

# 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

***“Think not of the Martial Arts as combat alone;  
it is also the study of peace and seeking the way of harmony.”  
Hironori Ohtsuka***

***Greetings Karatiga's and families!***

**August 2021**

As the seasons change and move into fall, we can leave these last 16 months in the past and look forward to a bright future. We are so impressed with all our students who displayed the true characteristics of karatiga's, the resilience and persistence to overcome obstacles and move forward in the post pandemic world. Set your goals for this new year, be it completing a grading, developing your refereeing, expanding teaching opportunities, working on physical and mental fitness, or maybe even travelling, training and competing in Japan with us. We are here for you and are looking forward to help you be successful.

## **Black Belt Grading**

We were very excited to hold our final black belt graduation, “el fresco”, on Saturday, July 17<sup>th</sup>. Sempai's Benjamin Doig, Kannen Kirkwood, Sehreen Abbany, Sharon Shrestha, and Tara Meehan became the newest Sentenashi Sensei's. They have shown incredible dedication and resilience during their black belt journey which began February, 2020. Regardless of what the pandemic threw at them, they met the challenges and overcame them. We are so excited to have them joining the Sentenashi black belt family.

## **Summer Camp '2.0'**

Unable to hold our summer camp to its' expected degree of awesomeness this year, we held CAMP DAYS for students instead. Each Saturday had a different theme, like water day, ninja obstacle course day and a scavenger hunt. It was great to see everyone smiling and enjoying a bit of normalcy. Next year's camp is set for July 11<sup>th</sup>- 15<sup>th</sup> 2022, so make sure to mark your calendars and don't miss our early bird registration in early 2022. We've already started planning and can't wait to get back to camp with everyone next summer!

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## **Summer Shiai**

In July, we were able to hold our first Shiai since December 2019! Karatigas were able to compete 'el fresco' in kata, weapons divisions, and pack demonstrations and we had a great turn out! In case you missed this one, mark your calendars for our Candy Cane Shiai on Saturday, December 11<sup>th</sup> 2021, where we will have kumite divisions back as well as individual kata, weapons, and team kata!

## **Application Updates - 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**. Also, a gentle reminder...any changes to your banking information needs to be done in writing, 30 days in advance. This policy includes banking changes and students going non-active.

## **New registrations now booking with \$100 off!**

Right now, we have a few spots available in our Junior and Senior white belt classes for new members. Due to capacity restrictions, classes have been made smaller, allowing Sensei's to provide more individual attention, increasing student progression. If you have thought about putting another child into karate or know any friends who have been considering joining karate, now is the time! We have implemented a new, safe registration process booked via a phone call to the dojo office at (403) 239-1160.

***"Karate begins and ends with courtesy."***

*Gichin Funakoshi*

## **Safely easing restrictions**

As restrictions lift and the province and country slowly move into post pandemic life, we at Sentenashi are adapting with everyone's safety and comfort in mind. We will still be recommending physical distancing (which has always been a naturally occurring safety factor in the dojo) within the dojo except for partner work which we will be slowly introducing back into classes. However, we still recommend that students go at their own pace and with what they feel most comfortable with. Please take a moment to review our newly updated hygiene and sanitization procedures and policies which can be found on our website for all protocols in place.

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## **Kumite Class**

As restrictions continue to ease and vaccinations increase, we are looking at safe ways to bring kumite training back into the dojo. Sparring class will be held on Saturdays from 12:15pm- 12:55pm. We are monitoring the situation and hope to bring kumite class back early fall. In the meantime, starting in August, we will be working on kumite skills with drills in class focusing on distance, timing, control, footwork and fitness.

## **Returning to tradition**

I have taught for almost 40 years and never imagined teaching through a pandemic... Certain traditional aspects of the dojo were relaxed, some rules, and policies adjusted to meet the changing and challenging landscape of the past 16 months. However, post pandemic, now is the time for us to go back to our roots of a traditional, professional karate school. During the pandemic, we understood that everyone's schedules may have been uprooted but, August is the perfect time to get back into a routine for fall. Children thrive best when they have a routine and being on time for class is integral as it ensures students are ready, can bow in and prepare properly. Being on time, if not 5 minutes early, is best and courteous to fellow classmates. It sets up your karatiga to have the best class they can. Let's use the month of August to get back into a more 'normal routine' of a traditional and professional dojo. Traditionally, karatiga's are permitted to wear *Sentenashi* t-shirts until the Labour Day long weekend. This year, if a karatiga does not already have one, they can instead wear a **plain** black or white (no graphic's etc.) t-shirt. After Labor Day long weekend, full gi's are required. ***Be sure to address all black belts as Sensei then their name, if forgotten simply add the Sensei after their name. Either way is acceptable. Address any students assisting in class, regardless of rank as Sempai. Once again, if forgotten simply add the Sempai after their name.***

## **Communication with the office**

During the pandemic, technology was welcomed in the dojo. It ultimately became one of our only way of communicating, whether through the Sentenashi Virtual Educational Karate Institute, our Zoom classes or our Facetime grading's. However, now being able to return to near normal classes, the dojo is the best place where one can and should disconnect, leaving technology along with your shoes at the door, as the saying goes. If you've made the effort to come, spend the class time focusing on you and your training. Our website is still the best place to go to if you are looking for classes times, closures, and any upcoming events. You can also reach us at the dojo's direct line at (403) 239-1160 or Sensei Ethan's personal number at (587) 777-8830.

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## **Sentenashi Virtual Educational Karate Institute**

A positive which came out of the constant pivoting the dojo experienced this past year and a half was the creation of the Sentenashi Virtual Educational Karate Institute! This value added benefit is available to all members at no extra charge. Now, if a member isn't feeling well, they are able to stay home but can still train virtually. This also gives us the ability to train anywhere at anytime! This can include during holiday's, vacations, weather events, scheduling conflicts, additional grading preparation, reviewing lower rank material, and much more. This specialized training is only an e-mail away and helps karatigas to keep up with their rank material and even advance it.

***"The path up the mountain is steep.  
Were it not steep, it would not be a mountain."***

*Lao Tzu*

## **Japan 2022**

Every 5 years, our association holds a JKF Wado-kai Karatedo World Cup, seminar and grading in Japan. Summer 2022 was announced as the next time this amazing event is taking place! As Sentenashi Karate School is a recognized branch of the Japan Karatedo Federation Wado-Kai through the CZWKA, this incredible Japan opportunity is available to our students. Prior trips not only included karate seminars with new instructors whom you may never have an opportunity to train with in Canada but also great day trips like Tokyo Disney, Kyoto, authentic tea ceremonies and more. Some of our karatigas have made great, lifelong friends from different countries on these trips. Maybe one of your goals is to grade for you JKF Wado-Kai certification in Japan. The tournament is a great experience especially since it is a "style specific" competition and we have had amazing results at these with a bronze medal coming home in 2015 and a gold medal coming home in 2018. Traditionally this tournament has been held at the Budokan, the same place where Karate made it's Olympic debut this summer. Interested? More details to come in the fall!

*Sincerely,*

**Sensei D. Strohbach** 🌟 *ChPC*



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

**Founder/Hanshi/Chief Instructor**

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## Schedule Effective: *Tuesday, August 3<sup>rd</sup> 2021*

<b>TUESDAY</b>	<b>Dojo opens at 4:00pm</b>
Junior White/Stripe	4:15 - 4:55pm
Junior Beginner (Yellow/Orange)	5:00 - 5:40pm
Intermediate (Purple/Green/Blue)	5:45 - 6:25pm
Advanced (Red/Brown/Stripe)	6:30 - 7:25pm
Black Belts	7:00 - 7:55pm
Adults	8:00 - 9:00pm

**WEDNESDAY:** *Private/High Performance Training by Appointment*

<b>THURSDAY</b>	<b>Dojo opens at 4:00pm</b>
Senior White/Stripe	4:15 - 4:55pm
Senior Beginner (Yellow/Orange)	5:00 - 5:40pm
Intermediate (Purple/Green/Blue)	5:45 - 6:25pm
Advanced (Red/Brown/Stripe)	6:30 - 7:25pm
Black Belts	7:00 - 7:55pm
Adults	8:00 - 9:00pm

**FRIDAY:** *Private/High Performance Training by Appointment*

<b>SATURDAY:</b>	<b>Dojo opens at 8:00am</b>
Open Dojo (Self-directed training)	8:00 - 9:00am
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/Orange)	10:45 - 11:25am
Intermediate (Purple/Green/Blue)	11:30 - 12:25pm
Kumite/Sparring (Pay to Play - Toonie) - Coming soon	12:15 - 12:55pm
Registrations and Gradings by appointment	1:00pm - End

*Private lessons, High Performance Training, Educational Residencies and Registrations available by appointment. Please call the office if you are interested @ 403-239-1160*

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## **Sentenashi Karate School closures for 2021**

**Saturday, September 4<sup>th</sup> 2021 - Closed for Labor Day weekend**

**Saturday, October 9<sup>th</sup> 2021 - Closed for Thanksgiving weekend**

**Thursday, November 11<sup>th</sup> 2021 - Closed for Remembrance Day**

**Saturday, December 11<sup>th</sup> 2021 - Last day of classes for 2021**

**Tuesday, January 4<sup>th</sup> 2022 - Regular Classes resume**

**PLEASE NOTE:** *Make-up classes are always available for holidays, illness, and vacations. We would be happy to arrange these make-up class appointments.*

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