

NEWSLETTER



ICKFA (Sunshine Coast Branch) Inc
Regional branch of the International Chito-Ryu Karate-do Federation of Australia Inc
国際千唐流空手道連盟オーストラリア

Promoting and supporting the development of Chito-Ryu Karate-do in the Sunshine Coast Region

SOKE CUP TEAM MEMBERS GET READY FOR HONG KONG



BEHIND THE SCENES OF A SUCCESSFUL NATIONALS CHAMPIONSHIPS

As we all know there are many people involved in running any tournament. Throughout this newsletter I have made reference to all the help that was given on the weekend to make the 2013 Nationals on the Sunshine Coast successful.

Firstly our members are the reason these events are run in the first place so well done to everyone who attended the Nationals last weekend on the 7th of July, especially those who travelled long distance from Sydney, Newcastle and the Gold Coast.

A MASSIVE THANK YOU to all our committee for organising this event, especially Sensei Martin Phillips. There are long hours of preparation leading up to the tournaments to make it all possible. Thankyou to all our awesome black and brown belts who refereed and judged our events; Senseis Martin and Sandra Phillips, Sensei Helen O'Grady, Sensei Adam Higgins, Sensei Greg Field, Sempai Jim Moehead, Sempai Matt Stevenson, Sempai Anthony Horgan, Monica Lester, Viktoria Crouch, David Strazzari, Debbie Woodhouse, James O'Grady, Tia Guy, Patrick Kitchen.

We had many helpers on Saturday helping with set up including Rod Jones who provided the van for transporting the mats and other equipment from the dojo. Monica and Troy Lester also brought the mats from the Gold Coast dojo. Martin Phillips, Amos family, Helen O'Grady, Debbie Woodhouse, Debbie and David Strazzari, Luc Jones and the Newcastle team all helped in various roles to set up for the tournament.

And as something is moved so set up can be done it also has to be undone and packed up again. So a big thank you to all those (and I cannot name everyone) who stayed at the end to pack all the mats up again and put the room back as it was found.

2/14 Depot St (Access Via Progress Rd), Maroochydore

Ph: 5448 5274 Web: <http://sc.karate.org.au>

SOKE CUP

Our local tournaments lead up to one big tournament - the Soke Cup, held once every 3 years. As a special treat, those of our Australian team representing us at the Soke Cup on the 14th-16th August in Hong Kong who competed in the Nationals on the weekend were presented with their team jackets and bags. Pictured on the front page, it was wonderful to see the excitement on their faces.

From our Sunshine Coast dojo the team members representing Australia are:

Duncan Bigg, Raphael Borleis, Klaudia Caston, Henrik Flynn, Jack Graham, Tia Guy, Keiko Kabasawa, Helen O'Grady, James O'Grady, Renae Saunders, Kairyo Searle, Zennjo Searle, David Strazzari, Martin Phillips, Sandra Phillips.

The committee and the team members themselves have been fundraising as much as possible to help get our members to Hong Kong and we would like to say a big thank you to everyone who has supported us in doing so.

Members from Gold Coast, Sydney, Blue Mountains, and Newcastle dojos include:

Adam Higgins, Eugeny Lee, Sam Lenton, Daniel Goldberg, Ray Winson, Lee Winson, Anthony Horgan, Cheyenne Ferguson, Viktoria Crouch, Joshua Crouch, Kaenarelle Shaw, Susan Ivens, German Gasco, Milton Kaloudis, Steve Grubmier, George Abdullah, Raz Guirguis, Oliver Sekulceski, Neil Pragnell, Shane Ker, Nicholas Onie, Ken Noonan, Ray Ng, Luke Marshall, Etsuko Ishida, Megan Hall.

We wish all our team members the very best in their events. Stay safe and have fun!!

The Nationals were so much fun and the results of our members are proven testament to the hard work and enjoyment everyone is getting from the classes.

A special mention for the tournament champions:

Little Champions: Abigail Amos (Sunshine Coast), Junior: James O'Grady (Sunshine Coast) and Senior: Viktoria Crouch (Newcastle).

All the results can be seen on our website, www.sc.karate.org.au. Well done everyone!

It's also fantastic to see many new members getting up and giving it a go too. As a newby to tournaments, I understand how challenging and nerve-racking that can be, it takes courage to do it and some find it harder than others. Like anything, the more you do it, the easier it becomes and take each tournament as a stepping stone. Hang in there tournament newbies.

OUR APPRECIATION

A HUGE THANK YOU

to our many volunteers at the Nationals on 7th of July

TABLE OFFICIALS:

Carmen Kitchen, Rosemarie Caston, Sharon Tang (Gold Coast), Wendy Boman, Clint Gordon (Gold Coast), Melanie Jones, Debbie Woodhouse, Debbie Strazzari, Sandra Dixon, Leona Ryan, Cath Amos and Wayne Marriott.

FIRST AID OFFICER:

Adam Amos

MARSHALLING:

Rod Jones and John Strazzari

COOKING & SERVING BBQ:

Adam Amos and Natalie McGee.

REGISTRATION DESK & RAFFLES:

Natalie McGee and Leona Ryan.

TROPHIES:

Helen O'Grady

FOOD PREPARATION:

Rod Jones, Helen O'Grady, Debbie Strazzari and Leona Ryan.

JUNIOR VOLUNTEERS:

(helping out in various roles)

Selina Strazzari, Jessica Strazzari (and friend Andrew), Luc Jones and Jean-Luc McGee.

This year is becoming 'the year of the volunteer' in the committee as our tournament coordinator,

Jodie Marriott, has recruited many new volunteers and previous volunteers to help out in various positions for the clubs tournaments.

The help of the volunteers has ensured the tournaments are run smoothly and on time and we are all very appreciative of their efforts.



CALENDAR OF EVENTS

Fight-a-thon progressing well during classes in the dojo

Committee Meeting 27th July at SCK Dojo

SOKE CUP 14th-16th August Hong Kong

Grading Day & BBQ 31st August at SCK Dojo

Committee Meeting 7th September at SCK Dojo

Committee Meeting 12th October at SCK Dojo

SC Tournament 13th October at Millwell Rd
Community Centre, Millwell Rd, Maroochydore

Grading Day & BBQ 26th October at SCK Dojo

Committee Meeting 16th November at SCK Dojo

Grading Day & BBQ 7th December at SCK Dojo

Family Xmas Day and Committee AGM

14th December at Cotton Tree Park, Cotton Tree

Please note the changes to the committee meeting dates and for the next Sunshine Coast tournament, now being held on 13th October (previously 20th October).

Next committee
meeting.
All welcome!

LATEST DOJO EQUIPMENT



Sensei Martin has been working tirelessly this year on two amazing projects for the members. The first is the new bogu equipment which many members are enjoying the benefits of already. The head gear is the last piece we are waiting on and it should be available shortly.



FIGHT-A-THONS CONTINUE

As the Soke Cup is fast approaching in August this year, our team members have been individually raising funds for their trip to compete in the World Championships in Hong Kong.

With the help of our black belt instructors and support from other members the fight-a-thon participant completes 30 consecutive one point matches and receives either a sponsorship of a price per win or a donation. Many competitors are raising funds to go towards their flight and accommodation expenses. The fights have been organised and supervised during the Friday evening kids and adult squad kumite classes leading up to the Soke Cup with the last fight on Friday 12th July. Many of the matches have been videoed and can be watched on the club's facebook page www.facebook.com/SunshineCoastKarate



The second project, we have given you a sneak peak at already, Sensei Martin has been designing an electronic scoreboard software program. The scoreboards will be displayed for the audience to see results of each events at the tournaments making it easier to follow the scoring. It was mentioned in the committee minutes that we were hoping they would be ready for the Nationals this year, but unfortunately it didn't happen. Still very excited, they will be ready soon.

TOURNAMENT RAFFLES

At the last few tournaments we have been running a couple of raffles that have proven very popular. All funds raised go directly back into the committee funds which is spent to benefit the club and our members. Thankyou to our young members who have been helping to sell the tickets.

We will continue to hold the popular 100 square raffle at each tournament and the winner this time was Colin Chapman. The meat tray raffle, valued at \$40 was won by Raphael Borleis. The meat trays and our BBQ sausages are supplied at a very generous cost by *Grants Quality Meats* on Aerodrome Rd, Maroochydore (advertisement on next page).



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ebb

waterfront dining & cellar

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MEMBER'S DIRECTORY

Advertising opportunities are available for our members to promote their businesses through our various media platforms.

Cross promotion is available through our printed media, including our newsletter and various correspondence sent out to our members, and online banners on our ICKFA website (<http://sc.karate.org.au>) and facebook page (www.facebook.com/ickfa.sc). Occasionally cross promotion to the Sunshine Coast Karate facebook page may also be made.

There are spaces available in the printed newsletter for approx 6cm x 6cm spaces. Sizes can be adapted to suit ad. Online banner sizes are to be confirmed. The introductory cost is \$20 year and includes both printed and online media. All proceeds go towards helping our committee raise funds to use for the benefit of our members. Please contact Leona Ryan (committee secretary: leonaryan18@gmail.com) if you are interested or have any queries or any other executive members.

THE COMMITTEE

President Helen O'Grady (helenogradypt@yahoo.com.au)
Secretary Leona Ryan (leonaryan18@gmail.com)
Treasurer Tracy Darin (tracy@screensunshinecoast.com)
Instructor Martin Phillips (martin@karate4life.com.au)

General Members: Adam Amos (First Aid Officer), Jodie Marriott (Tournament Co-ordinator), Debbie Strazzari (Grading Day BBQs), Rod Jones, Wendy Boman.

Many of our members are floating around the dojo regularly, if you have any queries or ideas please don't hesitate to stop us for a chat.

Keep in touch with us on facebook:
www.facebook.com/ickfa.sc



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