

Sentenashi Arts® *Awareness Recreation Tradition Sport*

Alberta's only professionally recognized certified educational institution for the study of Karate-Do since 1998
Headquarters: 100 Hawkwood Blvd. NW
Calgary, Alberta
Canada
T3G 2S9
Telephone: 403-239-1160
www.sentenashikarate.com

“Good things come to those who believe, better things come to those who are patient and the best things come to those who never give up.”

Unknown

Fall 2022

Summer Camp 2022

There was no better feeling than to see all our karatiga's smiling faces during camp week after 3 long years away! (Well, maybe the pudding in our ears from Grossanator day...) We were joined by some camp veterans as well as many new faces this year for a weeklong of fun and gorgeous weather. Although it has been less than a month since camp, we are already planning for next year. Mark your calendars and book holidays around camp week next year; **Monday, July 17th - Friday, July 21st, 2023**. In our winter newsletter, we will post more about our early bird registration.

Summer Shiai

Our outdoor summer shiai was a great success this year. Along with beautiful weather, new referees were emerging while karatiga's were able to compete in a fun and friendly competition environment. This was also our first shiai back with kumite divisions! Mark your calendars for Saturday, December 17th for our Candy Cane shiai. Attendance at this shiai is the first requirement if you are interested in the 2023 Academy program.

Open House – Saturday, September 10th

We are happy to announce our first open house after 3 years! Join us on Saturday, September 10th from 9:00am-12:30pm for demonstrations at every belt rank. If you have ever had any other family members or friends who have been interested in karate but not quite sure what to expect, this is the best opportunity to see what Sentenashi offers. The day will follow our regular class schedule and you can come and watch your karatiga in action! Training year-round, our classes are closed to the public to ensure focus, privacy and comfort for the students. The open house is a perfect opportunity to be able to watch as well as eliminate the nerves that are sometimes present during the Shiai. We spend the second half of August preparing for it. It's a perfect time to refresh yourself in not only your belt material but previous belt material. If your karatiga feels uncomfortable with any material, they are welcome to come to any below rank class and practice all throughout the month of August.

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New Expanded Schedule

Starting Tuesday, September 13th, we will be expanding our class schedules. On Tuesday and Thursdays, Yellow belts will now have their own class time as well as Oranges will have their own class times. This allows for even more specialized classes, attention to students and their training. Adults and black belts, we're excited to welcome back the kumite class on Thursday nights from 9:00-9:30pm. Please contact Sensei Ethan to confirm your registered class times. As well, with our increased class capacities going into fall, advanced students are invited and welcome to spend Saturday's after their class as a Sempai assisting the Sensei's in preparation for black belt grading.

Kumite class

We are very excited to announce our children/family kumite class will be added back to into our fall schedule starting on Saturday, September 17th from **12:15 - 12:55pm**. This class is no additional charge, however, it is a **"Pay to Play"** format of a **Loonie** or **\$1** donation. This is a traditional practice at Sentenashi Karate and collections are donated to different programs for children who can't play the way we can. If your karatiga is interested in trying kumite, please reach out to Sensei Ethan for more details on this exciting part of your training. (Please note to come to this training, you must own your own sparring gear and be yellow belt or higher.)

A few positions still available for fall 2022 start!

We currently have a special **\$100 OFF** fall new registrations for any family or friends who are interested in joining. Call the dojo to book a registration appointment or stop in at the Open House on Saturday, September 10th to take advantage of these great savings. This is by appointment only ensure to call ahead to book your time!

Sentenashi Successes

This fall, you can expect to see a familiar face during your classes on Tuesdays and Thursdays. Sensei Charlie O'Grady will now be one of our permanent weekday Sensei's assisting Hanshi. Sensei Charlie has been a dedicated Sentenashi karatiga for many years, not only training in the dojo and a regular on Saturdays, he also been teaching at our school residencies and summer camp. This past May, Sensei Charlie was successful in graduating his JKF Wado-kai Nidan certification as well! Congratulations Sensei and looking forward to seeing you more at the Dojo!

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***“It’s not the will to win that matters – everyone has that.
It’s the will to prepare to win that matters.”
Bear Bryant***

Academy Program

Sentenashi Karate Academy is the “**Sport**” stream of **Sentenashi ARTS**: 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 one’s full martial potential.

As we are now in an ‘endemic’, we look towards the future and reinstating the competitive program at Sentenashi! We have had increased interest in the last few months regarding our Academy program and will be starting a new training season in January 2023. Students who are interested in the Academy should be eleven years or older, purple belt or higher and have consciously made the decision that karate is “**their sport of choice**” or “their priority sport”.

We will have an information session after the Candy Cane shiai on **Saturday, December 17th @ 1:00pm** for anyone interested in the program and the commitment required. It is highly recommended that you compete in all divisions at this shiai prior to this information session and start training **now** to ensure your best opportunity for success. We are looking forward to the next group of Academy members!

Sentenashi Website

As we move into the new school year and things get busier, please keep in mind that the best way to stay most up to date with the dojo is through our website www.sentenashikarate.com. This should always be your first point of contact for questions regarding class times, closures, or upcoming events. All events and closures are posted months in advance for your convenience.

Contacting the Office

Please note the best way to contact the office and Sensei’s for any questions is by email at sentenashiarts@gmail.com. We typically answer within 24 hours. During regular dojo hours, the main office line is also available at (403) 239-1160. If you need to reach Sensei Ethan directly, she is frequently available by email, or you can reach her personal line at (587) 777-8830 as she is typically in later on Tuesday and Thursday nights and all-day Saturdays.

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Residencies

Sentenashi residencies have become very popular within schools, particularly during the long winter months of gym classes. With students being able to participate more interactively than the past few years, this is a great opportunity to have karate within your school. We really enjoy the opportunity to share the Sentenashi philosophy to children who might not otherwise have the chance. Most schools are looking for something different to book as a special unit in Physical Education. We'd appreciate it if you considered Sentenashi for a meaningful change in your karatiga's gym class. If your school has any interest in hosting a karate residency this year, please speak to Sensei Ethan or feel free to pass our number onto the principal of your school.

Application Updates - These are very important for issuing accurate tax receipts and T2202.

We are always in the process of updating our student files. Personal information changes over the years and we're trying to stay on top of it. Please make an effort to fill out a new form within the next month if **contact numbers, e-mail or addresses have changed**. Hopefully you've noticed..... we're trying to switch over to email for communication so please ensure we have a main one and if you have other's you want to add to the email list, this can be done.

Also, a gentle reminder...any changes to your banking information needs to be done in writing 30 days in advance, prior to your next tuition membership due date. Remember, this policy also includes any students going non-active.

Sincerely,

Sensei D. Strohbach ✨ ChPC



Sentenashi Arts®
School/Academy/Institute

Founder/Hanshi/Chief Executive Instructor

"The simple desire to inspire Integral Spirit through Sincerity, Truth and Respect."

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Sentenashi Karate School closures for 2022

Saturday, September 3rd - Labour Day Weekend

Saturday, October 8th - Thanksgiving Weekend

Saturday, November 12th - Remembrance Day Weekend

Last day of 2022 Classes (Shiai) - Saturday, December 17th 2022

Regular classes resume - Tuesday, January 10th 2023

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

Please call the office at 403-239-1160 if you are interested.

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New Schedule Effective: *Tuesday, September 13th 2022*

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

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