



# KOKORO

*Seido Fairfield Newsletter*

**July 2006**

Osu everyone!

Welcome to the Winter Edition of our Dojo Newsletter. It has been awhile and a lot has been going on in and around the dojo.

**Saiten**, Seido's 30<sup>th</sup> Anniversary event was recently held at Honbu in New York. According to all those people I have spoken to who attended it was a great experience, with the seminars conducted by a great variety of Seido Karateka a highlight for many. The Official Program from Saiten is at the dojo for all to look at and read. Are you in any of the photos from Fairfield??

**The Seido Iuku Benefit Tournament** held at Shibu was a really fantastic day. For me personally, seeing those who chose to compete, get out and have a go and everyone else who turned up to show support was a milestone. It was a tiny bit of perspective for me to see my students mixing amongst other Seido students and coming away smiling! Good work and well done to all entrants. (There will be a small tournament this Christmas at Five Dock with divisions in Kata, Kumite and Technique Shiai.)

**The Outdoor Training** which was held in April was a great success, with over twenty students in attendance and several families enjoying the park surrounds of Central Gardens for several hours afterwards. Thanks to those who came along and made it such a lovely day, thanks as always to Joan, Jamie and Wally for their loyal and much appreciated support. I look forward to next years opportunity to enjoy some family time with you all..



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The latest promotion results as follows below. The standard of karate is improving steadily and the upcoming promotion on July 29 at 1.30pm as several advanced yellow belts students try for 4thKyu (Green Belt).

### ***Junior Orange Belt***

Ethan Tan  
Rumeysa Talay  
Selin selbes  
Sheyda Burton  
Zoi Denford  
Tijan Denford

### ***Junior Advanced Orange Belt***

Rabiah Pathan  
Omar Dief  
Paul Chehab

### ***Junior Blue Belt***

Nathanael Natenielu  
EJ Borg  
Alyssa Caparas  
Aldo Nicoletti

### ***Senior Blue Belt***

Rebecca Dundas

### ***Junior Advanced Blue Belt***

Shaneel Prasad  
Matea Saric  
Simon Ngo  
Mohamed Dief  
Chantelle George  
Saadi Al-challaby

### ***Junior Yellow Belt***

Zach Vidler  
Daniel Ibrahim  
Yani Perez  
Manav Joseph  
Christian Dang

### ***Junior Advanced Yellow Belt***

Muhammad Pathan  
Darcy Vidler

### ***Free Class for Adults***

Friday 4<sup>th</sup> August 7.30-8.15pm

A chance for parents or friends to try out our services for adults free!! A class touching briefly on Karate, Boxing and Pilates will give an understanding of what benefits you might gain should you decide to take it further. There will be door prizes and an offer of 6 months free membership for those who join for six months on the night.

Please encourage anybody you think might like to try a class to come along or even if you just want to get on the the floor this once yourself and see what it's like please keep an hour free. Fliers are on the desk, let me know if you have any queries.

### ***'United Nations of Fairfield Seido Cook Book'***

Part of what I love about Fairfield is the amazing diversity of cultures. With this in mind and a desire to know more about my students I am hoping, with Stacey's help, to compile our own cook book. Recipes that reflect your families heritage are what we are looking for. Pass on any traditional or modern recipes to myself or Stacey. If all you have is a family favorite, but one worth sharing we want it anyhow! You don't have to limit the number to one if you think it is good enough and any background information would be good to include also..