



LKC NEWSLETTER

December 2006

www.lafayettekarate.com

Editor: Rose Shuff

December 2006

The schedule for December 2006 will be as follows:

<u>Mondays</u>	<u>Tuesdays</u>	<u>Wednesdays</u>
6:00 pm Beg. Adult 7:00 pm Adv. Adult		6:00 pm Beg. Adult 7:00 pm Adv. Adult
<u>Thursdays</u>	<u>Fridays</u>	<u>Saturdays</u>
	5:30pm – 6:30 pm All Rank Training	11:30 am – 12:30 pm All Rank Training

YOUTH TOURNEY

Eric Alfonso placed 1st in Kata and 2nd in Kumite in his division at Youth Tournament in Ponchatoula on November 4. Good job and thanks for representing the Lafayette Karate Club!

HOLIDAY SCHEDULE

No classes at dojo on the following days:

- December 22
- December 23
- December 25
- January 1

CHRISTMAS PARTY

The New Iberia Karate Institute will be the host of the Christmas Party this year on Tuesday, December 19th at their club on 224 Center Street. All Lafayette Karate Club members are welcome. The party will be at 6:00pm and please bring a covered dish. We will be car-pooling from the dojo around 5:30pm

THE ESSENCE OF KARATEDO

Do you know what is karate?
 You have training every day...exercise...moving.
 It is hard, you sweat, you are tired, sometimes you feel you would like to quit. Why do you this thing?
 About 89 years ago, Master Funakoshi brought karatedo to mainland Japan...began changes. Jujitsu changed to "Do". Technically, body became a weapon...that we call KIME. If every part of the body a weapon, it is dangerous if you street fight. Therefore, it is important to develop mental and physical aspects. That's why you must have humility and think more of mental and spiritual aspects. Always Master Funakoshi teaching us, the purpose of karate is development of character.

-M.Nakayama

KYU TEST

A Clinic and Kyu test are not scheduled, but we anticipate late January. Members who are testing need to be working on your kata everyday.

END-OF-THE-YEAR TRAINING

December 9th, all black belts are encouraged to attend Sensei Mikami's training at his dojo in Metairie. Louisiana Karate Association will host a Christmas party that night. Car-pool if you are able to attend.

UPCOMING EVENTS

Dec. 9	Year End Training	Metairie, LA
Dec. 10	Instructor Training	Metairie, LA
Dec. 19	Christmas Party	New Iberia, LA

"The ultimate aim of the art of karate lies not in victory or defeat, but in the perfection of the characters of its participants."

--Gichin Funakoshi

