



## QUARTERLY NEWSLETTER

March 2025



### Words from Sensei Adam

Greetings Fellow WSA members, students, and parents!

One of the consistent highlights of my week is my time training or teaching at the dojo. Any issues from earlier in the day all melt away as soon as I walk through that front door. It's almost as if, when I remove my shoes in the lobby, that I'm also removing any stresses I might have brought in with me from the outside world. I feel an undeniable, and now very familiar, spiritual lift as I walk down the hallway to the changing rooms.

I played various sports growing up, and had some pretty cool uniforms and safety equipment in that time. But getting suited up for a game or a race was never the same as putting on my karategi before training. Sure, there was always the "lucky" pre-game customs, or having to wear things a certain way so you didn't jinx a win, but there was never the same sense of occasion or journey that I get every time I put on my karategi. Although I'm not wearing the same belt or gi that I did when I started training back in 1987 (both are bigger in the middle, Lol.) it feels like I am. I think that because unlike playing traditional sports where you suit up for "the game", in karate, every time we suit up, we are in a sense picking up where we left off last time and moving a little further down our lifelong karate journey.

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### Upcoming Events

March 31st

Spring Barbecue (Monday, 7:30 PM)  
(after a combined 6:30 adult class)

April 5th

Youth Exam (Saturday, 8:00 AM)

April 7th - 12th

Youth Spring Break **(No youth classes)**

April 12th

Dojo Spring Cleaning (Saturday, 8:00 AM)

May 6th

Memorial Day **(Dojo closed)**

May 18th

Youth Tournament

June 11th

Adult Exam (Wednesday, 6:30 PM)

June 14th

Youth Exam (Saturday, 8:00 AM)

June 16th

Pre Nidan/Sandan Exam  
(Monday, 7:30 PM)

June 19th

Juneteenth **(Dojo closed)**



## News from the Board

### IMPORTANT: CERTIFICATION FOR INSTRUCTORS

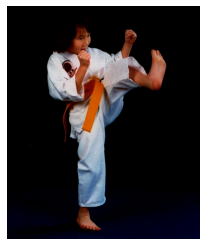
- WSA is now requiring a certification process for all lead instructors and all assistant instructors who may act as “substitute” in the absence of the lead instructor
- Lead instructors are responsible for seeking out a qualified instructor (sandan or above) to observe their class in its entirety
- Please email findings to the Youth and/or Adult Committee Leads (Senseis Jason and Abhishek respectively)

Reminder: Instructors should remember to keep CPR certifications active (good for two years). Annual classes are hosted by Sempai Don for those whose licenses will be expiring in the coming months.

### Instructor Highlight: Sensei Kristina

Please help us celebrate our youngest ranking Sensei, who will be entering the last year of her 20s this month. Currently she is enjoying her per diem life, but looks forward to continuing with a role in medical sales soon. In the meantime, she is taking time to travel, weight lift, and eat good food everywhere.

Sensei Kristina has recently taken over as head instructor of our Sunday morning black belt kata class, where each month, a new kata is broken down and reviewed. With a background in physical therapy, she focuses on body mechanics and proper technique in this seminar style class.



Her life motto: *“Don’t think, just do.”*

### Event Spotlight: WSA Youth Tournament



We are so excited to announce our upcoming WSA Youth Tournament on **Sunday, May 18th**. All students under 18 are encouraged to participate in our kata and kumite events.

Led by Sensei Adam, this is an event that we always look forward to putting together. Last year all of our black belts participated in helping to create a successful and fun day for everyone involved. Our team is hard at work to be sure that this year will be bigger and better than the last.

Please keep an eye out for more details to be announced soon!

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# Why do I have to clean the dojo?

Cleaning the dojo is a deeply rooted tradition in martial arts. It is much more than just physical cleanliness. What does it mean to take part in the cleaning?

## **Respect for the Dojo**

The dojo is considered a sacred space where karateka develop skills, character, and discipline. Cleaning the space shows gratitude and respect for the place that facilitates this growth.

## **Cultivating Humility**

No one is above maintaining their environment. Even instructors and senseis are responsible for cleaning our space.

## **Fostering Discipline**

Cleaning is a form of discipline, requiring focus, effort, and attention to detail. It reinforces the importance of taking care of one's surroundings, a value that extends beyond the dojo into daily life.

## **Building Community**

Cleaning is often done as a group, reinforcing the sense of community at WSA. It creates a shared experience, strengthening bonds and mutual respect within the dojo.

## **Preserving Tradition**

Cleaning the dojo is a long-standing martial arts tradition that connects us to the history and values of karate.

Cleaning the dojo is more than a chore—it's a practice that embodies the core values of karate: respect, humility, discipline, and unity. It is a reminder that martial arts training is not just about physical skills but also about cultivating a responsible and respectful mindset.

**Convinced yet? Be sure to join us for our annual Spring Cleaning on Saturday, April 12th at 8:00 AM.**

*Just a little tip that we do remember the students and families who show up to help make our dojo shine.*



## From Sensei Adam (cont'd)

Coming onto the floor, there is always a sense of anticipation knowing that you are going to be physically and mentally working hard for the next hour, and the challenges that it will bring. But there is also a sense of fortitude, because you are out there with your fellow karateka (karate students), all training hard together. It is awesome that at WSA, we can have such a wide variety of practitioners, of all ages, ethnicities, body shapes, and abilities, all out on the floor at the same time getting it done. It's a testament to WSA that we are able to maintain such diversity in our members and students in the training of karate, and that our dojo radiates such an inclusive and welcoming environment.

At the end of class, we share in stating the dojo kun ("training hall rules"), the first of which is "Seek Perfection of Character". Traditional karate training presumes that all practitioners are starting at a different point, and that their journey will take them each through their own path. A successful karateka is one that understands that it is the journey that is the tool to fulfillment, and that perfection of character is a lifelong pursuit.

I look forward to continuing my lifelong pursuit with all of you out on the floor.

Oss!

Sensei Adam





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# Winter Recap

## Congratulations Black Belts

Thank you to the Shodan-Ho group for hosting a wonderful presentation party with more food than we could all eat!



## A Look Back...

Five years ago, we entered our first phase of “unprecedented times” with outbreak of Covid-19. Who remembers these days? Zoom classes, social distancing, and extra extra extra cleaning. Hoping to leave this era completely behind!

