

SENTENASHI FALL NEWSLETTER

August 2024



Summer Shiai

It was great to see so many karatigas competing at the summer shiai in July. We had many new competitors along with some new referees! Shiai is a great opportunity to not only try competing in friendly and familiar environment but also to begin preparing for grading. We were able to qualify many karatigas for the next fall and winter grading during the shiai. If you missed this one, make sure to mark your calendars for our **Annual Candy Cane shiai on Saturday, December 14th!**

Summer Camp Saturdays

July was filled with not only our Shiai but two summer camp Saturdays: Ninja obstacle course and kumite krazee! Missed the July dates? Don't worry, we have two more summer camp Saturdays left in the month of August!

Join us on **Saturday August 10th** for a **water themed day (weather permitting) and epic water battle** and on **Saturday, August 17th** for an **ultimate scavenger hunt!** Please keep an eye on your emails for more details.



Sentenashi T-Shirts

Karatigas are welcome to continue wearing their Sentenashi T-shirts until **Thanksgiving long weekend**. Sentenashi T-shirts are available for purchase for \$30 (includes GST) and we have a multitude of sizes in stock.

Only Sentenashi Karate t - shirts are allowed in lieu of a gi top.

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Open House – Saturday, September 7th

Open houses have been an integral part of Sentenashi for the past 40 years as they are great opportunities for karatigas to review the whole Sentenashi curriculum as we prepare during the second half of August. This is also one of the few special times a year we open the dojo to spectators. This year's open house will be on Saturday, September 7th. The dojo is opened to all spectators, and this is the best occasion to watch your karatigas, each belt rank, bring a friend to see if they might want to join, view demonstrations and get a feel for what Sentenashi arts entails! Mark your calendars as this is an event you do not want to miss!

2023/2024 Academy Update

Our Academy team had a very successful year with all five athletes achieving their first goal and making the Alberta Provincial team! They recently competed at the Canadian National Championships in Laval, Quebec in July and came back with two medals! Congratulations to Arjun Kochhar who earned Bronze in Youth -50KG and Sensei Benjamin Doig who earned Gold in Men's Para Kata. We are incredibly proud of our Academy team and their hard work and dedication last season!

Congratulations to Sensei Ethan, who is now NCCP Certified! She has transitioned into the Lead coach of the Sentenashi Academy high performance competitive karate-do program.

2024/2025 Academy Season

We will be having a 2024/2025 Academy meeting after the Open House on **Saturday, September 7th at 1:00pm**. If you are interested in learning more about the program or are looking to join for the upcoming season, please RSVP to Sensei Ethan before Labour Day long weekend at Sentenashiarts@gmail.com.

Please note, this meeting is mandatory to enter the Academy program for the 2024/2025 season.



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Japan 2025 Opportunity

We are incredibly excited to announce next August, the JKF Wado-Kai will be holding the World Wado Cup in Tokyo at the Nippon Budokan! This will be the first time in 10 years since the event has been held and Sentenashi is looking forward to bringing a team. In 2015, Sentenashi brought a team of roughly 20. Many of those competed, went for grading, attended different trainings, and explored Tokyo, Nagoya, Kyoto and even Disney! Unlike the Academy program, the Japan trip is not only focused on competition. There are many different opportunities for karatigas depending on what they want to focus on. There are opportunities to compete, grade for Shodan and higher, train in traditional Japanese dojos, and explore and experience Japan!

If this is something you and your karatigas would be interested in learning more about, please join us for a Japan 2025 information meeting on **Saturday, January 25th, 2025 at 1:15pm.**



Application Updates

We are constantly updating our student records. If you have moved recently, please update us with your new address for mailing. We communicate upcoming events, grading information, and keep students and parents up to date on dojo activity by email. If you find you have not been receiving these, please send us an email with your most up to date email address so we can update you and your karatigas contact. You can email Sensei Ethan at sentenashiarts@gmail.com.

\$100 off for new registrations!

We have a few positions available in our Junior and Senior white belt classes for a September start. If you or anyone you know have been thinking about joining the dojo, now is the time! Take advantage of our registration special and receive \$100 off. We are back to our post pandemic class sizes which means positions are limited and filling fast. Please contact the office at (403) 239-1160 to book a registration appointment and begin your Sentenashi journey this fall!

Sincerely,

Sensei D. Strohbach 🏆 ChPC



Sentenashi Arts®

School/Academy/Institute

Founder/Hanshi/Chief Executive Instructor

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Sentenashi Karate School Closures for 2024

Saturday, August 31st - Labour Day Weekend

Saturday, October 12th - Thanksgiving Weekend

Saturday, November 9th - Remembrance Day Weekend

Last day of 2024 Classes - Saturday, December 14th 2024

Regular classes resume - Tuesday, January 7th 2025

PLEASE NOTE: Make-up classes and virtual training is always available for holiday, illness, and vacation absences. We would be happy to arrange these specialized make-up options for you.

2024 Sentenashi Weekly Schedule

TUESDAY	Dojo opens at 4:00pm
Junior White (Stripe)	4:15 - 4:55pm
Junior Beginner (Yellow)	5:00 - 5:45pm
Junior Beginner (Orange)	5:30 - 6:15pm
Intermediate (Purple/Green/Blue)	6:00 - 6:55pm
Advanced (Red/Brown/Stripe)	6:30 - 7:25pm
Black Belts (Shodan to Godan)	7:00 - 7:55pm
Adult Beginner (White/Yellow/Orange)	8:00 - 9:00pm
Adult Intermediate (Purple/Green/Blue)	8:00 - 9:15pm

WEDNESDAY: Private/High Performance Training by Appointment

THURSDAY	Dojo opens at 4:00pm
Senior White (Stripe)	4:15 - 4:55pm
Senior Beginner (Yellow)	5:00 - 5:45pm
Senior Beginner (Orange)	5:30 - 6:15pm
Intermediate (Purple/Green/Blue)	6:00 - 6:55pm
Advanced (Red/Brown/Stripe)	6:30 - 7:25pm
Black Belts (Shodan to Godan)	7:00 - 7:55pm
Adult Beginner/Intermediate	8:00 - 8:55pm
Adult Kumite Training (Open Dojo also available for Self-directed training)	9:00 - 9:30pm

FRIDAY: Private/High Performance Training by Appointment

SATURDAY:	Dojo opens at 8:00am
Open Dojo (Self-directed training)	8:00 - 8:55am
Advanced (Red/Brown/Stripe/Black)	9:00 - 9:55am
Junior White (Stripe)	10:00 - 10:40am
Senior White (Stripe)	10:00 - 10:40am
Beginner (Yellow)	10:45 - 11:30am
Beginner (Orange)	11:15 - 12:00pm
Intermediate (Purple/Green/Blue)	11:30 - 12:25pm
Child Kumite (Sparring) Training (\$1 Loonie - Pay to Play)	12:15 - 12:55pm
Registrations, Gradings, Seminars & Academy by appointment	1:00pm - End

Sentenashi Karate School is an approved Certified Educational Institution by Employment and Social Development Canada (ESDC) 7009/12091.

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Please note : After Labour Day weekend, we return to regular, registered class times. As classes are close to capacity for the fall, please reach out to Sensei Ethan if you are looking for make-up classes or are unsure of your registered class schedule.