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## May 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).

## 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!!

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

Thank you to everyone who attended the memorial. It was a great success and the turn out was wonderful. A big thank you to Sensei Trombley, Shihan Chuck Hasson, and Sensei Preston for your wonderful segments and knowledge, and we look forward to the next seminar when we can all get together.



Illustration 1: Honbu Dojo in Okinawa

## Dojo Closures

20-22<sup>nd</sup> – Victoria Day  
Weekend Closure

## Special Events

13<sup>th</sup> – 4 hour Special Iaido class at Stratford Martial Arts

## Birthdays

- 1<sup>st</sup> - Caleigh C.
- 2<sup>nd</sup> - Mason S.
- 5<sup>th</sup> - Marcus D.
- 10<sup>th</sup> – Matteo M.
- 14<sup>th</sup> – Maja M.
- 25<sup>th</sup> – Owen R.
- 25<sup>th</sup> - Saily M.
- 31<sup>st</sup> - Madeleine P.

## 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.

## Fun Things!

**Have you  
ever just  
looked at  
someone  
and said...**



**“SERIOUSLY?”**

## Sensei's Rules of Living

### #16.

Once a year, go some place you've never been before.

Regularly step outside your comfort zone — its how you will develop and grow.

Where is one place you'd like to go this year that you've never been before?

It doesn't have to be over seas or an extravagant place- just somewhere new!