



**North Fork Karate**  
**970-527-5477**  
**northforkkarate.com**

Calendar of Events

# Newsletter January 2015

- ◆ Kyu testing January 17th, 2015, NFK dojo
- ◆ Black Belt testing Honbu dojo in Louisville, Colorado on January 24th, 2015
- ◆ Kangeiku February 2 - 7th, 2015 with Saturday Potluck
- ◆ Kyu Testing February 28th, 2015
- ◆ In-House Tournament March 21, 2015
- ◆ US Open in Las Vegas, April 2 - 5th, 2015

## January Schedule Changes

We have a slightly revised schedule for the new year which we think will increase class participation and excitement.

First off, there is a new "Little Dragons" class for 3 - 4 year olds on Wednesdays from 5 to 5:45 pm. Youth advanced will be at 6 pm. Adult kata will be 7 to 8:15 pm.

On Thursdays, the adult kumite class will be combined with the competition class at 6 to 7 pm.

Please see the board in the dojo or the website, [northforkkarate.com](http://northforkkarate.com), for more details.

**Need to contact  
Shihan McGavin?**

**senseimegavin@yahoo.com  
or  
527-5477**

**Please let him know whenever you can't be at your class. Just leave a message if class has started.**

## Dan Testing

This year we have the largest group of black-belt test-takers (10 people!) that we've ever had going to Louisville to test on the 24th of January. Everyone on the list has already been invited and has been preparing for quite some time.

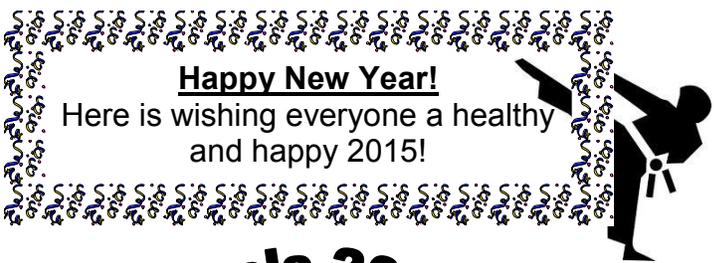
People taking their final test to Shodan and all Junior Black Belts also have to prepare a demo for the Black Belt Extravaganza, a yearly potluck held that Saturday night and always the highlight of the year. The demo should be 2 - 3 minutes long and demonstrate some aspect of karate that is especially valid or important to them.

In the past, kata and bunkai set to music, board breaking demos, weapons katas and scientific talks, and skits with karate themes have been given and North Fork Karate's are always great. We can't wait to see what new things the black belts have up their sleeves!

Other requirements for black belts to complete include 20 to 50 teaching hours, endurance training, a written report on certain subjects, such as the meaning of the Dojo kun, and CPR certification.

Wish our black belt candidates luck and ask them for their secrets to success if they have a minute from their very stressful training schedule.

"A positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort."  
*Herm Albright quotes (1876 - 1944)*



## Goals 2015

In the IMA there is a custom of sending your instructor your goals for the year in January. They don't have to be karate related but they need to be written down in some fashion, by hand or computer. Write down one goal or several and hand it to Shihan by the 20th of January. You may be surprised at what happens!

**Dojo Etiquette**  
When you enter the dojo building as a karateka, you bow to show respect to your school. Don't forget to bow to Shihan, too, even if he is too busy to bow back.

**Kangeiku runs from the 2nd to the 7th of February!!!**

Please mark your calendars and watch for details!