



Wado Karate Centers News

March 2016

www.WadoKarateCenters.com

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Mark Your Calendar

March 14-18: Stripe Tests

March 19: Wado Tournament! Dojo is closed.

March 26: Belt Exams

April 6 & 7: Family Nights

Word of the Month

The word of the month for March is **Polite**, which means to have good manners and to be courteous to others. Politeness is something that is often lacking in our modern society and needs to be corrected. Good manners and courteous behavior are always appreciated. The founder of modern karate, Gichin Funakoshi, is best known for his basic tenet, "Karate begins with courtesy and ends with courtesy."

Parents please speak with your children about the importance of being polite and help re-enforce the discussions the karate teachers will be having with the students in class this month.

Welcome Future Black Belts!

Henry Lindahl, and Blaise Farmer joined Wado Karate Centers this past month! All the instructors welcome each new student and pledge to do whatever is necessary to make sure each receives the many life-changing benefits of karate taught in our school. Wado Karate Centers has been in continuous operation since 1973.

Belt Graduations

Pictured are the students who graduated to new belts recently. Each new belt is affirmation of another successful step completed toward Black Belt Excellence. The long-term goal of every student should be to achieve his or her Black Belt. This is why Wado Karate Centers is called a Black Belt School!

Orange Belt

Kayden Riddle

Purple Belt

London Alston, Hudson Nitsch, Natalie Snead, Jack Snead, Sam Snead

Green Belt

Brittany Wetnight

Brown Belt (3rd Class)

Jasmine Consuegra

Jr. Black Belt

Luke Waites



Wado Tournament – March 19

All students and parents are encouraged to attend the annual Wado tournament at Columbia State Community College in Columbia, TN on Saturday, March 19. The opening ceremony (speeches, awards, etc.) will begin about 10 a.m., with the competition starting thereafter. Whether you plan to compete or watch, please arrive in time for the opening ceremony. Bring your karate uniform and wear it for the opening ceremony.

For more information check out the flyer on the school bulletin board, ask the staff, or www.useasternwado.com

Note: the karate school will be closed on the day of the tournament.

Send Us Your Email Address

The school needs an email address for everyone so we can send you the newsletter each month and also other important information and reminders. If we don't have your email address send it to LSchutz2008@msn.com and we will add you to the mailing list. Also, if your email addresses changes, please update us.

Training Tip

All athletic activities are based on a foundation of physical fitness that includes strength, endurance and flexibility. The next few months are a great time to work on the endurance component of your fitness. Get some good running or walking shoes, go to the park, and do 20-30 minutes of running or 40-50 minutes of walking about 3 times a week. It will make you feel great, help you lose weight, strengthen and tone your body, and increase your cardiovascular endurance. But, if you are not used to this type activity, be sure to start slowly and gradually build up your speed and length of training time. You can't get in shape in one day! Let fatigue be your guide. You should finish each walk or run somewhat tired but not exhausted. If you feel worn out for the rest of the day after your trip to the park then you are over-exerting yourself. Remember the slogan: Train don't strain.

Dojo Trivia Challenge

In what year did Sensei Taylor Hayden earn his Masters Degree from Vanderbilt University? The first student that answers this correctly to Sensei Schutz wins a prize!!