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Shelton Butokukan Karate Club

"Confidence Through Knowledge"



In Shelton since 1971

a member of the Japan American Butokukan Karate Association
J.A.B.K.A

vol. 01, no. 01

Dojo News

December 2014

Our Instructors

Sensei Bill Olson (7th degree)
Sensei Tim Ford (5th degree)
Sensei Ryan Spurling (4th degree)
Sensei Dave Weber (3rd degree)
Sensei Brian Bunko (3rd degree)
Sensei Russ Fry (3rd degree)
Sensei Tammi Stretch (2nd degree)
Sensei Harold Shriner (2nd degree)
Sensei Laurie Bremer (2nd degree)
Sensei Kieth Visser (2nd degree)
Sensei Toni Wharton (2nd degree)
Sensei Mike Hudnell (2nd degree)
Sensei Dave Leonard (1st degree)
Sensei Travis Adams (1st degree)
Sensei Dan Speigle (1st degree)
Sensei Keith Geary (1st degree)
Sensei Paul Skipworth (1st degree)

Senpai

Charles Wasilausky
Jennifer Renecker
Mark McGlothlin
Thomas Stephens

Den Mother Chandra Perreault

Upgrades!!

Sarah Ann Carlson- Ishkumi 9/23/14
Matthew Beacraft- Rokuyu 10/14/14
Armando Garcia- Jukyu 10/15/14
Chase Moran Jukyu- 10/21/14
Jennifer Renecker- Ikyu 11/01/14
Jonathan Heinrich- Sankumi 11/04/14
Romeo Pacheco- Sankumi 11/05/14
Sophie Nakhla- Ishkumi 11/05/14
Addie Jones-Nelson- Jukyu 11/11/14
Trevor Severance- Hachikyu 11/15/14
Torrey Thompson- Kyukyu 11/18/14
Emily Gott- Hachikyu 11/18/14
Thomas Stephens- Sankyu 11/19/14
Everest Thomas- Ishkumi 11/19/14
Trevor Gott- Nikumi 11/25/14
Jesse Barr- Gokyu 11/26/14
Tim Linn -Jukyu 12/2/14
Javier Pacheco- SanKumi 12/3/14
Mark McGlothlin- Nikyu 12/6/14
Chase Moran- Kyukyu 12/9/14
Romeo Pacheco- Jukyu 12/10/14
Erica Marbet- Gokyu 12/11/14
Jordan Keck- Jukyu 12/17/14

Upcoming ~

Max Nakhla- Jukyu 01/07/15

Greetings Shelton Dojo Karateka and families! 2015 is fast approaching us and with it comes the promise of growth and more excitement for the dojo! As part of our growth, we're excited to launch our Shelton Dojo Newsletter, which we hope will be an exciting link between our Sensei's, students and families. Please try and keep our dojo Den Mother Chandra in the "know" of student upgrades and important events so we can put the word out in our upcoming quarterly newsletters.

Interested in Tournaments?

You also can be a tournament competitor ~ Sensei Tim Ford will be starting the Tournament Club back up in January – All Are Welcome!!! Sign up sheet is at the desk!!!



Bremerton Open



Mighty River

What's Happening

January 3rd ~Wing Chun Seminar
Soke Hill will be presenting a seminar at the Shelton Dojo Saturday, January 3rd, at noon on Wing Chun. This is a great opportunity for students to get familiar with these techniques. This seminar will be for purple belt and above.

A Big THANK YOU to Sensei Don Huynh for taking the trip down from Seattle in September to teach a seminar on "How to use your Kiai". If you were not able to make the seminar the highlights include the 3 types of Kiai ~

1. The Opening/Announcing (loud and strong)
 2. The Working Kiai (maintaining energy, not loud, continuous)
 3. Continuous (Winding) Kiai (Finishing-re-energizing to continue fighting)
- Thanks again Sensei Don for teaching us all how to catch our breath and find our inner KI! If you would like one of Sensei Don's flyers on the seminar please inquire with your sensei.

And The Winners Are....
Shelton Karateka have been actively participating in tournaments this year from attending the All Butokukan in Canada, the Open Tournament in Bremerton and the latest Mighty River Classic in Vancouver....As usual our students showed a great display of character and showmanship and the results couldn't deny it with lots of hardware brought back home!

Mighty River Results:

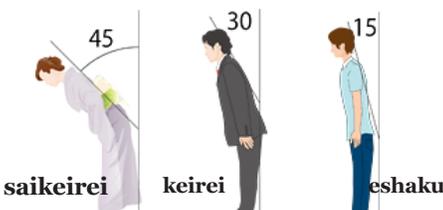
Emily Gott - 2nd Kata, 3rd Sparring
Trevor Gott - 2nd Kata, 3rd Sparring
Chase Moran- 4th Kata, 2nd Sparring
Tim Linn- 2nd Kata, 1st Sparring
Jordan Keck - Participation in Both!

The Japanese Bow

We are frequently asked in class Why we bow. We know we bow for respect and thankfulness to our partners and for admiration. Butokukan is a Japanese Martial Art so we should look at the Japanese culture and etiquette of bowing to have a better understanding!

In the Japanese bow, the bow expresses appreciation and respect to the person being bowed to by bending at the waist. This is a gesture widely used in tandem with greetings like "ohayo gozaimasu" (good morning) and "konnichi wa" (hello, good afternoon) as well as words of gratitude or apology. Bows can generally be classified into three types depending on the deepness of the waist bend. The most **casual bow** is the "**eshaku**" bow. In this bow, the waist is generally bent at about a 15 degree angle. It is common to lightly dip the head and give an "eshaku" bow when exchanging a casual greeting or passing by someone of a higher social status. Of course using words by themselves is sufficient, but if you add an eshaku bow while saying "arigato" (thank you) to someone who has shown you kindness, your feeling of gratitude will come across as incredibly more heartfelt. The bow generally used in **business interactions** is the "**keirei**" bow. In this bow, the torso is lowered to about 30 degrees. It is used when entering and leaving reception rooms and meeting rooms and when greeting customers. The "**saikeirei**" bow, the **most polite** bow, consists of lowering the torso about 45 degrees. It is used to express feelings of deep gratitude or apology.

So when bowing in the dojo think about the reason behind your bow and which one you think would be the most appropriate!



Our Super Juniors are sooooo Super

When Sensei Keith Visser told his classes he wanted to spend his birthday breaking boards they couldn't have been happier. Seems a little crazy but these kiddo's were ecstatic! Each student had the opportunity to break a 1x12 pine board. After careful instruction given, and the explanation of focus the students were let loose on their attackers...ok the boards! Smiles ensued as they focused, and pushed through the other side! Way to go!

Thanks to Sensei Visser for sharing the fun birthday event!



Our dojo Christmas gathering is set for Saturday, December 20th at 1:00 p.m. this will be a time for us to reminisce what the year has brought us and enjoy some friends and family time. This will be a potluck event! see you there!

Happy New Year

students and families!

"Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties". ~Helen Keller

And remember if you are sitting on the sides "watching" your new years resolution could be "doing" Karate!

Mary M Knight Demonstration

Shout out to Sensei Keith Visser for heading up the Demonstration for Mary M. Knight first graders, on November 24th, and Sensei Mike Hudnell for helping out! As part of their Japanese studies the students come to our school for a short class and study of our system, just to give them a little flavor of Japanese martial arts. This is a great community activity that we have participated in over the years.

Congrats to Sensei Tammi Stretch on her retirement from a 23 year law enforcement career with Evergreen State College. Although that chapter is behind her she continues to protect and serve with the U.S. Air force, and was just promoted to Senior Master Sergeant (E-8).



Monday

6:15 - 8:00pm Regular Class Sensei Tim

Tuesday

5:00 - 6:15pm Super Junior Class (4-10 yrs. Old) Sensei Keith G

6:30 - 8:00pm Regular Class Sensei Mike

Wednesday

5:00 - 6:15pm Super Junior Class (4-10 yrs. Old) Sensei Kieth V.

6:30 - 8:00pm Regular Class Sensei Kieth V., Sensei Keith G. & Sensei Paul S.

Thursday

6:00 - 7:15pm Regular Class Sensei Laurie

7:30 - 8:30pm Regular Class -(1st Thursday of the Month is ground fighting, open to all students. Sensei Ryan)

Friday

5:15 to 6:15pm Kata Class Sensei Tim

6:30 - 8:00pm Advanced Class

(Purple Belt and above) Sensei Tim

Saturday

10:00am - Noon Open Sparring Class

*Arigato
Thank you*

A special Thank You to all of our amazing instructors who give their time and talents to our students through out the year. With out your selflessness we would not be building our confidence through knowledge