

# Rideau Osgoode Martial Arts

March 2015 Newsletter



Sensei Lou, Sensei Christine, Sensei Devon, Sensei Katie, Nick, and Pablo represented Rideau Osgoode Martial Arts at the Belleville Karate & Jiu Jitsu Club's big annual tournament in Belleville. We have a long history with the Belleville club, but have been out of touch for a while; we're excited that we've re-established contact with them through this tournament. We're looking forward to future opportunities to train and exchange with them. Katie, Nick, and Pablo all participated in the tournament and had a great time. Senseis Lou, Devon, Christine, and Katie all helped with judging the events.



Senseis Leslie and Brian were graded by Sensei Mike Sywyk at the Eastwind Budo Life Centre on Saturday, February 14/2015 to their Nidan (second degree black belt) in Kobudo (weapons). Was a demanding four and half hour grading, but both Leslie and Brian were up to the challenge. Senseis Cynthia, Ken, and Stephen attended to provide support and encouragement (and the odd peanut-gallery comment). Congratulations!



Many thanks to Brian, Stephen, Tania, Christine, and Katie for helping with the February Dojo Clean up. We engage in a monthly full Dojo clean up. We'll advertise the real dates on the sign in the Dojo and in these newsletters (see below). Participation is entirely voluntary. If you'd like to help out with the clean up, please feel free to join us. I am willing to sign high-school volunteer forms for members who help out.

## Important Dates

March 8 Hanshi Hiscoe Advanced Self Protection Skills Seminar (session 2)

March 13 Brown and Black Belt Class

Stripe grading for blue belts and higher

March 14 Karate colour belt grading (during class)

~~March 15 Dojo Clean up @ 10 AM~~

March 27 Brown and Black Belt Class

April 10 Brown and Black Belt Class

April 12 Dojo Clean up @ 10 AM

May 9 EMAC Spring Gasshuku in Perth, Ontario (details pending)

June 7 Hanshi Hiscoe Advanced Self Protection Skills Seminar (session 3)

## Social Media

Notifications of last minute class cancellations (typically due to weather) will be done through Facebook and our Google Groups-based mailing list. Cancellations will be announced by 4:30 pm on weekdays and 8 am on Saturdays.

We also post events, pictures, and other information on Facebook. Please participate in the discussion by "liking" our page. We use Google Groups for our mailing list. This list is used for one way communication to the membership. We try to use this list sparingly, and only for club business. We automatically add new members to this list; if you'd change your subscription or add members, you can do that directly (or just ask for help).

Facebook     <https://www.facebook.com/rideauosgoode>

Mailing list     [https://groups.google.com/forum/#!forum/rokcc\\_members](https://groups.google.com/forum/#!forum/rokcc_members)

## Bottled Water

Water is available in the fridge in the kitchen at a cost of 25¢/bottle. Tap water (if you can stand the taste) is, of course, plentiful and available at no charge.

## Adult Classes

Senseis Ken and Lou, and Wayne share responsibility for the Tuesday night Adult Class (7:45-9:00 pm). Sensei Stephen teaches on Thursday nights. Adult classes (Tuesday and Thursday nights) are run a little longer and at a higher-level of intensity compared to our family classes; we strongly encourage our adult members and invited teens to take advantage of this opportunity.



## Kobudo (Weapons)

Members participating in Kobudo classes must purchase their own rattan bo; these do get damaged in the regular course of training and must be replaced occasionally. Further, all Kobudo students must pay an annual \$30 fee for membership in the OKDR. All members are welcome to try Kobudo before making any financial commitment.

## Grading for Stripes and Belts

We have been taking steps to formalize the Karate grading process to make it more understandable and predictable. Senseis Ken and Wayne have created a grading sheet with a checklist of technical requirements; a copy of the grading sheet is posted on the bulletin board. There is no fee for stripe gradings, but we do charge a \$25 fee for Yellow and Orange belt gradings, and \$35 for Green through Brown belt gradings. Grading fees are due in advance of the scheduled grading session.

Please keep in mind that our instructors tend to focus on teaching rather than marking progress (i.e. stripes or belts). We consider marking progress to be a shared responsibility between members and our instructors; if you feel that you are ready to grade to your next stripe or rank, please ask an instructor. Stripe gradings occur during class. Belt gradings are scheduled monthly.

## Seminars

The **Advanced Self-Protection Skills Seminar Series** is aimed at giving participants an appreciation of what they can expect in a critical self-protection situation - a prominent feature of the series is high stress sparring. Other topics include: multiple attacker strategies; simple hold escape techniques with non-weight bearing takedowns, follow ups and controlling methods; knife evasion methods; and, the legalities for self-protection under Criminal Code of Canada. Must be at least age 14 (16 with parental permission to participate in the high-stress sparring.) The next session is on Sunday June 7, 2015 from 1-4 PM. The cost is \$40 for Rideau Osgoode Karate Club and EMAC members; and \$50 for all others.

Link: <http://www.rideauosgoode.ca/events/advanced-self-protection-skills-seminar.html>

The Eastern Martial Arts Coalition (EMAC) **Spring Budo Gasshuku 2015** will be held at Sakura Martial Arts in beautiful Perth, Ontario on May 9/2015. The Gasshuku (training day) is a great opportunity to train with and learn from people from other clubs. Perth is lovely in May. There will be a black belt grading on May 8 (for black belts only, naturally). Reserve these dates.

## Eastern Martial Arts Coalition (EMAC)

Rideau Osgoode Martial Arts has joined the Eastern Martial Arts Coalition (EMAC). This is a coalition of like-minded Dojos that share and train together. EMAC offers us lots of training opportunities that allow us to expand our knowledge and grow as martial artists. EMAC holds multiple Gassukus (training days), seminars, tournaments and more throughout the year at a variety of locations.