

# THE KARATE DOJO

& Kicking Kids Kamp

## NEWSLETTER

April

2024

2225 Sunset Boulevard • West Columbia, SC • 29169 • (803) 739-9494  
[www.TheKarateDojo.com](http://www.TheKarateDojo.com)

# SPRING BREAK

## APRIL 1-5, 2024

Lexington 1, Lexington 2, East Point Academy, NCA

### 7:30am - 6:30pm

For the 20th year in a row we will offer Martial Arts, Arts & Crafts, Games, Field Trips, Fitness, and Fun - and much more!!

**Cost is \$164 / week or \$35 / day**

(Includes transportation to exciting Field Trips)

\*Regular weekly tuition applies to current Kamp students who do not attend Spring Break Kamp\*

**Outdoor Fun - Crazy Hair Day - Backwards Day**  
**20th Annual Mega Kickball Game**



Due to transportation limitations, we recommend early registration.

\$64 (non-refundable) deposit required to hold your space so we can secure proper staffing.

Youth do not have to be current Dojo members to attend 'Spring Break Karate Kamp'.

## THOUGHT FOR APRIL 2024

"Start respecting your body and realize we only have one for life."

*Think about that & we'll see you in class!!!*

Sensei Pena



## YOUTH CLASSES AT THE KARATE DOJO...

Because a structure of respect, courtesy and honesty is built into Karate, youth develop the ability to listen, learn, and achieve within a highly regulated environment.

Most sports don't build leadership traits. If you have the necessary skills to perform, you are in the game, if not you're on the bench. Karate is different; the program is designed to develop leaders. Each week we teach the youth how to develop such traits as confidence, self-discipline, better listening skills, honesty, integrity and much, much more. The classes combine the fun and excitement of Karate training with weekly character development lessons designed to strengthen our student's spirit, soul, and body.

## SPARRING EQUIPMENT

Such as in soccer, baseball, football or other sports and disciplines, each student will require additional equipment as they progress in their Karate training. Once a youth student has reached the level of Yellow Stripe and an adult student has reached the level of Yellow Belt, they will need a full set of protective Sparring Equipment which consists of a Headgear, Handgear, Footgear and Mouthpiece and for males - a protective cup.

Beginning at these Ranks, the student will now begin working in a safe and practical manner applying the basic kicks and punches which they have been learning in their Karate classes.

- For safety and hygienic reasons, each student will need to have their own Sparring equipment.
- Sparring equipment may only be purchased through The Karate Dojo.

\* Please check the monthly calendar to make sure you or your child is prepared for class!

All adult Karate students must wear Headgear & Protective Cup (male) to all Self Defense classes.

## EFFECTIVE IMMEDIATELY

All training equipment, uniforms, weapons, etc. used at The Karate Dojo by an individual must be purchased through The Karate Dojo by that individual. Thank you for supporting The Karate Dojo for your Health, Fitness and Karate needs.

## DIGITAL PICTURES FOR SALE

Over the past 20+ years we have accumulated over 100,000 digital pictures of every special moment in our Dojo from Rank Tests to Belt Promotions to Grand Openings to Birthday Parties to Tournaments to renovating each of our three Dojos, to everything else in between. We often get requests for Sensei to email a copy of the pictures. Due to the extensive time taken to catalog each picture and also for the time to actually email pictures effective immediately there will be a \$15 charge for each and every picture taken at the Dojo that you would like a digital copy of. It is SO great to be able to look back on the special moments you or your child have had at The Karate Dojo and to see how far we have come and how much we have grown! Please let us know if there are any pictures you would like. All pictures taken at The Karate Dojo are property of The Karate Dojo.

Thank you  
Ms. Shanoree

Young Emma loves  
doing her Math  
homework at  
The Karate Dojo!





**FREE TO STAFF, CLIENTS, AND FRIENDS  
DUE TO SPACE LIMITATIONS, LIMITED TO FIRST 25 TO REGISTER**



# **CIVILIAN RESPONSE TO ACTIVE SHOOTER EVENTS**

**AVOID  
DENY  
DEFEND**



**Date:**

**Tuesday - April 23, 2024 @ 6:45pm**

**Location:**

**The Karate Dojo  
2225 Sunset Boulevard  
West Columbia, SC 29169**

**Taught By:**

**Senior Corporal Chris Kaderly  
Irmo Police Department**



SHIHAN BRIAN PENA & 'LEGENDS OF CAROLINA MARTIAL ARTS' PRESENT:

# CAROLINA MARTIAL ARTS OPEN



## MAY 24-25, 2024

DOUBLETREE BY HILTON  
COLUMBIA, SOUTH CAROLINA



No act of kindness,  
no matter how small,  
is ever wasted.

- Aesop

POWERED BY UVENTEX & REGISTRATION AT:

<http://CMAO24.myuventex.com>

[www.TCTsportmartialarts.com](http://www.TCTsportmartialarts.com)

[Info@TheKarateDojo.com](mailto:Info@TheKarateDojo.com) (Email)

803-739-9494 (Dojo)



"AAAAA" Rated

TCT SANCTIONED  
OPEN RANK SPARRING

TCT SANCTIONED BLACKBELT  
OPEN WEIGHT SPARRING



















**Youth Student  
of the Month**  
Antonio Miles

**Parent  
of the Month**  
Felicia Ladson

**Adult Student  
of the Month**  
Anna Cavanagh

# "The Dojo"

**April 2024**

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	Youth / Teen Karate <b>Kicks / Weapons</b>  Adult Karate <b>Basics</b>	Youth / Teen Karate <b>Fighting</b>  Adult Karate <b>Kata</b>  <small>Teen / Adult (Invite Only)</small> 	Youth / Teen Karate <b>Basics</b>  Adult Karate <b>Weapons</b>	Youth / Teen Karate <b>Kata</b>  <small>Youth (Invite Only)</small> 	 <b>Southern Showdown</b> Erwin, NC  <b>NO CLASSES</b>	 <b>Southern Showdown</b> Erwin, NC
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
	Youth / Teen Karate <b>Fighting</b>  Adult Karate <b>Kata</b>	Youth / Teen Karate <b>Kicks / Weapons</b>  Adult Karate <b>Weapons</b>  <small>Teen / Adult (Invite Only)</small> 	Youth / Teen Karate <b>Kata</b>  Adult Karate <b>Self Defense</b>	Youth / Teen Karate <b>Self Defense</b>  <small>Youth (Invite Only)</small> 	Youth / Teen Karate: <b>Competition Practice</b>   Team Dojo: <b>5:30-6:10pm</b>	
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>Private Lessons w/ Sensei &amp; Daughters 12:00 – 4:00pm</b>  <small>Schedule w/ Ms. Laskowski</small>	Youth / Teen Karate <b>Kicks / Weapons</b>  Adult Karate <b>Weapons</b>	Youth / Teen Karate <b>Fighting</b>  Adult Karate <b>Self Defense</b>  <small>Teen / Adult (Invite Only)</small> 	Youth / Teen Karate <b>Basics</b>  Adult Karate <b>Fighting</b>	Youth / Teen Karate <b>Kata</b>  <small>Youth (Invite Only)</small> 	Youth / Teen Karate: <b>Conditioning</b>  Team Dojo: <b>5:30-6:10pm</b>	
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
	Youth / Teen Karate <b>Fighting</b>  Adult Karate <b>Self Defense</b>	Youth / Teen Karate <b>Kicks / Weapons</b>  Adult Karate <b>Basics</b>  <small>Teen / Adult (Invite Only)</small> 	Youth / Teen Karate <b>Kata</b>  Adult Karate <b>Kata</b>	Youth / Teen Karate <b>Self Defense</b>  <small>Youth (Invite Only)</small> 	Youth / Teen Karate: <b>Competition Practice</b>   Team Dojo: <b>5:30-6:10pm</b>	 <b>Great Southeast Open</b> Spartanburg, SC
<b>28</b>	<b>29</b>	<b>30</b>				
	Youth / Teen Karate <b>Kicks / Weapons</b>  Adult Karate <b>Basics</b>	Youth / Teen Karate <b>Fighting</b>  Adult Karate <b>Kata</b>  <small>Teen / Adult (Invite Only)</small> 		<b>FREE TO ALL PARENTS</b> 		

**GOD BLESS AMERICA**