

# THE KARATE DOJO

& Kicking Kids After School Program

March

## NEWSLETTER

2024

2225 Sunset Boulevard • West Columbia, SC • 29169 • (803) 739-9494

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

# *On the Road to...*

STILLIAN 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 (Email)  
803-739-9494 (Dojo)

**THE COMPETITOR'S TOUR**  
**TCT**  
Sport Martial Arts  
"AAAAA" Rated  
TCT SANCTIONED  
OPEN RANK SPARRING  
TCT SANCTIONED BLACKBELT  
OPEN WEIGHT SPARRING

**SUPER ORGANIZED**

**UPCOMING...**

**SOUTHERN SHOWDOWN**

**TCT MANDATORY**

**APRIL 5-6, 2024**

**ERWIN, NC**

**GREAT SOUTHEAST OPEN**

**TCT MANDATORY**

**APRIL 27, 2024**

**SPARTANBURG, SC**



# 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'.

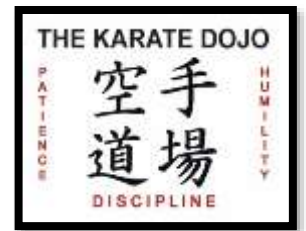


## **THOUGHT FOR MARCH 2024**

**"Karate is like boiling water; without heat, it returns to its tepid state."**

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

Sensei Brian 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're 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, Face Mask, 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.

During March 2024 we will be Sparring many times during both Youth and Adult classes.

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

## **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 well 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 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 \$10 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.

## **NEW OPTION!! DIGITAL PICTURES FOR SALE**

**NEW:** For those that may be familiar with the special pictures that Sensei works up on Photoshop of his daughters that are Black & White with the new belt in COLOR, there will now be a \$25 charge for the time required to produce these incredible pictures!! Place your orders with our Office Director and give us about 24 hours to make magic happen!!



# SWORD TRAINING

## W/ MS. PENA

Each Monday from 6:40 - 7:20pm  
from January - June 2024





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

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OPEN WEIGHT SPARRING

**Youth Student  
of the Month**  
Bodie Guffey







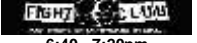



**Parent  
of the Month**  
Blair Robinson

**Adult Student  
of the Month**  
Carrissa Merchant

# "The Dojo"

**March 2024**

**REGISTER YOUR CHILD TODAY FOR SPRING BREAK AT THE DOJO**  
WHILE SPACES REMAIN **APRIL 1-5, 2024**

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
					Youth / Teen Karate: <b>Conditioning</b>  Team Dojo: 5:30-6:10pm	
3	4	5	6	7	8	9
	Youth / Teen Karate <b>Fighting</b>  Adult Karate <b>Self Defense</b>	Youth / Teen Karate <b>Kicks / Weapons</b>  Adult Karate <b>Basics</b>  Teen / Adult (Invite Only)  6:40 - 7:20pm	Youth / Teen Karate <b>Kata</b>  Adult Karate <b>Kata</b>	Youth / Teen Karate <b>Basics</b>  Youth (Invite Only)  6:40 - 7:20pm	Youth / Teen Karate: <b>Conditioning</b>  Team Dojo: 5:30-6:10pm	
10	11	12	13	14	15	16
	Youth / Teen Karate <b>Kicks / Weapons</b>  Adult Karate <b>Basics</b>	Youth / Teen Karate <b>Fighting</b>  Adult Karate <b>Weapons</b>  Teen / Adult (Invite Only)  6:40 - 7:20pm	Youth / Teen Karate <b>Self Defense</b>  Adult Karate <b>Weapons</b>	Youth / Teen Karate <b>Kata</b>  Youth (Invite Only)  6:40 - 7:20pm	Youth / Teen Karate: <b>Competition Practice</b>  Team Dojo: 5:30-6:10pm	
17	18	19	20	21	22	23
<b>Private Lessons w/ Sensei &amp; Daughters</b> 12:00 – 4:00pm  <small>Schedule w/ Ms. Laskowski</small>	Youth / Teen Karate <b>Fighting</b>  Adult Karate <b>Self Defense</b>	Youth / Teen Karate <b>Kicks / Weapons</b>  Adult Karate <b>Self Defense</b>  Teen / Adult (Invite Only)  6:40 - 7:20pm	Youth / Teen Karate <b>Kata</b>  Adult Karate <b>Fighting</b>	Youth / Teen Karate <b>Basics</b>  Youth (Invite Only)  6:40 - 7:20pm	<b>RANK TEST INVITATION ONLY</b>  Rank is Not Guaranteed	<b>Zen Shotokai Blackbelt Test (Crawford)</b>
24	25	26	27	28	29	30
	<b>RANK GRADUATION</b>  Youth / Teen Karate <b>Memory Work</b>  Adult Karate <b>Kata</b>	Youth / Teen Karate <b>Fighting</b>  Adult Karate <b>Kata</b>  Teen / Adult (Invite Only)  6:40 - 7:20pm	Youth / Teen Karate <b>Self Defense</b>  Adult Karate <b>Basics</b>	Youth / Teen Karate <b>Kata</b>  Youth (Invite Only)  6:40 - 7:20pm	Youth / Teen Karate: <b>Competition Practice</b>  Team Dojo: 5:30-6:10pm	