

KOKORO

Seido Fairfield Newsletter

Welcome to the inaugural Seido Fairfield Newsletter! The Japanese word Kokoro means Spirit. One of our aims in the practice of Martial Arts is to develop a strong, non-quitting spirit. The way we say Osu or the effort we put into our punches, blocks and kicks are some ways of expressing and building a strong spirit. As our Grandmaster Kaicho Tadashi Nakamura has said "Technique before Strength, Spirit before Technique"

The weather is now warming up and the dojo will be receiving window coverings to help reduce the build up of temperature. Fans and a evaporative cooler are also in place to try and keep it down. It is vital when doing any physical activity to remain hydrated throughout the day. Lots of water in the hour preceding exercise can lead to the stitch and or feelings of nausea, so it is best to drink frequently during the day and to replenish sufficiently after class also.

On the October 8th the third promotion of students took place since the school opened in April. Every one of these events are special in some way and this one was no different. We had several visitors from the Five Dock Dojo, including Sensei Jo, Senpais Nora, Lyn, and Joel. And our regular assistants Joan and Jamie Szelid and Wally. It was a morning of much activity as the class entry computer got set up and extra seating was delivered. I was happy that so many parents and friends came to support their loved ones and also stayed throughout the occasion to watch and encourage others taking part. Below is a list of those people who successfully completed their promotion. Congratulations to all of you!

Advanced White Tiny Tiger

Rabiah Pathan

Orange Belt

Christian Dang
Mohamed Dief
Daniel Ibrahim
Kianna Isbej
Manav Joseph
Simon Ngo
Shaneel Prasad

Matea Saric
Sabrina Vassallo
Austin Winwood

Advanced Orange Belt

Trey Ries
Angelina Tran
Kieran Tran
Liam Tran
Zach Vidler

Blue Belt Tiny Tigers

Ryan Mortensen
Muhammad Pathan
Mustafa Pathan
Cedric Santos
Lana Treadwell
Terry Treadwell
Samantha Yako

Blue Belt Junior

Florence Meyer
Yani Perez
Marysa Treadwell
Darcy Vidler
Sally Yako
Sarina Yako

Advanced Blue Belt Junior

Sharleen Prasad
Bailey Vidler
Maddison Vidler

Blue Belt Senior

Megan Ries
Norberto Sia

Yellow Belt Junior

Sharni Mortensen
Shelby Mortensen
Annalee Treadwell
Danica Whitehouse
Matthew Whitehouse
Benjamin Whitehouse
Sandros Yako

Yellow Belt Senior

Aref Mohammadzai

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Class Entry

As most of you now know the Class Entry computer is up and running. A list of student's names with I.D. numbers is on the wall beside the monitor. Please ask if you have any questions regarding its use. It will be a valuable tool to keep track of how many classes each student has attended and which classes are being best utilized.

Upcoming Events

Next Promotion: December 10th

Kid's Tournament December 17th

A celebration of all things non-karate!
Can you juggle? Or sing? We want your skills on show. ENTERTAIN US!!! Prizes will be given for everyone who participates. You may want to tell your favourite joke... whatever!



40th Anniversary Christchurch New Zealand Dojo December 2-4

A gathering of Karateka who have trained at the Seido NZ Shibu (Headquarters) and those wanting to help celebrate Shuseki Shihan Renzie's 40 years at the Christchurch Dojo. This event will be attended by Kaicho and many people from Australasia and around the world. I will be in Christchurch from Thursday 1st through Tuesday 6th inclusive. I am looking forward to the occasion as well as getting together with my family for a brief visit.

PHOTOS FROM OCTOBER 8th PROMOTION



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