

# THE KARATE DOJO

& Kicking Kids Kamp

December

# NEWSLETTER

2012

2263 Sunset Boulevard • West Columbia, SC • 29169 • (803) 739-9494 • [www.TheKarateDojo.com](http://www.TheKarateDojo.com)

## TEAM

### TEAM Dojo Interest Meeting

We are gearing up for a fun and exciting Sport Karate Tournament Season.

The 2013 **TEAM** Dojo will be super exciting!! Please plan to attend this meeting if you have any interest at all in being a part of this team. We will be providing all the details and answer all of your questions at this time.

**Date: Monday, December 10**

**Time: 6:45 - 7:15pm**

**Place: Periwinkle Room**

**NEW**

**KIDS KAMP PARENTS!!!**  
**Monthly Parent-Teacher Conference**  
**with Sensei & Carrissa**

**December 14**

Do you have comments or concerns you would like to address directly with Sensei or Carrissa related to the Kicking Kids Kamp? Contact Tina to schedule an appointment.

*Appointments will be scheduled in 15 minute increments between 3:30-6:30pm.*

[www.TheKarateDojo.com](http://www.TheKarateDojo.com)

**The Karate Dojo & Kicking Kids Kamp will be closed December 24, 25 and January 1.**



### Contact Information

Dojo: [Info@TheKarateDojo.com](mailto:Info@TheKarateDojo.com)

Kids Kamp: [Carrissa@TheKarateDojo.com](mailto:Carrissa@TheKarateDojo.com)

Office: [Tina@TheKarateDojo.com](mailto:Tina@TheKarateDojo.com)

## SEMINAR & MEET MY SENSEI:

# SENSEI DEWEY EARWOOD

10<sup>th</sup> Degree Blackbelt with 45 years of martial arts experience

Sensei Earwood was my first Karate teacher after moving down from NY in 1987 and the ONLY person I have ever called **Sensei**. I received my first Blackbelt from him in 1991. I have lived in his house, driven his trucks, trained in his backyard, gotten multiple matching tattoos and rode around in his back pocket across the country and around the world for many, many years.

His wife (Marie) and his daughter (Jentry) have given up much family time with him allowing him to train me and take me under his wing for so many years – I am forever grateful.

My Dojo and a select set of students and friends will be fortunate to train with him in the coming weeks and months during some special classes and seminars.

**We are also trying very hard to include several former Blackbelts of Sensei Earwood's to attend and reunite for one day!! We would love to see you!!**

\*Whether you participate or spectate – we would love to see YOU

He has more Karate (and life) knowledge in his pinky finger than I do in my entire body.

Sensei Earwood has never entered my Dojo and will for the first time ever on: **Sunday – December 9, 2012 from 2 – 5pm**



Sensei Earwood will be meeting, greeting and teaching all current teenage and adult students in our Dojo as well as some “special” friends to Sensei Pena:  
**Sunday – December 9, 2012 from 2 – 5pm**

Sensei Earwood, a devout Christian for his entire life and will be teaching a kata that he developed for competition in 1978 – “The Cross” – a basic kata developed to tell the story of the life and crucifixion of Jesus Christ. Sensei no longer teaches fulltime but is blessed and fortunate to be enjoying a relaxing and peaceful life with his beautiful wife Marie and daughter Jentry at their home in Prosperity, SC. Sensei still teaches students in his own personal backyard Dojo.

This is truly a **ONCE IN A LIFETIME** opportunity to meet and train with the one man for whom we owe The Karate Dojo to:

**Sensei Dewey Earwood; 10<sup>th</sup> Degree Blackbelt**

Time heals all - I bow to you sir.

**Sensei Brian Pena**

**Cost:**

**\$100 / student to meet and train with Sensei Earwood for 3+ hours**

(Included will be a special participation certificate signed by Sensei Earwood at conclusion of seminar)

**\$25 / person to spectate and watch seminar (no exceptions)**

(Only students participating in seminar will receive certificate signed by Sensei Earwood)

Students registered for seminar will be excited to be allowed a once in a lifetime opportunity to have one picture made with both Sensei Earwood and Sensei Pena.

**Bring your camera!**

Seminar limited to 35 students on floor training.

Register TODAY to hold your space on the floor.

You will learn Karate.  
You will learn history.

You will feel peace.

**This is HISTORY.**

**Sensei Pena will be performing Kata for his Sensei on this very special day.**

**Youth Student  
of the Month  
Reagan Rudd**

**(Grand) Parent  
of the Month  
Suzette Hillis**

**Adult Student  
of the Month  
Andres Leone**



We have started our 3rd Annual Harvest Hope Food Drive by bringing in canned food, toiletries, etc. to place in the Dojo as we try to raise food, money and items for those less fortunate than us throughout the upcoming holiday season.

We will join together and deliver what we raise to Harvest Hope on **Friday - December 14, 2012.**

\* In 2011 we raised over 1500 lbs of goods!!! Can we beat that this year???

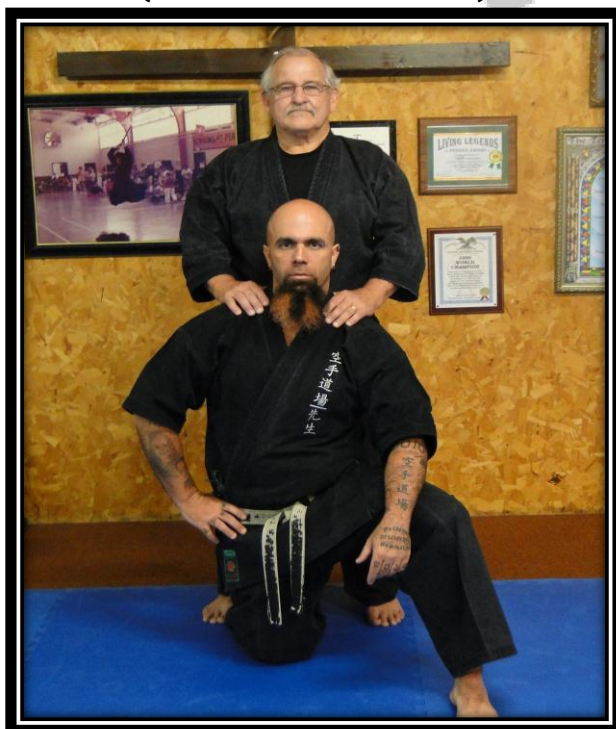
\* The top two male and females (youth or adult) to bring items will win LUNCH w/SENSEI!!

<http://www.HarvestHope.org/>

**Sensei will be on vacation the week of December 23-29.  
There will be NO Karate classes this week.**

**Sensei Pena with Sensei Earwood**

(Picture Taken October 2012)



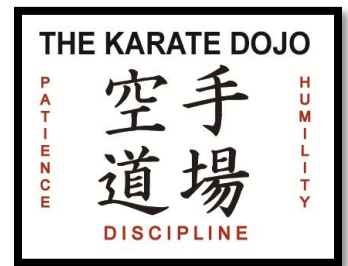
(Sensei Pena's Sensei for almost 30 years)

## THOUGHT FOR DECEMBER 2012

"Start respecting your body and realize we only have one for life."

Think about that & we'll see you in class!!!

Sensei Brian Pena



## YOUTH CLASSES AT THE KARATE DOJO...

Because a structure of respect, courtesy and honesty is built into Karate, youth develop the ability to listen, learn, and achieve within a highly regulated environment.

Most sports don't build leadership traits. If you have the necessary skills to perform you're in the game, if not you're on the bench. Karate is different; the program is designed to develop leaders. Each week we teach the youth how to develop such traits as confidence, self-discipline, better listening skills, honesty, integrity and much, much more. The classes combine the fun and excitement of Karate training with weekly character development lessons designed to strengthen our student's spirit, soul and body.

## SPARRING EQUIPMENT

Such as in soccer, baseball, football or other sports and disciplines, each student will require additional equipment as they progress in their Karate training. Once a youth student has reached the level of Yellow Stripe and an adult student has reached the level of Yellow Belt, they will need a full set of protective Sparring Equipment which consists of a Headgear, Handgear, Footgear and Mouthpiece and for males - a protective cup.

Beginning at these Ranks, the student will now begin working in a safe and practical manner applying the basic kicks and punches which they have been learning in their Karate classes.

- For safety and hygienic reasons, each student will need to have their own Sparring equipment.
- Sparring equipment may only be purchased through The Karate Dojo.

During December 2011 we will be Sparring many times during both Youth and Adult classes.

*\* Please check the monthly calendar to make sure you or your child is prepared for class!*

## EFFECTIVE IMMEDIATELY

All training equipment, uniforms, weapons, etc. used at The Karate Dojo by an individual must be purchased through The Karate Dojo by that individual. Thank you for supporting The Karate Dojo for your Health, Fitness and Karate needs.

## DIGITAL PICTURES FOR SALE

Over the past eight years we have accumulated over 10,000 digital pictures of every special moment in our Dojo from Rank Tests to Belt Promotions to Grand Openings to Birthday Parties to Tournaments to renovating each of our two Dojos to everything else in between. We often get requests for Sensei to email a copy of the pictures. Due to the extensive time taken to catalog each picture and also for the time to actually email pictures effective immediately there will be a \$10 charge for each and every picture taken at the Dojo that you would like a digital copy of. It is SO great to be able to look back on the special moments you or your child have had at The Karate Dojo and to see how far we have come and how much we have grown! Please let us know if there are any pictures you would like. All pictures taken at The Karate Dojo are property of The Karate Dojo.



**Three Generations Of Karate**

Left to right: Dewey Earwood, seventh degree blackbelt of Prosperity, recently attended a class taught by Sensei Virgil Kimmey, 10 degree blackbelt of North Augusta. Before the class was over, Sensei Kimmey promoted Brian Pena, a student of Earwood's, to third degree blackbelt. Brian is one of the instructors at the Prosperity studio and a student of Midlands Tech. Sensei Kimmey just turned 76 and still teaches classes in North Augusta. He recently was inducted into the Black Belt Hall of Fame.

## HISTORY

(Picture taken in 1996)

On Sunday - December 9<sup>th</sup> from 2 - 5pm students of The Karate Dojo will be able to take their own "Three Generations of Karate" picture with Sensei Pena and Sensei Earwood. **DON'T MISS IT!!**

# "The Dojo"

## December 2012

SUN	MON	TUE	WED	THU	FRI	SAT
<b>Nov 30</b>						<b>1</b>
<b>MERRY CHRISTMAS!</b>						
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
	Youth Karate <b>Kata/Weapons</b>	Youth Karate <b>Fighting</b> Must have Fighting Equipment	<b>Lex. 2 Early Release</b> Youth Karate <b>TEAM Fighting</b> 4:30 – 5:30pm Orange Stripes & above	Youth Karate <b>Kata / Stances</b>	<b>RANK TEST INVITATION ONLY</b> <b>Rank is Not Guaranteed</b>	
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>Sensei Earwood Seminar</b> 2-5pm Limited to 35 Adult Karate Student Participants *Unlimited Spectators*	Youth Karate <b>Self Defense</b> <b>TEAM Dojo Interest Meeting</b> 6:45pm	Youth Karate <b>Self Defense</b>	Youth Karate <b>Kata / Stances</b>	Youth Karate <b>Kicks / Punches</b>	<b>Kids Kamp Parent-Teacher Conference w/ Carrissa</b> 3:30-6:30pm Schedule w/Tina ----- <b>Harvest Hope Delivery - 4:30pm</b>	<b>Outdoor Karate &amp; Conditioning</b> <b>Irmo Middle School</b> 8:00-11:00am  Adult Karate Students \$15 / student Paid in advance
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>Adult Open Floor</b> 1:00-3:00pm  \$5 / student (no children)	Youth Karate <b>Fighting</b> Must have Fighting Equipment	Youth Karate <b>Fighting</b> Must have Fighting Equipment	<b>Lex. 2 Half Day</b> Youth Karate <b>Basics / Stances</b>	<b>Lex. 2 Holiday</b> Kids Kamp Open 7:00am – 6:30pm \$15 - current kamp students \$25 - non kamp students	<b>Lex. 2 Holiday</b> Kids Kamp Open 7:00am – 6:30pm \$15 - current kamp students \$25 - non kamp students	
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>SENSEI'S VACATION WEEK</b>	 <b>DOJO &amp; KAMP CLOSED</b>		<b>Lex. 2 Holiday</b> Kids Kamp Open 7:00am – 6:30pm \$15 - current kamp students \$25 - non kamp students	<b>Lex. 2 Holiday</b> Kids Kamp Open 7:00am – 6:30pm \$15 - current kamp students \$25 - non kamp students	<b>Lex. 2 Holiday</b> Kids Kamp Open 7:00am – 6:30pm \$15 - current kamp students \$25 - non kamp students	
<b>30</b>	<b>31</b>	<b>Jan 1</b>	<b>Happy New Year!</b>			
	<b>Lex. 2 Holiday</b> Kids Kamp Open 7:00am – 6:30pm \$15 - current kamp students \$25 - non kamp students	<b>DOJO &amp; KAMP CLOSED</b>				

# TKO



## WOMEN'S TOTAL KNOCKOUT SELF DEFENSE

Taught by a female veteran Police Officer



2263 Sunset Blvd. • West Columbia, SC • 803-739-9494

The paradox of Self Defense is that the more prepared you are, the less likely you are to need it. In this self defense class you will develop your warrior mindset. You will learn how to deliver targeted attacks to an attacker's vulnerable points. You will become proficient in punches, elbows, knee strikes, and kicks.

You will learn how to take an attacker down but also what to do if you get taken down. You will learn how to defend yourself if attacked with a weapon but also how to use your own weapons to include: OC Spray, Taser, Knife, Key Chain, just to name a few!

**Become a WARRIOR today and forever!**

**Instructor: Teena Gooding**



Teena Gooding is currently a Lieutenant with a State Law Enforcement Agency who has worked in Law Enforcement since 1999. She has been a certified Self Defense Instructor since 2004, Defensive Tactics Instructor since 2009 and Firearms Instructor since 2007.

Lieutenant Gooding teaches Female Officer Survival classes throughout South Carolina and is a certified Sabre Civilian Safety Awareness Program Instructor making her the perfect head instructor for our TKO: Women's Knockout Self Defense program at The Karate Dojo!



**The Karate Dojo**

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**(803)739-9494**

Website: [www.TheKarateDojo.com](http://www.TheKarateDojo.com)

Email: [Info@TheKarateDojo.com](mailto:Info@TheKarateDojo.com)

**Classes are held Tuesday  
evenings from  
7:00 - 8:00pm**



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# BEGINNER YOGA

**Monday: 11:00am – 12:00pm**

**Wednesday: 7:00pm – 8:00pm**

We are extremely excited to bring in an awesome young lady - **Ashley Petty** - to teach a beginner Yoga class twice per week at The Karate Dojo.

This program is open to both men and women.



*Here is a little from Ashley Petty...*

*I received my 230 hour Yoga Alliance certification through the internationally renowned Asheville Yoga Center under the direction of Stephanie Keach. The intensive training covered physical, philosophical & scientific aspects of Yoga.*

*Simply put, I love Yoga! I love that EVERYONE can do Yoga. I love to empower people with their own abilities. Yoga has so much peace to offer in our chaotic world. I think gentle; beginner level classes that focus on "stretch & strengthen" will be a good intro to Yoga for your Dojo.*

*We will cover breathing & relaxation techniques as well as a basic intro to Yoga philosophy & how it benefits & strengthens a healthy lifestyle.*

## Yoga Pricing Packages

One Time \$39 Registration Fee (includes Dojo T-Shirt)

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**5 Class Package: \$65**

(\$13 per class; expires one month from date of purchase)

**15 Class Package: \$180**

(\$12 per class; expires three months from date of purchase)

**25 Class Package: \$250**

(\$10 per class; expires six months from date of purchase)

**Single Drop In Rate: \$15 per class**