

松  
林  
流

Kime



Illustration 1: Honbu Dojo in Okinawa

## April 2017

Dedicated Readers of Kime,

Thank you to all the submissions made for this newsletter over the past months. Keep it up!! The more content we receive, the better the newsletter will be (and the more interesting).

If you have any ideas, content, articles, pictures, or anything you'd like to see in the newsletter, send your insights and comments to [maja@anshindojo.com](mailto:maja@anshindojo.com).

## Easter Weekend Closures

Anshin Dojo will be closed from Friday April 14<sup>th</sup> to Monday April 17<sup>th</sup> because of Easter Weekend. Regular classes will resume on Tuesday April 18<sup>th</sup>.

## 5<sup>th</sup> Annual Soke Takayoshi Nagamine Memorial Karate Seminar

Last year, the 4th annual memorial was a great success! Students from across North America joined us to mourn the loss of a great man and karate person. We would be honoured to have everyone join us this year to commemorate the life and times of Soke Nagamine.

All Students Are Welcome. The cost is what you think this seminar is worth. We would ask that everyone pay what they can, though Anshin Dojo will be accepting minimum \$2 donations. The rest goes towards the preservation of Anshin Dojo and Matsubayashi Shorin Ryu. This event is a potluck, so if you would like to bring food as a contribution, we encourage it! We hope to see you there!

**Where:** Anshin Dojo (1077 North service Rd #36, Mississauga)

**When:** Saturday, April 29, 2017

**Time:** 10:00am – 5:00pm

Visit <http://anshindojo.com/seminars.htm> for more details.

## Dojo Closures

14<sup>th</sup> – Good Friday

15<sup>th</sup> - 16<sup>th</sup> – Easter Weekend

17<sup>th</sup> – Easter Monday

22<sup>nd</sup> – Special Event Closure

## Special Events

19<sup>th</sup> – Belt Grading

22<sup>nd</sup> – Iaido at Anshin Dojo

23<sup>rd</sup> – Friendship Day at

Tilley's School of Karate

29<sup>th</sup> – 5<sup>th</sup> Annual Soke

Takayoshi Nagamine

Memorial Seminar

## Birthdays

15<sup>th</sup> – Bogdan D.

20<sup>th</sup> – Nazrine A.

22<sup>nd</sup> – Sensei Trombley

## Belt Grading - April 19<sup>th</sup>

The next belt grading will be held on April 19<sup>th</sup>. Class will start promptly at 6:00pm for Kids Karate, and 8:00pm for the adults. Please arrive early and bring your best!

## Friendship Day this Month

Friendship Day this month will be hosted by Sensei Vern Tilley and held at Tilley's School of Karate, on Sunday, April 23<sup>rd</sup>. Hope to see everyone there!!

## Congratulations Sensei Tilley's Students!



Sensei Vern Tilley is known to have some of the toughest gradings ever and his students definitely work hard to earn their belts. Congratulations to all the students who graded and moved up to the next level in their karate rank. You've definitely deserved it.

## Seminar - Sensei Arakaki - Saturday August 5th 2017

Sensei Arakaki is coming to visit us from Okinawa! On the week of August 5<sup>th</sup>, there will be classes held morning and evening with Sensei Arakaki, along with a seminar on Saturday August 5<sup>th</sup>. Fee will be \$150 for access to all the classes throughout the week as well as the seminar on Saturday.

Please contact [sensei@anshindojo.com](mailto:sensei@anshindojo.com) with your RSVP to reserve your spot as soon as possible.

Visit <http://anshindojo.com/seminars.htm> for more details.

## Sensei's Corner

Some common infectious cancerous diseases that are in the dojo are when high-ranking students don't follow what the teacher is instructing, or the rules and in turn pass on bad habits to others. The lower belts start to follow their peers and that's when that higher ranking person or persons become an infectious cancer, because this behaviour spreads out through the dojo at the detriment to others. It shows a lack of respect for the teacher, his knowledge and his authority.

The head instructor has to work hard like a doctor to cure or remove the Infectious Disease, ensuring that students are not taught incorrectly, as well as reinforcing positive values.

In closing, have respect for your teacher and what he or she has to teach you and follow them. They won't lead you astray.

-----  
"If you always put limits on everything you do, physical or anything else, it will spread into your work and into your life. There are no limits. There are only plateaus, and you must not stay there, you must go beyond them." -Bruce Lee  
(Thanks Michelle!)