preparing for and taking part in karate testing and tournaments, which are typically outside your/your child's comfort zone, enhances development and motivates students to practice.

Twice a year, we conduct tournaments to provide opportunities for our students to compete. The fall tournament is normally in early November. The spring tournament is two weeks before or after Easter depending on the availability of the venue. While we view our twice yearly tournaments as mandatory events for all dojo members, some students don't participate, most commonly due to fear of failure.

Unfortunately, when a student or parent(s) declines tournament participation for reasons such as 'not feeling ready' or 'wanting to try when they are more prepared', that athlete will eventually enter tournaments at a bigger disadvantage. Students, with the same time in training, who didn't 'wait until next time' have more competitive experience. Our divisions are categorized by time in training, not experience in competition, i.e. beginner = less than 1 year, novice = between 1 and 2 yrs, intermediate = between 2 yrs and 47 months, and advanced = 4+ yrs training.

Another block to motivation is when students, invited to participate in testing, do not attempt to test. We check several basic minimum requirements that must be met before we invite a student to test for rank. These areas are: consistent attendance, attainment of skills for their rank as demonstrated in classes, and a positive attitude. Some students do not feel ready to perform, but opting out of testing prevents the student

Upcoming Dojo Closures

9/1-4 Labor Day Holiday

10/31 Happy Halloween!

11/10-11 Veterans Day Holiday

11/23 Thanksgiving Day

Events

9/30 - Deadline to renew membership (and be entered into a drawing for an upgraded KWON gi!)

10/27-28 - Championship Karate Weekend in Burnaby BC

TBA - Pacific Northwest Karate-do Classic

Happy Birthday Summer and September Babies

7/4 - Shihan Joni Sharrah

7/5 - Zoe L

7/7 - Bastian Q

7/11 - Abby K, Andrea H

7/15 - Ben S

7/16 - Michael H, Maya B

7/25 - Anthony V

from the possibility of promotion. Lack of promotion feeds into fear of failure, which eventually becomes a reality.

Lastly, I notice high ranking students who are invited to move up into advanced classes be unwilling or unable to make schedule adjustments. In my experience, students who remain in lower classes ultimately lose their desire to attend because they are under-challenged. Progress is once again delayed, and so is the sense of gratification from working hard toward achieving something worthwhile.

I encourage you to reach out to me directly (206-228-2392 or joniwsharrah@comcast.net) with any questions or concerns about you/your child's progress. There are times when you/your student may want or need to discuss strategies to improve motivation or overcome obstacles that hinder development.

Sincerely,



Shihan Joni Sharrah, Owner/Chief Instructor

7/30 - Harper K
8/14 - Red G
8/16 - Earl G
8/19 - Molly B
8/22 - Mika N
8/24 - Xen B
8/27 - Jordan P
8/28 - Greta H, Zameerah M
8/31 - Bruce P
9/21 - Alec P
9/28 - Brenna S

**It's Time for Membership
Renewal!**
**During the month of
September, renew
membership and update
billing information**

Renewal is EASY and QUICK

1. Watch your email and US Mail for membership renewal documents.
2. Pay the membership fee of \$85+tax (per student) by cash, check, or charge. We are happy to charge your card on file with written permission from you.
3. Update your billing information. Even if your card hasn't changed, we need an updated signature for continued permission to bill your tuition. Please complete the form or stop by the desk.
4. If you are 18+, you *must also* register with the AAU separately. We cannot do this for you as we do junior students. You can complete this task on your mobile device or dojo mobile device. Renew/register with the AAU by going to: aausports.org. Use our club code when registering: WYW64Y and submit proof of AAU membership to us.

SPECIAL OFFER: When you complete your full AAU + Club membership renewal before September 30, we'll enter you in a drawing for a new KWON mid-weight gi. We'll be giving away one gi for each regular class (that's 5 gis!).

Summer Event Recap

Thank you to Danny Lane for his amazing seminar!

We had a fantastic Danny Lane Super Seminar this year! All three days were well-attended and filled with eager participants. From getting out of duct-tape to full take-downs, our students enjoyed the benefits of Master Lane's lifetime experience. We would love to hear your favorite parts of the seminar.



Road to China Dinner & Silent Auction was a wonderful success!

We cannot possibly thank everyone enough for helping to make this event the success it was. The dojo family and surrounding community came together to donate more than 75 goods and services, amazing food

and drinks, and straight cash to support our athletes' travel fund. Extra thanks goes out to the hard-working tournament volunteers - you're an invaluable part of our dojo! Special thanks and appreciation for our sponsors: Frank Lumber, Olympia Pizza & Spaghetti House, and Cantina Lena. Together, we raised over \$7000! Ki-ai!



Stay tuned to social media, emails, and in-class announcements for upcoming events.

Tournament Report

Congratulations to our athletes who competed in the AAU

Karate Nationals

Every member of the Nationals team came home with a medal this year. Good job Abby, Andrew, Ian, and Bruce! Results are: Abby K, 18-34yrs female black belt, gold in kumite and bronze in kobudo. Andrew K, 16yrs male beginner, gold in kata and kumite. Ian P., junior novice, bronze in kobudo. Bruce P, youth novice, bronze in kobudo.

Japan Itosu-kai International Championships in

Shanghai China

To view the video Senpai Rob made about the China travel team, use password wininchina at the following web address: <https://vimeo.com/user19444247/roadtochina>

Contact Us

Joni Sharrah
USA Karate Academy
dojo: 206-440-5533
direct: 206-228-2392

The Ten Principles of Success

the stepping stones to unlimited potential and success

- 1. GIVING - Give and you shall receive**
- 2. EXCLUSION - Get rid of what you don't want to make room for what you do want**
- 3. CREATION - Define, decide, write it down**
- 4. VISUALIZATION - Make a clear picture in your mind of what you want, infuse it with all the emotion you can, and hold on**
- 5. COMMAND - Thou shalt decree a thing out of thy mouth and it shall be established unto thee**
- 6. ENTHUSIASM - Give everything you've got to everything you do**
- 7. FAITH - The substance of things hoped for, the evidence of things unseen**
- 8. SELF-DISCIPLINE - Do what needs to be done when it ought to be done whether you want to or not**
- 9. PERSISTENCE - I will, until**
- 10. ACTION - Do it now! The best reason for doing the right thing today, is tomorrow.**

-Author Unknown



Upcoming Tournaments:

more detailed list available soon

October 15: West Coast Open, Lakewood WA - for elite athletes only

October 28-29: Championship Karate Weekend, Burnaby B.C. - Sensei Frank Clayton's tournament, appropriate for all of our students. Reserve your hotel room now as the hotel block is selling out quickly. Mention Championship Karate Weekend when you call the Holiday Inn Express Metrotown at 1-604-438-1881.

Stay tuned for further information regarding our fall tournament!

Visit our website! | www.usakaratedojo.com