



U K C NEWS

Summer Morning Classes for Juniors

Starting on Monday June 13th there will be a morning class available for Junior Students of all ranks (aged 6 and older) from 11:00-12 noon, every Monday and Wednesday during the summer break. Students who train in this class may also elect to attend an evening class on the same day if they wish. Sensei FungSang will teach the classes.

fitlife foods

Located in Plantation next to 24 hour fitness on University Drive, fitlife foods offers interesting healthy meals at affordable prices. They have partnered with our Dojo and have an impressive display that includes a nice photo of Shihan Mason. We have information on fitlife, and coupons available, at the Front Desk.

"I've always found that anything worth achieving will always have obstacles in the way and you've got to have that drive and determination to overcome those obstacles on route to whatever it is that you want to accomplish".

-Chuck Norris

KATA: A WAY TO PRACTICE BALANCE AND CENTERING

Many times students find the practice of Kata (empty hand forms) to be challenging because the practice requires so much repetition. They think that when they have learned the moves of the Kata and run through it a few times, that they know the Kata.

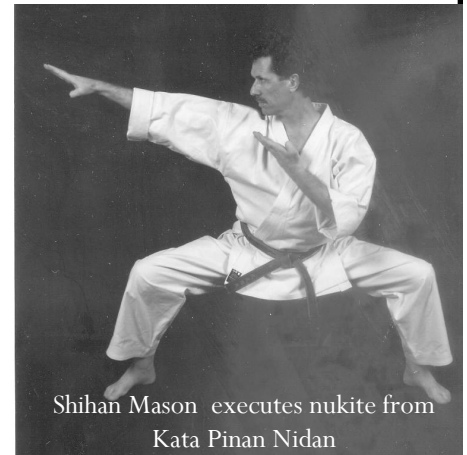
From Gold belt (8th Kyu) to Brown belt (3rd Kyu) the students learn one Kata per rank at each belt level. By the time they are preparing for Black Belt a student will have learned eight Kata. While the Kata involve many moves from the basics, these moves are executed in different directions and at different angles. The idea is to imagine different opponents coming from different directions and counter these imagined attacks. Directed use of visual imagery helps in the development of spatial thinking skills. The footwork learned through Kata practice develops skills and strategies for self-defense, while the adjustments of balance required throughout the practice teach a new level of self-control.

Timing is important in the performance of your Kata. Each individual movement must be practiced to perfection. Each combination of movements must be put together for each direction so that you can flow from one move to the next. The Kata as a whole must be timed to fit together as a whole. It is like punctuation in writing where each move is distinct like a word, then each combination is like a sentence with a period at the end and a full stop. At distinctive points in the Kata there are Kiai (shout) which end that particular sequence and are like the end of a paragraph. The flow between these distinct stop and start points serve to make the Kata performance dynamic.

Kata also serve as a means of passing strategic ideas from one generation to another. Masters often hide specific strategic concepts within the moves of a Kata so that future generations can discover these ideas through practice of the form. Just as we may see a play or read a poem that was written hundreds of years ago, and yet is still meaningful today, so it can be with a Kata that, with practice, we can discover important strategic skills. Although Kata may sometimes seem very stylized and not like real fighting moves, like poetry or a Shakespearian play, the inner value remains intact.

While Kata is practiced in the Dojo for each graduation from Gold Belt on, it is also a division for competition. Kata tournaments are judged using a similar format to gymnastics or ice skating. Qualified judges assess each performance for balance, power, coordination, flexibility, agility, dynamics and other important variables to assess a score. The competitor with the highest score gets the biggest trophy. The confidence that grows from the experience of performing Kata, is part of the reward intrinsic to the process.

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Shihan Mason executes nukite from
Kata Pinan Nidan

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University Karate Center

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June Kids word search

S I R E G I H S A W A M N E K A R U Y K E V E G R R B U
 I K U Z I H S A G A N O T T E T A R A K K A G I G E R I
 A W E X R E C S S T U T D O E C N A I A R N A A I E D N
 S E A E Z S O H Y O K U M I T E I C T T E C H N I Q U E
 W R R O F C N N A U T H H T A G I A P M E S K I A I R A
 I H U G T I F O P R I N E M U G E N D O E R I C I S I M
 C H O L E L I Y P N E P E H L E S M O M P E C Y H T E A
 D E L O I B D Z E A R L D D L A N R F O U T K S S D N M
 I I Y R S U E U P M E S G D U E E O A B N I S S P E L A
 S R I T H S N K D E E W E E F T S F I L C M T E A R O R
 C E T N O T C B N N S T A T L L S I H O H U Y L R D E T
 I G A O D S E T A T T E N T I O N N C C I K A F R O M I
 P O R C A T A O E L D E A A N T E U W K H N N D I R R A
 L K E F N M U D O K A I T I E T N R O O W O A E N E E L
 I O N L E G P G O U N N G O S O F O D D O H H F G R S A
 N Y V E C A Y M N E H I C I W E A P O N S I R E R S P R
 E I A S I K U Z Y O T T L E B S V J L I E K A N B D E T
 U B T R A I N I N G L F O B I F O C U S E M D S O U C S
 M M L B A L L A I K U Z U K A Y G A A L G E E E D E T R



Sensei Maxim Hew
 Gyakuzuki Chudan

Word List

Attention	Kihon Kumite	Sempai
Balance	Kyu	Sensei
Belt	Listen	Shodan
Block	Maegeri	Shiai
Confidence	Martial Arts	Sparring
Discipline	Mawashigeri	Student
Dojo	MuDoKai	Technique
Focus	Mugendo	Teisho
Gyakuzuki	Ohyo Kumite	Tournament
Kagigeri	Oyzuki	Training
Karate	Punch	Uniform
Kata	Respect	Uraken
Kick	Self Control	Weapons
	Self Defense	Yokogeri

U K C NEWS

Is Your Kid Getting Enough Sleep?

Most children are not getting enough sleep these days. As a consequence they are too tired to enjoy their day at school or at Karate or other recreational activities. The chart below gives the recommended sleep time for children of different ages:

Age 6-11 need 10-11, most 9

Age 12-14 need 9-10, most 8

Age 15-17 need 9-10, most 7

As you can see most children in the current studies are not getting the amount of sleep required. In a recent poll, 16% of kids said they woke up during the night to send or read texts and emails. A good nights sleep is essential for health and well-being.

Busy Life: Karate Classes

Everyone today has a busy life. In order to develop a "Martial Arts Lifestyle", with the goals of progressing in your practice, staying in peak physical condition and maintaining your training for self defense it is important to schedule your time and stay on track.

"Martial arts is a form of expression, an expression from your inner self to your hands and legs".

-Donnie Yen

Respecting the Dojo

Most of us have been hearing the word "Dojo" since the first day we entered a Martial Arts school. The name Dojo originally meant "place of enlightenment." Long ago Japanese warriors thought this would be a good name for the large rooms in which they practiced the Martial Arts. Over the years, Dojo has become the name for anyplace that Japanese "Do" (way) arts like judo, aikido, mu- gendo and karate-do are studied

Here are some Dojo rules

- 1 Students must bow when entering or leaving the Dojo.
- 2 Students must wear the traditional uniform to all classes unless a Dojo T-shirt is permitted.
- 3 All uniforms must be kept clean and in good condition.
- 4 Students must keep their bodies clean and nails trimmed.
- 5 Students must not wear jewelry or sharp objects.
- 6 Students must not engage in idle talk while in the Dojo, and should remain attentive at all times.
- 7 Students must not chew gum, candy, or eat in the Dojo.
- 8 Students must always be courteous and helpful to each other.
- 9 Students should only use their skills in self-defense.



Sparring can be dangerous without the observation of Dojo etiquette

Even young children can learn and thrive within the discipline of the Dojo



and practiced.

Some things about the Martial Arts have changed since the early years; however, the idea that Martial Arts mastery brings enlightenment hasn't changed. Martial Artists must be in touch with themselves and everything around them if they want to successfully live according to the ideals of wisdom, responsibility, and humility, to name a few. Today, the place where we study these Martial Arts ideals, techniques, forms and disciplines is our Dojo.

It's clear that the Dojo has an important role in the Martial Arts, and in the lives of Martial Artists. Special rules are needed to help it fulfill that role and to keep it a safe, focused environment for serious Martial Arts training.

The discipline, responsibility, and humility learned in the Dojo will serve you throughout life. Respect the Dojo, and make your challenging journey to Black Belt and beyond a smooth one. Shihan Mason and all of the Sensei are here to help you practice and understand the "unlimited way" of the Mudokai.

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University Karate Center on the Web: www.mudokai.com
 7107 W. Broward Blvd. Plantation, FL 33317 (954) 587-5008

Sun Mon Tue Wed Thu Fri Sat

<u>New Student Summer Specials</u> \$99.95 for 4 four weeks \$149.95 for 6 weeks \$179.95 for 8 weeks Free Uniform Daily Classes		1	2 Happy Birthday Sensei K. Porras	3	4 Happy Birthday Sensei Brigida Sensei Sinanan
5 Belt Graduation All ranks 11:00 am	6 Adult Belt Graduation 7:45 pm Happy Birthday Sensei Ouellette	7	8	9 Last Day Public School	10 11 Happy Birthday Sensei L. Buchalter
12 Happy Birthday Sensei Harper Sensei Gordon	13 Junior Black Belt Club 6:00 pm 11:00 am Junior L1	14 Happy Birthday Sensei B. Stamp Flag Day	15 Happy Birthday Sensei Braswell 11:00 am Junior L1	16 Happy Birthday Sensei Bernard	17 18
19 Happy Birthday Sensei Katon Father's Day	20 Summer Begins 11:00 am Junior L1	21	22 11:00 am Junior L1	23 Happy Birthday Sensei Wolf	24 25
26	27 Happy Birthday Sensei J. Miller 11:00 am Junior L1	28 Happy Birthday Sensei C. Troccoli	29 Happy Birthday Sensei Jake Hutchinson 11:00 am Junior L1	30	The Karate Dojo will be closed for the holiday July 2nd 3rd and 4th