

It has been awhile since our last WSA newsletter and LOTS of GREAT things have happened since! This is a special "Catch Up" edition of the newsletter with lots of updates. Enjoy!

### ABOUT SAFETY AT WSA

At WSA, safety is our #1 priority.

- All of our senior Instructors are CPR certified every two years.
- We now have a defibrillator in the far right corner of the dojo floor, to save the life of anyone in cardiac arrest. The great thing is that it's super easy! Just attach it to the person per the instructions and it will tell you what to do!
- WSA has invested in Body Protection and head gear for our youngsters to help minimize injury.

### DOJO MANNERS & ETIQUETTE

Thank you for helping to raise the spirit of the Bellevue dojo by doing something everyday to make the dojo better. If you haven't been helping, don't wait for a Sensei to ask you. And remember that when anyone of higher rank than you is cleaning, you should take over for them. It's the courteous thing to do! Oss!

### KARATE TOURNAMENTS

WSA participates in tournaments of other karate federations. If you would like to participate, please let your instructor know, and they will work with the Senseis who manage our participation. Upcoming tournaments:

- Shotokan of Spokane August 31, 2019
- FSKA (Sunnyvale, CA) Octpber 26. 2019
- World Tournament London. December 12-15, 2019.

All ranks may participate and WSA holds special tournament classes to prepare. See your instructor!

### 2019 EXAM DATES

#### YOUTH

October 12

December 14

#### ADULT

September 18

December 4

BLACK BELT EXAM: October 18, 2019

**AND REMEMBER:** You MUST be approved to take the exam by your instructor AND have the *minimum* class hours. Your instructor will always tell you what you must do to qualify for the next exam. If your instructor says you're not ready, it's your opportunity to focus and work together for the next exam. So don't get mad; get going! We know you can do it!

### ADVANCED SUNDAY CLASSES

#### Purple, Brown, and Black Belts!

We hold classes for advanced belts every Sunday morning from 8:15 to 9:30am at the Bellevue Dojo. These classes are taught by Sensei Richard Garcia, Sensei Maria Ungureanu, and Sensei John Suzuki, and are great classes to hone your skills in preparing for your next Black Belt!

### SELF DEFENSE WORKSHOP!

New news! WSA is now teaching self-defense classes for both men and women! The next class (ages 14 and above) is scheduled for Sunday, August 25, and is taught by Senseis of WSA. The cost is \$45 per student, and since this is an open seminar, you are welcome to bring your friends. It is a great opportunity to learn simple ways to defend yourself and understand situational awareness to help you stay out of trouble. Sign up online! Oss!

### Black Belt Seminar - Shihan Kyle

WSA hosted Shihan Kyle Funakoshi for a seminar for WSA Black Belts. It was a FANTASTIC experience He will be back at WSA in October, for all belt levels. Get ready to learn from one of the best!





## WSA YOUTH TOURNAMENT 2019!

We had a fantastic WSA tournament way back in May. Sensei Adam Birnbaum served as the Tournament Chairman and many of the Senseis and Sempais participated. It was an amazingly fun day seeing all of our students compete their hearts out for medals and trophies.



Congratulations to all of the competitors at the WSA Tournament! And special congratulations to Mihir Mallapragada for winning a Spirit of the Dojo award. Great performances and spirit by everyone! OSS!



Congratulations to Vivian Xie for winning a Spirit of the Dojo award! And thank you parents, family and friends for your great spirit too! You made it a great experience for all of the competitors! Oss!





Washington

Shotokan Association

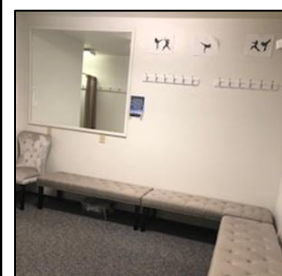
A Non Profit Karate Association

## Japan Fair 2019

WSA participated again in the Japan Fair at the Meydenbauer Center in Bellevue. Our students performed a demonstration of Shotokan Karate and they did an AWESOME job! Our youngest performer was 4 years old. COOL! Sensei Andre Dulce, Founder of Washington Shotokan Association, was there to cheer the students on. Nice job everyone! OSS!



## Thank you for our New Women's Locker Room!



Thank you Sensei Richard, Sensei Dean, Sensei Sean, Terry, Sensei Maria, Sempai Brett and lots of others for your help in designing and finishing the ladies' locker room. It was a much bigger job than expected and it turned out great. Lots more room and space for the ladies. Very much appreciated! OSS!!

## Thank you for Helping at the Dojo Spring Cleaning!



Thank you to everyone who helped out at this year's Spring Cleaning, complete with donuts, coffee, juice, hard work and fun! The dojo never looked better and everyone worked super hard! Thank you for your FANTASTIC DOJO SPIRIT! OSS!



## Thank you for the New Hallway Paint!

A hearty MAHALO (that's Hawaiian for THANK YOU!) to the crew that took time out of their busy schedules to paint the hallway in the dojo. The place looks just like new! Thank you for your FANTASTIC DOJO SPIRIT! OSS!!

## Thank You for our New Restroom!

Another special MAHALO to Sensei Richard Garcia and Sensei Dean Lee for making the main restroom off the hallway as good as new. It was starting to get pretty tired and needed updating, and the Senseis stepped up and did the work for us. Thank you Senseis! Oss!



## DOJO ETIQUETTE AND COURTESY

1. It's everyone's job to clean up after EVERY class, including Senseis and Sempais. Everyone should participate. Do not go into the locker room until you've done something to make the dojo a better place.
2. If someone of a higher belt level than you is doing something to clean the dojo, it is your responsibility to ask to take over for them. It's the courteous thing to do!
3. Never touch or lean or sit against the walls mirrors, or stretching bars. And remember that the Shomen wall is off limits to any touching.
4. Always enter and leave the dojo with a proper bow and "Oss."
5. Greet Senseis and Sempais with a loud and sincere Oss! It'll make them happy.
6. Do not talk loudly or make noise in the hallway or lobby while class is being held.
7. When Sensei enters the floor, be sure to bow respectfully and acknowledge them with Oss!
8. During class, ALWAYS acknowledge the instructor with a loud Oss e-v-e-r-y t-i-m-e.
9. The BEST way you show your dojo spirit is through your kiai. The louder the better!
10. If the class is not loud with spirit, you can shout out the word "SPIRIT!" and the class should respond with a loud OSS! If they don't, shout "SPIRIT!" again until they get it right! Everyone should do this to raise class spirit! Try it sometime. Your instructor will LOVE it!



# \*\*\* 2019 YOUTH KARATE TOURNAMENT MAY 11, 2019 \*\*\*

Kata – Kumite – Trophies – Medals – Dojo Spirit – Safe & FUN

Special Tournament Training on Saturday, March 9<sup>th</sup> from 8:30am to 10:00am!

See Attached Flyer and Sign Up Now!

## Reminder: Adult Kumite Class

Every 2<sup>nd</sup> and 4<sup>th</sup> Thursdays. It's all about speed, strength, and control! Next class: **February 28<sup>th</sup> at 7:30pm!**

## NEW Adult Class

**Tuesdays at 7:30pm!**

Starting on Tuesday, March 5, Sensei Sean will teach a second general class on Tuesdays focusing on the applications of your techniques and honing your skills. Get ready for a great workout!

## 2019 EXAM DATES

### YOUTH

April 6

June 15

August 17

October 12

December 14

### ADULT

March 13

June 12

September 18

December 11

BLACK BELT EXAM: October 18, 2019

**AND REMEMBER:** *In addition* to the *minimum* class hours, you must ALSO be recommended by your instructor based on your skills and progress since your last exam. If you are not ready, your instructor will let you know what you must do to qualify for the next exam.

## THANK YOU SENSEI MARK!

On behalf of WSA, the instructors, and students, we'd like to thank Mark Cron Sensei for graciously serving as President of the WSA Board of Directors over the last four years. Sensei Mark led WSA through the transition resulting from Andre Dulce Sensei's retirement and under his leadership, WSA has thrived and is now stronger than ever with over 300 students! On January 1, 2019, Maria Ungureanu Sensei became WSA's new President and Sensei Mark has accepted the role of WSA Treasurer. Sensei Mostafa continues to serve as VP, Sensei John continues as Secretary, and Sensei Neil, Sensei Richard, and Sensei Sean continue to serve as WSA board members. Thank you to our students, instructors, and parents for your support and love for WSA! OSS!



Sensei Mark



Sensei Maria

## Congratulations Black Belts!



Our 2018 annual Black Belt exam was our largest ever! There were a total of 31 candidates testing for their Black Belts, ranging from 1<sup>st</sup> Degree (Shodan) to 5<sup>th</sup> Degree (Godan). Andre Dulce Sensei and Shihan Kyle Funakoshi administered the exam, and after many years of training, all of the candidates passed and were awarded their Black Belts! As Sensei always says "Anyone can get their Black Belt... you just have to keep coming to class!" And to you who want to get your Black Belts, all you have to do is to keep at it and you'll get there too!! OSS!



## Congratulations Shodans (1<sup>st</sup> Degree Black Belt)!

Being promoted to Black Belt is a tremendous accomplishment that requires dedicated training for 5-8 years, and something that stays with you for the rest of your life. Congratulations WSA Shodans! We are very proud of you!



**Front:** Richard Garcia Sensei, Micah Lee, Maya Bercey, Andre Dulce Sensei, Mohini Pal, Lauren Heinen, Brian Chan  
**Back:** John Morgan Koo, Kota Bercey, Sean Broderick, Ivan Matantsev, Connor Kaeberlein, Liana Loveless, Roger Iida, Andreea Temereanca, Alejandro Munoz Diaz, Jason Chan, Maria Ungureanu Sensei

## Congratulations Nidans & Sandan (2<sup>nd</sup> & 3<sup>rd</sup> Degree Black Belt)!



**Sandan:** Abhishek Dasgupta (Left)

**Nidan:** Max Tucker, Kevin Tran, Andre Dulce Sensei, Dan Berge, Brett Cockerill, Kate Love, Kelly Flores (not shown)

## Congratulations Yondans (4<sup>th</sup> Degree Black Belt)!

Being promoted to Yondan is very significant because it is at this level that the title of "Sensei" is given and the black belts with gold writing are given. So when you see a Black Belt with gold writing, they are Senseis. Oss!



**Promoted to Yondan (Sensei):** Dean Lee Sensei, Robert Johnson Sensei, Andre Dulce Sensei, Kristina Tran Sensei, Michelle Tran Sensei, Mark Ganley Sensei

## Congratulations Godans (5<sup>th</sup> Degree Black Belt)!



**Promoted to Godan:** Kevin Sussman Sensei, John Suzuki Sensei, Andre Dulce Sensei, Sean Donlin Sensei, Mitch Poe Sensei





# KARATE

## YOUTH TOURNAMENT

**WANNA PUT YOUR KARATE TO  
THE TEST?**

**COME AND JOIN US FOR THE  
2019 ANNUAL YOUTH  
TOURNAMENT!**

**COMPETE AGAINST YOUR  
FRIENDS! MEET KARATEKAS!  
TEST YOUR SKILLS IN BOTH  
KUMITE AND KATA!**

**Ages: 4 to 17  
May 11 2019**

**At Bellevue Main Dojo  
Fee: \$35**

**Registration opens  
on December 1 on  
Zenplanner!**

**Closes on March 30 2019**



This is one of Sensei John's favorite "life" poems and one to never forget. Oss!

### Don't Quit

By John Greenlief Whittier

*When things go wrong as they sometimes will, when the road you're trudging seems all up hill,  
When the funds are low and the debts are high, and you want to smile, but you have to sigh,  
When care is pressing you down a bit, rest if you must, but don't you quit.*

*Life is strange with its twists and turns As every one of us sometimes learns  
And many a failure comes about when he might have won had he stuck it out;  
Don't give up though the pace seems slow—You may succeed with one more blow.*

*Success is failure turned inside out—The silver tint of the clouds of doubt,  
And you never can tell how close you are, it may be near when it seems so far;  
So stick to the fight when you're hardest hit— It's when things go wrong that you must not quit.*

## DOJO ETIQUETTE AND COURTESY

Let's keep 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*! Senseis and Sempais too!
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. Make every effort to be in class ON TIME! Arriving late to class is rude and disruptive.
6. Always acknowledge Senseis and Sempais with a loud OSS when they take the time to teach or correct you.
7. 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.
8. 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.
9. Remember that your SPIRIT is most important! And the best way to show your spirit is with your kiai! Kiai loud, kiai strong!
10. Never forget that your instructors are here to teach you karate, but it's up to you to practice what they teach. And if your instructor does not recommend you for the next exam, understand that you are in this together. So don't get mad, get serious! Work harder with your instructor for next time! Remember: "Perfect practice makes perfect!"