

JANUARY, 2014

SHÚSHIN KAI GOJU RYU KARATE

Kiai !!!!!

2013 BREAKUP & GRADING RESULTS

A successful Breakup night was held at the Hillside dojo on 17th December.

Grading results, in no particular order

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Promoted to 2nd Kyu Brown Belt

Laura Soteriou

Promoted to 4th Kyu Green Belt

Mark Walshe

Jerome Vella

Jacob Vella

Promoted to 5th Kyu Blue Belt

Zeno Almeida

Promoted to 6th Kyu Orange Belt

Erjan Rustim

Sophie Karavaras

Promoted to 8th Kyu

Sarah Stevens

New belts and Certificates will be awarded on the first night back in class.

XMAS DINNER

On December 18th the club held its Annual Xmas Dinner at the Legends Bistro at the Moonee Valley Racing Club. Some 27 or so people attended, and all had a great night!



STUDENT OF THE YEAR

The prestigious "Student of the Year" award for 2013 was awarded to Erjan Rustim from the Hillside dojo at our last night of training for 2013. Throughout the year Erjan has been regular to class, tried his best and improved his karate. He has also helped new students and we are very pleased with his effort all year long!! Well done Erjan.



Erjan with his "Student of 2013 Award" Certificate, with Shihan Graeme and Sensei Lincoln in the background,

WEBSITE

During the year our website www.goju.com.au was completely updated and moved to a new server. Thank you to Suraj Fernando for the technical work, and to the many club members who assisted.

FACEBOOK

Our Facebook is [ShushinKaiGojuRyuKarate](https://www.facebook.com/ShushinKaiGojuRyuKarate), or there is a live link from the bottom of the Home Page on our website www.goju.com.au. Please visit our Facebook page regularly as it carries more up to date, day to day information than the website. Please "like" us, share pages and invite your friends to visit and "like" us. Please feel free to make entries and comments. Nicole has been appointed Managing Director – Communications, Media and Happiness, and as such takes a lead role in keeping us all informed about Shushinkai news. We regularly see Nicole sneaking around the dojo, mobile phone in hand to catch snaps of members.

ANNUAL TRAINING DAY 2013

On Saturday, 5th October we held our ninth Annual Training Day and Competition at Ginifer dojo. Thank you all for attending and helping to make the day enjoyable and productive!! In the morning Sensei Lincoln taught push hands based on the Yin-Yang symbol, which is ideal for close quarters self defence. In the afternoon he took the class for

an advanced session on Kamae Kumite. Shihan Graeme taught the kata Kakufa and held a theory class on "Illusion-Reality" in combat.



This pic shows the class practicing advanced kamae kumite

Shodans Marc Del Cimutto, Nicole Georgiadis and Asanka Silva also assisted with proceedings during the day as part of their progress towards 2nd Dan.

NEW NIDANS

The highlight of the day (apart from the competition mentioned later), was the promotion of Nicole, Marc and Asanka to Nidan (2nd dan). Well done to all of you, as you are now stepping forward both technically and mentally. It was good to see them take active roles within the club over the last year, and their promotion was very well deserved, so congratulations

The club now has 11 Black Belts:- Three 1st dans, four 2nd dan, two 3rd dans, one 4th dan and one 6th dan.

In the evening, after the Training Day, all the Black Belts met for dinner at Chiba Japanese Restaurant.



Sensei Lincoln (left) and Shihan Graeme (right) with new Nidans (2nd dans) Marc DelCimutto, Nicole Georgiadis and Asanka Silva.

SHUSHIN KAI CLUB CHAMPION

Our Shushin Kai Kumite Championship was again conducted with great spirit and skills. Nicole Georgiadis (2nd dan from Hillside dojo), was the 2013 winner and was presented with a plate engraved with her victory. Well done Nicole!!! The

tournament was designed to incorporate a "grading" or "handicap" system so lower grades and females received higher scores for fighting higher grades, thus giving everybody a fair chance of winning. Also, the sparring was not based on AKF rules, but on close quarter sparring of 30 seconds duration.

As in previous years we conducted a junior version of the tournament for students under 14 years. This year's winner was Laura Soteriou from Hillside. The photo below show all those attending.

Once again, thanks to Suraj for arranging lunch and drinks etc. Also Vicki and Sean for doing the admin for the kumite, and Sensei Lincoln who not only refereed for 2 hours and taught several sessions, but who planned and organised the whole event. Thanks to you all!



VISIT TO JAPAN

In October, Shihan Graeme took four black belt students to Japan with our teacher, Tsubamoto Sensei at the Shigaku kan dojo in Tokyo. It was Vicki and Suraj's second visit and Shihan Graeme's fifth visit. For Kimberley and Asanka it was an eye-opening first visit. We have attached some reports of the trip from those participating.

The training was hard, and Sensei arranged extra lessons for us. Nevertheless, full opportunity was taken for some sightseeing by visiting Mt Fuji, and spending a full day touring Tokyo to see shrines, temples and places of interest. In this way it is possible to study Japanese culture outside of the dojo.



This pic shows the Aussie group with Shigaku Kan on the last day of our training,

The karate we are learning now is very difficult to understand and even harder to get right consistently, if at all. As in previous years we concentrated on preparatory exercises, and heaps and heaps of basics.

Sensei Tsubamoto told us that if we all practiced diligently what he taught us that on our next visit he would begin teaching us Ichikawa Sensei's Koshudo.

I would like to thank Sensei and all members of Shigakukan for their friendship and instruction.

An important highlight of the trip was the promotion of Graeme Shihan to Rokkudan (6th dan) Renshi Grade by Tsubamoto Sensei.

DOJO DINNER

On our last night Shigaku Kan and Shushin Kai combined for a Farewell Dojo Dinner Party. Lots of food, lots of drink and lots of laughter!!!!!!



A "happy snap" after the dinner. Here's Kimberley (yes, in a kimono....that caused a stir), and Asanka, with Ono Sensei, Yuki Tsubamoto, Sensei Tsubamoto's daughter Takako and her husband Teruyoshi

SAYONARA ZENO

In December we lost popular member Zeno Almeida who headed back to India after his visa to live downunder expired. Zeno has studied karate for many years in India before coming to Australia and held a black belt in his old style. But Zeno put on a white belt and in his own words, got exposed to real karate with Shushinkai and we hope that in the not too distant future he will make his way back to us to continue his journey.

FUNDRAISING

To meet the costs of running the club and to support planned visits to Japan, and possible visits to Australia by Shigakukan teachers, members of our club have been busy fundraising. Our major effort this past year was a chocolate drive. Thank you to everybody who supported us. We still have more chocolates to sell and more money to come in, so let's go folks!!!!

We are a very small club and have some major fixed costs (particularly insurance and advertising) that we cannot cover with fees alone.

NEW MEMBERS

During the year we had a number of potential member phone calls and internet enquiries. Some came to class, tried out and never came back, some stayed a while and disappeared. But Sarah Stevens and Connor O'Flynn at Hillside and Glenn Sharpe from Tullamarine both started and kept coming. We are all glad you stayed and look forward to seeing you again this year.

IMPORTANT NEWS : FEES

This year once again (4th year), there will be no increase in training fees or Membership Fees., ***Given that we are not increasing fees would all members please pay their fees promptly on the FIRST training night of each month.*** (Which means of course, bring your fees to the first night back in class).

PAYING FEES

We accept cash or cheque for any fees. Cheques should be made payable to "Japanese Karate Academy Inc" or just "JKA Inc." You can also pay your fees via direct banking on the internet.

Ask Shihan for the banking details.

2014 CLASSES START DATES

Hombu Dojo (Westmeadows): Monday, 3rd February at 7.00 pm

Hillside Dojo (Banchory Ave, Hillside): Tuesday 4th February at 7.00pm.

Ginifer dojo (Carrick Drive, Gladstone Park) Wednesday, 5th February. at 7.00 pm

THE YEAR AHEAD IN SHÚSHINKAI

I am looking forward with great anticipation to seeing you all when class recommences. I am sure 2013 will be exciting and productive for everybody!!!

See you back in class.....

Shihan Graeme
Jan 2014