



Wado Karate Centers News

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October Belt Graduations

Pictured below are the students who graduated to new belts at the September belt exams. 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!**

Gold Belt

London Alston

Orange Belt

Kaden Harper (not pictured)

Blue Belt

Eryne Sheffield



Welcome Future Black Belts!

Rhodes Vanauken and Brandon Phillips joined our school during the past month and began their journey to Black Belt Excellence. The journey from white belt to Black Belt is not difficult but it takes perseverance. So, set Black Belt as your goal and remember: **Goals we set are goals we get!**

Mark Your Calendar

Oct 6-11: Stripe Week

Oct 10: Close Combat Seminar

Oct 11: Advanced Black Belt Exam

Oct 18: Monthly Belt Exam

Oct 23-25: Sensei Kazutaka Otsuka seminars!

Oct 31: Halloween Booth at Moss Wright Park

Nov 2: Shodan (1st Degree Black Belt) Exam

Nov 5 & 6: Family Nights!

Word of the Month

The word of the month for October is **responsibility**, which is the obligation to perform and be held accountable for assignments. For example, it is each child's responsibility to bring his or her uniform, belt, and sparring equipment to the karate class. It is not the parent's responsibility to remember to bring the sparring gear. Having responsible behavior in children (and adults) is very important for success and happiness in life.

Upcoming Seminars!



The US EASTERN WADO FEDERATION and Wado Karate Centers are proud to announce the following training seminars.

The 6th Annual Sensei Kazutaka Otsuka Seminar.

Held Oct 23-25. Three separate classes will be held at three of our centrally located Dojos. Cost per class: is \$20 for children (ages 6 to 14), \$30 Adult Under belts, and \$40 for Black Belts. Students may attend more than one seminar. See flier in dojo lobby for locations, times, and details!

Close Combat Seminar!

Wado Black Belt, West Point Graduate, and U.S. ARMY Ranger Lieutenant **Alex Graves** will be hosting a high-energy "Close Combat" seminar Friday Oct 10th. This will be for ages 12 and up including students in our adult programs. Please see Mr. Schutz for details. Space will be limited so don't miss out on this event!! This awesome seminar will begin at 6:00 PM and end at 8:00 PM.



Come work out with this true American hero and Ni-Dan (2nd Degree) Wado Black Belt! Cost is \$10.00 per person and free to members of the Black Belt Club.

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.