

THE KARATE DOJO

September

NEWSLETTER

2023

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

www.TheKarateDojo.com



- John Wooten

TCT CHAMPIONSHIPS
& Year End Banquet

The Competitor's Tour

Sport Martial Arts

uventex

October 27-29, 2023
October 27-28: Competition, October 29: Banquet
Columbia, SC

Seeded Competitors, Wild Card Competition
Double Elimination Sparring, TCT Champions Crowned

KATAARO
CUSTOM MARTIAL ARTS PRODUCTS

God Bless America

People are often unreasonable, illogical & self centered.
FORGIVE THEM ANYWAY.

If you are kind, people might accuse you of self motives.
BE KIND ANYWAY.

If you are successful, you will win some false friends.
BE SUCCESSFUL ANYWAY.

If you are sincere, people may deceive you.
BE SINCERE ANYWAY.

If you find serenity & happiness, they will be jealous.
BE HAPPY ANYWAY.

Give the world the best you have, it still won't be enough
GIVE THEM YOUR BEST ANYWAY.

THE KARATE DOJO AFTER-SCHOOL KAMP

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EAST POINT ACADEMY (Elementary & Middle) & NORTHSIDE CHRISTIAN ACADEMY (Elementary)

STRUCTURE, DISCIPLINE, LOVE

Our program is first and foremost about quality Martial Arts Instruction, Health, and Physical Fitness.

For 20 years this program has been designed to assist parents with the tough job of giving your child the tools & skills needed to overcome their daily obstacles. Whether it is getting bullied at school, a lack of focus on schoolwork or self-confidence issues, our Kicking Kids After-School Karate Kamp can help your child become a self-confident leader.

Children are picked up daily upon conclusion of their school day and transported to our near 20,000 sq ft facility in federally approved vehicles. Snack time is given along with time for completion of their homework. The children then take part in daily confidence building Martial Arts classes with an emphasis on Respect, Focus and Discipline.

When you pick your child up from our facility their snack, homework, and Karate lessons are already done!!

Lexington #1 Pick Up Available From:

Meadow Glen Elementary, Meadow Glen Middle, Midway Elementary,
Oak Grove Elementary

Lexington #2 Pick Up Available From:

Cayce Elementary, Northside Middle, Riverbank Elementary,
Saluda River Elementary, Springdale Elementary, Wood Elementary

Private / Charter Pick Up Available From:

East Point Academy (Elementary & Middle), Northside Christian Academy (Elementary)

DOJO

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2225 Sunset Boulevard
West Columbia, SC 29169

Phone: 803-739-9494

Email: Info@TheKarateDojo.com

Website: www.TheKarateDojo.com

HOMWORK HELP CLUB



TRADITIONAL WEAPONS / FORMS

PRIVATE LESSONS

W/ SENSEI & DAUGHTERS

CHAMPIONS CREATING CHAMPIONS

Spaces Available Sundays from 12pm - 4pm

\$125 / hour (30 minutes Form, 30 minutes Fight)



THOUGHT FOR SEPTEMBER:

“99% of FAILURES come from people who have the habit of making EXCUSES.” – George Washington Carver

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

Sensei Brian Pena



RANK TEST ETIQUETTE

Promotion is a Sensei's acknowledgement of his student's effort and achievement. A Sensei awards rank for progress in the physical, mental and spiritual aspects of Karate. Although there are technique requirements for each level, physical ability alone is not sufficient for promotion. The student must also show progress in the mental areas – (Patience, Discipline, and Respect). A Student may be asked to perform all or any part of the posted requirements - points are deducted for each mistake. Each test has a fee which is charged. The time required to achieve each belt varies with each student. There is no "average" time.

Our standards are VERY high and will remain as such. [If you want a Black Belt in three years, go join another Karate school.](#)

It is considered IMPROPER to ask or speak about when you or your child's next test will be held.

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, Handgear, Footgear and Mouthpiece and for males - a protective cup to progress to further rank.

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.

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

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

PRIVATE LESSONS WITH A BROWN OR BLACKBELT

Whether you or your child are preparing for an upcoming Rank Test, want to step up your game for the next Karate tournament, want to learn new material or just want some one-on-one instruction – reply to this email to set up your time TODAY!!

Regular: \$90 / hour or \$50 / ½ hour

***Purchase 4 lessons at a time, receive 5th lesson FREE.**

You simply cannot beat the one-on-one attention given by **one of Sensei Pena's elite Brown or Blackbelt students!!**

Call (803)739-9494 or email Info@TheKarateDojo.com to book your Private Lessons.

THE KARATE DOJO

TAKING MARTIAL ARTS CLASSES?

What you think you are paying for:

- Being taught to kick and punch.

What you are actually paying for:

- A Life Coach.
- A Psychologist.
- A Mentor.
- An Inspirer.
- A Supporter.
- A Friend.
- A Problem Solver.
- A Stress Reliever.
- Being encouraged to believe in yourself.
- A Personal Trainer & Dietician.
- Strength, Flexibility, and Weight Loss.
- Being taught Personal Victory.
- Someone on call for you, 24/7.
- Someone who encourages you and your children to have Respect, Patience, Humility, Discipline, Perseverance, Empathy, Courtesy, Listening Skills, Loyalty, and Self-Control.
- Being taught how to work hard and enjoy life.
- Being held accountable for your actions.
- Being encouraged to set goals AND to reach your goals.
- Someone who helps you build emotional strength and mental stability.
- Someone who will hug you when you are down, pick you up when you've fallen, remind you of your worth, and stand by you with loyalty when you feel like no one else will.
- Someone who teaches you to stand up to bullies.
- Knowledge, Wisdom, Martial Arts Training, Opportunity, Training Equipment, and a safe Dojo to train in, and someone who puts their heart and soul into you.
- Someone who has spent their entire life in training to assist you.

Still think you are paying too much for your 'Kicking and Punching' class?

- Would a doctor, lawyer, plumber, carpenter, dentist, chef, mechanic, dressmaker, shop owner, or psychologist offer all of the above for free in addition to their regular service that they charge for?

HUG YOUR SENSEI OR KARATE INSTRUCTOR TODAY!



**Youth Student
of the Month**
Asher Ryan

**Adult Student
of the Month**
Ari Floyd

**Parent
of the Month**
Claire Phibbs

"The Dojo"

September 2023

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
					RANK TEST INVITATION ONLY 4:30 - 7:30pm Rank is Not Guaranteed	
3	4	5	6	7	8	9
	LABOR DAY Dojo & Kamp CLOSED	RANK GRADUATION Youth / Teen Karate Kicks Adult Karate Basics Teen / Adult (Invite Only)  6:40 - 7:20pm	Youth / Teen Karate: Kata Adult Karate: Weapons	Youth / Teen Karate Self Defense Adult Karate Weapons Youth (Invite Only)  6:40 - 7:20pm	Youth / Teen Karate: Competition Practice  Team Dojo: 5:30 - 6:10pm 	
10	11	12	13	14	15	16
Private Lessons w/ Sensei & Daughters 12:00- 4:00pm Schedule w/ Ms. Laskowski	Youth / Teen Karate: Kicks / Weapons Adult Karate: Basics	Youth / Teen Karate: Fighting Adult Karate: Weapons Teen / Adult (Invite Only)  6:40 - 7:20pm	Youth / Teen Karate: Basics Adult Karate: Kata	Youth / Teen Karate: Kata Adult Karate: Basics Youth (Invite Only)  6:40 - 7:20pm	Youth / Teen Karate: Competition Practice  Team Dojo: 5:30 - 6:10pm 	
17	18	19	20	21	22	23
	Youth / Teen Karate: Fighting Adult Karate: Self Defense	Youth / Teen Karate Kicks / Weapons Adult Karate Self Defense Teen / Adult (Invite Only)  6:40 - 7:20pm	Youth / Teen Karate Kata Adult Karate Fighting	Youth / Teen Karate Self Defense Adult Karate Weapons Youth (Invite Only)  6:40 - 7:20pm	Youth / Teen Karate: Competition Practice  Team Dojo: 5:30 - 6:10pm 	
24	25	26	27	28	29	30
Private Lessons w/ Sensei & Daughters 12:00- 4:00pm Schedule w/ Ms. Laskowski	Youth / Teen Karate: Kicks / Weapons Adult Karate: Kata	Youth / Teen Karate: Fighting Adult Karate: Kata Teen / Adult (Invite Only)  6:40 - 7:20pm	Youth / Teen Karate Basics Adult Karate Basics	Youth / Teen Karate Kata Adult Karate Weapons Youth (Invite Only)  6:40 - 7:20pm	RANK TEST INVITATION ONLY 4:30 - 7:30pm Rank is Not Guaranteed	TEAM DOJO East Coast Throwdown Gainesville, GA 

NEVER GIVE UP - EVER