

# TKA Newsletter

The *TKA Newsletter* is the official publication of the Traditional Karate Association of Missouri. It is intended as a communication tool for the "Dojo Family" and an education tool for all. Please submit noteworthy information and articles-of-interest to: [www.tka-mo.com](http://www.tka-mo.com) Or call 636-405-1960.

January 26, 2008



## Our Mission:

Human development through the study of Karate. Students must strive to become disciplined and confident enough to overcome any of life's obstacles while enjoying the journey.

## Current Focus of Study

We are continuing to work on developing our energy flow and understand how to utilize this flow in the dojo and life. Through partner work we are starting to connect with and interrupt each other's energy- making this directly applicable to self-defense.

(MI) + (CC) + (BE) = (UA)

Happy New Year! Time to revisit the goals we set last year and add to them. *Challenge yourself* to be consistent with training and get involved as much as possible in each class.

Thanks to the Atwaters for hosting the holiday party and all who attended. There was good food and camaraderie.

**As you may have noticed the dojo is growing...** Ten new students have brought a new energy and desire to learn. *Welcome Rick, Andy, Bryan, Graham, Shari, Luke, Jacob, Ibrahim, Dean and Kyle.*

Refer a friend and receive a discount on tuition for one month with each new signup.

## Examinations update:

Kyu exams are planned for the end of March, July and November. Please check the website.

Effective January 1, 2008 the dojo decided to go to a four belt color ranking system. The kyu exams will remain the same but color belts will only be awarded only for 5<sup>th</sup> kyu (green), 3<sup>rd</sup> kyu (brown) and Shodan (black). This change is another step toward a more traditional dojo by removing external motivation of students. According to Sensei Shimoji, external motivation only lasts for a short time.

Internal motivation (real growth and feeling of confidence in controlling our spirit, bodies and energy) is much longer lasting and the real goal. There is no short cut but thankfully the journey is really fun and healthy! See you in class.  
Karl

Check out the website. [www.tka-mo.com](http://www.tka-mo.com)

Ben Atwater has been changing and updating our site-and more is to come! Thanks Ben.

## Calendar of events:

February 2, 2008 Sensei Burgart to Atlanta for seminar. Kathy Atwater teaching at TKA.

**Feb. 9, 2008 Kata Day #1** St. Louis, 10:30-3:00pm, kata of study is Jion. Fee is \$25.00, lunch is included. **NO REGULAR CLASSES.**



Nicholas and Ben exchanging energy