

## Dojo News

### Upcoming events:

- **Friday Jan 6**  
Tiger Buddy Bash
- **Friday Jan 27**  
Teen Buddy Bash
- **Friday Feb 10**  
Family Movie Night

### 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 teens 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 karateka alone. We need each other: to encourage us, to help us, to guide us. We each need to be there for the rest. May 2012 be a fruitful year for us on our journey together on the path of the karateka.

*All of us at Warriors of Grace Karate  
wish all of you a Happy New Year!*

### Happy Birthday!

Eowyn Angle	Jan 1	Wes Hines	Jan 24
Zaire Bennett	Jan 13	Meadow Lockwood	Jan 20
Louis Champion	Jan 1	Andrew Mahoney	Jan 31
Nate Champion	Jan 26	Tyler Revis	Jan 1
Shannon Crane	Jan 3	Noah Shriver	Jan 6
Misty Ferrell	Jan 10	John Tilden	Jan 4

## I.O.G.K.F. Gasshuku

Mark your calendars now for upcoming gasshuku (training workshop).

**March 9th and 10th Sensei Herb Allen**, IOGKF Northeast Coordinator will be here at Warriors of Grace. It is very worthwhile to train with a different sensei, in part, just to see how standard what you're learning in IOGKF is. And yet you will also get a different perspective. For a weekend gasshuku you'll also get a great workout.

**November 2nd thru 4th Sensei Tetsuji Nakamura**, Chief Administrator of the IOGKF and number 1 traveling instructor of the IOGKF. You *really* don't want to miss this opportunity to train with Sensei Nakamura.

Both of these in house gasshuku will have training times for children included, though the majority of the time will be for adults.

In addition to these in-house gasshuku, there are several more opportunities for adults to train with other IOGKF instructors. January 27th thru 29th Ohana Karate in Michigan, owned by our good friend and mentor Sensei Sam Lariosa is hosting Sensei Blenda Morris.

Sensei Nakamura will be hosting Kazuo Terauchi Sensei, one of Sensei Higaonna's uchi deshi, an 8th degree black belt from Okinawa, March 30 thru April 1. Sensei Tony is planning on traveling to Canada for this gasshuku.

The Okinawa World Budo Sai will be held in Okinawa on July 9th through 14th. There are several people from our dojo hoping to be able to travel to Okinawa this summer.

## UPCOMING EVENTS

Tiger and Teen Buddy Bashes are coming in January. Bring your friends! They are on Friday evenings: the 6th for Tigers, the 27th for Teens, from 5:30 to 6:30. These will be special fun times to introduce your friends to karate. We'll play a lot of games and have a special surprise for those who show up!

Mark your calendars for the next Family Movie Night—you're welcome to bring friends to this event as well. Friday, February 10 starting at 6:30. We haven't decided on a movie yet. If you've got a suggestion—please let us know!