



Sentenashi Japan Trip

Our team is back from Japan and WOW, what a trip! We had countless opportunities to explore the city of Tokyo, train every night at different dojos with other Wado players, make new friends from around the world, and learn in the birthplace of karate. A special congratulations to Sensei Danae Fell who brought home a bronze medal at the Wado International Cup in Women's -55kg kumite! The success didn't end there, Senseis Ethan and Danae also secured a bronze medal in Women's Team kumite. A first time Canada medalled in this event! Congratulations on your well-earned achievements.



One of the biggest take aways from our time in Japan was the saying “running on Japan time”, where you are always 10 minutes early. Even with hectic train systems and trainings city wide, we were always able to be early for training. This is something we want to continue at the dojo as we move back into our busy fall schedules. Allow yourself some extra time to make it to classes on days with traffic or weather. Ensuring you or your karatigas is a few minutes early allows for you to have the chance to leave your day at the door and getting into the right frame of mind for class. It is hard for students, at any age, to come in right on time or a few minutes late and have the same type of class if they had been early.





Summer Camp Saturdays

It felt that summer flew by this year, especially with our summer camp Saturdays! It was great to see many of the students have a chance to interact with some of their other classmates who are different ranks that they might not typically within regular classes. We had great turn outs where karatigas had a chance to spar, work their way through a scavenger hunt, learn battle baton kumite, and show off their speed, agility, and teamwork in the obstacle course. Although our favourite day had to have been the water themed day and epic water battle. In true Calgary fashion, it happened to be the only Saturday that it rained but we were so happy to see the amount of karatigas that came dressed and ready to go that day! We are already working on more themes for next summer as we believe the summer camp Saturdays are starting to become a new Sentenashi summer tradition.



Summer Shiai

It was great to see so many karatigas competing at the summer shiai in July. We had many new competitors, referees, and our first team kata demonstration that we hope to evolve into its own division. Shiai is a great opportunity to not only try competing in friendly and familiar environment but also to begin preparing for grading. We were able to qualify many karatigas for the next fall and winter grading during the shiai. If you missed this one, make sure to **mark your calendars for our Annual Candy Cane shiai on Saturday, December 13th!**



Teen/Adult Class Opportunity

Currently, we have opened positions to Beginner (white, yellow, orange) and Intermediate (Purple, Green, Blue) registered students and family members aged 12 years and older to transition to our teen/adult class. This class is on Tuesday and Thursday nights from 8:00-8:55pm (Beginner) and 8:00-9:15 (Tuesdays). This is a great opportunity if you are looking for more of a challenge (mental and physical), a later schedule, smaller classes, and a more mature and focused environment. We also have an adult sparring class on Thursday nights from 9:00-9:30 which is an excellent opportunity as many of our black belts attend this class. If this is something you are interested in, please reach out to Sensei Ethan as we will offer positions in this class to current students before opening up to the public.



Kumite Class

We have seen an increased interest in kumite class in the past few months. As we continue to have new kumite players, we wanted to remind the structure of kumite class. These classes are no additional cost to your membership tuition; however, we ask that you 'pay to play' with a \$1 donation for the Saturday children's class and \$2 for the Thursday adult class. Every few months we take the total and donate it to those who can't play like us.



A few positions still available!

We still have a few positions available in our Junior and Senior white belt classes for a fall start. If you or anyone you know have been thinking about joining the dojo, now is the time! Take advantage of our registration special and receive \$100 off. We are back to our post pandemic class sizes which means positions are limited and filling fast. Please contact the office at (403) 239-1160 to book a registration appointment and begin your Sentenashi journey this fall!



Sincerely,

Sensei D. Strohbach 🌿 ChPC

 **Sentenashi Arts®**
School/Academy/Institute

Founder/Hanshi/Chief Executive Instructor



September 2025



2025 Weekly Schedule

TUESDAY	Dojo opens at 4:00pm
Junior White (Stripe)	4:15 - 4:55pm
Junior Beginner (Yellow)	5:00 - 5:45pm
Junior Beginner (Orange)	5:30 - 6:15pm
Intermediate (Purple/Green/Blue)	6:00 - 6:55pm
Advanced (Red/Brown/Stripe)	6:30 - 7:25pm
Black Belts (Shodan to Godan)	7:00 - 7:55pm
Adult Beginner (White/Yellow/Orange)	8:00 - 9:00pm
Adult Intermediate (Purple/Green/Blue)	8:00 - 9:15pm

WEDNESDAY: Private/High Performance Training by Appointment

THURSDAY	Dojo opens at 4:00pm
Senior White (Stripe)	4:15 - 4:55pm
Senior Beginner (Yellow)	5:00 - 5:45pm
Senior Beginner (Orange)	5:30 - 6:15pm
Intermediate (Purple/Green/Blue)	6:00 - 6:55pm
Advanced (Red/Brown/Stripe)	6:30 - 7:25pm
Black Belts (Shodan to Godan)	7:00 - 7:55pm
Adult Beginner/Intermediate	8:00 - 8:55pm
Adult Kumite Training (Open Dojo also available for Self-directed training)	9:00 - 9:30pm

FRIDAY: Private/High Performance Training by Appointment

SATURDAY:	Dojo opens at 8:00am
Open Dojo (Self-directed training)	8:00 - 8:55am
Advanced (Red/Brown/Stripe/Black)	9:00 - 9:55am
Junior White (Stripe)	10:00 - 10:40am
Senior White (Stripe)	10:00 - 10:40am
Beginner (Yellow)	10:45 - 11:30am
Beginner (Orange)	11:15 - 12:00pm
Intermediate (Purple/Green/Blue)	11:30 - 12:25pm
Child Kumite (Sparring) Training (\$1 Loonie - Pay to Play)	12:15 - 12:55pm
Registrations, Gradings, Seminars & Academy by appointment	1:00pm - End

Closures

Sentenashi Karate School closures for 2025

Tuesday, January 7th 2025 - Regular classes resume

Saturday, February 15th - Family Day Weekend

Saturday, March 22nd - Spring Break

Tuesday, March 25th - Spring Break

Thursday, March 27th - Spring Break

Saturday, March 29th - Spring Break

Saturday, April 19th - Easter Weekend

Saturday, May 17th - Victoria Day Weekend

Tuesday, July 1st - Canada Day

Saturday, August 2nd - Heritage Day Weekend

Saturday, August 9th - Instructors Training in Japan

Tuesday, August 12th - Instructors Training in Japan

Thursday, August 14th - Instructors Training in Japan

Saturday, August 16th - Instructors Training in Japan

Tuesday, August 19th - Instructors Training in Japan

Thursday, August 21st - Instructors Training in Japan

Saturday, August 30th - Labor Day Weekend

Saturday, October 11th - Thanksgiving Weekend

Tuesday, November 11th - Remembrance Day

Last day of 2025 Classes - Saturday, December 13th 2025

Regular classes resume - Tuesday, January 6th 2026

PLEASE NOTE: *Make-up classes and virtual training is always available for holidays, illness, and vacation absences. We would be happy to arrange these specialized make-up options for you.*

Please contact the office at sentenashiarts@gmail.com