



Samurai

KARATE

October 2014 - Croydon Issue

Newsletter

Contact Us

Croydon Dojo

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Wantina Dojo

2nd Glen Waverley Scout Hall

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Waverly Dojo

378 Blackburn Rd,
Burwood East

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*Celebrate 35th Anniversary
Samurai Karate International*

*Samurai Karate Australia
Adult Awards Night*

15 November 2014

*7pm-1am
Harbour Kitchen
800 Bourke Street Docklands*

Tickets \$70 email secretary@shukokai.com.au
Purchase tickets via Direct Debit
All ticket sales close 8 November 2014

DOES YOUR CHILD KNOW WHAT TO DO?

Proudly supporting Kids Helpline and
the Daniel Morcombe Foundation,
Samurai Karate presents...

KIDS STREET SMARTS

Give your child the Street Smarts they need to avoid becoming a victim. This short course will help to build confidence, increase self awareness and give them basic self defence tools that could potentially save their life.

DATE: Saturday 18th October

VENUE: Eastern Suburbs

DURATION: 9AM - 12PM

COST: \$10/CHILD (Max \$20/FAMILY)

BRING: Water, snacks, comfortable shoes and clothes

BOOK: shukokai.com.au/programs

or 0488 882 752

All proceeds will be donated to the Daniel Morcombe Foundation and Kids Helpline to support the amazing work they do with children in Australia.

"My children are now more aware of their surroundings, they can identify potentially dangerous situations and have the confidence to say "no" and seek help if needed."

OPEN TO ALL CHILDREN AGED 7-12 YRS
PARENTAL ATTENDANCE REQUIRED





IMPORTANT REMINDER

Due to the **KIDS STREET SMART** program running at Croydon on Saturday the 18th of October there will be NO Karate classes on this day.

SUMMER IS FAST APPROACHING

As the weather warms up Croydon Dojo will be introducing a summer uniform for children to train in. A white t-shirt with logo may be worn in the summer months. T-shirts are \$15 and are now available to order in your dojo.



HANSHI PAUL MITCHELL - GASHKU 2014

Once again this year all students will have the opportunity to train with Hanshi Paul Mitchell at Victoria University. This is an amazing opportunity to train with one of the best instructors in the world and is not to be missed. See in Dojo for full details



MARK YOUR CALENDAR

UPCOMING IMPORTANT DATES

OCTOBER	
18th October	Kids Street Smarts No class Croydon
NOVEMBER	
4th November	Melbourne Cup
8th November	Victorian Gashuku (Student training with Hanshi Paul Mitchell) Ticket Sales for Adult Awards night Close
15th November	Black Belt Grading Location: Sangokan Adult Awards Night
30th November	ASKA Victoria Tournament
DECEMBER	
6th December	Junior Awards BBQ
7th -12th December	Grading Week
13th December	ASKA Grading

Junior Awards

This year all the Samurai clubs across Melbourne invite the junior members and their families to our inaugural combined end of year Family BBQ and Junior Awards lunch.

WHEN: Saturday 6th December

WHERE: COBURG LAKE RESERVE
TIME: 11am to 2pm

COST: FREE

FANTASTIC DAY TO MEET ALL THE INSTRUCTORS AND STUDENTS FROM OUR SAMURAI FAMILY

Bring yourselves, something to sit on and a plate to share (sweet, savory or a salad)

To RSVP, please complete the form at your dojo reception & return by 25th of November.

Hygiene in the Dojo

Personal hygiene when training is very important. Your gi should be washed and ironed regularly, feet should be clean and deodorant should be worn.

For safety reasons long hair is required to be tied back in a pony tail or bun and no jewellery should be worn while training.

Females may wear a WHITE singlet or t-shirt under their gi top. Males should be NOT wear a top under their gi.

Let's keep training comfortable for everyone. Thank you for your cooperation.