

## Here Come the Holidays!

Halloween is history, and here comes Thanksgiving and Christmas! Lots has happened including the FSKA tournament in California, the Black Belt exam, and the karate seminars featuring Shihan Kyle Funakoshi, 9<sup>th</sup> degree Black Belt and Chief Instructor for FSKA!

### PARENTS NIGHT OUT!

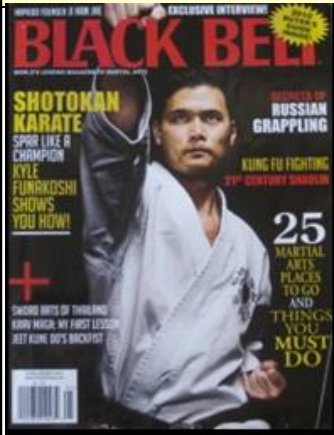
December 1<sup>st</sup>! Inquire with Terry or at the dojo! Your chance to get away!!!

### WSA HOLIDAY PARTY December 15, 2018!

Come join us for GREAT food, dojo friendship, fun, and song on Saturday, December 15<sup>th</sup>. This will be a potluck with everyone bringing their favorite and best cultural dish! GREAT FOOD! We'll also have a super fun gift exchange so don't miss out! Sign up at the dojo! OSS!

### It was AWESOME!

We are super excited to have had Shihan Kyle Funakoshi, who taught three seminars on Saturday, October 27: Youth, Adult Color belts, and Brown/Black belts. He is a "Sensei of Senseis," a 9<sup>th</sup> degree Black Belt, and a Karate World Champion! See page 3 for photos of that super special day. Don't miss out next year, probably in October or November. OSS!



### We took California by storm... AGAIN!

WSA participated in the 2018 FSKA Karate tournament on October 20 in Sunnyvale, CA and our growing team of competitors came back with bronze, silver, and LOTS of gold medals! Congrats to Sarah Chen, Emery Chen, Matt, Tammi, Jase, and Connor Kaeberlein, Ann Evans, Meghan Eng, Tyler and John Morgan Koo, Aaryan Pawar, Henrique Yagi, Zimei Wei, Andreea and Dan Temereanca, Calista and Micah Lee! Sensei Maria and Sensei Sean came back with gold too with Sensei John there to officiate and cheer on the team! Everyone did fantastic and were even recognized by the other California Senseis for their great spirit! Way to go!! GO TEAM WSA!!!

### DOJO ANNIVERSARY PARTY!

Thank you to Sensei Mitch Poe, Terry Lee, and the Events team for a fantastic 45<sup>th</sup> anniversary celebration. Andre Dulce Sensei, who started WSA 45 years ago, joined in on the fun. We started with a full class followed by a great party complete with tons of food and a delicious cake!

Thank you Sensei! Congratulations WSA! OSS!



Sensei Dulce!

### 2018 Exam Dates

**YOUTH: December 8     ADULT: December 12**

### HOPELINK HARVEST FOOD DRIVE November 1 – 30, 2018

We will be collecting non-perishable canned goods and everyday household consumable items to benefit the local Bellevue community through Hopelink. Please bring your donations to the main dojo and we'll take care of it! THANK YOU!!

### Speaking of Seeking Perfection of Character:

*"Sprinkles are for cupcakes, not toilet seats!"*

Questions? See your instructor!

## 300!

Remember the movie **300**, where in the legendary Battle of Thermopylae 300 Spartans held off nearly 150,000 Persians? Well guess what? We just surpassed 300 students at WSA! We're starting our own legend and we have SO many folks to thank: Our amazing students and parents, our fabulous Office Manager, Terry Lee, and our wonderful instructors and assistant instructors, all of whom volunteer and dedicate their precious time and energy to give back to our dojo family! Thank you so much! In celebration, we had a great workout for the instructors and celebrated with a delicious Hawaiian cake! Thank you all for making WSA such a wonderful place for our members and community! We are most grateful! Oss!



### DOJO ETIQUETTE AND COURTESY

Great job on raising the bar! Of course, there's always room for lots of improvement. We will include a section on Dojo Etiquette and Courtesy in every newsletter. If we repeat sections, that means we still need to work on it. ☺ It's all about being the best dojo with the best students and instructors who love and live the spirit and values of Washington Shotokan Association. Oss!

1. Always remember that being part of WSA is a privilege and an honor, and we are all here to make the dojo – and each other – better with each day and every class!
2. The dojo should always be kept clean. EVERY ADULT CLASS should vacuum, sweep the training floor, empty the garbage, and wipe fingerprints off of mirrors and windows. INSTRUCTORS: please make sure that all students participate in tidying up the dojo. Everyone does *something*!
3. Never touch or lean against the walls or mirrors.
4. Remember that proper behavior begins the moment you enter the dojo, not just during class!
5. Always be respectful and courteous on and OFF the floor. No loud noises or talking in the hallway or lobby, especially during class. Always be respectful and dignified.
6. If you ever have to leave the floor during class, always ask the lead instructor to be excused. And when you return to the floor, be sure to ask for permission to rejoin class.
7. Remember that your SPIRIT is most important! And the best way to show your spirit is with your kiai! Kiai loud, kiai strong!
8. Never forget: *Perfect practice makes perfect*!





# Annual Karate Seminar!

## Great Job Everyone!!!





## Enjoy the rest of Summer!

Summer is here and like every year, the Pacific Northwest continues to be where everyone wants to be with beautiful weather and the #1 tourist attraction in the world, Washington Shotokan Association! Well, at least it's #1 to us! And you know what? We've had some new students join us from other states who were advised by their Senseis to join WSA! We're becoming known for being a great traditional dojo family and community! Thank you for your support! OSS!

### DOJO BBQ!

**MONDAY AUGUST 20 AT 7:30PM!**

Please join us for our delicious annual family BBQ right after the 6:30pm combined General/Black Belt class. The food will be delish, and it'll be a great dojo party with some fun surprises. Please sign up at the dojo or let Terry Lee know what you'd like to bring. Very informal! If you don't know what to bring, summer fruits and salads are great! Oss!

### 2018 Exam Dates

YOUTH: October 13, December 8

ADULT: September 12, December 12

\*\*\*BLACK BELT EXAM: October 26, 2018\*\*\*

### AND REMEMBER:

**New exam fees and requirements become effective September 1, 2018. Please talk with your instructor with questions!**

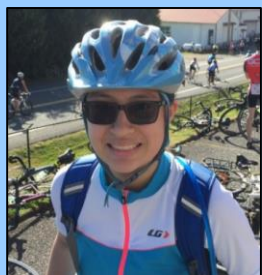
### Thank You JAPAN FAIR TEAM!

Japan Fair 2018 was a fantastic success! This is an annual event at the Meydenbauer Center in Bellevue and WSA is now a popular favorite. We had a WSA booth for two full days where we let folks try punching and kicking our bags and performed a demonstration featuring WSA families with members ranging from age 4 to 68! Super fun, and we actually had four new members sign up! Thank you to all who participated! OSS!

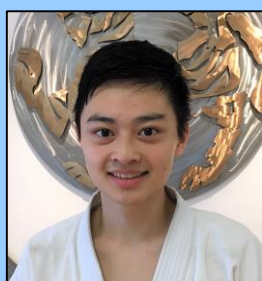


**We had a great team of families who participated in the demonstration as well as other members who performed katas and kumite matches. Even Dulce Sensei showed up to support us! See page 3 Oss!**

### Thank you Sempais!



Sempai Erin Bethune



Sempai Alex Camai

It is with great excitement and some sadness that we say goodbye and congratulate two of our Instructor Sempais as they leave us for greater things and a super bright future. Sempai Erin Bethune has helped teach our Pine Lake youth and is off to Loyola University Chicago! Sempai Alex Camai has left us for Vanderbilt University in Tennessee, but you can find him back at the dojo every summer and during every break! On behalf of WSA, thank you so much for your support and congratulations! We love you!

### Summer Schedule for YOUTH Classes!

**Now to Saturday, August 25:** All Youth students will have unlimited access to classes held in Bellevue at no additional charge.

**BREAK: Aug. 25 to Sep. 8:** All dojos **CLOSED** for Youth classes. All classes will resume on Sep. 10.

### Something to think about:

*"Great minds discuss ideas; average minds discuss events; small minds discuss people."*

- Eleanor Roosevelt

## 2018 California Tournament Coming Up!



Look at all the medals! Join us this year! It'll be an experience you will never forget! Oss!

The FSKA Fall Championship Tournament is coming up on October 20, 2018 in Cupertino, CA. Last year Sensei Maria and Sensei John took a delegation of WSA students to compete in this tournament. Everyone came back loaded up with medals and had a fantastic experience. Pictured on the lower right is Shihan Kyle Funakoshi, who is now the head of the Funakoshi Shotokan Karate Association, of which WSA is affiliated. He will preside over this year's tournament! If you would like to participate, please let your Recommending Instructor know, and we will include you in our Tournament practices coming up! It's a great way to take your learning to the next level, show your dojo spirit and compete in a real championship tournament, and you can choose to compete in kata only, kumite only, or both!

### DOJO ETIQUETTE AND COURTESY

As you know, WSA is a traditional Shotokan dojo that teaches traditional values, including traditional etiquette and courtesy. But many students don't know what that means. So we will include a section on Dojo Etiquette in every newsletter to inform students and parents what is expected from students and instructors alike at WSA, starting now:

1. Know that your first step into the dojo should be where you respectfully bow and say OSS! loud enough to be heard. This tells everyone that "I'm here and ready to go!" It is also your signal that you are stepping into the dojo where you are expected to be respectful and do your best.
2. Be sure to greet EVERY Black Belt with a hearty OSS! Even if the Black Belt is younger than you, they have earned that rank over many years of training and deserve recognition as a WSA Black Belt. And remember: Black Belts with gold writing are Senseis, red writing are Sempais.
3. ALWAYS acknowledge a Sempai or Sensei with a strong OSS! whenever they offer instruction or ask you to do something both ON and OFF the floor. This is especially important when they are teaching you something. OSS!
4. The dojo should always be kept clean. Every class should vacuum, sweep the training floor, empty the garbage, and wipe fingerprints off of mirrors and windows. Instructors should allow for 5-10 minutes after class to clean the dojo, and everyone should participate. Everyone.
5. If a higher ranking student than you is cleaning the dojo or sweeping the floor, you should always offer to take over what they are doing. Watching them work without offering to take over is considered to be rude and arrogant. No exceptions. Even Black Belts should ALWAYS take over cleaning if a higher ranking Black Belt is working. More to come! Oss!



# Thank You to the SBCC Summer Camp Team!

## Shotokan Summer Camp at SBCC!

WSA hosted two Shotokan Karate youth summer camps during the weeks of July 16 and July 30. A phenomenal team of Senseis and Sempais stepped up and introduced two groups of youngsters to WSA and traditional Shotokan Karate! Thank you so much to the wonderful Senseis and Sempais who made it all happen. THANK YOU!! OSS!



The SBCC Summer Camp Teaching Staff: Sensei Richard Garcia, Sempai Dan Berge, Sempai Ron Smith, Sempai Dean Lee, Sempai Michelle Tran, Terry Lee, Sempai Calista Lee, Sempai Micah Lee, Sempai Connor Kaeberlein, Sempai Mohini Pal, Sempai Dan Temereanca, Sempai Brian Chan, Sempai Jason Chan, Sempai Taiga Wad, Sempai Karsten Lin

## Japan Fair 2018: WSA Rocked the House!



Once again, WSA was invited to perform a karate demonstration at the Japan Fair 2018 at the Meydenbauer Center in Bellevue. We demonstrated kata, kihon (basics), and kumite with families, and showed the progression of skills from beginner to Black Belt. Thank you to all of our performers, who practiced hard for a perfect performance! Oss!



WSA also hosted a booth. Attendees kicked and punched real karate bags. Pictured on the left are Sempai Alejandro, Sempai Abhishek and Sensei John with two WSA students, Kaho and Yuna Inoue, who dressed up in kimonos after the demo! And on the right is Sensei Sean showing a youngster how to kick! Many thanks to all of you who helped and participated! Oss!





## June 2018! It's Summer Time!

June is already here! Can you believe it? Even though it's getting warm and sometimes it seems too hot to work out, it's actually great because you come in already warmed up! So keep up the good work and effort through the summer, and make sure you let us know when you're taking some vacation. And be sure to check out our Summer schedule below! Oss!

## You are the Champions!



We held the 2<sup>nd</sup> annual WSA Youth Tournament on Saturday, May 19 where we had 80 of our youth students compete for medals and trophies. It was a fantastic event where our students worked and practiced hard to give their peak performances in front of their friends and family! It was a great experience for our youth students. Don't miss out next year!

### 2018 Exam Dates

**YOUTH: August 11, October 13, December 8**

**ADULT: September 12, December 12**

**\*\*\*BLACK BELT EXAM: October 26, 2018\*\*\***

### New Exam Requirements Effective Sept. 2018

Remember: New exam fees and requirements exams become effective September 1, 2018. Please talk with your instructor with questions!

### Shotokan Summer Camp at SBCC!

July 16<sup>th</sup> to July 20<sup>th</sup>: 9:30am to 12:30pm and

July 30<sup>th</sup> to August 3<sup>rd</sup>: 12:30pm to 3:30pm

Please contact the [South Bellevue Community Center](#) for information and registration.

### Summer Schedule for YOUTH Classes!

Bellevue, Pine Lake, & North Bend dojos will be

**CLOSED Monday, June 25 to Sunday, July 8.** (Note:

Issaquah and SBCC dojos will have classes during this period).

**Monday, July 9 to Saturday, August 25:**

All Youth students will have unlimited access to classes held in Bellevue at no additional charge.

**Aug. 25 to Sept. 8. All dojos CLOSED for Youth classes. All classes will resume the week of Sep. 10.**

## Thank You for the New Handrail!!



### Happy Birthday Sensei!



Andre' Dulce Sensei, 8-Dan and WSA's Founder, just celebrated his 75<sup>th</sup> birthday on April 14<sup>th</sup>! And it just so happens that Sensei John's first grandchild was born the very same day, 75 years apart! Is that good luck or what?! Happy Birthday and Congratulations Sensei!

Thank you for the great dojo spirit and team effort in installing and securing our dojo handrails! Sempai Norm Puri, Sempai Dean Lee, Terry and Micah Lee, Tammi Kaeberlein, and Richard Garcia Sensei. Oss!!!

# Washington Karate Association

A Non Profit Karate Association

## Youth Tournament!!



The Youth tournament on May \_\_ was a fantastic success with everyone participating in kata and kumite (sparring) competitions. Congratulations To all of the competitors. Also, congratulations to Alex Domnenkov and Kaho Inoue for winning our first ever "Spirit of the Dojo" awards for their loud kiais, strong performances, and outstanding dojo spirit! And THANK YOU parents for your support! OSS!

Aahana Dhwaj	Carmina Oana	Jeffery Tao	Peter Blevins
Aaryan Pawar	Cecilia Lindquist	Jo Drummond	Pranav Pandiaraj
Abdul Mohammad	Charlie Andersen	Johnny Harris	Ria Kandelwal
Adarsh Raj	Claire Liu	Jon Grey Messier	Roman Schondelmayer
Aditya Palyam	Damian Sun	Kaho Inoue	Ryan Sun
Alex Domnenkov	Diya Dinesh	Karsten Lin	Ryder Murata
Alex Hsu	Elsa Costa	Ken Drummond	Sandesh Sulgaonkar
Anay Dinesh	Emery Chen	Kheiron Chafe	Sarah Chen
Andrei Domnenkov	Evan Sumanaseni	Kouki Shibata	Shaan Larsen
Anghad Bhutani	Francesca Chong	Leland Cartier	Sofia Trevenzoli
Arvind Rajeswaran	Greta Camesasca	Liam O'Connell	Sota Arakawa
Asher Silvernail	Habeeba Gomaa	Max Tarner	Taiki Ito
Autumn Arnold	Henrietta McClelland	Maya Bercey	Torben Herrgoss
Avennia (Nia) Bauer	Henry Blevins	Mikey Harris	Tucker Person
Bahar Abdi	Henry Danley	Mohamad Abdi	Tyler Koo
Ben Hart	Hunter Pitsch	Nandini Khandelwal	Vinicio Denczuk
Benjamin Stephenson	Huy Ha	Nate Bergman	Vishruth Pandiaraj
Briana Oana	Ishya Dinesh	Neil Larsen	Wes Bergman
Brighton Bauer	Jack Brenneman	Norah Danley	William Huffman
Calista Lee	Jack O'Connell	Olivia Pitsch	Yousef Gomaa

## *Congratulations!!*





The WSA Youth Tournament was a gift from the Black Belts to give back to our Youth students and their families. As you know, every Sensei and Sempai volunteers their time and energy to WSA. Just a quick shout-out to all of the WSA Black Belts who organized the tournament and volunteered to help pull it all together. Thanks too to **Mrs. Terry Lee**, our amazing WSA Office Manager. And last but definitely most of all, thank you to **Sensei Adam Birnbaum** who led and organized the entire event. Thank you Sensei Adam, Terry, and all of the WSA Black Belts for your great **dojo spirit**.

- |                         |                        |
|-------------------------|------------------------|
| Sensei Mostafa Ahanchi  | Sempai Maia Kushnaroff |
| Sempai David Andrews    | Sempai Calista Lee     |
| Sempai Dan Berg         | Sempai Dean Lee        |
| Sempai Erik Bethune     | Terry Lee              |
| Sempai Erin Bethune     | Vince Lee              |
| Sempai Alex Camai       | Sempai Kate Love       |
| Sempai Nile Camai       | Sempai Mary Murphy     |
| Sempai Brett Cockerill  | Sensei Mitch Poe       |
| Sensei Mark Cron        | Sensei Jack Showalter  |
| Tami Cron               | Sempai Ron Smith       |
| Sempai Abishek Dasgupta | Sensei Claire Sussman  |
| Sensei Sean Donlin      | Sensei Kevin Sussman   |
| Sempai Jason Edds       | Sensei John Suzuki     |
| Sempai Tristan Fernando | Sempai Dan Temereanca  |
| Sempai Mark Ganley      | Sempai Kevin Tran      |
| Sensei Richard Garcia   | Sempai Kristina Tran   |
| Sempai Robert Johnson   | Sempai Michelle Tran   |
| Sempai Camila Kang      | Sensei Maria Ungureanu |
| Sempai Scott Kosinski   | Sempai Davii Zarshenas |

*Thank you ALL!!*

## May 2018! The weather's getting fine!

May 1<sup>st</sup> is May Day, and May Day is Lei Day in Hawaii! And what a great month April was for the dojo with our Spring dojo cleaning, our paint party, and busy preparations for the WSA Youth Karate Tournament coming up on May 19<sup>th</sup>. What great dojo spirit! OSS!!!

### THANK YOU TO THE DOJO CLEANUP VOLUNTEERS

We had an AMAZING morning of cleaning the dojo. I can honestly say that after over 20 years of participating, the dojo was never cleaned so well. Every corner, every wall, every inch, every light, everything! Check out the pictures on page 3! Thank you everyone who pitched in. You guys are the best and we totally appreciate you! Thank you for your fantastic dojo spirit!



Check out this amazing crew! We had a fantastic morning complete with coffee, donuts and dojo spirit! Don't miss out on the fun next time! Thank you!



Kaho Inoue crawled under the shelf in the women's locker room and even got a big spider! Way to go Kaho!

### New Exam Requirements Effective September, 2018

Effective September, 2018, WSA is changing the minimum hours for exam qualifications to enable more learning, notably for the more advanced levels leading up to Black Belt:

Testing for:	Age Group	Minimum Hours
Yellow	Kinder Karate	16
Yellow	Youth/Adult	24
Orange	Youth/Adult	32
Blue	Youth/Adult	32
Green	Youth/Adult	32
Purple	Youth/Adult	40
Brown	Youth/Adult	45

#### Notes:

1. Completing your minimum hours does not guarantee you may take the exam. Your Recommending Instructor must also certify that you are ready and performing at the next level in order to take the exam.
2. If you get a Temporary grade, you only need 2/3 of the Minimum Hours to retake the exam for your full promotion.
3. The cost of exams will increase by \$5. with new pricing shown on the new green card. The good news is that it has been many, many years since we raised our pricing. Hopefully, it will be many more before we have to do it again!

### Speaking of Cleaning, you can do your part too!

We're doing great at keeping the dojo clean but we can always do better. Here's a couple of tips:

1. Always leave the dojo as clean as it was when you arrived. It shows your respect.
2. If you see something-handprints on mirrors, vacuuming, trash, sweeping - Just take care of it.
3. When you see a higher ranking person cleaning, ask them for permission to take over. Even senior Black Belts need to do this! Take over; it shows disrespect if you don't!



## But wait! There's more!!!

### Important Dates

<b>May 19:</b>	<b>WSA Youth Karate Tournament</b>
<b>June 4:</b>	<b>Shodan Award Ceremony</b>
<b>June 9:</b>	<b>Youth Exam</b>
<b>June 13:</b>	<b>Adult Exam</b>
<b>June 15:</b>	<b>Pre-Shodan Exam</b>
<b>Oct 26:</b>	<b>Black Belt Exam</b>

### 2018 Exam Dates

<u>Youth</u>	<u>Adults</u>
June 9	June 13
Aug 11	Sep 12
Oct 13	Dec 12
Dec 8	

### THANK YOU TO THE DOJO PAINTING VOLUNTEERS

In addition to the dojo Spring cleaning, a great team of dojo volunteers painted the inside wall facing the parking lot. We had a great evening of hard work and good fun, but nobody started a paint fight! Bummer!... Just kidding! Check out that wall. One more thing to keep the dojo clean and proud! Thank you Team!

- Russ Wigle
- Hitomi Bercey
- Maya Bercey
- Tammi Kaeberlein
- Jase Kaeberlein
- Sempai Dean Lee
- Sempai Norm Puri
- Sempai Brett Cockerill
- Sempai Liz Barker
- Sempai Kristina Tran
- Sempai Kevin Tran
- Sempai Michelle
- Sensei Richard Garcia
- Sensei Maria Ungureanu
- Sensei John Suzuki

### THANK YOU TO THE SPRING CLEANING VOLUNTEERS!

- Terry Lee
- Tammi, Connor, & Jase Kaeberlein
- Daisuke, Yuka, Kaho, & Yuna Inoue
- Lauren and Carol Heinen
- Andrew and Sarah Chen
- Mohammad and Bahar Abdi
- Peter and Tyler Koo
- Daniel and Ryan Nguyen
- Vinh Olanrewaju
- Sean Broderick
- Madison Hansen
- Russ Wigle
- Jengy Gomez
- Yousef Goma
- Brian Oliveira
- Vishruth Pandiaraj
- Sempai Calista Lee
- Sempai Mary Murphy
- Sempai Robert Johnson
- Sempai Brett Cockerill
- Sensei Maria Ungureanu
- Sensei Richard Garcia
- Sensei Kevin Sussman
- Sensei John Suzuki

### WSA Youth Tournament – May 19<sup>th</sup>!

Come cheer for the competitors! It's a fantastic experience for our youth students as they get to show off their stuff. Unfortunately we are sold out, so if you are missing this tournament, come on by and cheer on your classmates anyway! Be sure to sign up earlier next time!

### Words of the Masters

"Your kiai is your most important weapon .A loud and strong kiai can disarm your opponent.

- Shihan Kenneth Funakoshi

"Kiais are free... every day!"

- Andre Dulce Sensei

**THANK YOU** to everyone who participated and showed their **DOJO SPIRIT!** The bathrooms, dressing rooms, walls, floors, equipment... **EVERYTHING** is clean, clean, **CLEAN!** **OSS!!!**



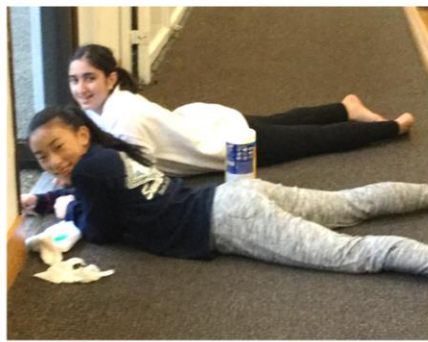
The Baseboard crew!



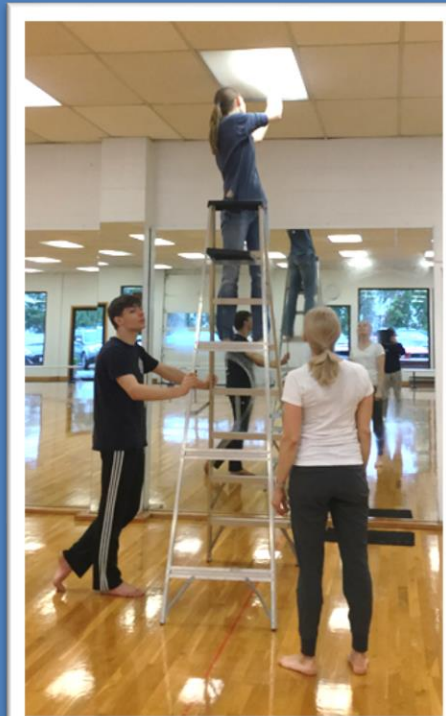
The Broom Closet crew!



The Kaho Inoue crew!



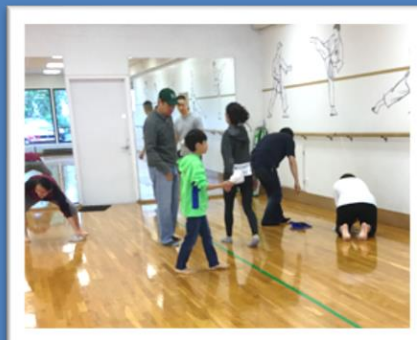
The Laying Down On The Job crew!



The Lights crew!



The Wipe-On, Wipe Off crew!



The Floor crew!

**OSS!!**



## April, 2018 Happy Spring Break!

Lots going on for our Karate students! The weather is warming up and so are our students! We've got a Youth tournament coming up and lots of opportunities for you to get involved in showing your dojo spirit and making WSA something you can be even more proud of! OSS!

### ANNOUNCEMENT: NEW KUMITE REQUIREMENTS FOR ADULT CLASSES!

Effective May 1, 2018, all adult students wishing to participate in Kumite (sparring) in ALL adult classes will be required to use mouth guards and approved sparring gloves. The following are the training gloves you can order directly from Amazon.com. You can choose your own mouth guard.



This equipment can be used in all adult classes, including the adult Kumite classes. Please know that after May 1<sup>st</sup>, anyone who does not have this equipment will not be allowed to participate in the kumite portion of all adult classes.

### WSA Youth Tournament – May 19<sup>th</sup>!

#### Don't Miss Out! Registration Ends April 30!

Time to register for the WSA 2018 Youth tournament! Registration ends on April 30, or when we sell out, whichever comes first! This is where all of your hard work comes together in spirited competition! Your instructor will help you prepare for the exciting day with your own competition in your class. Time to show your dojo spirit and amaze your friends and family! And remember, you'll get TWO class credits with trophies and medals waiting for you to collect! See page 2 for more information and don't miss this fantastic day!

### Important Dates

**April 9-14: Spring Break: No Youth Classes**

April 10: Dojo Painting at 8pm

April 28: Dojo Spring Cleaning 7am – 9am

**May 19: WSA Youth Karate Tournament**

June 15: Pre-Shodan Exam

Oct 26: Black Belt Exam

### Thursday Kumite Class

For APRIL ONLY, the twice monthly adult Kumite class on Thursdays at 7:30pm will be held on **April 5 and 26**. We will resume the schedule of classes every 2<sup>nd</sup> and 4<sup>th</sup> Thursdays in May.

### Wisdom of the Masters

"The most important thing in Karate is a strong kiai. It shows your spirit and when done correctly, can disable your opponent."

- Shihan Kenneth Funakoshi

"Practice makes perfect, right? Wrong!...

PERFECT practice makes perfect!"

- Andre Dulce Sensei, Founder, WSA

### 2018 Exam Dates

<u>Youth</u>	<u>Adults</u>
April 7	June 13
June 9	Sep 12
Aug 11	Dec 12
Oct 13	
Dec 8	

**REGISTRATION CLOSES ON APRIL 30, 2018!**

**MAY 19 2018**

Session 1

9 - 11 AM

Session 2

11:45- 1:45 PM

**WSA  
YOUTH  
KARATE**

**TOURNAMENT**

**EVERYONE WINS A TROPHY!**

**AGES: 4 -17  
ENTRY FEE: \$35**

**BELLEVUE MAIN DOJO  
12754 BEL RED RD.  
BELLEVUE, WA  
98005**

**REGISTER NOW ON ZENPLANNER!!!**

**REGISTRATION CLOSES APRIL 30, 2018**





# Happy Valentines Month!

Okay, so we're a little late in getting our February newsletter out, but it's the month of love and we love WSA! Lots going on including a brand new kumite (sparring) class and preparations for the Youth tournament coming up in May! We're off to a great start of the year with tons of learning and great dojo spirit. Thank you for always doing your part in making the dojo better!

## IMPORTANT DATES

February 19, 2018 Presidents Day – Dojo Closed  
 May 19, 2018 WSA Youth Karate Tournament

## WSA Youth Tournament – May 19<sup>th</sup>!

The WSA 2018 Youth tournament will be held at the main dojo in Bellevue on May 19, 2018.

It's fun and a fantastic opportunity to demonstrate your skills and dojo spirit, with trophies and medals awarded to all competitors. See the tournament flyer on page 3 for more information!

## 2018 Exam Dates

<u>Youth</u>	<u>Adults</u>
April 7	Mar 14
June 9	June 13
August 11	Sep 12
October 13	Dec 12
December 8	

\*\*\*\* Pre-Shodan Exam: June 15, 2018\*\*\*\*

\*\*\*BLACK BELT EXAM: To Be Confirmed\*\*\*

A big OSS! and THANK YOU for everyone who attended and participated in our first open house for youths on January 20<sup>th</sup>! It was a great success with everyone having lots of fun. We even got the parents involved and some of them even signed up! See the photos on page 2 of this newsletter! OSS!!

## NEW KUMITE CLASS!!

Starting on Thursday, March 8 and every 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of each month at 7:30pm, Sean Donlin Sensei and John Suzuki Sensei will teach a kumite class to sharpen your sparring skills. Protective equipment will be required including gloves and mouth guards just in case. See page 4 of this newsletter for more info.



Sempai Calista Lee demonstrates her reverse roundhouse kick as Suzuki Sensei teaches

the importance of control. Speed and control will be major focus points of the kumite class.

## SEEK PERFECTION OF CHARACTER

One of my favorite stories: A reporter went to Master Gichin Funakoshi's house and rudely ordered the gardener to fetch him. The gardener respectfully bowed, put down his rake, and went to get Master Funakoshi. When the gardener returned in more formal clothes, he bowed and said "I am Funakoshi, can I help you?" What a wonderful lesson in humility! We should all be so humble! Can you imagine that reporter's embarrassment? Oss!

# WSA Dojo Youth Open House...Good Times!



What a punch!



Wait, where'd he go? Great move!



Getting ready for a big kick!



You're Number 1? Cool!

Thank you to all of the parents and students who participated, and a big OSS to all of the Sempais and Senseis who helped out! Thank you all!



**2018 WSA Youth Tournament! Don't miss out!**

**MAY 19 2018**

Session 1

9 - 11 AM

Session 2

11:45- 1:45 PM

**WSA  
YOUTH  
KARATE**

**TOURNAMENT**

**EVERYONE WINS A TROPHY!**

**AGES: 4 -17**

**ENTRY FEE: \$35**

**BELLEVUE MAIN DOJO  
12754 BEL RED RD.  
BELLEVUE, WA  
98005**

**REGISTER NOW ON ZENPLANNER!!!**

**REGISTRATION CLOSING APRIL 1, 2018**

# New Kumite Class

## 2<sup>nd</sup> and 4<sup>th</sup> Thursdays at 7:30pm

### starting on Thursday, March 8, 2018

This class is offered to all GREEN belts and above in adult classes. Safety and control will be top priorities. While this is not a "full-contact" class, all participants will be required to sign a liability waiver which will be provided.



You will learn principles of kumite including timing, range, speed, attacking and counterattacking. The class will be held in Shotokan style, format, and courtesy.



We look forward to seeing you there! - Sean Donlin Sensei and John Suzuki Sensei

## REQUIRED KUMITE EQUIPMENT SUGGESTIONS

- Gloves:** The following are two good options on Amazon.com



MaxxMMA  
MaxxMMA Neoprene Washable Heavy Bag Gloves -  
Boxing Punching Training  
★★★★☆ 50 customer reviews  
Price: \$17.99 ✓prime



Everlast  
Everlast Neoprene Heavy Bag Gloves ( 4303 )  
★★★★☆ 247 customer reviews | 14 answered questions  
List Price: \$19.99  
Price: \$16.99 ✓prime  
You Save: \$3.00 (15%)

- Mouth Guards:** Sporting goods stores or Amazon.com. You may have to experiment with different brands and sizes for proper fit.
- Athletic Cup** (for boys/men). Purchase at sporting goods store or online.

**All of the above are *required* for Kumite**

## OPTIONAL EQUIPMENT

- Head Gear. If you feel you need head protection, you may bring head gear.  
**Note: Head gear shall not mean heightened aggressiveness is allowed!**
- Shin/foot and forearm protection.
- Chest protection.



# Happy New Year!

Here we go! It's a whole new year with tons of opportunities to learn and improve your karate! We kicked it off with a Black Belts workout early on New Year's day, and are kicking off the year with our continued lineup of great classes and a Youth Open House on January 20<sup>th</sup>. We will announce lots of new stuff for 2018 as we go. So stay tuned for lots more to come! OSS!

**SATURDAY, JAN. 20, 8:30 to 10:00AM!**

## YOUTH OPEN HOUSE

Hey Kids...  
Check it out!!!  
OSS!



### IMPORTANT DATES

January 15 Dojo Closed for MLK Holiday  
January 20, 2018 Youth OPEN HOUSE  
May 19, 2018 WSA Youth Karate Tournament

### 2017 WSA Fun Facts: Did you know?

236 Belt Promotions!  
19 Black Belt Promotions!  
79 New Students!  
Youngest Student: 4 years old!  
Oldest Student: 85 years old!

**THANK YOU FOR YOUR SUPPORT!**

### 2018 Exam Dates

Youth	Adults
Feb 10	Mar 14
Apr 7	June 13
June 9	Sep 12
Aug 11	Dec 12

Oct 13 & Dec 8

\*\*\*\* Pre-Shodan Exam: June 15, 2018\*\*\*\*

\*\*\*BLACK BELT EXAM: October 26, 2018\*\*\*

### THANK YOU SUCCESS LAB!

Looking for a fantastic website? As you know, we seldom advertise our suppliers, but the company that designed and manages WSA's website is amazing and they do fantastic work for us! If you are looking for a great website, please visit [www.GreyMethods.com](http://www.GreyMethods.com) and email Chad at [Chad@SuccessLab.io](mailto:Chad@SuccessLab.io). Tell him the folks at WSA sent you. They're great folks and do fantastic work! Thank you Success Lab!

### Bring a friend or two! It's FREE!

Lots of fun and games! Two class credits! Bellevue! Pine Lake! SBCC! North Bend! Issaquah! Join us and learn how much fun Karate can be! Here's how to sign up:

1. Tell your instructor, or
2. Send us an email to [info@washingtonshotokan.com](mailto:info@washingtonshotokan.com)

# WASHINGTON SHOTOKAN ASSOCIATION YOUTH KARATE TOURNAMENT

Session 1:  
9AM-11AM

MAY 19TH 2018

Session 2:  
11:45AM-1:45 PM



ALL PARTICIPANTS WILL RECIEVE A TROPHY FOR KUMITE AND MEDAL  
FOR KATA TO TREASURE AT HOME OSS!!!

BELLEVUE MAIN DOJO  
12745 BEL RED RD.  
BELLEVUE WA  
98005



REGISTRATION NOW OPEN!!  
CLOSES APRIL 1ST 2018

ENTRY FEE: \$35  
(INCLUDING KATA AND KUMITE)  
CHARGED TO ZEN PLANNER ACCOUNT



# YOGA at the DOJO!

## YOGA at the DOJO!

## YOGA at the DOJO!

**WHAT: HATHA YOGA PRACTICE**

(Based on the Patanjali Eight Limb Path of Yoga)

This special 60-minute yoga class exclusively for WSA members focuses on strengthening and relaxing body and mind through traditional yoga postures, breathing techniques and meditation. This is a beginner to intermediate level class well suited for all level karateka. No prior yoga experience is required.

**WHEN: EVERY OTHER SUNDAY @ 10:30AM, STARTING JANUARY 7, 2018**

**WHERE: BELLEVUE DOJO**

**WHO:** Exclusively for current and past WSA students. This is an adult level class. All students who regularly train in adult classes at WSA are welcome to attend.

**WHAT TO BRING:** A yoga mat and a signed Waiver of Release.

**INSTRUCTOR:** Claire Birnbaum ([crb456@comcast.net](mailto:crb456@comcast.net))

Sensei Claire (WSA 4<sup>th</sup> degree Black Belt) is a Yoga Alliance Instructor certified as a Registered Yoga Teacher (200 Level). Several years ago she turned to yoga as a means to fitness and healing, and was surprised to discover that yoga actually provides a focused mind/body/spirit connection similar to karate training. She is now "giving back" to the dojo in sharing her yoga experience with WSA, and she is an amazing and super nice person... and a great teacher!

For questions or to register, please contact Sensei Claire directly at [crb456@comcast.net](mailto:crb456@comcast.net).



# YOGA at the DOJO!