

# BLACKBELT TEST

## JANUARY 9-11, 2015

Eric Friedrichs and Carrissa Merchant  
for Shodan (1<sup>st</sup> Degree Blackbelt)

Nathan Bouknight for Nidan (2<sup>nd</sup> Degree Blackbelt)



**This will be a very mentally, emotionally and physically demanding “3” day Blackbelt Test.**

**\*\*Students testing for Shodan (1<sup>st</sup> Degree Blackbelt) will be locked inside the Dojo for three straight days.**

The Saturday portion of the test will be graded by a Board of 12 Blackbelts of Skill & Character and run from 7:00am - 8:00pm.

The Saturday sections will cover: Kata, Weapons, Fighting, Self Defense, Basics and Physical Challenge.

Spectators for **Saturday – January 10, 2015** will be charged \$50 for an all-day pass.

**\*\*Every** spectator to this incredible test will pay to enter. NO EXCEPTIONS.

**\*\*Saturday** portion of Blackbelt Test is only open to current members or family members of The Karate Dojo.

With the mass commercialization of Martial Arts over the past 30 years, Blackbelts are often handed out as if they came out of a Cracker-Jack box. You will be in awe of what is required of someone to be honored with a Blackbelt from The Karate Dojo!

See our Office Director ASAP with payment if you would like to be included on the list of spectators to watch and support these students.

**After 3 days of grueling testing, nothing is guaranteed except an exhausted body.**

# THE KARATE DOJO

& Kicking Kids Kamp

## NEWSLETTER

January

2015

2263 Sunset Boulevard • West Columbia, SC • 29169 • (803) 739-9494

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

Congratulations to: CLINT MERCHANT  
2014 Adult Student of the Year



Congratulations to: DAVIS FAMILY  
2014 Family of the Year



## YOUTH STUDENT OF THE YEAR & PARENT OF THE YEAR CELEBRATION

January 13, 2015 5:30-7:00pm

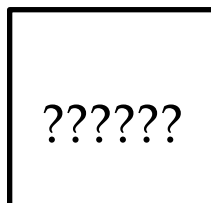
Special Awards to be given out for:

2014 Best Attitude, Hardest Working, Most Improved,  
Best Manners and Future Blackbelt

2012 Youth Student of the Year  
JOEL WINGATE



2014 Youth Student of the Year



2013 Youth Student of the Year  
HANNAH THOMAS

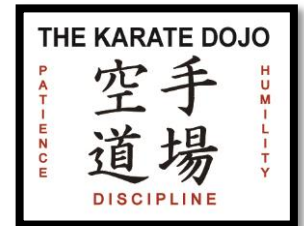


## **THOUGHT FOR JANUARY 2015**

"Enjoy Karate as a way of 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 January 2014 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 twelve 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 three 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.

# **SPECIAL WEAPONS INSTRUCTION**

## **NEW WEAPON CLASS: SWORD (Wakizashi & Katana) starts in January!**

This class is open to all students of The Karate Dojo regardless of age or rank.

Beginning in January 2015 and running through April 2015 students at The Karate Dojo will transition from learning 'Contemporary Bo' and begin learning the 'Sword' as part of our Special Weapons Instruction classes. We will be learning the basics of the 'Sword' as well as learning an entire Kata developed by Sensei Pena in 2013 for students to compete with.

If you have not registered for this special class, please see us ASAP to reserve your spot!!

**'FREE' TO PARENTS & CHILDREN**



# **SAVE THE DATE!!!**

**Friday – January 23, 2015 from 6:00 - 8:00pm**

The Karate Dojo in West Columbia, SC will present a **FREE** "Anti-Bullying Movie Night and Workshop" for children & parents. We highly encourage parents to stay with us throughout the evening as we will incorporate videos, open discussion, and interactive games to teach participants what bullying is and how to recognize it, as well as what to do if they or someone they know are being bullied. We will also serve pizza for everyone who attends!

**Participants do not need to be students of The Karate Dojo, but must be accompanied by a parent.**

This is an issue that is near and dear to our hearts, so please plan to attend and bring your friends!! Remember, this is a **FREE** evening of pizza and great discussion on a great topic!

Did you know that over 3.2 million students are victims of bullying each year and that 1 in 4 school teachers see nothing wrong with bullying and will only intervene 4 percent of the time??

STRUCTURE  
DISCIPLINE  
LOVE



KARATE &  
FITNESS CLASSES  
DAILY

# THE KARATE DOJO AFTER-SCHOOL PROGRAM



Please Come Visit Our  
9,000 sq ft Facility

**The Karate Dojo**  
**2263 Sunset Boulevard**  
**West Columbia, SC**  
(Next to Groucho's)



**We are not a daycare! We are not a babysitting service!**

Our program is first and foremost about quality Martial Arts Instruction, Health and Physical Fitness.

This program has been designed to assist parents with the tough job of giving your child the tools and skills needed to overcome their daily obstacles. Whether it is getting bullied at school, a lack of focus on schoolwork or self-confidence issues.

The Karate Dojo's After-School Program can help your child become a self-confident leader.

When you pick your child up from our facility their snack, homework and Karate / fitness lessons are already done!

Children are picked up daily upon conclusion of their school day and transported to our 9,000 sq ft facility in federally approved vehicles. Snack time is given along with time for completion of their homework. The children then take part in daily, confidence building Martial Arts classes with an emphasis on Bully-Proofing, Respect, Focus and Discipline.

**DAILY TRANSPORTATION ON FEDERALLY APPROVED VEHICLES FROM LEXINGTON #2:**

**SALUDA RIVER ELEMENTARY, BC GRAMMAR ELEMENTARY, PINEVIEW ELEMENTARY, WOOD ELEMENTARY, CONGAREE ELEMENTARY,  
CONGAREE / WOOD EARLY CHILDHOOD CENTER, SPRINGDALE ELEMENTARY, NORTHSIDE MIDDLE SCHOOL**

**DAILY TRANSPORTATION ON FEDERALLY APPROVED VEHICLES FROM LEXINGTON #1:**

**OAK GROVE ELEMENTARY, MEADOW GLEN ELEMENTARY**

Limited  
Spots  
from each  
School

2263 Sunset Boulevard  
West Columbia, SC 29169

Phone: (803)739-9494

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

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

Reserve  
Your Spot!!  
REGISTER  
TODAY!!


**Youth Student  
of the Month**  
Talia Senterfeit

**Parent  
of the Month**  
Lance Henderson

**Adult Student  
of the Month**  
Wade Crowson

# "The Dojo"

## January 2015

SUN	MON	TUE	WED	THU	FRI	SAT
<b>REMINDER:</b> BE SURE TO ASK ABOUT UPDATED RANK REQUIREMENT SHEETS FOR 2015.				1	2	3
				 D O J O C L O S E D	<b>KAMP OPEN AT 7:30am</b>  Weapons: <b>Sword</b>  Adult Karate <b>Kata</b>	
4	5	6	7	8	9	10
	<b>KAMP OPEN AT 7:30am FOR SCHOOL HOLIDAYS</b>  Youth Karate <b>Kicks / Basics</b>  Adult Karate <b>Self Defense</b>	Youth Karate <b>Kicks / Basics</b>  Adult Karate <b>Self Defense</b>	Youth Karate <b>Kicks / Basics</b>  Adult Karate <b>Basics</b>	Youth Karate <b>Kicks / Basics</b>  Adult Karate <b>Basics</b>	<b>BLACKBELT TEST</b> Eric Friedrichs Carrissa Merchant  <b>NO CLASSES</b>	<b>BLACKBELT TEST</b> Eric Friedrichs Carrissa Merchant Nathan Bouknight  <b>7am – 8pm</b>  Spectator Pass: \$50
11	12	13	14	15	16	17
<b>BLACKBELT TEST</b> Eric Friedrichs Carrissa Merchant	Youth Karate <b>Kata / Weapons</b>  Adult Karate <b>Fighting</b>	<b>**NO CLASSES**</b>  <b>YOUTH STUDENT OF THE YEAR CELEBRATION</b>  5:30pm	Youth Karate <b>Kata / Weapons</b>  Adult Karate <b>Self Defense</b>	<b>KAMP OPEN AT 7:30am FOR SCHOOL HOLIDAYS</b>  Youth Karate <b>Self Defense</b>  Adult Karate <b>Weapons</b>	Weapons: <b>Sword</b>  Adult Karate <b>Basics</b>	
18	19	20	21	22	23	24
	<b>KAMP OPEN AT 7:30am</b>  Youth Karate <b>Self Defense</b>  Adult Karate <b>Self Defense</b>	Youth Karate <b>Self Defense</b>  Adult Karate <b>Self Defense</b>	Youth Karate <b>Kata / Weapons</b>  Adult Karate <b>Kicks / Basics</b>	Youth Karate <b>Self Defense</b>  Adult Karate <b>Weapons</b>	Weapons: <b>Sword</b>  Adult Karate <b>Self Defense</b>  ----- <b>Anti-Bully Seminar</b> <b>6:00 - 8:00pm</b> <b>Public Welcome</b>	
25	26	27	28	29	30	31
	Youth Karate <b>Self Defense</b>  Adult Karate <b>Weapons</b>	Youth Karate <b>Self Defense</b>  Adult Karate <b>Weapons</b>	Youth Karate <b>Fighting</b>  Adult Karate <b>Fighting</b>  <small>*Must have Fighting Equipment to participate.</small>	Youth Karate <b>Fighting</b>  Adult Karate <b>Fighting</b>  <small>*Must have Fighting Equipment to participate.</small>	Weapons: <b>Sword</b>  Adult Karate <b>Self Defense</b>	<b>RANK TEST INVITATION ONLY</b>  <b>Rank is Not Guaranteed</b>