



A note from Sensei Remo

What a month we had in September! Gradings, black belt preparation, school visits and so much more! This month we look forward to introducing to you Kristen Healy as our member of the month. Don't forget if you would like to be our member of the month simply speak to Sensei Remo or email the club at info@nskarate.com.au

As the end of the year fast approaches, we will look to cement plans for our end of year celebrations including the Christmas party and presentation. Look out for more details next month.

Let's jump in and reflect on the month that was and the month ahead!

As always, our doors and ears are always open, so if you have a new idea or something you would like to see happening at NSK let us know by emailing info@nskarate.com.au

CLUB UPDATE

International Grading

Our International Grading has now concluded with both Sensei Steven and Sensei Tommy departing. Both men expressed their delight in the high quality and standards set during their visit to the club. Their message to all students was simple - continue working on basic techniques and master these skills. Patience is key! It was an absolute pleasure being in the presence of these knowledgeable and experienced individuals. We firmly believe all students and instructors gained immense benefits from having them around the club.

We look forward to welcoming Sensei Tommy and Sensei Steven back next year.



Black Belt Preparation

As most of you know we have introduced a new preparation class for those wishing to work towards their Black Belt. We are pleased to report how popular these classes have been with students. In these classes students work on all requirements including the high-level fitness component, a vital and gruelling part of reaching this grade.

Class participation is important for a minimum of approx. 6 months prior to attempting this grade. We recommend attending at least 2 classes per week to maximise your chances of being successful.

Competition

Unfortunately, the Ballarat competition in November has been cancelled. We will now look to source another competition for those wishing to compete in the near future. Stay tuned for more updates. As always, if you or your child is looking to compete, please speak with your instructor as soon as possible to determine the best course of action for preparation.



To ensure all members of our community are safe, respected and follow club etiquette we have a few reminders for all club members.

A reminder for parents and carers – Please do not to enter the "Tatami" until the class has finished. When the Sensei bows out the students this signifies the end of the class. This is an important part of the Karate discipline that we must all respect and adhere to.

Soon you will see an etiquette sheet visible around the club. This is a reminder for all students to ensure they adhere to the standards required when participating Karate. Please ensure you familiarise yourself with the document. Please do not hesitate to speak with an instructor if you have questions.

Lastly, it is vital all student have the correct safety equipment when participating in sparring. This simple rule is for the safety of yourself and others around you. If you are unsure of what equipment is required please speak to Sensei Remo.

MEMBER PROFILE





Name: Kristen Healy

Age: 27

Nickname: I don't have one, though I do get called 'Sensei' and 'Ms' quite often. I'm not even a Sensei!

Favorite Food: Desserts, especially chocolate ones!

Karate Idol: Rika Usami, fantastic kata and an ambassador for women's karate.

Favourite think about NSK: I really enjoy the sense of community that we have at NSK. I also enjoy teaching that I do, especially the finer points!

FUN FACT

The average person walks the equivalent of three times around the world in a lifetime.

SCHOOL PROGRAM

Many of you may not be aware that NSK provides Self Defence courses to a number of schools throughout Melbourne. We provide programs to early learning centres, primary and secondary schools throughout the region.

The Northern Shukokai Karate school program provides the opportunity for the youngest members of our community to explore a range of practical skills that improve their ability to effectively combat threats of many kinds including:

Bullying, Physical Abuse, Harassment and Sexual Abuse

All programs are modified to appropriately address current affairs faced by your students and include special consideration for age, gender and intellectual abilities. We proudly provide holistic programs that include physical and nonphysical components aimed at developing the whole child including mind, body and spirit. We offer both a variety of programs including one off session and termly packages. Our instructors are all highly qualified with many years of experience. They are also competent and certified in First Aid and have Working with Children Checks.

If you think your school or centre may be interested please speak with Sensei Remo to obtain further information or visit <http://www.nskarate.com.au/nsk-school-program.html>



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