

Dojo News

Upcoming events:

- Sat Jan 8 - Teen Social 7 – 10
- Tue Jan 11 - Teacher Training 7-9
- Fri Jan 14 - combined Int/Adv Tiger and Junior class 6:30 - 8:00
- Wed Jan 19 - Buddy Night
- Fri Jan 21 - Buddy Night
- Fri Jan 28 - Family Movie Night
- Sat Feb 5 - 9 to 11 Spirit Training w/ Sensei Tony
- Fri Feb 11 combined Int/Adv Tiger and Junior class 6:30 - 8:00

From Sensei Tony

This month we're going to focus on the dojo kun. Many of the words we cover as power words on their own. For the children's kun, I want to touch on the words that many children may not know. And those are dedication and motivation. To be dedicated is to stick with something no matter how hard it is. In order to be a martial artist one must be dedicated. Dedicated to putting in the time and effort required to learn the art, and dedicated to being a person of good character, filled with humility. Motivation is what enables us to be dedicated. It's the reason why we do anything. But what is important is what our motivation is from. We need to be motivated by what is right and true; by what is best for everyone, not just me; by our desire to have the heart of a black belt: to walk the walk and not just talk the talk, to be a light for others, to make

a positive difference to others.

The first line of the dojo kun for adults and juniors is "Through discipline, strength and humility, I will strive to bring out the best in myself and others." This is the heart of karate. We don't do it for our selves as we are right now. We are trying to bring out our best, in character as well as technique. And we have the desire, the motivation, to bring out the best in others as well. We have to interact with others. Ours is not a solitary discipline. That's why this family at our karate school is so important. None of us can be true karatekas alone. We need each other: to encourage us, to help us, to guide us. We each need to be there for the rest. May 2011 be a fruitful year for us on our journey together on the path of the karateka.

Adult Karatekas:

Please remember to complete your written tests and return them by February. (If you haven't received them yet—please pick them up!) There are one or more tests for each student in the adult classes (except white belts). These will help prepare you for your eventual Shodan written test.

Sensei Challenge

OK folks, the holidays are over! Time to put an end to the bad habits that crept in while we relaxed and took it easy. For January:

NO TV !!! Ok, ok. So that's too hard. You get to pick *one* week this month during which you commit to watching no tv, no video games, no computer games. One week. That's all. Your choice.

You'll be amazed at what you'll have time to do: visit with friends, read, catch up on a hobby you've neglected, go for a walk in (hopefully) a winter wonderland. Practice your kata! Play a board game or card game with a friend or family member. Make music, dance, play with your dog or cat, try a new recipe (for playdough!?) You get the idea.....and if you can do it for longer than a week—kudos!!! Let us know how you do!

Birthdays and Anniversaries

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

Zaire Bennett	Jan 13	Noah Shriver	Jan 6
Nate Champion	Jan 26	John Tilden	Jan 4
Rick Pollan	Jan 4	David White	Jan 6

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

Andy Bowser	1 Year	James Fitzell	1 Year
Joey Burnham	1 Year	Sam Harless	1 Year
Elena DeMajistre	1 Year	Jacob Litz	2 Years

Dojo News



Wisdom for the Warrior

Muda, Muri, Mura –

The Three M's of Karate

An Article on Karate Training Drawing from Japanese Process Improvement Theory

posted April 3, 2010 on the website KaratebyJesse

I sometimes get a feeling that some people (mainly beginners) find Karate too technical and [and consider it] obsessed with seemingly trivial details.

“Who cares if my elbow points here or there, I can still knock him out, dude!?”

The interesting part about details is that though they sometimes, to the untrained eye, may seem like totally separate issues, all correction and improvement of details serve the very same purpose, since the body in the end functions and acts as a unit.

To care about details is to care about identifying and eliminating waste (in Japanese: muda), remove overburden (Japanese: muri) and get rid of inconsistency (Japanese: mura).

These are the three M's of Karate.

The three M's that every Karate-ka should strive to identify and exterminate, because together they form something of an evil, dissonant triad.

All three M's must be eliminated to create perfect harmony between technique, mind and body.

So let's break them down:

Muda

Muda, made up of the ideograms representing “none” + “burdensome”, literally means waste, or something that is unproductive.

A Japanese example sentence would be: “Jikan no muda desu yo!” (You're wasting your time!).

In Karate, muda is all activities that do not add value from a outcome-based perspective and thus can be removed. Of course, this presumes that you already know the aim of the technique or movement in question.

To use a very basic example (I'm confident that you can come up with a better one) let's take a stepping punch.

Call it oi-zuki, jun-zuki or whatever you want.

A common muda mistake that many people repeat in this movement, is if you would slightly (often unconsciously) adjust your front foot just before lunging forward. This small adjustment of the foot is muda, waste, and must be removed. It serves no real purpose, except if you have been training incorrectly.

Other common muda include such classics as raising the shoulders, or tensing the fist too tight.

[Next month we'll continue with Muri]

Buddy Night!

This month we want everyone to bring a friend to karate. We'll do fun activities that we only do on Buddy Nights. Invite your friends! To cover all ages and levels we have two nights: Wednesday, January 19 and Friday, January 21. Put it on your calendar!

Family Movie Night!

Friday, January 28. Mark your calendars. Plan to be here. Check your emails for details. We'll turn up the heat and gather with our karate family on a cold winter night!