

NEW YEAR'S NEWSLETTER

Sentenashi Karate School



January 2024

New year, New goals

We look forward to these next few weeks to wind down, relax, spend time with family, and recover from the busy fall. This is an ideal time to reflect and start to set goals for the new year.

Sentenashi believes goals aren't only the responsibility of the individual. We are here to help because when you succeed, that is when we all succeed. Some of our goals may be to qualify for the next grading, start kumite class, achieve our black belt, make the Provincial Karate Team, attend classes more regularly, find a training partner in class, or even try to count to 10 in Japanese.

"If we only did things that were easy, we wouldn't actually be learning anything. We'd just be practicing things we already knew."

-David Dockerman

The Candy Cane Shiai- a Sentenashi Tradition!



The Candy Cane Shiai is one of our favourite times of year as we open the dojo to spectators to watch demonstrations and friendly competition between karatigas. We had a great turn out this year, with many new yellow and orange belts trying competition for the first time as well as many new kumite players having their first divisions! Although the shiai is a tournament, this is only one of the many reasons we hold it. This is also one of the very important opportunities for karatigas to work on building their confidence to show the material they have been working so hard on to qualify for grading in the new year. Not only showing the Sensei but being able to show their classmates that they are ready for grading is an integral part of the process and the shiai allows for this in a friendly, familiar setting.

If you were unable to make it this time, don't worry as you can already mark your calendars for our Summer Shiai on Saturday, July 20th, 2024.

Academy Updates

The Academy team has had a busy few months as they near the half way mark of their competition season. In November, the team drove up to Edmonton to compete in their first provincial qualify tournament for Team Alberta! We had a strong showing, learnt lots, were close to our goals and are excited to get back to training. A special thank you to Sensei Danae who went as Event Coach and Sensei Heidi for volunteering her time as one of the top referees in the province.

Congratulations Academy team on the following achievements and keep up the hard work!

Sensei Benjamin Doig- GOLD (Men's Para Kata)

Neel K, Ian T, Max C- GOLD (Team Kata)

Neel Kochhar- SILVER (Junior Male Kumite)

Arjun Kochhar- SILVER (Youth Male Kumite)

Arjun Kochhar - BRONZE (Youth Male Kata)

Amirah Rahim- BRONZE (Cadet Female Kumite)

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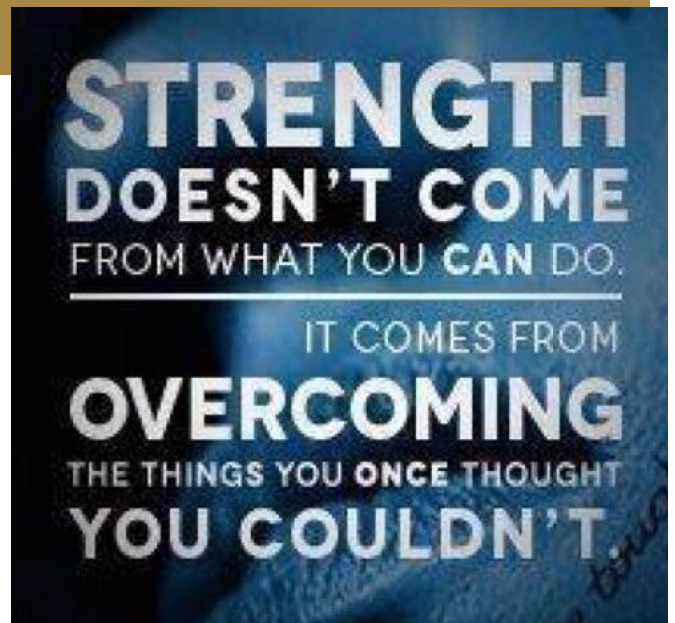
Max Chen- BRONZE (Cadet Male Kumite)



Kumite Class

As karatigas progress in rank, they are slowly introduced to kumite (sparring) inside their regular classes. However, this is an integral part of the grading process once they reach their advanced ranks and black belt grading. It is great to see the influx of interest for the kumite class, held on Saturdays from 12:15pm-12:55pm, especially with many beginner and intermediate ranks joining this year. Pre-pandemic, this was the busiest, most fun class and we are happy to see this start to happen again. If this is something you or your karatigas are interested in, reach out to Sensei Ethan and she can give you some more information and help order kumite gear. Please note; this is an additional class, included in your tuition and you need to be a yellow belt and higher to be able to start.

**Limited, New
Positions
Available!**

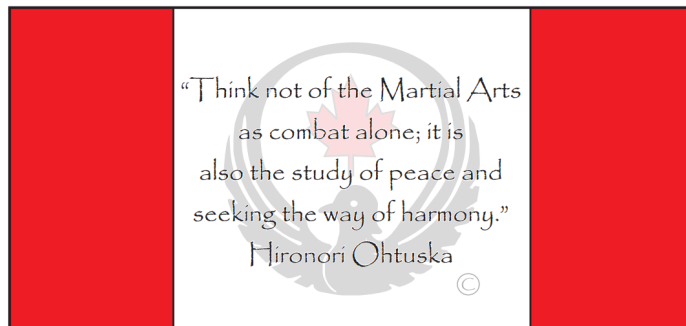


Right now, we are excited to announce we finally have a few positions available in our Junior and Senior white belt classes for a January start. Last August, our Junior and Senior white belt classes filled to capacity within days of registration opening and a wait list was put into effective as the dojo is now back to pre-pandemic levels. We wanted to first offer this to our current members in case they had any friends or family that were interested and can take advantage of our registration special and receive \$100 off. If so, please call the dojo at (403) 239-1160 and we can book a registration appointment with Sensei Ethan.

2024 CZWKA Membership

Your annual CZWKA (Canadian Japan Karate do Federation Wado-Kai) membership is now due for 2024 and will be debited from your account, as it has been in previous years, around January 25th. The fee for junior kyu (colored) belts, 16 years and under is \$20.00, senior kyu (colored) belts, 17 years and over is \$40.00 and black belts are \$60.00. The CZWKA membership is important because it confirms your belt level achieved at any recognized branch worldwide. Being part of an established Karate association allows for additional training opportunities both locally and worldwide. This membership is also integral for black belt certification when your time comes. (Please note; if you joined the dojo last year, your 2023 membership was included with your registration.)

Sentenashi[®]



Awareness Recreation Tradition Sport

Boot and Coat Room Etiquette

During the colder months, please keep in mind how we can all play a part in keeping the boot room clean and easy for karatigas to enter and exit during class times. We have replaced the boot racks and are now more stable and easier for students to use. When hanging up coats, if taller karatigas could use the higher racks, that would be greatly appreciated for the younger ones to try hanging their own coats on the lower racks. We know that sometimes it can look like a tornado blew through that room and are hoping we can all help to keep a clear pathway during the next few months. We appreciate you mentioning this to your karatiga!



Tax receipts and T2202

Please be advised there is only one method available for requesting tax receipts, by going to our website, www.sentenashikarate.com. Tax receipts has its own tab at the top of the page and is easily accessible. Be sure to include all the relevant information asked for. It may take up to 30 days to process so please plan ahead.

Sentenashi Karate School is an approved Certified Educational Institution by Employment and Social Development Canada (ESDC) 7009/12091. We can provide our students who are at least sixteen years of age on December 31 of the taxation year a T2202 Form – Tuition, Education and Textbook Amount. The tax credits for tuition, education amounts and textbooks are non-refundable tax credits. There is a Federal tax credit as well as a provincial or territorial tax credit for tuition, education and textbook amounts. For this reason, to claim these amounts, or to transfer them to another person, you must complete both the Federal Schedule 11 of your tax return, and the provincial S(11) schedule. The eligible tuition fees include monthly tuition fees, membership fees and grading fees. Monthly fees will be automatically issued to the qualifying students. (Student membership fees and grading fees must be calculated and submitted through the website by the end of January if you would like it included in the tuition fees.) Tuition fees do not include any cost for uniforms, equipment or weapons. Taxpayers may claim tuition fees on their tax return only if they are over \$100.

Students who wish to transfer some or all of their unused tuition, education and textbook amounts must be aware of the restrictions involved, both as to whom transfers can be made, and as to the amount that can be transferred. Eligible students can also claim the Education and Tax amount. *Please speak to your accountant for more details.*

Sincerely,

Sensei D. Strohbach 🏆 ChPC



Sentenashi Arts®
School/Academy/Institute

Founder/Hanshi/Chief Executive Instructor

Sentenashi Karate School Closures for 2024

Tuesday, January 9th 2024 – Regular classes resume
Saturday, February 17th – Family Day Weekend
Saturday, March 23rd – Spring Break
Tuesday, March 26th – Spring Break
Thursday, March 28th – Spring Break
Saturday, March 30th – Easter Weekend
Saturday, May 18th – Victoria Day Weekend
Saturday, June 29th – Canada Day Weekend
Tuesday, July 23rd – Instructors Holiday
Thursday, July 25th – Instructors Holiday
Saturday, July 27th – Instructors Holiday
Tuesday, July 30th – Instructors Holiday
Thursday, August 1st – Instructors Holiday
Saturday, August 3rd – Heritage Day Weekend
Saturday, August 31st – Labour Day Weekend
Saturday, October 12th – Thanksgiving Weekend
Saturday, November 9th – Remembrance Day Weekend
Last day of 2024 Classes – Saturday, December 14th 2024
Regular classes resume – Tuesday, January 7th 2025

PLEASE NOTE: Make-up classes and virtual training is always available for holiday, 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 if you are interested.

Sentenashi Karate School Schedule

2024 Sentenashi 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