



Kickin' Times



Spokane Karate Center

January/February 2024

212 W. 2nd Ave., Spokane, WA 99201

www.spokanekarate.com

509-869-3672

I resolve to...?

We begin every year the same way... I resolve to change _____ (fill in the blank with that which you have been putting off since last year). I know, I know, this year is going to be different. We always say that. But, one thing leads to another and the next thing you know, another year has gone by. If you're anything like me, that fills you with a sense of defeat and guilt. It's not that we don't have good intentions, it's just that we let ourselves get caught up in the day-to-day. Hey, it's a busy world. But that's just another excuse to let yourself off the hook. Don't. The fact is we didn't make time. We didn't make a plan and follow through. "Failure to plan is a plan to fail." So, how do we succeed this year? Start at the beginning.



First, you need to really want to achieve your goal or resolution. Napoleon Hill, in his book, *Think and Grow Rich*, had it right. "The starting point of all achievement is desire. Keep this constantly in mind. Weak desires bring weak results, just as a small amount of fire makes a small amount of heat."

Visualize yourself achieving the goal. What will your achievement feel like? How will your life unfold differently as a result? If you can't picture yourself achieving the goal, chances are – you won't.

Write your resolution or goal down. Lee Iacocca said, "The discipline of writing something down is the first step toward making it happen." I agree. Writing a goal down gives it power that thinking about it never can. It becomes a conscious promise to yourself to focus on the accomplishment of the goal. Write down specific action each steps you think you would need to take to achieve your goal. Set a reasonable timeline for achieving it in. Doing these things sets events in motion that may not happen if you just think about it.

Review your overall progress regularly. Make sure you are making progress. If you are not making progress, accept help, take a private lesson, tap into the support of loved ones, analyze why the goal is not being met. Don't allow the goal to just fade away. Figure out what you need to do to accomplish it.

Reward yourself and celebrate every success. Even the accomplishment of a minor goal is cause for celebration. Don't depress yourself with thoughts about all you still have to do. Celebrate what you have done. Then move on to the next step to overall success.

Following these guidelines can make all the difference in your year. Will this year be a year of triumph for you, a year of awesome success? Whatever your goals and resolutions, these tips can help power your success.

“What you can Conceive, you can Achieve!!!”

Spokane Karate Center UPDATE

Street Clothes class is back!!! During our transition from the old dojo to the new, we put the “street clothes” class on hold. Starting this month on the 11th, Street Clothes training will start up again. For those new to the dojo, this is done once a month, usually the second Thursday of the month. For the Junior class the emphasis is on “Stranger Awareness” or “Bullying”. For the Adult Class we focus on real world violence in all its forms. This would also be a great class for parents and friends who would like to learn about self-defense but are not currently interested in karate training.

Kobudo Class!!! Starting Jan. 15th, there will be a traditional Okinawan Weapons class offered on Monday nights from 7:30-8:30 pm. We will study one weapon every six months. The first weapon to be introduced will be the kun/bo (staff). You will learn basic drills, kata and bunkai. At the end of the six month period there will be a grading. If you are interested in purchasing your own kun, ask Sensei.

Dojo Shiai (tournament competition)!!! Reintroducing for the first time in years: **Dojo Shiai!** This first shiai will be kata only: Goju and Weapons! Juniors and Adults of all ranks can participate. Be looking for registration information to be coming soon. The next dojo shiai will be in May and will be point sparring and irikumi (continuous sparring).

New & Returning Spokane Karate Center Members

Juniors

Jack Broenneke
Rhys Phenneger
Madeleine Phenneger

Adults

August Murillo
Branden Berlik

**Welcome
to the Dojo!!!**

January/February Birthdays!

Monica Scruggs 01/03
TJ Jenkins 01/18
Garrett Micek 01/30

Linda Hagenbarth 02/05
Charles Fahie 02/15
Maddox Calkins 02/09

Tanjoubi Omodetto Gozaimasu!!!

November/December Belt Promotions

Juniors

10th kyu—Peyton Henry
7th kyu—Max Rornabene
6th kyu—Maddox Calkins, Kensi Hill
3rd kyu—Lange Good, Brody Good, Asher Gentry
2nd kyu—Ben Morgan, James Morgan, Alex Hillman

Adults

6th kyu—John Reeves Jr.
3rd kyu—Don Good
2nd kyu—Bryan Grosshands

Yoku Dekimashita!!!
Congratulations To Everyone!!!

January 2024

Schedule of Events

January 11th: Street Clothes

Training! All students should come to class in regular street clothes. Be sure to have soft-soled shoes, free of any debris to protect the mat.

January 25th: Belt Exams! NO CLASSES! Juniors & Adults at 6:00 pm.

(Non-grading students may participate as a review. Those not grading will line up in a second row from the grading candidates.)

January 15th: New Kobudo Class!

This class is available only to Junior & Adult students ranked 7th kyu and above and will meet Mondays at 7:30 –8:30 pm.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11 Street Clothes Training	12	13
14	15 Kobudo Class	16	17	18	19	20
21	22	23	24	25 Belt Exams	26	27
28	29	30	31			

February 2024

Schedule of Events

February 11th: Street Clothes

Training! All students should come to class in regular street clothes. Be sure to have soft-soled shoes, free of any debris to protect the mat.

February 17th: Dojo Shiai (tournament)! No Black Belt & Blade Classes!

Reintroducing for the first time in years: **Dojo Shiai!** This first shiai will be kata only: Goju and Weapons! The next dojo shiai will be in May and will be point sparring and irikumi (continuous sparring).

February 29th: Belt Exams! NO CLASSES! Juniors & Adults at 6:00 pm.

(Non-grading students may participate as a review. Those not grading will line up in a second row from the grading candidates.)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8 Street Clothes Training	9	10
11	12	13	14	15	16	17 Dojo Tournament
18	19	20	21	22	23	24
25	26	27	28	29 Belt Exams		