

February 2010
Issue 2

ASKA News

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“What kinds of mistakes does a wise man make?
New ones”. (Annon)

Commencing 2010

The New Year has got off to a great start with a number of new adult and junior students training at the honbu dojo. Unfortunately we have had to cancel our after school junior class at St Anthony's school due to construction taking place in what was our training area.

ASKA has a kyu grading event planned for Sunday 28 March commencing at 2.00 pm at the honbu dojo in Campbell Street.

At this stage I do not expect that there will be a large number of students attempting to grade to higher ranks at the March grading. Students who will not be grading in March should make a goal of attending the following grading event to be held on 1 August 2010.

Time between gradings is not important. Being up to the required standard to undertake your next grading is important and only the student can achieve that by working hard in the dojo and practicing at home.

Karate Reference Books

ASKA Kumite Drills and Kata (Book 1) \$30 each.



These books contain ASKA grading syllabus requirements laid out in a step by step photo format together with in depth explanations.



Kumite Drills



Kata

To see excerpts from both of these books follow the links on the grading syllabus page of the ASKA website.

These two books should be the foundation of your library which will grow as time passes.

The kumite drills manual covers all kumite syllabus requirements up to and including your Shodan (black belt) grading.

The kata manual covers all kata syllabus requirements up to and including your 3rd kyu (brown belt) grading, i.e. the first six Shotokan kata. I have also included one Bo kata "Tenryu No Kon" which can be performed at your Shodan grading. In this manual I make comments that relate to each particular kata detailing what is being taught in that kata.