

Summer (July/August) 2017

## Student of the month

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

### **Summer 2017 Student of the Month:**

#### **Lauren Sanders – Magnolia Parke**

Lauren is in her 10<sup>th</sup> year of karate but has increased her practice time in and out of class and works to set an example at team.

## Class information

Class schedules for all locations are available on the website [katsudojo.com](http://katsudojo.com).

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

### **Back-to-School season is here! Do you know someone that is looking for a new opportunity this fall?**

Refer a friend and receive one month free after they sign up and purchase a Beginning Package. Just have them mention your name when they begin.

## Katsu Dojo News and Notes

Sensei Jason is making open practice time available to advanced students by invitation (space and time allowed) on selected Saturdays for Magnolia Parke students. This is a real help before advance belt testing! The next

**Women's Self Defense Course** will be starting **August 26<sup>th</sup>**. Flyers are available in the lobby and online!

## Team Katsu News

This past month team katsu members represented Katsu Dojo at the **USA NKF National Tournament**. Eight students competed in Weapons, Kata and Sparring events, receiving 2 gold and 3 bronze medals. Congratulations to all competitors, and special thanks to coach Megan Neal!

### **Upcoming team events:**

**September 9** – Peach Tree Cup, Norcross, GA  
Megan Neal will be coaching

**November 4** –Tora No Maki Challenge, Perry, FL  
Mandatory for team members

**Reminder to team parents:** Students should eat a **healthy** snack or small meal long enough before team so it digests! Make sure students hydrate all day, every day. Drinking water at team is not enough.

## Important Upcoming Dates

<b>August 19</b>	Alachua County Belt Test (Newberry)
<b>August 26</b>	Fleming Island Belt Test (Fleming Is.)
<b>September 4</b>	No classes (Labor Day)
<b>October 7</b>	Black Belt Testing (Magnolia Parke)
<b>October 14</b>	Alachua County Belt Test (Newberry)
<b>October 21</b>	Fleming Island Belt Test (Fleming Is.)
<b>November 4</b>	Toro No Maki Tournament (Perry)

## Karate 101 *(a different topic every month)*

### **Karate as an international sport**

Karate has its roots as an art and a sport in Japan. Organized matches with structured rules of competition have been held worldwide since at least the 1950s. **The World Karate Federation (WKF)** was founded in 1970, and merged into its current organization in 1990. It is the only karate organization recognized by the International Olympic Committee. The official U.S. Member National Association is **USA National Karate-do Federation (USA NKF)**. It is the national governing body for sport karate for the U.S. Olympic Committee, with authority over national junior and senior team selections. **Katsu Dojo is a member of USA NKF**, and Katsu Challenge (our home tournament) is a qualifier for competition at the **USA NKF National Tournament**.

Karate will be part of the Summer Olympic Games for the first time at the 2020 games in Tokyo, Japan. This is a very exciting development for sport karate. Competition will include Kata and Kumite for men and women. Karate will also be part of the Junior Olympics in 2018.

The rules for USA NKF and WKF competition are available on-line through the [teamusa.org](http://www.teamusa.org) karate website:

<http://www.teamusa.org/USA-Karate/Officials-and-Coaches/Coaches-Resources/USANKF-Rules-of-Competition>

Some recent updates are posted at:

<http://www.teamusa.org/USA-Karate/Features/2016/December/21/WKF-Rule-Updates>

A great way to better understand sport karate competition is to **volunteer at our annual tournaments**. No experience is needed, and being on the floor, at ringside is a great place to learn. We will also be hosting some rules tutorials for students and parents before upcoming tournaments. Watch for those announcements.

