

Dojo News

Upcoming events:

- Fri Dec 10 - combined Int/Adv Tiger and Junior class 6:30 - 8:00
- Sat Dec 11 - 9 to 11 Dan Grading and Spirit Training w/ Sensei Tony
- Dec 13-16 Grading Week
- Thur Dec 16 Adult Shiai 7 - 9
- Fri Dec 17 Children's Shiai
- Sat Dec 18 Whole School promotion and Holiday Potluck
- Dec 24 - Jan 1 WOGK closed

From Sensei Tony

POWER WORD for December: Honesty. This time of year honesty can be a tricky thing. There are secrets we keep that are intended to bring joy and deceptions we carry out for the same reason. But I believe we each have been planted with an "inner knower" that knows right from wrong. Following it is a different story. But we know when we are doing something wrong; when we are being dishonest for no good reason, or just to save our own skin. There is a Japanese concept of removing waste, overburden, and inconsistency (muda, muri and mura) that we strive to do in karate (a subject we'll begin in next month's

newsletter). This has to begin with awareness. The awareness that we try to develop in karate is the same awareness that allows our "inner knower" to keep us on our toes. When we listen, when we are aware, we know exactly what we should do or say. Honesty that we will be talking about this month is about telling the truth when it's appropriate, admitting wrong doing when it's appropriate, and listening to that "inner knower" so that we can feel good about ourselves. When we are dishonest, with ourselves or others, we can't feel good about ourselves.

"Every act of dishonesty has at least two victims: the one we think of as the victim, and the perpetrator as well. Each little dishonesty makes another little rotten spot somewhere in the perpetrator's psyche."
Lesley Conger

"By setting forth the truth plainly we commend ourselves to every man's conscience in the sight of God."
2 Corinthians 4:2

"The greatest way to live with honor in this world is to be what we pretend to be."
Socrates

**Mom and Dad! A night to yourselves in this busy time of year!
December 10— Combined Intermediate and Advanced Tigers and Juniors class 6:30 to 8:00**

Know your grading date and time!

If you don't know when it is—or whether you're grading—please ask. (Everyone should have received an email with specific information about grading week.) It is important for everyone to come ONLY to their specific grading time.

All adults come to the mini shiai on Thursday from 7-9. This is a new grading week tradition we're starting and we expect EVERYONE to be there!

All children come out on Friday night for their mini shiai. This has been taking place for a few quarters now and is a lot of fun. Be there!

Everyone is invited to participate in the whole school belt promotion on Saturday, December 18 at 10 am, followed by a Holiday Potluck.

Gasshukus!

Mark your calendars now! We have two gasshukus planned. The first is tentatively set for February 4 and 5 with Sensei Mickey Brock, the second is set for May 13-15 with Sensei Chris De Wet. These are great opportunities to train with other IOGKF high level Sensei's. You will want to be there!

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**Come support
Tim and Bob as
they test for
Shodan December
11.**

**Spirit Training
with Sensei Tony
9:00 - 11:00**

**Good Luck Tim
and Bob!**

Reminder:

Please bring \$5

All students grading are asked to bring five dollars sometime during the week of December 13. This is a new charge to help defray the costs of grading week.

Thank you



Wisdom for the Warrior

Excerpts from Gichin Funakoshi's The Twenty Guiding Principles of Karate with explanatory comments from Genwa Nakasone, Translation by John Teramoto

“Principle 11: Karate is like Boiling Water; without heat, it returns to its tepid state”

From the commentary on this principle:

“Learning through practice is like pushing a cart up a hill: if you slack off, it will slip backwards. – A Japanese proverb”

And

“Lord Yagyū said he did not know the way to defeat others, but he knew the way to gain victory over himself— it was to become better today than yesterday, and better tomorrow than today— working in this manner day by day, all one’s life. Walking this endless road, becoming better today than yesterday, and then better tomorrow than today— throughout one’s life—is a true image of the Way of Karate.”

*Merry Christmas, Happy Holidays to all and
Best Wishes for a Happy and Healthy New Year!*

Sensei Challenge

This month’s Sensei Challenge is all about sharing what you’re gaining through karate. When we find something that makes a positive difference in our lives, shouldn’t we want to share it with others? This month of gift giving, think if there is anyone in your life that might benefit from karate. Invite them to join you for a class. We will welcome all visitors who want to find out what karate is all about. We want to share what we have discovered!

Birthdays and Anniversaries

Best Birthday Wishes to all of our students who are celebrating a birthday this month!

Brendan Farrell	Dec 10	Marissa Owens	Dec 11
Lilika Farrell	Dec 27	Noelle Pruitt	Dec 18
Bob Morse	Dec 23	Braden Smith	Dec 23

Congratulations to these folks for celebrating an anniversary of their time with us here at WOGK!

Rick Pollan	1 Year	Jenna Ryan	1 Year
Tom Quinn	1 Year	Braden Smith	3 Years