

# Sentenashi Arts® *Awareness Recreation Tradition Sport*

High Performance Training for Today's Aspiring Young Sport Karate Athlete's since 1998  
Headquarters: 100 Hawkwood Blvd. NW  
Calgary, Alberta  
Canada  
T3G 2S9

Telephone: 403-239-1160  
www.sentenashikarate.com



# Sentenashi Karate Academy



**“ATHLETE” Driven - “COACH” Lead - “TEAM” Supported**

**SKILLS  
ARE  
BUILT  
NOT  
BORN.**



**AND THEY ARE YOURS IF YOU EARN THEM.**

TRAINUGLY.COM

## **High Performance Competitive Karate-do**

*Sentenashi Karate School is an approved Certified Educational Institution by  
Employment and Social Development Canada (ESDC) 7009/12091.*



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### **Scope**

**Sport:** Realizing and fostering one's athletic ability through the externalized expression of the spirit underlying *Bushido*. This includes winning with modesty, accepting defeat gracefully, and consistently exhibiting self-control and integrity, all while continually striving to reach ones' full martial potential.

### **Eligibility**

Students that are interested in the Academy should be eleven years or older, Green belt or higher and who have consciously made the decision that karate is **“their sport of choice”**. Because of this, they, as well as their parents, are willing to commit the time, energy, and dedication required to be successful. Academy members go above and beyond the regular training and that is all part of the process of success. The harder you train, the easier the competition, providing more opportunity for your success.

### **Athletes are built not born**

Sentenashi Academy is about creating positive behavioural change to develop the character needed for success in a provincial, national and international competitive environment. Our purpose is to help provide training solutions at all levels of physical, mental and spiritual development. This commitment is between the coaches and athlete for the full season. Our commitment is to help all martial athletes be successful finding solutions to life's daily challenges so they can fulfil their obligation to the Sentenashi team, and most importantly to themselves.

*Let us educate our children as Spirits, not as bodies.*

*Antonio Olivia Seba*

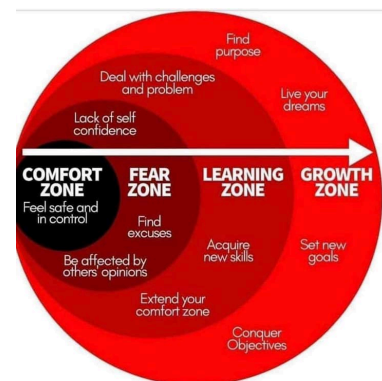


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Sentenashi identifies potential Academy athletes who have developed a passion for karate through “nurturing a growth mindset”. Academy athlete’s have chosen karate, or perhaps it is karate that has chosen them as their **primary sport**. We strongly believe that a successful Academy athlete needs fighting personality (spiritual), technique (physical), tactics (mental) and strategy (spiritual & mental) along with nutrition and recovery all working together in harmony (High performance lifestyle). Anyone can be trained to have the sufficient technique to meet WKF scoring criteria and the rest can be nurtured with our direction and leadership. Through hard work and commitment to your team, your dojo coaches, your Sensei’s and most importantly, to Sentenashi, you can be successful.



As the karatiga, one who studies karate, transitions into a martial athlete, one who studies, practices and competes’ in karate, the psychological factors of self-regulation, resiliency, mental toughness, goal setting and time management are **observed** at the dojo as they prepare to challenge themselves in competition. The perceptual cognitive factors of decision-making, anticipation and pattern recognition are **evaluated** in training and competition. As well, nutrition, hydration, sleep and recovery are important factors to be **assessed**. The Shiai or Dojo competition is a small, but important part of this transition. It helps karatigia’s challenge themselves physically, mentally and spiritually and is a means to identify the martial athlete.



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# Achievement Triangle



Evaluation trainings are usually conducted the first Saturday of the each month in addition to regular/extra classes and supplemental training. Now is the time to start making advances in your skills and personal growth as a martial athlete. Your self-regulation, resiliency, mental toughness, grit, goal setting and time management will be challenged. You will need to become a “Jungle Tiger”! Jungle Tigering means; choosing to do what’s right over what’s easy, letting it rip, trying something new, facing a challenge, sticking with a problem, choosing courage and achievement over comfort.

Visit [www.trainugly.com](http://www.trainugly.com) for more information on “Jungle Tigering”



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The most important characteristic of a potential Academy member is their comment and dedication to a “**High Performance Lifestyle**”, which starts in the Dojo.

**BELIEVE IN YOURSELF. YOU ARE A LEARNING MACHINE. WITH TIME AND HARD WORK YOU CAN GET BETTER AT ANYTHING. TRY NEW THINGS. TAKE RISKS. MAKE MISTAKES. FALL DOWN. ASK QUESTIONS. EMBRACE THE PRESSURE. FEEL THE FEAR, AND DARE GREATLY. LET IT RIP. SPEAK UP. BUST OUT OF YOUR COMFORT ZONE. ALWAYS REMEMBER THAT GETTING BETTER IS NOT PRETTY. THAT YOU ARE GOING TO BE BAD FIRST. THAT GROWTH COMES FROM STRUGGLE. THAT SKILLS ARE BUILT, NOT BORN — AND THEY ARE YOURS IF YOU EARN THEM, PERIOD. SEEK OUT CHALLENGES. APPRECIATE OBSTACLES. LEARN LIKE A SCIENTIST. DON'T EAT THE MALLOW. LOVE THE JOURNEY.**

**TRAIN  UGLY**

Please let Sensei Ethan know if you and your parents are interested in booking an appointment to learn more about the Academy.

Sincerely,  
Sensei D. Strohbach  **ChPC**  
Sentenashi (School/Academy)  
Founder/Hanshi/Chief

Sensei Ethan Strohbach  
Academy Trainer/Coach



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