



AAMA

Otagai Ni!



AAMA

Newsletter of the Australian Academy of Martial Arts Pty Ltd (AAMA)

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*An Affiliate of the Australian Karate Federation (AKF) and International Karate-Do Shobukai (IKS) Japan
Dojo - Cnr Stackpole Street and Mt Gravatt Capalaba Rd, Wishart, 4122*

The AAMA is the Technical Advisor to: Kazenkan Karate-Do - West Logan
Kodomon Karate-Do - Bayside
West Moreton Academy of Martial Arts - Redbank

STOP PRESS!!! The Australian Academy of Martial Arts wins the **Australian Karate Federation, QLD, CLUB CHAMPION TROPHY** for the **SECOND consecutive year!!** Congratulations Competitors and Coaches!

May 2004, Volume 1; Edition 2

Welcome to our second edition of *Otagai Ni!* In this edition we have a HEAP of very useful information to give you, exciting stories to tell and juicy gossip to spread! There are also many up-coming events promising VERY enjoyable times and memories! We also have important areas to highlight in the anti-doping arena with 2004 changes that is a must read for all serious competitors!

Thank you to those that have contributed to this edition! You have been a tremendous help! We hope you enjoy this in depth edition and would love to hear more feedback to enhance our newsletter to keep our club members and family updated! Thank you to all those that passed on their congratulations to the administration regarding our first newsletter; it was very appreciated and motivating for us! We look forward to hearing feedback from you! Please enjoy May's Edition of *Otagai Ni!* ©

Bryony Keleher
(Editor)

Otagai Ni - 'Otagai Ni' is a Japanese phrase that all members hear each time a karate class is attended! During our ceremony, the last command is 'Otagai Ni Rei'. It means 'Together'. This newsletter will bring our karate community together that little bit more keeping you updated and keeping our Karate spirit growing, together!

... In this edition! ...

- President's Corner

WHAT HAS HAPPENED? (Pages 2-5)

- Welcome! Welcome!
Welcome! - New Members!
- Congratulations! - Grading Promotions
- Happy Birthday!
- Success at both Qld Championships!
- Tournament Results
- Children's Video Night
- Australian Open Championships - Melbourne April 16th, 17th and 18th
- Table Officialing - Michelle Exton
- Referee and Judging - Robert Scott
- Surf...Sun...Sand! -
2004 Training and Recreational Camp - Currumundi!
-Chris Hall

COMING SOON... (Pages 5-6)

- Trivia Night!
- Children's Buddy Training Sessions!
- Free Lessons!
- Lessons to Save Lives! - CPR

FEATURED INTERNET SITES: (Page 6 - 7)

- New World Anti-doping Code: 2004 Prohibited List

FEATURING... (Page 7 - 9)

- Member of the Month
- Brendan Young

- Text of the Month
- Branch Reports:
 - Kodomon Karate-do; Bayside
 - Kazenkan Karate-do; West Logan
 - WAMA; Redbank
- Sensei Keleher's Word
- Guess Who, What and How Corner!
-Karyn Allen
- May Competition!!!!

PLEASE NOTE... (pages 9- 10)

- **SPECIAL** mentions
- Changes in Training Times
- Newsletter Articles
- AAMA Merchandises
- Children's Red Stripes Program
- Answers to the Question Corner (no peeking!)
- Contact Details and our Website
- Form for Buddy Nights

President's Corner

- Bruce Lynch

Dear Members and Parents,

This year our Incorporated Club, has been able to undertake the large project of purchasing training equipment for the West Logan and Bayside branches and mats for our Headquarters at Wishart. This activity is part of the function we perform in supporting Keleher Sensei and the Instructors for the benefit of

the members and improvement of our club.

The equipment purchased for the branches consists of kick shields, medicine balls, focus and sparring mitts and punch bag. This equipment will compliment the branches' training programs and allow a greater variety of training drills and skill development to be undertaken.

At Honbu Dojo at Wishart, we were able to replace the complete floor area of mats. The existing mats have given us many years of good service, however, they were old and deteriorating badly in many parts. The new mats provide a good level of safety and should last us many years.

This project was only possible due to the generous funding by the Queensland Government. We applied for and were successful in obtaining a grant from the Gambling Community Benefit Fund for this specific project.

The Queensland Government's Gambling Community Benefit Fund provided \$8,277.00 to the Australian Academy of Martial Arts Karate-Do Club Incorporated for the purchase of the equipment and mats. The Gambling Community Benefit Fund, improves the lives of Queenslanders through investing in Queensland's communities.

Funded by



**Gambling
Community Benefit Fund**
Queensland Government

We are truly grateful for these wonderful improvements, which will assist in the continued growth and improvement of our organization.

Our Management Committee has organized other fundraising activities this year so look for these events. The next one is a Trivia Night. Join in the fun and support your Club at the same time. We look forward to seeing you there.

Regards,
Bruce Lynch
President

WHAT HAS HAPPENED?

Welcome! Welcome! Welcome! – New Members!

(These names are new members since the last publication. Please let us know if your name is not here and is meant to be – apologies in advance for any mistakes!)

Welcome to our club and each member along with the AAMA staff wish you well on your new journey towards becoming a black belt!

Children

Ryan Cheng
Morgan Jackson
Holly Murdock (Bayside)
Zac Murdock (Bayside)
Bradley Strapps (Bayside)
Tyler Strapps (Bayside)
Boris Strbac

Adults

Cassandra Bartrum
Jonathan Brumm
Damian Bull
Linda Chen

Congratulations! – Grading Promotions!

(These names are grading promotions since the last publication. Please let us know if your name is not here and is meant to be – apologies in advance for any mistakes!)

Children

9th Kyu – Gold Belt

Jessica Akers
Shantelle Allen
Damien Batch
Matthew Batch
Joshua Moore
Holly Murdock (Bayside)
Zac Murdock (Bayside)
Thomas Phillips
Anthony Scodellaro
Christopher Scodellaro
Michael Scodellaro
Bradley Strapps (Bayside)
Tyler Strapps (Bayside)
Alex Wildman

8th Kyu – Orange Belt

Maria Anselmo (Bayside)
Grace Cheers (Bayside)
Jessie Cheers (Bayside)
Lawrence Cheers (Bayside)

Bryce Coulson
Weston Dilkes
Susania Drujinin
Jake Franklin
Daina Grieve

Johanna Olsson
Katie Shipton (Redbank)
Johan Taljaard
Lewis Tierney

7th Kyu – Red

Courtney Carullo
Lachlan Carullo
Luke Davies
James Downie
Emily Kovac

6th Kyu – Green

Breeanna Beattie
Emma Burnett
Peter Heinen
Rachel Irvine (Bayside)

5th Kyu – Red

Clare Neilson (Redbank)
Simon Neilson (Redbank)
Jonathon Shipton (Redbank)

4th Kyu – Blue

Ryan Boyd
Ashleigh Hinchy (Bayside)
Isabella Katahanas
Alex Roubin
Nicholas Tierney

3rd Kyu – Purple

Julius Cox

Adults

9th Kyu – Gold Belt

Cassandra Bartrum
Linda Chen
Belinda Crispin (Bayside)
Luke Grindrod
Zachary Grindrod
Lloyd Mitchell
Tony Smith

8th Kyu – Orange Belt

Mark Carullo
Angus Davidson
James Davidson
Richard Downie

7th Kyu – Red

Christopher Hall
Ulani Hearn
Anthony Horn
Greg Sampson

6th Kyu – Green

Francis Cusack
Matti Jokelainen

5th Kyu – Blue (White Stripe)

Rolando Manoy
Nicholas Wright

3rd Kyu – Purple

Sarah Bill (Redbank)
Chris Savini
Robert Warner
(Recommencing)

2nd Kyu – Brown (White Stripe)

Judith Macey

1st Kyu – Brown

Emma Smith

1st Dan – Black Belt

Tijana Pavlovich
(Recently Joined our Club)
Steven Kerr
(Recently Joined our Club
from Scotland)

Happy Birthday!

Happy birthday to those that have had their birthday and to those still to come in the next couple of months!

In today's society there are certain birthday celebrations that are especially highlighted. Due to the significance, we would like to highlight the birthday of one of our members at our club:

Congratulations to **Kathleen Casford** on her **18th** birthday on 17th March.

We hope you had a great birthday and wish you the year to come to be one of success, contentment and happiness!

Huge Success at both Qld Championships!

Over 40 members of our club competed in the first Australian Karate Federation Qld Open Championships on the 20th March, 2004 held at the Boondall Entertainment Centre and very similar numbers competed in the second Australian Karate Federation

Qld Championships on 8th May, 2004 held at the Carrara Sports Complex!

Our members showed great skills in winning a total of 25 gold medals, 24 silver medals and 13 bronze medals in the first competition and we again dominated the majority of the events and did so with commendable spirit in the second championships.

Continuing our high profile as the premier karate club in Qld. after being awarded the A.K.F. Qld. Club Champions Trophy in 2003, we look forward to many success stories after the National Karate Championships in August.

Pictured: Alex Roubin, 9, (left) and Vincent Ibrahim, 10, (right) achieved outstanding results: Alex, in his first tournament, received 1st place in the fighting event for his age group; Vincent received 1st place in the male team fighting event, 2nd place in his Kata event, and 3rd in his fighting event for his age group. Assistant Kumite coach and former Australian Champion, Ivan Keleher, in the background, is assisting the two junior competitors in their training.



Have a look at the sports' section of Wednesday 14 April, 2004's edition of the Southern Star to see an article ("Academy Blitz") about our Club's success at the tournament!
YAY FOR US! ☺

Congratulations to all Australian Academy of Martial Arts Competitors and Coaches on receiving the OVERALL Australian Karate Federation QLD. CLUB CHAMPION TROPHY for the second consecutive year in 2004!

Well done to those that competed in the kata; well done also to those that competed in the single and the team events!

Tournament Results

To see results from tournaments please refer to our website (www.aama.com.au)

Please notify AAMA staff if incorrect results are placed for you and we will change them – apologies in advance!

Congratulations to everyone that competed in the tournaments! Irrespective of where you came in your event we hope you had a positive learning experience, which you can expand on.

Each time you compete in a championship/tournament, remember Sensei Keleher's valuable advice to document in a journal as soon as possible all feelings and reactions you had to competing in each match. With this knowledge you are able to reflect and become a little more introspective and responsible for your own development!

Congratulations again to all and good luck in future tournaments.

Children's Video Night!



On Saturday April 3, 2004, we had our Children's Video Night! All 15 children, together with Sempai Bryony and Maxine Keleher sat down as the movie began. "Finding Nemo" was the chosen movie for the night and it suited all ages (including the Sempai) as the Wishart Clubhouse was filled with laughter, smiles and giggles.

Although some children had seen the movie previously, it was a movie capable of being watched multiple times. A small drink break in the middle refreshed our minds and bodies with the movie being stopped

at a cliff hanging scene with eager children ready to continue the viewing session.

Starting at 6pm and finishing at 8pm, the 2 hours was a time for children to relax watching the movie and a nice time for parents to enjoy their night as they pleased!

Special thank you to Ivan Keleher and Daniel Gluch for the extra help in setting up at the commencement of the night and cleaning up at the end of the night.

To see more pictures from this event please visit our website: www.aama.com.au



Australian Open Championships!
- Melbourne 16th, 17th and 18th
April

-Jessica Kovac

The Australian Open is one of the largest competitions in Australia. Five AAMA members had the chance to experience it all.

This year, Thomas Hallam, Terrisa Exton, Tijana Pavlovich, Samantha Musch and I (senior members from the Wishart clubhouse) had the chance to experience it all.

The atmosphere was excellent and it was a real buzz for all the AAMA members that competed. Everyone was pumped and ready to go and overall our club did great and enjoyed the experience. It was a lot of fun and everyone that participated should be proud. I know I am!

Melbourne is beautiful and I really enjoyed exploring it all. For me the highlight of my time there, was standing on the podium receiving my gold medal. I felt on top of the world! Dad was with me and was so happy for me.

Undoubtedly, all the competitors that went to Melbourne thank Sensei Graham and Sensei Perry for teaching the techniques and tactics combined and utilized in our matches. Thank you also to fellow members we train with for continuing our hard training and keeping each other on our toes. Last but not least, thank you to our friends and families for being there for us. (Thank you, Dad for being a personal coach and the best father on the planet for me; also thank you, Mum and Emily for your moral support).

Everyone competed well! Well done everyone!

~ Jessica Kovac

Congratulations Terissa Exton, Jessica Kovac, Samantha Musch, Tijana Pavlovich and Thomas Hallam for competing and representing the Australian Academy of Martial Arts in the 2004 Australian Open Championships held in Melbourne.

Well done in achieving these impressive results:

Terissa Exton:

Cadet Over 60 kg kumite 2nd Place

Thomas Hallam:

70-75 kg kumite 3rd Place

Jessica Kovac:

14 Years Kumite 1st Place

Samantha Musch:

Jnr Over 60 kg kumite 3rd Place

Jnr Kata Participation

Tijana Pavlovich:

Under 53 kg Kumite 3rd Place

Jnr Under 53kg Kumite 4th Place

Yum Cha- First Social Event of the
Year!

-Michelle Exton

A fantastic lunch was had by 17 members and friends who attended our first social event for the year. We visited the Landmark Restaurant

at Sunnybank for Yum Cha. It was a very different experience for those who have not experienced it before.

After a lot of shuffling our way through the crowd to our tables (which we found to be occupied by another group who thought it was their table), lots of different dishes were ordered (I noticed that Sensei didn't order any of the famous Chicken's feet). Undoubtedly the favourite was the fried ice cream!



Table Officialing Report

-Michelle Exton

AAMA once again supplied the majority of table officials for the last AKF Qld Open tournament held at Boondall Sports Centre in March. We had four new 'trainees' who passed their exams with flying colours, as they proved on the tournament day.

Many thanks to the table officials, referees and judges, as without them the day could not have run as smoothly as it did. For anyone else who is interested in the 'best seats in the house', free entry to the tournament and also free lunch and tea & coffee please think seriously about becoming a "Table Official" for the next tournament which is in May.

You don't need to practice karate in order to be a part of it all! All that is required is an interest in karate as a sport and a wish to support our club.

Please talk to Michelle about more details.

(Refer to the Referee and Judging Report to see the table of results for the 13/3/4 Seminar)

Referee and Judging Report

-Bob Scott

I would like firstly to congratulate all the members of A.A.M.A. who attended the Seminar for Referees, Judges and Table Officials on the 13th March, 2004. It is pleasing to see not only the players seeking to gain more experience and knowledge, but their family members taking an active part in the sport as table officials.

A.A.M.A. Members Attendance Referee and Judges Seminar 13 March 2004

Name	Kata Kumite	Result
Bob Scott	N/A	
Kathleen Casford	Kata Judge Kumite Judge	Pass on both
Kimberly Ries	Kata Judge Kumite Referee	Pass on both
Alan Burnett	N/A	Refresher
Vesa Pekkarinen	Kumite Judge	Pass
Wayne Wood	Kumite Judge	Passed written
John Whitfield	Kumite Judge	Attended for experience
TABLE OFFICIALS		
Michelle Exton	N/A	Instructor
Coralie Casford	N/A	Refresher
Rose Ibrahim		Pass
Lee Ackers Porter		Pass
Kimberley Ackers Porter		Pass
Judy Macey		Pass

Surf...Sun...Sand

2004 Autumn Training and Recreational Camp – Currumundi!

-Chris Hall

I want to share an experience that lifted me up and one that I would strongly recommend to others.

One morning, once upon a time and not so long ago, I awoke realising that there was no work to attend that day, no chores to be done and that all my meals would be prepared for me. I was within walking distance of the best beaches in the world and the temperature and climate was perfect. I went to bed late that night having experienced all the above, spent time meeting new and old friends, learnt new and amazing things and with a full and contented stomach. I also had that exhilarating feeling that only comes with having done the one activity I love the best all day – AAMA Karate. The bonus to this story is that there were two more days of the same thing!

This is not a fairy tale, but the AAMA Kumite Camp April 30th, May 1st, 2nd and 3rd, 2004, an event that is attended each year by over 50 students of the art. For students it is a dream come true with numerous Sensei and Sempai offering assistance throughout the many and varied sessions. These same instructors were also available in the ample free time, either for advice or simply to entertain you with stories of past camps. The organisation and guidance freely given by these devoted instructors allowed you to concentrate 100% on what you wanted to practice.

Some of the sessions were conducted in the huge gymnasium, which easily accommodated all people at the camp. It was a great feeling to have all that space to train in and listen to the yells (Kiai) reverberating around the hall. One session was on the beach with plenty of fun activities like relay races, pairs and team events. This session was done out of uniform and was a great way to train with everyone on the same level.

What did I learn? Well among many things I learnt;

- To focus on targets in Kumite as a high priority,
- Use your breathing to focus the mind and the body on the task at hand,
- Concentrate 100% effort into each technique,

- Don't think about what might happen, but focus on what will happen,
- Anticipate your opponent's technique and move quickly – either forward or away to defend,
- All the basic rules and instructions for tournament Kumite,
- How to have fun playing Karate.

I also learnt many things that I do well and others that I don't do so well, none of which I will reveal here as it is for me to work on and for you to discover.

The meals were ample with stacks of healthy and not so healthy food, including cordial, coffee and tea in between meal times. For those with a yearning for the taste of 'normal' meals, there was a McDonalds and a Hotel just down the road.

Spare time in the day was spent swimming at the beach, going to the local shops, reading in the sunshine on the lawns or simply catching up on some sleep. The night time was great for playing board games, watching the latest release movies on video, chatting with friends or going out to the local nightlife.

This camp is a brilliant escape from your normal life, a chance to focus energies (mental and physical) on improving the self and an absolute fun time!

~Chris Hall

COMING SOON...

Trivia Night!

- Karyn Allen and Michelle Exton

- Saturday, 5th June

The social committee is organizing a Trivia night – a professionally and efficiently planned night with fantastic prizes to win! The Trivia Night on Saturday June 5 will be at the Finnish Hall on Newnham Rd, Mt Gravatt. It will be a great night out, so get a table of 10 together if you want (of friends, family or other club members) or add your name to the table lists that will be made available at the Wishart Clubhouse.

Maybe catch a cab, grab a few drinks and have lots & lots of fun.

A great night is promised with the night being professionally run with lots of raffles, games and prizes. Keep your eyes on the noticeboard at the Wishart clubhouse for further details of costs and table details.

Children's Buddy Training Sessions!

BUDDY TRAINING SESSIONS!

Wednesday 26th and
Thursday 27th May, 2004

They're fun!

They're cool!

On Wednesday 26th and Thursday 27th May, 2004 the Wishart Clubhouse is holding Buddy Training Sessions for children!

These training sessions invites all children in the Wednesday and Thursday classes to bring buddies along to your training session!

The Administration is excited to invite friends of the children classes to join in! Imagine... our children bringing along friends to join in on the exciting sport they have learnt so much from - karate!

So go on! Get your children on their Wednesday or Thursday class to bring along their buddies for all to have fun! Print the form at the end of this newsletter, grab a form off our website or (if you're without internet access) from the desk at the Wishart Clubhouse to fill in and register buddies for the nights!

If you have any questions please ask Bryony or Graham Keleher ~ Thank you

Free Lessons!

Tuesday 11th May - 20th May, 2004

The Month of **May** is a special month at the Australian Academy of Martial Arts; not only does it begin with our training and recreation camp, it also holds Mother's Day! With this special occasion in mind, **Mothers** are attending classes for **FREE** during

Tuesday, 11th May until Thursday 20th May, 2004!

Often, the most difficult thing is getting started. We have heard over time, groups of mothers, mothers of students at the club and other mothers in general stating that they were going to get started. When it came to the crunch for some of these mothers, only a small percentage of them started and are now well on their way towards becoming a black belt.

This is a chance for ALL mothers to join in the fun!

Even though we have reached the deadline to register for these special classes, we invite ALL interested people to sign up for a complimentary class!

Join in a sport that will not only help you become fit, but teach you valuable self defence skills, confidence, assertiveness, courage and a lot more other life skills that can be transferred to all aspects of life!

Karate is for everyone! You can try karate for FREE!

We hold complimentary introductory classes for all interested in trialling this awesome and valuable art!

Encourage friends, family and work colleagues to join up and build our club community!

For any further questions please ring (07) 3841 3300 or email admin@aama.com.au

Go on! Have a go! You'll LOVE it! ☺

Lessons to Save Lives! - CPR

4th June, 2004

FINAL CALL! The closing date for the CPR Course is 28th May, 2004! If you have confirmed your attendance, please get your monies in to the office at Wishart to attend this course!

As we have not reached the deadline for attendance numbers, we encourage anyone and everyone to

attend this course whether you need to refresh your CPR certificate or interested in attending this course for your first time.

This course will empower you with skills to **save a loved one's life:**

- Performing CPR **doubles** the likelihood of a loved one's survival from heart attack, severe electric shock and the likes;
- The administering of CPR is **easy** and will eliminate the unenviable position of having to stand by hopelessly and watch a loved one die!

Please ring (07) 3841 3300 or email admin@aama.com.au to register for this course before 28th May, 2004! All family, friends and work colleagues are invited to attend.

FEATURED INTERNET SITES...

New World Anti-doping Code: 2004 Prohibited List

http://www.wada-ama.org/docs/web/standards_harmonization/code/list_standard_2004.pdf

(List of Prohibited Substances in Sport.

"The World Anti-Doping Code is the first document to harmonize regulations regarding anti-doping across all sports and all countries of the world. A single Code that is applicable and acceptable for all stakeholders in the world anti-doping effort will help achieve this objective. The World Code is a core document that will provide a framework for anti-doping policies, rules and regulations within sport organisations and among public authorities.")

http://www.wada-ama.org/docs/web/standards_harmonization/code/revised_wadp.pdf

(World Anti-Doping Program: The Program is structured in three levels and includes the World Code (level 1), International Standards (level 2)

and Models of Best Practice (level 3).

www.wada-ama.org "World Anti-Doping Agency". You can subscribe to the 'wada' mailing list by visiting this site and filling out a pop up form.

FEATURING...

Member of the Month

This edition's 'Member of the Month' is:

Brendan Young



Brendan Young has been a long standing and respected member of our organisation and he is also similarly respected in karate circles through out Australia.

He has been a member of our organisation for 20 years (other than for an extended break due to a serious road accident) He is 3rd Dan black belt, a level one coach, and competed numerous times for Qld as well as for our club as a high profile athlete.

He has been our team captain for several years and was a great inspiration to our team, leading us to many victories.

He will be surely missed as a regular instructor at Wishart where he has continually assisted with

class instruction three times per week.

Besides a great karate player, Brendan will be missed (we hope only temporarily) as a great mate as he takes up a position and new professional career in the Qld. Police Force!

We all hope Brendan that you can still contribute some of your time with us once you have settled into your new profession!

Best wishes for success and happiness in your new job.

Text of the Month

A Beautiful Thought

Lisa Beamer on Good Morning America – If you remember, she's the wife of Todd Beamer who said 'Let's Roll!' and helped take down the plane that was heading for Washington D.C.

(<http://www.post-gazette.com/headlines/20010916phonecallnat3p3.asp>)

She said it's the little things that she misses most about Todd, such as hearing the garage door open as he came home, and her children running to meet him. She's now the Mum of a beautiful little girl, Mary. (Their 3rd child)

Lisa recalled this story:

I had a very special teacher in high school many years ago whose husband died suddenly of a heart attack. About a week after his death, she shared some of her insight with a classroom of students. As the late afternoon sunlight came streaming in through the classroom windows and the class was nearly over, she moved a few things aside on the edge of her desk and sat down there. With a gentle look of reflection on her face, she paused and said,

"Class is over, I would like to share with all of you, a thought that is unrelated to class, but which I feel is very important.

Each of us is put here on earth to learn, share, love, appreciate and give of ourselves. None of us knows when this fantastic experience will end. It can be taken away at any moment. Perhaps this is the powers way of telling us that we must make the most out of every single day." Her eyes, beginning to water, she went on. "So I would like you all to make me a promise; from now on, on your way to school, or on your way home, find something beautiful to notice. It doesn't have to be something you see, it could be a scent, perhaps of freshly baked bread wafting out of someone's house; it could be the sound of the breeze slightly rustling the leaves in the trees; or the way the morning light catches one autumn leaf as it falls gently to the ground. Please look for these things, and cherish them.

For, although it may sound trite to some, these things are the "stuff" of life. The little things we are put here on earth to enjoy. The things we often take for granted. We must make it important to notice them, for at anytime... it can all be taken away."

The class was completely quiet. We all picked up our books and filed out of the room silently.

That afternoon, I noticed more things on my way home from school than I had that whole semester. Every once in a while, I think of that teacher and remember what an impression she made on all of us, and I try to appreciate all of those things that sometimes we all overlook.

Take notice of something special you see on your lunch hour, while out walking or sitting outside during the afternoon.

Go barefoot. Or walk on the beach at sunset. Stop off on the way home tonight to get a double dip ice cream cone. For as we get older, it is not the things we did that we often regret, but the things we didn't do.

BRANCH REPORTS

Kazenkan Karate-Do – West Logan Report

Congratulations to Sarah Nicol and Sree Lavankumar on their recent successful grading.

To all my students (and a considerable thought for all students in all branches): All the best and keep training hard. Remember, if it is worth doing, it is worth doing to the best of your ability.

- Bob Scott, West Logan

The Kodomon Karate Do, Bayside Report

We have had a great result with one of our Junior students in the recent Queensland Open. Jacob Hinchy won two gold and a silver medal in the kumite events in the tournament. Congratulations!

The Bayside Dojo has had a quite a number of new students start training with us, and everyone is helping welcome them to the Dojo and to training with us. We also had a recent social night with several students (and a few visitors joining us) to see "The Last Samurai" When it hit the cinemas. It was a great night and a great movie!

Other recent social events included the Dojo Anniversary night (in March each year) when we returned to Little Tokyo Japanese restaurant for a great celebration of our 7th year in the Bayside area!

- Glenn Irvine, Kodomon Karate Do

The West Moreton Academy of Martial Arts (WAMA) Report

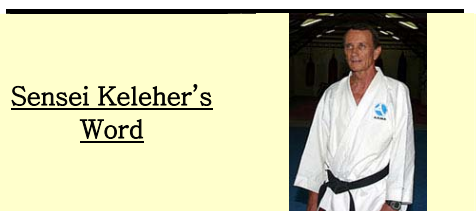
Training has continued at a pleasing pace out here in the west. All classes at Redbank have been well patronized, with some of our best numbers for many years being recorded. The structure this year is one general class on Monday night followed by an advanced class for senior grades and a Kata class on Thursday night followed by a Kumite class. Both the training level and

enthusiasm has been of a high standard in all these classes with many students training in all four classes.

The school classes at Laidley SHS have been progressing well; the latest grading exams have produced some very pleasing results. This year we have had an all girl year 11 class, instructed by Megan Barrett. This class has demonstrated a very high level of understanding and natural ability and will prove an invaluable addition to the year 12 and social Karate classes in our defence of the Qld. Schools Cup this year.

Well that is all from the west this month, looking forward to making and renewing acquaintances at the AAMA Kumite camp, see you there

- Murry Burrows, West Moreton



A common question for students at AAMA is "how often should I train?" This question can only be answered after you ascertain what the student wants to achieve.

GENERAL FITNESS

The fitness industry advises that you need to train for 30 minutes per day, 3 times per week under certain load to attain a reasonable level of physical fitness.

AAMA GRADING SYSTEM

Our grading system is geared to a minimum of 2 times per week (1½ hours each) to attain Black Belt in 3-3½ years.

Black belt may be obtained in a shorter time frame than this if a more regular commitment is given to training.

KARATE COMPETITION

The following table gives the suggested number of training sessions (1½ hours each weekly) at AAMA necessary to compete with enjoyment and a reasonable chance of success at various levels of competition:

Desired Level of Competition	Minimum Number of Training Sessions per week
Inter Club Level	2
State Level	2 - 3
National Level	4 - 5
International Level	4 - 6

Most athletes with a burning desire for success in competition or striving for their best overall Karate Development other than in Competition will be committed to more sessions and maybe some special personalized training as well.

The Department of Sport and Recreation have grants available for elite athletes. This financial assistance is performance and commitment based. The recipient must be performing at National Level of competition and must be committed to a minimum of 15 hours per week in COACH directed training.

Therefore, as a competitor in any of the above levels of competition the competitor may find themselves competing against an opponent who trains 15 plus hours per week. Our coaches are well qualified and regarded in Australian Karate and teach technical and tactical skills to a high level; however, without the commitment and dedication of the athlete, the coaches' skills alone will not produce the desired successful outcome for the competitor.

Guess Who, What and How Corner! -Karyn Allen

- Guess **who** is having a birthday at camp?
- **What** is the nickname of Sensei Scott's (Bob Scott) vehicle?

➤ **How did the Panther get gold stripes?**

(Find out the answers at the end of this edition)

May Competition **Open to All Students!**

Grab your thinking caps, your creativity and imaginations and ready to put them to paper! AAMA is holding a competition! This competition is after a War Cry for our club!

We are after a catchy chant that will be used at competitions and other events to cheer for our club and to keep our collective spirit soaring high!

This War Cry will be used to cheer on a fighting competitor or to collectively cheer for a competitor that put in their best effort kata.

The competition is open to all students from all branches and will be judged on its 'catchiness', its best representation of AAMA and appropriateness and ease of use in situations such as competition.

Entries are to be emailed to director@aama.com.au with 'War Cry Competition' in the subject line. Please include in the body of your email:

Your full name

The branch you train at

Your War Cry

(can be an attachment)

An explanation on how the War Cry is done

(This can be explained in person but preferable if it can be explained on paper)

How you came up with the War Cry
(optional)

Winners will be emailed, posted on the website and in the Honbu (Wishart) clubhouse. Competition closes June 11th, 2004. You have one month to get your thinking caps on and give us your best shot! ☺

Entries will be judged by Sensei Keleher, coaches, team manager and the team captain.

Good Luck! We look forward to 'hearing' your Spirited War Cries.

PLEASE NOTE...

Special Mentions

- Members, Friends and Staff

Boyd BUCHANAN – Congratulations on your promotion to Arnotts, National Operations Director for Snackfoods! We all still look forward to you training when you can.

Sensei Bob SCOTT – Best Wishes on the purchase of your new house at Victoria Point.

Sensei Nigel and Michelle GOUGH – Congratulations on the birth of your first daughter Indiana Sky on the 23/4/04. Great to hear Mother and Babe are well and Dad is surviving. Best wishes for the future.

Robert WARNER – Our thoughts are with you during your convalescing after your bike accident. We are pleased to hear that nothing is serious.

Matti JOKELAINEN we hope you are recovering well. We also hope the "two new knees" serve you well and long.

Max RODWELL, thank you for your kind donation of a beautiful mirror, which will be put to good use.

Thanks to **Steve EXTON**, **Michael GOH**, and **Trevor BODDY** for laying and fitting our new mats at Wishart dojo. What a great job and great help! Thanks also to **Tony SMITH** and **Ivan KELEHER** who ably assisted.

Thanks to our club president **Bruce LYNCH** for his unenviable job of transporting the mats from the supplier then to his house for temporary storage and then to the clubhouse to be laid

We must also acknowledge and thank **Steve WELLINGTON** for his effort in securing the grant from the Queensland Government's Gambling Community Benefit Fund on behalf of our club.

In all, the above people and organizations have together made our dojo floor look a picture!

IPSWICH CLUB

Last Christmas was when a sad choice was made by a few of us at the Academy. This choice resulted in the close of our club at the Ipswich Police Citizens Youth Club. This club commenced in 1974 at two locations – the W.P.O hall in Ipswich and the Croquet Hall in Queens Park. The club was founded by Sensei KELEHER. Sensei taught in Ipswich for approximately 12 years as well as at Wishart.

This club was very successful in producing elite karate members: three National Kumite Champions together with many state champions!

The club has in latter years been excellently run by various instructors. Amongst these were three current members: **Sempai Murry BURROWS**, **Glenn** and **Christine SMITH**. We sincerely thank all instructors who contributed to the success of our Ipswich Branch. We would especially like to thank **Glenn** and **Christine** for their huge effort over the past few years.

Unfortunately they are unable to continue due to pressing work commitments and the commencement of a young family. We all greatly appreciated your efforts, especially Sensei KELEHER. Thanks also to **Sempai Murry BURROWS** for his commitment.

Fortunately the students at Ipswich had the opportunity to continue their Karate Training with Sempai BURROWS at his nearby Redbank Plains Dojo.

Change in Training Times

As of Saturday 17th April, 2004 classes will commence an hour later

on Saturday mornings. The adult's class will begin at 9:45am and finish at 10:45am. The children's class will commence at 10:45am and finish at 11:45am.

Please make a note of the training schedule over the next month. You can find the Calendar, Training Schedule and any changes made on our website (www.aama.com.au).

Please make sure you check the website regularly so you do not miss out on club updates, articles and important notices!

Newsletter Articles

You have the STORIES, GOSSIP, INFO on PERSONAL ACHIEVEMENTS, and UPCOMING EVENTS, which we need for our newsletter!

You can assist in making this newsletter a sought after, priceless source of updated information for our karate community!

Please assist by having final submissions for the next edition of Otagai Ni in by **Friday, 18th June, 2004**.

Please Contact me regarding articles for our next Edition and enjoy perusing our website!

Bryony KELEHER
(07) 3841 3300
director@aama.com.au

AAMA Merchandises

Tracksuit designs, t-shirts and other merchandises are being finalised at present and order forms will be distributed in the next month!

In the past we have ordered tracksuits, polo shirts, bags and caps. All AAMA merchandise has been of the highest quality and comfort!

AAMA merchandise are on an order only basis, not sold behind the counter at the club; so listen out in class keep an eye out on our website for these forms, and be sure to order

AAMA merchandise to support your club!

The Attainable Red Stripes Attitude Program for Children..



Coming 24th
May, 2004!

Answers to the Who, What and How Corner:

Who?: Trick question:

Sempai Ivan Keleher!
AND Sherryl Musch!
(Michael Howe, another of our members, also shares May 2 as his birthday! Happy Birthday!)

What?: 'The Beast'!

How?: Sempai Zack 'Panther' Nath
'highlighting' his hair!

Contact Details

Phone: (07) 3841 3300
Email: info@aama.com.au
Website: www.aama.com.au

(Please don't forget to visit our website as frequently as you can to see regular updates on training times, reminders, notices and article summaries on Club events!)

What Are The Red Stripes All About?

- ==== Attitude
- ==== Courtesy
- ==== Respect
- ==== Helpfulness
- ==== Contribution
- ==== Gratitude
- ==== Effort
- ==== Thoughtfulness
- ==== Success



Australian Academy of Martial Arts



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 (07) 3841 3300



admin@aama.com.au
www.aama.com.au

CHILDREN'S BUDDY NIGHTS!

Wednesday 26th and Thursday 27th May, 2004

BUDDIES of _____ attending "Children's Buddy Night"

PLEASE FILL IN ALL INFORMATION

Please tick which class buddies will be attending (This will be the class the AAMA member normally attends)

Wednesday 26th May, 2004 4:45-5:45pm

OR

Thursday 27th May, 2004 5:00-6:00pm

(1) _____ Age ____ Address _____
 (2) _____ Age ____ Address _____
 (3) _____ Age ____ Address _____
 (4) _____ Age ____ Address _____

Friends' Emergency Contact Phone Numbers and email addresses during the class:

(1) _____
 (2) _____
 (3) _____
 (4) _____

Parents' Names ,Signatures and date:

(1)	Mother	_____	_____	/05 /04
	Father	_____	_____	/05 /04
	Guardian	_____	_____	/05/04
(2)	Mother	_____	_____	/05/04
	Father	_____	_____	/05/04
	Guardian	_____	_____	/05/04
(3)	Mother	_____	_____	/05/04
	Father	_____	_____	/05/04
	Guardian	_____	_____	/05/04
(4)	Mother	_____	_____	/05/04
	Father	_____	_____	/05/04
	Guardian	_____	_____	/05/04

If any further information is needed please phone Sensei Graham or Sempai Bryony Keleher on (07) 3841 3300 or email admin@aama.com.au