

Dojo News

Upcoming events:

- **GRADING WEEK**
Dec 12—17
Mon—Adult Shiai
Tues—T & T Shiai
Wed & Thur Grading
Fri—LN & GD Shiai
Sat—shodan grading,
belt promotion,
potluck
- Dec 24—31
dojo closed
Merry Christmas!!

From Sensei Tony

The power word for the month of December is Trust. Merriam Webster defines trust as: assured reliance on the character, ability, strength, or truth of someone or something.

A trait of a black belt is to be trustworthy; in other words, to have others be able to rely on our character. A black belt's word is his bond. When you say you're going to do something, you better do it. A trait of a black belt is also being able to know when someone or a situation is trustworthy.

The first principle of self defense is being able to tell whether a person is trustworthy and whether a situation is safe.

Parents need to teach their children about discerning trustworthy and safe people and situations from those with evil intent. Being able to share this can be very tricky. We don't want our

kids to be taken in by a stranger offering to help find a lost puppy, for example, but on the other hand we don't want to have them be afraid of everyone.

Have a healthy respect for your own instincts; when they're telling us not to do something, we need to listen. Rather than applying a metaphorical reason to those instincts, it may be that you just aren't aware of what prior experiences, or what non verbal messages you're receiving that are causing flags to go up. We need to teach our children to not be too quick to accept all that they hear without verifying it. When flags go up because of our instinct, we need to pay attention.

We'll be talking about trust all this month.

“Love all, trust a few, do wrong to none.”

William Shakespeare

“Trust, but verify.”

Ronald Reagan

“All I have seen teaches me to trust the creator for all I have not seen.”

Ralph Waldo Emerson

Happy Birthday!

Sebastian Balancad	Dec 1	Noelle Pruitt	Dec 18
Shevin Diggs	Dec 2	Braden Smith	Dec 23
Tashy'a Diggs	Dec 7	Rachel Walker	Dec 24
Carol Lamb	Dec 12	Yonathen Washington	Dec 2
Peter Mahoney	Dec 12	Racheal Webster (Rayann)	Dec 23

New Belt Progression at Warriors of Grace

With the belt promotions on Saturday, December 17, we will be introducing the new belt progression we will be using for the karate school. We are changing the belts for several reasons: 1) to have clear distinctions between each of the age groups, 2) to have room for children to advance as they progress through the different age groups, and 3) to make a clear distinction between IOGKF (International Okinawan Goju-Ryu Karate-do Federation) belt ranks and Warriors of Grace belt ranks.

We follow the complete IOGKF curriculum for students 14 and up. We also require that all students 14 and up be registered with the IOGKF. When a visiting IOGKF Sensei sees our belts, he/she will be able to see which students are following the IOGKF adult curriculum. We renamed the current Teen class to avoid confusion with IOGKF Juniors. We are now changing

the belts to avoid similar confusion. In addition, we need to ask that the IOGKF patches be removed from the children's uniforms. Wearing this patch indicates one is a member of the IOGKF. We see no reason for children to be members.

Students under 14 follow a curriculum that is more appropriate for children, while still learning the foundations of Okinawan Goju-Ryu karate. This style is a life long pursuit and the karate-ka is always learning and improving both in character and technique. We continually enhance the curriculum and you should begin to see changes in the coming months, if you haven't already. We are asking more of the students and we have been very pleased with how they've risen to the challenge. Everyone is getting stronger, and technique is getting better. Keep up the good work!

We wish everyone a blessed, safe and joyous holiday season! Merry Christmas!

Shodan Grading, Saturday, December 17

All 1st Kyu students are invited to grade for shodan-ho this grading period. Whether you feel you are ready or not, Sensei Tony would like to see you all go through the grading process for your own benefit. The actual belt that will be awarded if earned will be shodan-ho, a black belt for the dojo. Sensei Herb Allen will be coming in March and he will determine whether students can grade before an IOGKF panel for the IOGKF shodan belt. All adults are invited to join in the shodan grading – from 8:00 to 11:00 on Saturday, December 17. Your presence will boost those grading – you add your “spirit” to help them through!