

# SEPTEMBER 2015 - RMA KARATE - DOJO NEWSLETTER

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## THIS MONTH

- Belt Testing
- Bruce Lee Movie Night
- Tournament



### \*Notes\*

- New progression for Tiny Tigers!

-Tigers: Thursday Sparring

-CLOSED Sept 7 for Labor Day; make up any day that week!

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### Birthdays:

- ★ 10th: Garrett
- ★ 19th: Ben
- ★ 17th: Autumn

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## Congratulations to Renshi Scot Robinson!

We're proud to announce his promotion to 4th degree black belt with the blessing of Bill McDonald, Grand Master of Goju Shorin Karate!

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## Martial Arts and Focus

Practicing a martial art like karate requires that the student focus on the instructor, themselves and their surroundings. In this instance focus doesn't mean focus like classroom focus, but is much broader, bringing mind and body together for a single task. This means blocking out distractions while still being perfectly aware of all that's going on as far as it is important to the task at hand. For instance, during sparring it's not important to know who's coming in and out of the dojo, but it is essential to be aware of the edges of the mat and judges in addition to being focused on the opponent.

Karate is a demanding discipline, and it is only through proper focus that advancement and eventual mastery are possible. For some this comes easily, and for others it is hard fought - but it is possible for everyone, and has benefits that extend far beyond the walls of the dojo!.

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## Upcoming AWESOME Events

- **SEPTEMBER 3** - BLACK BELT CLUB TESTING
- **SEPTEMBER 5** - FREE MOVIE NIGHT: BRUCE LEE
- **SEPTEMBER 12** - WESTERN CAROLINA CLASSIC IN TAYLORSVILLE
- **SEPT 30-OCT 1** - BELT TESTING
- **OCTOBER 25** - O'KA ZEN CENTER RETREAT W/ ROSHI PAUL GENKI KAHN AND ROSHI MONIKA GENMITSO KAHN
- **NOVEMBER 28** - JAPANESE JIU-JITSU SEMINAR W/ LEGENDARY MARTIAL ARTIST *MICHAEL DEPASQUALE JR*

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***DISCIPLINE. HONOR. RESPECT.***