



NEWSLETTER 05-01 * February 12, 2005

SHOTOKAN KARATE CENTER

Exciting Changes!!

There's going to be a lot of exciting changes in 2005 for SKC – and one of those changes is a more frequent newsletter! It was originally designed to be a quarterly release, but we've changed it to release every other month, for a total of 6 times a year. We hope it'll help keep you informed of **changes**, upcoming **events**, general **news** and interesting **information**. As always, feel free to give us your input by talking to Sempai Sherine or emailing us at our new address at ShotokanKarateCenter@gmail.com with any comments or questions.

SHOTOKAN KARATE CENTER

Chief Instructor:

Sensei Paul Imada, 6th Degree Black Belt
Contact # 456-9407

Tuesdays, 5:45 – 6:45pm / Saturdays, 9:30 – 10:30am

Child (6-18 years) = \$35 per month
Adult = \$40 per month

3-Month Beginners' Special:

Child = \$100 ... save \$25! ** Adult = \$110 ... save \$35!
3 months tuition (including month of sign-up) at reduced rate plus FREE GI!

Additional Gi and Belt, protective gear, and weapons must be purchased separately by each student.

Welcome New Members!

Please welcome the newest members to our Karate family since November 2004: **Liana Matsumoto**.

1st Annual Winter Training!

SKC had their 1st Annual Winter Training on Saturday, 12/18/04 and it was a blast! The day began at 9:30AM with a basic self-defense class taught by **Sensei Paul**. Everyone tried out their punching prowess by using their snap punches to put out a candle flame – our great extinguishers were **Cheryl Fukumoto**, **Liana Matsumoto**, **Derek** and **Marc Miura**, **Robin Oshiro**, **Chris** and **Daniel Roller**, and **Michael Shimabukuro**. Way to go, guys! We then separated into 4 teams and played 3 sets of games: group charades with Christmas and Karate themes, combinations relay with Sensei's old gi's, and a balloon/Christmas carol singing relay. The last game was a kiai game. It was a tough decision, but the first place winner was **Liana Matsumoto** with the loudest kiai! The day ended with a great potluck. It was a fun day! Special thanks to

Sensei Paul who provided all the game prizes, and thanks to everyone who participated and made it so much fun, and Big Mahalos to our Moms who helped set up and clean up!

Exam Results!

Exam Jan. 8, 2005 / Make-up Jan. 15, 2005*

Student	New Rank
Ernest Hanaumi	9 th Kyu (1 st Blue)
Nicole Fujimori*	8 th Kyu (2 nd Blue)
Kristie Nakamura*	7 th Kyu (1 st Green)
Leni Nakao-Yamada*	7 th Kyu (1 st Green)
Robert Loui	5 th Kyu (1 st Purple)
Jay Yoshimi	Sankyu (3 rd Brown)
Matthew Kanno	Sankyu (3 rd Brown)
Mirie Hara*	Sankyu (3 rd Brown)
Christian Hara*	Nikyu (2 nd Brown)
Chris Roller	Ikkyu (1 st Brown)

Congratulations to all the examinees, everyone passed! Great job and keep it up!

2005 is Membership Year!

Year 2005 has been designated "Membership Year" for Shotokan Karate Center. From February through December 2005, each student should plan on bringing in at least one person per student. A membership tally will commence starting February. We are planning some really fantastic incentives for each student who brings in one or more new students. The more students you bring in, the better the incentives!

YOUR DOJO NEEDS YOUR HELP.
TAKE AN ACTIVE PART IN
CREATING A DYNAMIC,
CHALLENGING, AND FUN SCHOOL
FOR 2005!
THE MORE THE MERRIER!
HELP SKC TO EXPAND!

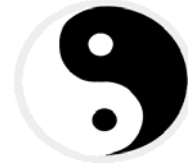
SKC's Upcoming Events!

**36th Kenshukan Hawaii State Karate Kobudo
Championship Tournament**
Sunday, February 27, 2005
Aiea Recreation Center 9:30am - 6pm



Tai Chi Pearl City

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Tai Chi Pearl City

Chief Instructor:
Sifu Paul Imada

Wednesdays, 6:30-7:30pm / Saturdays, 7:30-8:30am

Monthly Fee:

\$25/person for 1x per week
\$35/person for 2x per week

Welcome New Members!

Welcome to the recent additions since November 2004 to Tai Chi Pearl City's family: **Carol Okimoto Rivera, Karen Oliver, Tom and Barbara Oshiro, Ann Teves.**

Additional Class!

Beginning February 2005, Sifu Imada started another tai chi session. The new day is a **Wednesday evening, the beginner's class is 6:30-7:30pm** with an advanced class 7:30-8:30pm. For those attending once a week, the rate will remain the same at \$25/per person, per month. Although it was originally designed for a brand new tai chi group, for those who are interested in a **twice a week class**, you are definitely welcome! The rate will be \$35 per person, per month.

The Foundation: the Perfect Stance

Maintaining a Good Stance:

LENGTH: Should be 2 shoulders long with 4 inches between the heels.

FRONT KNEE: For maximum support, the front knee should be forward in line with the webbing of the front foot.

BOTH KNEES: Should be wide apart with the back knee facing outward.

FRONT TOE: The big toe should be facing slightly inward with a straight outer blade. Weight should be placed on the inside of the foot.

Remember the 3 P's!

What are the 3 P's? Practice! Practice! Practice! A great stance can't be achieved in the short time we have together, so we encourage students to work on their tai chi outside of class also. Follow our tips for practicing at home:

1. Start Easy!	The goal is to have a LONG stance. If you have weak legs, however, start with a short stance and <u>good form</u> . Once your legs strengthen, you can gradually go longer and longer!
2. Just Walk!	Take your time and find your balance, practice getting used to walking the tai chi way. Just a few minutes every day will take you a long way!
3. Good Health!	Good health is important no matter your age! Eat and rest well; include some daily exercise, even 5-10 minutes of daily walking and stretching will help strengthen and invigorate you!

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YOU ARE OUR BEST SPOKESMEN
AND OUR SCHOOL CANNOT
SURVIVE WITHOUT YOUR
PARTICIPATION!
HELP US INCREASE MEMBERSHIP
FOR AN EXCITING 2005!