

# THE KARATE DOJO

& K i c k i n g   K i d s   K a m p

May

# NEWSLETTER

2019

2263 Sunset Boulevard • West Columbia, SC • 29169 • (803) 739-9494

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



**SUMMER KAMP REGISTRATION IS OPEN TO THE PUBLIC**

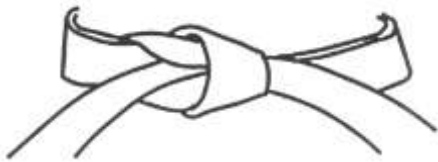
**SUMMER KAMP IS OPEN MONDAY – FRIDAY FROM 7:30AM – 6:30PM**

In addition to daily Karate, and fitness classes we offer very active summer sessions taking multiple Field Trips per week to places such as Roller Skating, Bowling, Swimming, Columbia Marionette Theatre, Chuck E. Cheese and more!! Your children will sleep well at night! ☺

**Due to transportation limitation, we are only able to accept limited students in our Summer Kamp.**

**Please do not hesitate to register for an action packed summer of FUN!! Spaces are limited!!**

*A couple of years ago I came across this story written by Dave Kovar (Blackbelt in California) while drinking my coffee one morning and I think it drove home a lot of what I have personally been feeling in my life for quite a while. Please take a few minutes to read it, process it and let me know your thoughts on how we can all apply these lessons to our lives. I hope everyone has a great day!! - Sensei Pena*



## “I Deflect Negative Energy”

By Dave Kovar

One of the nine mastery mindsets that we teach at Kovar’s Satori Academy is “I deflect negative energy.” This mindset refers to the importance of not letting situations or people steal your joy. Chances are, there’s been a time when you were having a great day until somebody came along and said some negative comment that threw you off your game.

It reminds me of a time....several years ago when I was teaching self-defense clinic to a group of women. Everything was going great and after the seminar was over I received tons of great feedback. Then one lady pulled me aside and directed what seemed like a lifetime of anger in my direction because she felt that, as a male, I was unqualified to teach women’s self-defense. Needless to stay on the drive home and for the next several hours after, I let her steal my joy. Rather than focus on the great feedback I had received from the majority of the participants, I concentrated on some comments from one particular person—and, mind you, a person with issues.

Of course it’s easy to say “you shouldn’t let that bother you” when you’re giving advice to your friends. The challenge is being able to apply that advice in your own life. I would like to share with you a few strategies that work well for me. Perhaps they will do the same for you.

First off, do your best to avoid negative environments. This might seem like common sense but sometimes we just need to be reminded. I remember a time years back when a gentleman came into my school to ask about self-defense classes. He had a black eye, a fat lip and some stitches on his cheek. Come to find out, he had just been in a bar fight and ended up on the losing side (On a different note, I’m not sure if there is a winning side in a bar fight, but we’ll talk about that another time). He told me that he needed to learn some self-defense because every time he goes to this one particular bar he always gets into fights. I answered him half-jokingly by saying “don’t go to that bar!” He literally answered me by saying “I hadn’t thought of that. What a great idea.” Are there any metaphorical bars in your life that you shouldn’t be going to?

Next, do your best to avoid negative people. We have all experienced our share of these I’m sure. For me, there is one gentleman that clearly stands out. He was the father of one of our junior students and spent a couple hours a week in our lobby for several years. I remember walking up to him one time near the beginning of our relationship, shaking his hand and asking him how he was doing. He responded by saying “lousy, but thanks for asking.” It kind of threw me off but I figured he was just having a bad day. What I found out over time however was that every day was a bad day for him. Virtually every conversation I had with him was negative. Life was hard. He was sick. His son is dumb. We need to teach better classes. I’m a little slow so for the first few months I always tried to accommodate him and fix his problems. Eventually, the light bulb went off and I realized that this is simply who he is. After that, I would simply wave to him as I passed, give him a smile but never slow down long enough to have a conversation because I knew if I did, he would only spew a bunch of negativity my way. Of course it is impossible to use this strategy all the time but I bet that you can use it more than you currently are.

Another strategy, perhaps the most important one, is to try to not take things personally. As a martial arts instructor I know that if I ever lose patience with my students, it’s rarely the students fault. It usually has to do with the fact that I’m probably thinking about something else at the time, something that irritates me, and the student just happens to be in front of me so I unconsciously take it out on them. With this in mind, I know now that the lady who gave me a hard time at the self-defense clinic had some challenges that she was trying to work through and somehow, her venting at me was a way for her to deal her “issues.” It probably didn’t have much to do with me at all.

So the next time some negativity gets thrown your way, simply do your best to not accept it. I’m reminded of a childhood jingle that I learned when I was about eight years old. It went something like this “I’m rubber, you’re glue. Whatever you say, bounces off of me and sticks to you.” I didn’t realize it at the time but I would say that was pretty good advice.

## **THOUGHT FOR MAY 2019**

"If you are patient in a moment of anger, you will escape a hundred days of sorrow." – Chinese Proverb

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



## **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.

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!

## **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**

For over 20 years we have accumulated over 90,000 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 two 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.

# **SPECIAL WEAPONS INSTRUCTION**

## **NEW WEAPON CLASS: BOKKEN starts on May 3, 2019!**





# SUMMER KAMP



## KARATE, fitness, and fun!!

**MONDAY – FRIDAY FROM 7:30am – 6:30pm STARTING JUNE 3, 2019**

For the 15<sup>th</sup> year in a row we are excited to offer 4 separate sessions during our 2019 Kicking Kids Summer Karate Kamp, each focusing on a different component of traditional Martial Arts!! By the end of the summer each student will grow in mind, spirit, and body right before your eyes!!

We offer Field Trips, Health & Fitness Activities, Karate Classes, Special Visitors, Games, and MUCH MORE!

### Register Today to Reserve Your Child's Space

- Summer Kamp Session #1: (June 3 – June 21, 2019)
- Summer Kamp Session #2: (June 24 – July 12, 2019)
- Summer Kamp Session #3: (July 15 – August 2, 2019)
- Summer Kamp Session #4: (August 5 – August 16, 2019)

Karate • Roller Skating • Swimming • Bowling • Movie Theatre Trips • Mega Kickball • Special Theme Days • much, much more...

**REGISTER EARLY – SPACE IS LIMITED BY TRANSPORTATION LIMITATIONS**

\*\$145 non-refundable activity fee deposit required to hold your spot(s) so we can secure proper staffing.



# DOJO

www.TheKarateDojo.com



2263 Sunset Boulevard • West Columbia, SC

Phone: 803-739-9494

Email: Info@TheKarateDojo.com

Website: www.TheKarateDojo.com

The cost is only \$138 / week or \$35 / day.

\*Summer Activity Fee applies.

## REGISTER TODAY

**to reserve your space**



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

# CAROLINA MARTIAL ARTS OPEN



## May 25, 2019 SC State Fairgrounds

Columbia, South Carolina

### "SUPER ORGANIZED"

NBL Dixie Conference, SKI "AAA" Rated, TCT "AAA" Rated



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Register Now At:

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

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

803-739-9494 (Dojo)



**Youth Student  
of the Month  
Reece Broadwell**

**Parent  
of the Month  
Laura Cannon**

**Adult Student  
of the Month  
Caron Moore**

# "The Dojo"

**May 2019**

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
			Youth Karate <b>Fighting</b>  Adult Karate <b>Weapons</b>	Youth Karate <b>Kata</b>	Weapons: <b>Bokken</b>	
5	6	7	8	9	10	11
	Youth Karate <b>'Team' Fighting</b>  Adult Karate <b>Kicks / Basics</b>  <small>Brown / Blackbelt Class</small>	Youth Karate <b>'Team' Fighting</b>  Adult Karate <b>Basics</b>	Youth Karate <b>Self Defense</b>  Adult Karate <b>Kicks / Basics</b>	Youth Karate <b>Self Defense</b>	Weapons: <b>Bokken</b>	<b>Carolina Martial Arts Open Tournament Prep Class</b>  All CMAO Registered Students & Parents Invited  8:00 – 10:00am
12	13	14	15	16	17	18
	Youth Karate <b>Kicks / Basics</b>  Adult Karate <b>Kata / Weapons</b>  <small>Brown / Blackbelt Class</small>	Youth Karate <b>Kicks / Basics</b>  Adult Karate <b>Kata / Weapons</b>	Youth Karate <b>Kata / Weapons</b>  Adult Karate <b>Self Defense</b>	<b>Carolina Martial Arts Open Scorekeeper &amp; Registration Training 6:45 – 7:30pm</b>  Youth Karate <b>Kata / Weapons</b>	Weapons: <b>Bokken</b>	<b>RANK TEST INVITATION ONLY</b>  Rank is Not Guaranteed
19	20	21	22	23	24	25
	<b>Carolina Martial Arts Open Security Training 6:45 – 7:30pm</b>  Youth Karate <b>Kicks / Basics</b>  Adult Karate <b>Kicks / Fighting</b>  <small>Brown / Blackbelt Class</small>	<b>Carolina Martial Arts Open Scorekeeper Training 6:45 – 7:30pm</b>  Youth Karate <b>Kicks / Basics</b>  Adult Karate <b>Kata / Weapons</b>	Youth Karate <b>Self Defense</b>  Adult Karate <b>Weapons</b>	<b>Carolina Martial Arts Open Coordinator &amp; Folder Runner Training 6:45 – 7:30pm</b>  Youth Karate <b>Self Defense</b>	<b>Carolina Martial Arts Open Setup: Meet @ Dojo 7:30am – 2:30pm</b>  <b>MAY RANK GRADUATION 6:00 - 7:00pm</b>  <small>*Invite family members to come celebrate with us.</small>	  SC State Fairgrounds  Columbia, SC
26	27	28	29	30	31	
	<b>MEMORIAL DAY</b>  <b>DOJO CLOSED</b>	Youth Karate <b>Kicks / Basics</b>  Adult Karate <b>Kata / Weapons</b>	Youth Karate <b>Self Defense</b>  Adult Karate <b>Weapons</b>	Youth Karate <b>Self Defense</b>	Weapons: <b>Bokken</b>	

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