

Thorsten, Jacqui & Jessica Windhorst

Home Dojo: 22 Grove Street, Tinwald
 Tel: 3085917/ Cell: 027-8998839
 Email: jionkaratedojo@gmail.com
 Web: www.jion-karate.com

ADVANCE NOTICE**JION Dojo - Kids Sleepover****Sat 11—Sun 12 Nov**

Start 3pm on Sat Finish 11 am Sun

Swim/Train/Movie/Sleepover

More details—beginning Term 4

TRAINING TIMES 2017

Monday: Intermediate School Hall
 10-8kyu Kids <9yrs - 6.00—7.00pm
 8kyu—6kyu - 7.00—8.00pm
 Adults & 5kyu+ - 8.00—9.00pm

Wednesday: Tinwald Presbyterian Church Hall
 Kids Group 1 - 6.00—7.00pm
 Competition Practice - 7.00—8.00pm
 Adult Group - 8.00—9.15pm

Thursday: Tinwald Memorial Hall
 Kids Group 2—6.00—7.00pm
 Kids Groups 3&4—6.30—7.30pm
 Youth Group—7.30—9.00pm

**Sensei Thorsten's Kumite Tips for competition**

- 'free-fight' stances—both legs should be bent
- involve hip in your techniques
- pull back tsuki & geri techniques
- when engaged in attack/defence do not turn head away
- do not stand still or run away
- do not move in, unless using an attacking technique—keep a 'safe' distance
- after an attack, move out, but keep focus on opponent
- keep your guard up
- know your own weaknesses and do not let your opponent take advantage of these
- listen to and follow your coach's instructions !

Inside this issue:

Cant Champs Results	1	F6-7yr dev KATA 1st Carina Lupse 3rd Madison Edmond
GASSHUKU 2017	1	F6-7yr dev KUMITE 1st Carina Lupse 2nd Madison Edmond 3rd Holly Burrowes
KKNZ fitness	1	M6-9yr dev KUMITE 3rd Omar Diab
Holiday Training	1	F8-9yr dev KUMITE 3rd Kate McIntosh
School Champs	2	M10-11yr dev KATA 1st Jack McIntosh
Photos –CWKA Champs	2	M10-11yr dev KUMITE 1st Jack McIntosh
Otago/S Champs	2	F12-13yr prem KATA 1st Taylah Burrowes
Kids Fun Section	3	F12-13yr prem KUMITE 1st Taylah Burrowes
Dojo contact and training details	4	M14-15yr inter KATA 2nd Kyle Cabangun
Sensei Thorsten's Advice on	4	M14-15yr prem KUMITE 3rd Kyle Cabangun
Advance Notice	4	JION Sleepover

CANTERBURY Champs—Sat 26 Aug—RESULTS

F6-7yr dev KATA
1st Carina Lupse 3rd Madison Edmond

F6-7yr dev KUMITE
1st Carina Lupse 2nd Madison Edmond 3rd Holly Burrowes

M6-9yr dev KUMITE 3rd Omar Diab

F8-9yr dev KUMITE 3rd Kate McIntosh

M10-11yr dev KATA 1st Jack McIntosh

M10-11yr dev KUMITE 1st Jack McIntosh

F12-13yr prem KATA 1st Taylah Burrowes

F12-13yr prem KUMITE 1st Taylah Burrowes

M14-15yr inter KATA 2nd Kyle Cabangun

M14-15yr prem KUMITE 3rd Kyle Cabangun

🏆 **WELL DONE everyone** 🏆

GASSHUKU 2017
Sat 16 & Sun 17 Sept

Reminder: If you haven't already registered & made payment, please do so quickly
 ALL JION members are strongly advised to take part, so Don't miss out ! Register now !

KKNZ Fitness tests will be carried out during normal training sessions on **Wed 20/Thu 21 Sept**
 ALL kids do the fitness exercises—those wishing to achieve their next level/badge, please fill in + return the application form + bring \$20 payment as soon as possible

School Holiday Training—October

Training during school hols (1st 2 weeks Oct) will be on:
 Thurs 05 + 12 Oct only in Tinwald Memorial Hall
 All KIDS 6:00-7:30 Youth/Adults 7:30-9:00

Gasshuku 2016

South Island Primary & Secondary School Champs **Sun 01 Oct—Pioneer Stadium, Christchurch**

This tournament is open to all primary + secondary school students. We hope that many of you will want to take part in this competition.

Sensei Jessica will act as JION coach as Sensei Thorsten will be in Auckland training with Shotokan Master Naka Tatsuya from Japan. When they are not preparing themselves to compete, our more experienced competitors will also support our younger competitors.

Important: ALL competitors MUST have ALL protective gear: **Red & Blue belts/shins/gloves/body protector & mouthguard**

As soon as details are available we will inform all competitors

Please put your name on the notice board list

Photos from Canterbury Champs—26 August



🌐tago/Southland Champs—Queenstown

Labour Weekend — Sun 22 October

Details of venue/date are not yet available—they will be displayed asap

Find the mini 'Shotokan Tiger' hidden in this newsletter



A



Find 6 differences in picture B

B



Facebook — JION International Karate Dojo Ashburton

Follow us on facebook & keep up-to-date with events, results, photos etc