

## Newsletter

January 2011



### Welcome back!

"A new year, a new start"

Many people use the New Year as a time to set goals for themselves. You might consider setting personal goals in Karate. These could include some of the following:

- Master Kata to my belt level
- Become a better Non contact fighter
- Enter a Non contact tournament
- Master a few self defense techniques
- Be an example to others in Dojo Etiquette
- Be a better Contact fighter
- Enter a Contact tournament
- Perform Kata with an emphasis on focus & power
- Enter a Kata tournament
- Achieve a belt level per year

School Closures: January - none

### Upcoming events:

- Winter Camp March 18, 19, & 20<sup>th</sup>  
Peachland BC

### Tournament Schedule:

- Feb 19<sup>th</sup>, 2011, 24th Annual Lower Mainland Coloured Belt Tournament, Newton, BC
- Calgary Cup Tournament March 5th  
Orange Belts & above should be participating in a tournament yearly either as a volunteer or a fighter. Volunteers must be age 14 up.

### Black Belt Profile

**Mike Sandford** - Instructor - Ni Dan

#### *Testing History:*

Shotokan Karate - Sho Dan	1986
Kyokushin Karate - Sho Dan	2000
- Ni Dan	2005

Mike has been training in Karate for over 30 years initially starting in Shotokan where he achieved his Sho Dan & for the past 20 years in Kyokushin Karate. He has attended seminars in Hawaii, Calgary, & Cranbrook, & Black Belt conferences in Armstrong, Harrison Hot Springs & Banff.

Mike has also attended international tournaments in Montreal & Tokyo where he was a corner judge.

In Kyokushin Karate you have to complete a set number of contact fights as the final test in obtaining your next belt level. Mike completed 10 fights for his Sho Dan & 20 fights for his Ni Dan. This is a big accomplishment as you are not required to complete the fights if you are over age 35. Mike is a great asset to our Dojo. As an instructor he continues to refine his knowledge of Karate & has high standards for both himself and the students.

# Newsletter

January 2011

## Essence of Budo is Sempai/Kohai relationship with 7 distinctive virtues

### **Justice:**

The talent & skill of the bushi can not be employed without a sense of justice. Dishonesty and deceit do not constitute justice, even when supporting loyalty.

### **Courage:**

It means an integration of moral and physical courage, not simply physical bravery or daring.

### **Benevolence or Compassion:**

It is a composite of affection, love, empathy and sympathy. Benevolence is seasoned with justice and tempered by right reason so as not to be taken as weakness.

### **Courtesy:**

It is the prime source of courage, which in its highest form approaches "love". Courtesy disciplines the soul and brings a refined harmony of mind & body.

### **Truthfulness:**

It can be considered a twin brother of justice. Lying is dishonourable and gives rise to the expression "bushi no ichi-gon", implying that written pledges are unnecessary because the word of the bushi is sufficient.

### **Honour:**

It involves more than one's reputation, it goes to the core of one's being and can be defined as the essence of one's existence.

### **Loyalty:**

This is the underlying philosophy of Budo, the Martial Way, is loyalty to one's superiors. It lies in the idea of service and faithfulness to one's god/country/Shihan/family etc

**Definition:** *Bushi is a general term used to describe the warrior class of feudal and pre-feudal Japan. This term described the aristocratic warrior of the ninth century to the nineteenth century.*

*The "Samurai" were only one such rank among the Bushi and was by no means the highest. Only through Western ignorance have we classified all Japanese warriors as "Samurai" when the term Bushi is technically more correct.*