
2025 Winter Newsletter

SENTENASHI KARATE



January 2025

Happy
New Year

“The greatest danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it.”
~ Michelangelo ~

Candy Cane Shiai

The Candy Cane Shiai is a Sentenashi staple as we open the dojo to spectators to watch demonstrations and friendly competition between karatigas. We had a great turn out this year, with many new yellow and orange belts trying competition for the first time! Although the shiai is a tournament, this is only one of the many reasons we hold it.

This is also one of the very important opportunities for karatigas to work on building their confidence to show the material they have been working so hard on to qualify for grading in the new year. Not only showing the Sensei, but being able to show their classmates that they are ready for grading is an integral part of the process and the shiai allows for this in a friendly, familiar setting.

Make sure to mark your calendars for our Summer Shiai on **Saturday, July 19th, 2025** where we will be introducing a new division by demand- Team Kata!

KEEPING UP WITH THE DOJO

To stay most up to date on all dojo events and closures, please ensure to always check our website-

sentenashikarate.com.

We keep it updated at least 6 weeks in advance and are always updating it! As we are a family dojo, our closures typically coincide with year-round school scheduling such as long weekends, winter break, and march break, with the exception of being open all throughout the summer - Sentenashi's most exciting time! If you have any additional questions, you can email the office at sentenashiarts@gmail.com or call the office at (403) 239-1160.

COAT AND BOOT ROOM

During the colder months, please keep in mind how we can all play a part in keeping the boot room clean and easy for karatigas to enter and exit during class times. When hanging up coats, if taller karatigas could use the higher racks, that would be greatly appreciated for the younger ones to try hanging their own coats on the lower racks. If you can please ensure any coats are labelled, that would be greatly appreciated as we have had some jackets taken by mistaken. We appreciate you mentioning this to your karatiga!



Japan 2025 Meeting – RSVP needed

We are incredibly excited that the JKF Wado-Kai will be holding the World Wado Cup in Tokyo at the Nippon Budokan this summer from **Friday, August 15th-Sunday, August 17th, 2025**. We are proud to announce that Sensei Ethan has been named one of the Canadian JKF Wado Kai (CZWKA) coaches for the event!

There will be an opportunity to compete in two different competitions, the Wado National Championships and International Cup. There will be a technical seminar held on Monday, August 18th where all ranks are welcome, followed by a Dan examination on Tuesday, August 19th.

We will be hosting an information meeting where we will share all additional details and begin collecting names for our delegation on **Saturday, January 25th at 1:30pm**.

Please RSVP to Sensei Ethan at sentenashiarts@gmail.com **by Thursday, January 16th** for us to prepare adequate information packages.

CZWKA Membership

Your annual CZWKA (Canadian Japan Karate do Federation Wado-Kai) membership is now due for 2025 and will be debited from your account, as it has been in previous years, around January 25th. The fee for junior kyu (colored) belts, 16 years and under is \$20.00, senior kyu (colored) belts, 17 years and over is \$40.00 and black belts are \$60.00. The CZWKA membership is important because it confirms your belt level achieved at any recognized branch worldwide. Being part of an established Karate association allows for additional training opportunities both locally and worldwide including the upcoming opportunity in Japan this August. This membership is also integral for black belt certification when your time comes. (Please note; if you joined the dojo last year, your 2024 membership was included with your registration.)

Academy Update

Congratulations to our Academy members Sensei Benjamin Doig, Neel Kochhar, Arjun Kochhar, Max Chen, and Amirah Rahim for making the Provincial Karate Team for both Kata and Kumite! These athletes are gearing their training up for their next big competition this April in Richmond, B.C for the Canadian National Championships.

We wish these athlete's luck!



**"Do the best you can until you know better.
Then when you know better, do better."
~ Maya Angelo ~**

Tax receipts and T2202

Please be advised there is **only one method available for requesting tax receipts**, by going to our website, www.sentenashikarate.com. Tax receipts have its own tab at the top of the page and is easily accessible. Be sure to include all the relevant information asked for. It may take up to 30 days to process so please plan ahead. Sentenashi Karate School is an approved Certified Educational Institution by Employment and Social Development Canada (ESDC) 7009/12091. We can provide our students who are at least sixteen years of age on December 31 of the taxation year a T2202 Form – Tuition, Education and Textbook Amount. The tax credits for tuition, education amounts and textbooks are non-refundable tax credits. There is a Federal tax credit as well as a provincial or territorial tax credit for tuition, education and textbook amounts. For this reason, to claim these amounts, or to transfer them to another person, you must complete both the Federal Schedule 11 of your tax return, and the provincial S (11) schedule. The eligible tuition fees include monthly tuition fees, membership fees and grading fees. Monthly fees will be automatically issued to the qualifying students. (Student membership fees and grading fees must be calculated and submitted through the website by the end of January if you would like it included in the tuition fees.) Tuition fees do not include any cost for uniforms, equipment or weapons. Taxpayers may claim tuition fees on their tax return only if they are over \$100. Students who wish to transfer some or all their unused tuition, education and textbook amounts must be aware of the restrictions involved, both as to whom transfers can be made, and as to the amount that can be transferred. Eligible students can also claim the Education and Tax amount. Please speak to your accountant for more details.

Sentenashi Karate School 2025 Closures

Tuesday, January 7th, 2025 - Regular classes resume
Saturday, February 15th- Family Day Weekend
Saturday, March 22nd - Spring Break
Tuesday, March 25th - Spring Break
Thursday, March 27th - Spring Break
Saturday, March 29th - Spring Break
Saturday, April 19th - Easter Weekend
Saturday, May 17th - Victoria Day Weekend
Tuesday, July 1st - Canada Day
Saturday, August 2nd - Heritage Day Weekend
Saturday, August 9th - Instructors Training in Japan
Tuesday, August 12th - Instructors Training in Japan
Thursday, August 14th - Instructors Training in Japan
Saturday, August 16th - Instructors Training in Japan
Tuesday, August 19th - Instructors Training in Japan
Thursday, August 21st - Instructors Training in Japan
Saturday, August 30th - Labor Day Weekend
Saturday, October 11th - Thanksgiving Weekend
Tuesday, November 11th - Remembrance Day
Last day of 2025 Classes - Saturday, December 13th, 2025
Regular classes resume - Tuesday, January 6th, 2026

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

Please contact the office at sentenashiarts@gmail.com

Sincerely,

Sensei D. Strohbach 🏆 ChPC



Sentenashi Arts®

School/Academy/Institute

Founder/Hanshi/Chief Executive Instructor

Weekly Schedule

2025 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
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