



# KOKORO

*Seido Fairfield Newsletter*



## FEBRUARY 2006

Osu everyone, I hope you all had an enjoyable break over the holidays. Classes have been going again for a month now as most of you know and it is wonderful to see students returning with more enthusiasm than ever. My theme for the start of the year has been 'Clear Future'. By this I mean for you to look at any uncompleted tasks or projects you may have undertaken and decide finally whether or not they will ever be completed and if not, to face that fact and move on-or, to do what is necessary to wrap up the job. Our Martial Arts training can help us in this regard by giving us time out from our everyday thoughts while we focus 100% on what is happening in class and afterwards viewing the events, emotions and aims of our lives with a renewed perspective. Holding onto old habits that suited us in the past, or to attitudes about ourselves and others that may not take into account any growth we have achieved in the meantime is common amongst us all. It takes effort to re-examine our beliefs and souls, but this is an important step in growing and becoming the best possible human beings we can be.

*Congratulations!* Kyoshi Ino was promoted to 6<sup>th</sup> Dan whilst visiting Honbu last week. He is now Jun Shihan Ino.

### *New Timetable*

The 2006 timetable has been in operation for two weeks now and seems to be working well. The grade specific classes and changes in times have had the effect of spreading numbers out throughout each day. This gives me a greater chance to concentrate on each student's syllabus needs and gives a wider choice of times at which people may attend class. If you have any suggestions regarding class times please let me know. Later in the year additional classes will be added to encompass changing needs.

### *Coming Up..*

**Promotion**-March 11, 1 p.m.

Ensure that you have the required number of classes to undertake promotion and that you have completed a pre-testing form.

**Outdoor Training and BBQ**-date to be announced. A chance to get out of doors together, do some karate, share some food and have some fun. See me if you have any suggestions or would like to help out in some way on the day.

### *Some Reminders:*

-Please remember that the tradition in karate is to never wash your belt. After years of work and toil it will eventually turn black!

-Parents, you are welcome to stay and watch your child's class. Also please ensure you are here when class ends.

-Interacting with your child while he or she is in class is discouraged. Please allow instructors to correct mistakes and maintain student's full attention whilst on the floor.

-Praise positive behavior as often as you can!

-Remember to encourage good eating habits. Fast food too often is not a smart option if you want to be strong and healthy.

### *Also*

-The dojo will be closed on public holidays this year.

-Thank you for the wonderful support and encouragement that I have received from so many of you in the 10 months that Seido Fairfield has been open. It is great to have had so many families continue with us over this time. A lot of you have referred friends to me as new students and this is the highest compliment I can receive as an instructor. Osu!  
Senpai Tina.

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