

May 2017

Student of the month

Every month we recognize a Katsu Dojo student that demonstrates the virtues of Karate.

May 2017 Student of the Month:

Anthony Madorsky – Magnolia Parke

Anthony started karate in 2016 and has been working hard with Team Katsu!

Class information

Class schedules for all locations are available on the website katsudojo.com.

Monthly class fees are due by the 6th of the month. Ask your instructor about credit card and auto-pay options.

Katsu Dojo is about karate, and friends!

Many great friendships are made in karate class, and we also encourage you to share karate with a friend. Summer is a great time to get someone you know involved in karate. Refer a friend and receive \$25 off your next month's fee after they sign up and purchase a Beginning Package. Just have them mention your name when they begin.

Katsu Dojo News and Notes

We are continuing to add regular and special events to the dojo calendar. Watch for announcements about practices, workshops, and events for parents and students.

Team Katsu News

Team Katsu had a great day at the Chojun Miyagi Cup, bringing home 3 gold, 8 silver, and 7 bronze medals. Congratulations to everyone that competed!

May 26 – No Classes due to Memorial Day weekend

June 9 – Point Sparring Practice Schedule

June 17 – Sunshine State Games (Palm Beach)

July TBD – Nationals camp

July 19-23 – U.S. Nationals (Greenville, S.C.) All levels

Reminder to team parents: Please be sure that students have ALL of their equipment at every team practice! This includes a karate t-shirt, clean uniform, jump rope, and all sparring gear.

Important Upcoming Dates

May 29	No classes (Memorial Day)
June 3	Alachua Co. Belt Test (Newberry Sports Complex)
June 10	Fleming Island O2B Kids Belt Test
June 17	Sunshine State Games (Palm Beach)
July 4	No classes (Independence Day)
July 19-23	Nationals Tournament (Greenville, S.C.)

Karate 101 *(a different topic every month)*

What is kihon? Why do we do it?

Kihon means 'basics' or 'fundamentals'. This includes all of the basic exercises that are part of belt testing. In teaching these skills, we are building the foundation for all the complex techniques used in kata and kumite (sparring). This includes stances, blocks, punches, strikes, and kicks. In performing each exercise, we are always developing correct body form, breathing, and 'budoka' which is the 'fighting spirit' or attitude for karate.

Knuckle push-ups are not just for looking tough. Building strong wrists is crucial to developing proper, safe punching techniques, and proper pushup form builds abdominal core muscles. Each basic technique focuses on different elements of balance, strength, and focus, beyond the individual skill being practiced. It is important to work on all aspects of the kihon to get the most benefit.

Kihon is analogous to baseball players taking batting practice, basketball players practicing free throws, or soccer players practicing ball handling drills. Like any sport, practicing basics at home will greatly improve success. And, like any sport, we continue practicing fundamentals at every level, even as we add more complex skills. Even NBA players still practice free throws.

Parents can help by providing a time and place for practicing at home. A safe (not slippery) floor with enough space is all you need. Ask your child to explain the exercises (for example, what are the 4 rules for zenkutsu dachi?). For more help, ask your instructor about our DVDs for kihon and kata.

