

Noho Tutaki Taki

NEWSLETTER
JULY 2011

Stay In Touch



THE
BETTER
LATE
THAN
NEVER
ISSUE!!



TEMUKA SEIDO KARATE WEBSITE

Our website is up and running!!

temukaseido.co.nz

I would like to ask members for their input into our website. Please write any suggestions, recommendations or information that you think would be useful/interesting/educational etc and give this to Senpai Donella or else use the membership/email option on the website to give your suggestions. Osu.

TIME BANK

Imagine there is a bank that credits your account each morning with \$86,400. It carries over no balance from day to day. Every evening the bank deletes whatever part of the balance you failed to use during the day.

What would you do? Draw out every cent, of course!!!!

Each of us has such a bank. Its name is TIME. Every morning, it credits you with 86,400 seconds. Every night it writes off, as lost, whatever of this you have failed to invest to good purpose.

It carries over no balance. It allows no overdraft. Each day it opens a new account for you.

Each night it burns the remains of the day. If you fail to use the day's deposits, the loss is yours. There is no going back. There is no drawing against the "tomorrow".

You must live in the present on today's deposits. Invest it so as to get from it the utmost in health, happiness, and success! The clock is running. Make the most of today!

To realize the value of ONE YEAR, ask a student who failed a grade.

To realize the value of ONE MONTH, ask a mother who gave birth to a premature baby.

To realize the value of ONE WEEK, ask the editor of a weekly newspaper.

To realize the value of ONE HOUR, ask the lovers who are waiting to meet.

To realize the value of ONE MINUTE, ask a person who missed the train.

To realize the value of ONE SECOND, ask a person who just avoided an accident.

TEMUKA SEIDO KARATE

**TIMARU TRIATHOLON: MARSHALLS**

A special thank you to Senpai Cherie and Ian (her husband), Leanda, Peter and Michelle (Geraldine), who took time out of their busy lives to fundraise for our club by being marshalls at the Timaru Triatholon in January this year. Osu

Hard work spotlights the character of people: some turn up their sleeves, some turn up their noses, and some don't turn up at all ~ Sam Ewing

HADLOW TO HARBOUR FUN RUN:

After expending much time and effort in organising the fundraising for the Hadlow to Harbour Fun Run, I was disheartened to have to cancel due to lack of support from our club members. This is extremely disappointing. Everybody in the club misses out as the money was to be put towards training and sparing gear. For those few of you that did put yourselves forward, I thank you sincerely. We will be planning this fundraising event for next year and 100% participation is expected from all students.

Individual commitment to a group effort - that is what makes a team work- a company work - a society work- a civilisation work ~ Vince Lombardi

**2011 SHODAN PROMOTION**

On Saturday 18th June I attended the Timaru shodan grading of Peter, David and Yuri under the direction of Kyoshi Dave. It was the finale of some very intensive training which they had worked towards for months.

I felt that everyone who attended did so with all the support they could offer to the 1st kyu's grading - in a great "family" type atmosphere. When the going was intensive and they needed to push through their barriers of ebbing stamina, there was always someone talking to them and helping them through with moral support, and also their fellow kyu grades helping out continually in the background.

The most intensive point would have to be the 40 fights, with everyone participating and imparting "their love" as someone said. Even in the latter stages it was clear they still had that focus to keep on going - conquering each fight and ticking it off the list.

As the grading came to an end I could only imagine what they put themselves through mentally and physically, and we all felt the emotion they shared when presented with their Shodan grading belt. Well done and Osu Senpai's.

Osu, Leanda

**2010 CAMP****KARATE CAMP 2010**

In December last year my daughter and I went to Woodend Karate Camp. It was certainly a different experience. I was very much a ship out of water and it looked for a while that we were the only 9th and 10th kyus there. There seemed to be only a sea of 2nd kyus and black belts of all dans. Everyone made us feel welcome and introduced themselves and then we found that we had fellow South Cantabrians with us from Timaru and Geraldine.

Both of us enjoyed the experience, although it was hard to get up early both mornings when called - but I can understand now, how a large group of people can carry everyone thorough when you think the task ahead of you is daunting. We were both very tired - but happy to have done it. I met quite a few people (that I cannot remember their names) but they included the effervescent Kyoshi Bu, who made the time fly with her team games.

I understand more about the karate spirit of wishing your fellow students or teachers (black belts) well during their grading and keeping the motivation going for the rest of us to do the best we can with the tasks given to us during the camp. Although we do not see the higher grades grading, I believe that they know that we are thinking of them. Thanks to Shihan Lance for offering, then taking us up to the camp. I will be back again.

Osu, Leanda

Some things to ponder on:

You can help a thousand people - but you can't carry three on your back

We are what we repeatedly do. Excellence then, is not an act, but a habit.
~ Aristotle



FROM KEITHS PERSPECTIVE ...

TIMARU GRADING/BREAKUP 2010 ... In mid December last year I attended the grading and end of the year function at the Timaru Dojo. Senpai Paula and Nicole also took part, while Peter and Grace offered encourage from the sideline. There were a number of students from Geraldine taking part and being graded, including Peter's wife. The 5th & 6th kyus were put through a hard workout with weights which had the strain showing on their faces. Everyone being graded put in a lot of effort and took another step up the ladder.



After the grading the black belts demonstrated their katas until only Jun Shiha Michael remained. Senpai Cheyenne did a very impressive kata in kiba dachi (seienchin). After the katas they displayed their ability at breaking tiles with some showing battle scars after this.

This gave me an insight into the commitment, dedication and time they have given to karate to attain the ranking they hold—an indication of the hard work we will have to put up into climbing further up the ladder. The morning finished with a very enjoyable lunch. *Osu Keith.*

FEBRUARY SUMMER BEACH TRAINING ...

On Sunday, 6th February 2011 I attended beach training at Caroline Bay. It was a great day to spend out in the fresh air. There was a good turnout of students throughout the grade ranks - but quite a few missed out on some good training and a lot of fun!

It was good to see Senpai Tina back, along with Senpai Cherie, Senpai Paula and Senpai Christine (from Timaru). Also there from Geraldine was Michelle and Lizzie. We were put into groups, depending on grade and Jun Shiha Lance moved around each group watching, offering advice and instruction when it was needed.

The morning started with a run along the beach and back - which I found a bit hard on my body, and ended with a refreshing dip in the sea to wash off the sand. Overall it was a very rewarding and enjoyable morning out in the fresh air.

*Osu, Keith
1st Kyu*

... AND THEN IT WAS WINTER ...

Annual Winter Beach Training ...

Sunday 19th June was the annual winter karate training session held at Caroline Bay. It started at 9am with a quick warm-up run along the beach, then we got into two mixed grade lines and did some arm & leg syllabus. We then broke off into our respective kyu grades and went over various aspects of katas and correct stances before pairing up to get all covered in sand until the Senpais were satisfied we were dirty enough.

Once we looked nice and dirty, we had a race with four fixed teams. We started off pointing up to the sky and rotating around 20 times while looking up at the end of your finger. We then had to perform taikyoku kata, run to a line, do 10 more circles, before racing back to tag your team mate - it was funny watching everyone trying to avoid falling over after the 20 spins, which I didn't manage too well (my head and feet had minds of their own!)

To finish off, we lined up and started chudan tsuki punches while walking into the sea up to our chest height, then we quickly got out, with a small few diving in (wow was it freezing!!!). All in all it was a great morning and the weather was goo to us too.

Stephen Currie

FROM SAPPHIRES PERSPECTIVE ...

SUMMER BEACH TRAINING

The warm weather and refreshing waves of Caroline Bay were excellent for beach training.

Though karate at 9am is not my favourite way to spend a Sunday morning, once I got to the beach, it was difficult not to be excited about it!

After the first hour, everyone was already soaking wet and covered in sand, but thoroughly enjoying themselves.

By the end of the 2 hours, there were some very dirty uniforms, but also, huge smiles and a lot of laughter.

Personally, I think that this summer beach training was one of the best karate sessions I've been to.

Osu, Sapphire



DID YOU EVER WONDER?

- ♦ *Why the sky lightens our hair, but darkens our skin?*
- ♦ *Why women can't put on mascara with their mouths closed?*
- ♦ *Why you don't ever see the headline "Psychic Wins Lottery"?*
- ♦ *Why doctors call what they do "practice"?*
- ♦ *Why there isn't mouse flavoured cat food?*
- ♦ *Who tastes dog food when it has a "new and improved flavour"?*
- ♦ *Why they don't make the whole plane out of the material used for the indestructible black box?*
- ♦ *Why sheep don't shrink when it rains?*
- ♦ *Why they call the airport the "terminal" if flying is so safe?*
- ♦ *Can you choke to death while eating a lifesaver?*
- ♦ *Does a blind dog need a seeing-eye person?*
- ♦ *Why are they called apartments when they are all stuck together?*
- ♦ *How does Teflon stick to the pan?*
- ♦ *How a cemetery raised its burial cost and blamed it on the cost of living.*
- ♦ *Despite the cost of living, have you noticed that it remains so popular?*

FOR GENERAL INQUIRIES CONTACT:

Senpai Donella

Phone: 686 2224

Mobile: 021 101 3741

E-mail: temukaseido@yahoo.co.nz

Address: 340 Wai-iti Road,
Glenwood, Timaru 7910

It's so simple to be wise:

**Just think of something
stupid to say - then don't
say it!**

SEEMS TO MAKE SENSE!

- **Do not argue with an idiot - he will drag you down to his level and beat you with experience.**
- **Going to church doesn't make you a Christian, anymore than standing in a garage makes you a car.**
- **We live in a society where pizza gets to your house before the police.**
- **Knowledge is knowing a tomato is a fruit; wisdom is not putting it in a fruit salad.**
- **Politicians and diapers have one thing in common - they should both be changed regularly, and for the same reason.**
- **Evening news is where they begin with "Good Evening", and then proceed to tell you why it isn't.**
- **If God is watching us, the least we can do is be entertaining.**
- **If 4 out of 5 people SUFFER from diarrhea ... does that mean that one enjoys it??**
- **Some people are like Slinkies .. Not really good for anything, but you can't help smiling when you see one tumble down the stairs.**
- **I thought I wanted a career, turns out that I just wanted pay checks.**
- **A bank is a place that will lend you money, if you can prove that you don't need it.**
- **A computer once beat me at chess, but it was no match for me at kick boxing.**
- **The shinbone is a devise for finding furniture in a dark room.**
- **The sole purpose of a child's middle name, is so he can tell when he's really in trouble.**
- **A clear conscience is usually the sign of a bad memory.**
- **The voices in my head may not be real, but they have some good ideas!**
- **Some people say "if you can't beat them, join them". I say "if you can't beat them, beat them", because they will be expecting you to join them, so you will have the element of surprise.**
- **Friends come and go - but enemies seem to accumulate.**
- **Good judgement comes from bad experience and a lot of that comes from bad judgement.**
- **I used to have a handle on life - then it broke.**
- **Nothing is foolproof to a sufficiently talented fool.**

