



Samurai

# KARATE

Monday 8th June 2015

Newsletter

## Karate Victoria State Team

The Karate Victoria team dinner was held at the end of May for all Victorian competitors who have been training every Saturday this year at VU in Footscray. The 2015 team members who are selected to represent Victoria at AKF National championships in Adelaide this August were officially announced. Congratulations to all the Samurai students who made the team and a special congrats to brothers Kyle & Ben from our dojo and who are Laverton's first two students to be competing at a AKF Nationals.



## Contact Us

### Sunshine Dojo

54A Station Place,  
Sunshine 3020  
P: (03) 9364 8000

### Tarneit Dojo

Baden Powell College  
Art Room  
81 Baden Powell Dr  
Tarneit 3029  
Enter dojo via  
Sunset Views Blvd Car Park  
P: 0414 500 886

### Laverton Dojo

96 Triholm Ave,  
Laverton 3028  
P: 0488 883 656

### Delahey Dojo

Delahey Community Centre  
80 Copperfield Drive,  
Delahey

The Gymnasium at  
Copperfield College  
Kings Park Campus  
Kambalda Circuit,  
Kings Park

P: 0414 459 091

### Kensington Dojo

191 Racecourse Road  
Kensington 3031

P: 0488 883 656



## FIZZY FUNDRAISER

**HELPS BOOST ENERGY, PROMOTE MENTAL ALERTNESS  
& ENHANCE COGNITIVE PERFORMANCE**

New fast-dissolving Energy Fizz Sticks  
for instant energy on-the-go!



Help support your dojo with Arbonne Energy Drink Fundraiser

**Taste testing night at Laverton Dojo  
Wednesday 17th June at 7pm**

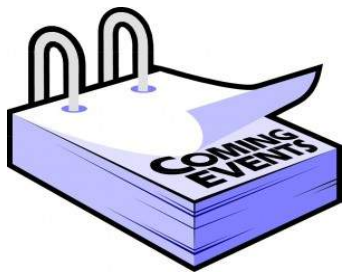
New fast-dissolving Energy Fizz Sticks come in convenient packs, just add one to your water bottle.  
A great alternative to soft drinks and energy drinks!

- Low calorie, only 2g of sugar per stick.
- Contains 55g of caffeine = equivalent to 1 cup of coffee
- Other key ingredients : B Vitamins (important for cell metabolism and help support a healthy nervous system), Botanicals. Guarana. Taurine. Chromium. Green Tea and Panax ginseng to temporarily boost energy.
  - Citrus or Pomegranate taste

NO artificial colours, flavours or sweeteners & certified vegan

\$66 per box of 30 serves and \$20 from each box sold goes to your dojo. Order forms available at reception.

**Not suitable for children**



# MARK YOUR CALENDAR

## UPCOMING IMPORTANT DATES

<b>Saturday 6th June</b>	<b>Laverton Dojo Reminder</b> No Saturday classes due to Queen's Birthday long weekend
<b>Monday 8th June</b>	<b>Queen's Birthday Holiday</b> Laverton Dojo Training as usual
<b>Sunday 14th June</b>	<b>VKL Shukokai Cup</b> To enter contact your club's reception \$75 Entry Fee - Entries close 10th June
<b>Wednesday 17th June</b>	<b>Fizzy Fundraiser Taste Testing Night</b> 7pm - Laverton Dojo
<b>Saturday 20th June</b>	<b>Delahey Grading</b> 9.30am - Little Samurai 10.15am - Juniors 11.00am - Adults
<b>Saturday 20th June</b>	<b>ASKA Grading</b> 1pm - Kensington Dojo
<b>Saturday 20th June</b>	<b>3rd Dan Grading</b> 3pm - Kensington Dojo
<b>Monday 22nd June</b>	<b>Laverton Grading</b> 5.15pm Little Samurai 6.00pm Junior Novice 6.45pm Junior Intermediates 7.45pm Adults
<b>Tuesday 23rd June</b>	<b>Sunshine Grading</b> 5.15pm - Little Samurai & Junior Novice 5.45pm - Junior Orange to Blue 7.00pm - Junior Purple & Adults up to Blue Belt
<b>Wednesday 24th June</b>	<b>Tarneit Grading</b> 5.30pm Little Samurai 6.15pm Junior Intermediates 7.15pm Adults
<b>Thursday 25th June</b>	<b>Kensington Grading</b> 5.15pm Little Samurai 5.45pm Juniors 6.45pm Adults
<b>Saturday 4th July</b>	<b>School Holiday Program</b> No Saturday Classes
<b>Saturday 11th July</b>	<b>School Holiday Program</b> No Saturday Classes
<b>Sunday 26th July</b>	<b>Sausage Sizzle Fundraiser</b> Masters at Williams Landing

## STUDENT CONTACT DETAILS

Students and Parents; If your contact details change, including mobile number or mailing address, please inform your clubs reception.



**Williams Landing**  
**Sunday 26th July**  
**8am to 4pm**

The Laverton dojo will be hosting a sausage sizzle fundraiser on Sunday the 26th of July at Masters in Williams Landing. Money raised will be used to help support the development of the Laverton dojo which includes Laverton student competitors who will be attending 2015 AKF Nationals. We are looking for volunteers who could spare an hour or two. All items are supplied, we are only needing the man power to serve customers or cook the BBQ. If you are able to help out please register your time preference at reception so that we can co-ordinate a steady amount of help throughout the day.

## CLUB JACKETS

Now that winter is here it is the perfect time to order your club jacket. Jackets are fully lined and can be worn during the class warm up or whilst training. Available in sizes for children from size 10 to adult sizes up to XXL and cost \$75. For training wear please remember to order one size larger so that it will fit comfortably over a gi. Jackets are not limited to students, parents are welcome to order also.



## CAR STICKERS



Shukokai car stickers are also available from reception. There is limited stock available in red, blue, navy, white, black, purple, yellow or green. \$10 each so be quick as stock wont last.

# PARKING AT SAMURAI KARATE LAVERTON



Our club is committed to providing a safe environment for students & visitors and part of this is ensuring that all children & young people have a safe way to arrive and leave the dojo. Please view the parking map which identifies usable green parking areas.

**STUDENT DROP OFF:** There is a dedicated kiss & go Drop Off Zone for parents who do not want to stay for the duration of a class or who need to quickly drop off before parking. We ask drivers to enter from the second driveway, continue into the one way drive through lane way & briefly stop at the dedicated Drop Off Zone exiting via the first driveway. **Please remember that there is no parking in the drive through lane way or the drop off zone.**

### Parking Legend

- Parking Bay
- Reserved Bay No Parking
- Disabled Bay
- Wheel Chair Disabled Only
- Drop Off Zone
- Keep Clear No Parking

For the safety of all children and consideration of neighbouring businesses, please ensure you only park in green parking bays. Please park & walk in to collect your child from the waiting room area as students under 15 years will not be permitted to leave the building without a parent or guardian.