

Otagai-Ni!

Volume 3: Edition 1 - JANUARY 2009

Bimonthly Publication For AAMA Samurai & Adults

AAMA Student Body: Welcome to 2009!



Welcome to a new year and welcome to our first edition of Otagai-Ni 2009! This newsletter went on a long holiday and has now returned as a bimonthly newsletter just for Samurai and Adults!

We look forward to this newsletter becoming yet another link between AAMA Staff and students. When we look back on 2008 we truly see a record-breaking year for AAMA. We had a growth in student numbers, particularly

in children, with some former students returning. The referrals have been much appreciated. It was a successful year with our representing competitors at State and National levels; we had our successful Inaugural Supershow for Samurai and Adults; we had our AAMA 2008 Japan Tour; we welcomed 6 new senior Black Belts and 3 junior Black Belts and we had 19 senior students and 9 junior students graduate EVERY module successfully!

So.. 2009 outlook: We can tell you we are very optimistic with 2009! The study of Martial Arts is more sought after at our Academy every year. The attraction with Karate is that it is more than just an activity to keep us in shape (with a supporting healthy diet—see this edition's Momentous Thought). Students benefit from our highly accredited supervising instructors under the guidance of the universally renowned Shihan Graham Keleher and our astounding high quality of structured AAMA Rotational Curriculum program for Samurai and Adults! What a wonderful feeling it is to be balanced in mind, body and spirit! Lastly, students gain great confidence in learning to care for themselves during emergencies.

2009 will involve motivated staff supporting healthy and happy lifestyles of our students with our curriculum and AAMA events! We encourage students to keep informed with AAMA by looking out for our emails, by reading our Otagai-Ni! Publications and by listening for announcements in classes! Remember, training a minimum of twice a week is one pre-requisite for your graduations. Etiquette, including respect, humility, patience etc along with commitment and determination in training will add to your successful promotions in Karate and in life!

Best wishes to our Samurai and Adult Student Body in 2009 and we look forward to assisting you in your New Year's Resolutions and any other goals you conceive, write down and commit to!

Otagai-Ni! Editor: Sempai Bryony Keleher



Welcome to 2009!

2009 Calendar
AAMA
OKA/ AKF
WKF

Momentous
Thought
Your Goals for 2009
Winners would
rather be fit than fat!

2009 CALENDAR

This proposed Calendar is subject to change.

JANUARY	DATE	WHO IS INVOLVED?..	
Samurai & Adults' (S/A) Kagami Baraki S/A Summer Module Commences Otagai Ni! Publication	Tuesday Monday -	6th January 12th January January	All Samurai & Adults All Samurai & Adults All Samurai & Adults
FEBRUARY Children's Valentine's Movie Night	Friday	13th February	Little Leopards & The Dragons (3-11), Adult Students' children also welcome
MARCH QKA Summer Championships S/A Summer Module Graduation AAMA Training & Rec. Camp S/A Autumn Module Commences AAMA Buddy Week	Sat/Sun Thursday Fri - Sun Monday Mon - Sat	7th & 8th March 19th March 20th - 22nd March 23rd March 23rd - 28th March	Kata & Kumite Class Students - Redbank *** All Samurai & Adults Samurai & Adults (Yellow Belt & Above) ^ All Samurai & Adults Little Leopards, The Dragons & Samurai Adult Students' children also welcome All Samurai & Adults
Otagai Ni! Publication	-	March	
APRIL Karate Kid Championship Supershow AKF Inc. Australian Open	Saturday Saturday Fri - Sun	4th April 4th April 17th-19th April	Little Leopards & The Dragons All Samurai & Adults Kata & Kumite Class Students - Melbourne ***
MAY Mothers' Special	-	May	Beginner Ladies Special: train as many times as you like in one week for free.
Otagai Ni! Publication QKA State Titles S/A Autumn Module Graduation 5 Week Arnis Stick Course	- Sat & Sun Thursday Saturdays	May 23rd & 24th May 28th May May	All Samurai & Adults Kata & Kumite Class Students *** All Samurai & Adults The Dragons (9+), Samurai and All Adults
JUNE S/A Winter Module Commences	Monday	1st June	All Samurai & Adults
JULY Otagai Ni! Publication QKA Winter Championships	- Saturday	July 11th July	All Samurai & Adults Kata & Kumite Class Students - Redbank ***
AUGUST S/A Winter Module Graduation S/A Spring Module Commences AAMA Buddy Week	Thursday Monday Mon-Sat	6th August 10th August 24th - 29th August	All Samurai & Adults All Samurai & Adults Little Leopards, The Dragons & Samurai Adult Students' children also welcome Kata & Kumite Class Students - Adelaide ***
AKF National Championships	TBA		
SEPTEMBER Karate Kid Championship Supershow Fathers' Special	Saturday Saturday -	12th September 12th September September	Little Leopards & The Dragons All Samurai & Adults Beginner Gentlemen Special: train as many times as you like in one week for free.
Otagai Ni! Publication	-	September	All Samurai & Adults
OCTOBER S/A Spring Module Graduation S/A Last Module Commences AAMA Training & Rec. Camp	Thursday Monday Fri - Sun	8th October 12th October 20th - 22nd March	All Samurai & Adults All Samurai & Adults Samurai & Adults (Yellow Belt & Above) ^
NOVEMBER Otagai Ni! Publication	-	November	All Samurai & Adults
DECEMBER S/A Last Module Graduation Summer Boot Camps	Thursday TBA	10th December December	All Samurai & Adults Little Leopards & The Dragons Adult Students' children also welcome

S/A = Samurai & Adults

Please note, the Calendar for Little Leopards and Dragons is not included in full

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Pre-requisites involved with attendance.
This is a compulsory activity for Competitors.

January 2009: Momentous Thought

Your Goals for 2009 - Winners would rather be fit than fat!

Priority #1 for us all in life is to be healthy. Not only healthy physically but healthy in mind and spirit; however, in order to be healthy in mind and spirit we rely heavily on being healthy physically. For this reason, the first Momentous Thought for 2009 in our January Edition is to encourage commitment for physical fitness in 2009!



WINNERS WOULD RATHER BE FIT THAN FAT!

The New Year is here, and there are choices to make.
Would you rather begin your year fit or fat?

It really is up to you. You either decide to exercise and train... Or not. You decide if you are going to indulge in all the junk food available, or not. You can decide to eat more moderately, or not. We rarely eat anything by accident or because somebody forced us to indulge. They may occasionally try to influence us... But it's all about the choices we make at every moment.

Decide in advance:

How do you want to begin your year?
How do you want to look and feel? What are some final goals you would like to achieve? Your overall health and fitness often determines how much physical energy you have and how sharp your mental focus will be. How you feel determines

your emotional attitude toward everything else you do and your attitude always influences your actions, or lack thereof.








It's a tremendous feeling to be energetic, healthy, fit and focused. Don't you agree it's more fun to feel fit and alive.. Than sick and tired? It's always better when your emotions are more up than down, and you also tend to transfer a vibrant and positive energy force to others. Let's take another view for a moment. Let's say you say, "Screw it... I'm going to party my butt off and deal with it later!" How can that hurt? Right?

"Neglect starts out as an infection then becomes a disease." - Jim Rohn

Habits we train are habits we gain. It's very easy to develop lazy habits and take the easy route in life. The challenge is in breaking those lazy habits and developing ambitious ones to replace them. Again, these are choices we all have to make. Now, that doesn't mean we can't have some fun and enjoy ourselves. It just means we have to have goals to stay in shape and keep ourselves active, healthy and fit. It means we are going to have fun within certain guidelines that we decide on in advance.

It is very similar to financial budgeting. If you put a little thought and planning to it in advance you'll come out better in the end. If you go with the emotion of the moment and indulge yourself, you may regret it later on.

If you'd like to stay (become) healthy and fit this year, here are a few simple tips that may be helpful:

-  Go for the good food first. This way you will have less room for the junk food
-  Food affects your mood. Good food equals good mood. Bad food equals bad mood.
-  Fast food is rarely good and good food is rarely fast.
-  Stay well hydrated 24/7. Athletes need water. It increases energy and helps to ward off sickness. It also works to combat against caffeine and alcohol in drinks that dehydrate us.
-  Be active everyday... Walk, job, and train hard at the dojo.
-  Keep your body flexible, fit and active. Do something every day: train at home or come to the Dojo!
-  Develop the habit of good posture, keep pep in your step, Pride in your stride and hustle in your muscle.
-  Condition your mind along with your body. Write down your goals and review them daily, re-write them frequently.
-  Read to exercise your brain along with your body: recommended reading lists for Lessons in Mindfulness would be perfect for this!
-  Develop an action plan and take action everyday. Make you are moving the ball toward the end zone everyday.

We hope you will join us by beginning the year healthy, wealthy, happy and fit... With a fighting spirit that will never quit!