

Sentenashi Karate

FALL NEWSLETTER

AUGUST 2026



OPEN HOUSE AND AUGUST PREPERATION

August is one of our favourite months at the dojo. The summer slows down a bit and classes shift towards preparing for our annual open house in September. Attending classes this month are a good way to review all previous material. Karatigas can set goals they might have for the rest of the year, whether qualifying for grading and preparing for the Candy Cane Shiai.

Our annual open house takes place during regular class times on **Saturday, September 12th**. This is one of the few times we open the dojo to spectators and is an opportunity to see the whole Sentenashi curriculum from white belt to Black belt! Open house is the perfect time to see your karatiga in action and bring any friends or relatives that have been curious about your dojo.

SUMMER CAMP SATURDAYS

We still have two summer camp Saturdays left so make sure to mark your calendars!

Please note that there will be no child kumite class for the month of August.

AUG

15

Scavenger Hunt!

AUG

22

Summer Camp Highlight Day!

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SUMMER SHIAI

What an incredible day we had at our Summer Shiai on Saturday, July 18th! It was wonderful to welcome so many families and friends to the dojo to cheer on our amazing karatigas. As one of the few events each year open to spectators, it was a great opportunity to share the energy and spirit of our dojo community. Throughout the Shiai, students challenged themselves, built confidence, and demonstrated great sportsmanship. Whether it was their first tournament or one of many, every competitor had the opportunity to learn, grow, and celebrate their achievements alongside their classmates.

Mark your calendars for the Candy Cane Shiai- Saturday, December 12th!

CONTACTING THE OFFICE

Contacting us outside of class hours is the best way to receive a thoughtful response and ensures we can give your questions or concerns our full attention.

During classes, our Senseis' full attention is on the students to ensure a focused and positive training environment. We kindly ask that conversations with Senseis be kept outside of class times so they can give their full attention on the students.

If you have any questions or would like to connect with Sensei Ethan or our office, please email or call the office outside of class times.

BEING PUNCTUAL IS A SIGN OF RESPECT



Forty years of experience has continually demonstrated the importance of arriving **on time**. Students should arrive 5–10 minutes before class to allow time to bow in and prepare physically and mentally for training.

Students should avoid arriving more than 10 minutes early, as classes are often still in progress and being too early can affect students focus and energy. Timing your arrival within that 5–10 minute window helps ensure a smooth transition between classes and allows for karatigas to have the most successful class they can. Arriving 5 minutes or less before class makes for a more challenging transition, especially for children, to gain the focus needed for learning and hard to leave the day at the door with their shoes.

After bowing out, please arrange for pick-up within 5 minutes of the class ending. If you are running late, a quick courtesy call is appreciated and is the best way to reach us while we are teaching. During class transitions, please help us keep everyone safe by being mindful in the parking lot.

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FALL SCHEDULE CHANGES

Tuesday/ Thursday Teen Adult Class

Please review our schedule as there have been some slight changes to our Tuesday and Thursday teen and adult classes.

Schedule changes effective Tuesday, September 8th, 2026.

KUMITE CLASS UPDATE

It has been great to see so many new karatigas purchasing kumite gear the past few months!

The fall months will be spent reviewing kumite rules and fundamentals in kumite classes. This is the perfect time for those with gear who have not attending sparring class weekly to transition into regular attendance.

Please note that there is a Toonie donation for children and adult kumite class.



ABSENCES

If you or your karatiga is going to miss any classes, we ask that you let us know before hand if you are interested in scheduling make up classes or utilizing the Sentenashi Virtual Institute. We have a big library of the syllabus, along with stationary, mobile, and cardio trainings. If you are interested in any training videos or make-up classes, please email Sensei Ethan at sentenashiarts@gmail.com.

Sentenashi Karate

Whose been missing Sensei Ethan?

Some of you, or your karatigas, may have noticed that Sensei Ethan has missed a few classes recently. Time management is one of the most important skills to develop as we grow through school, work, and karate. Sensei Ethan experienced this firsthand by balancing training and competing as a member of the Karate Canada National Team, all while completing her first university degree. The skill of balancing all aspects of life were shaped through the Sentenashi Karate Academy Program, whose mission has been "Achieving a High-Performance Lifestyle Through Excellence in Karate-do Since 1998."

Now, after graduating with a second university degree and beginning her career as a full-time Grade 4 teacher with the Calgary Board of Education, Sensei Ethan is balancing a new chapter of life while continuing to teach and train at the dojo. We appreciate your understanding if she occasionally misses a class due to her teaching commitments. If you or your karatiga ever have questions about balancing karate with school, work, or post-secondary education, don't hesitate to ask. Sensei Ethan is always happy to share her experiences and help others succeed both on and off the dojo floor.

NEW POSITIONS AVAILABLE



Right now we are excited to announce some positions coming available in our white belt classes for September. We wanted to first offer this to our current members in case they had any friends or family that were interested and can take advantage of our registration special of \$100 off. Please call the dojo at (403) 239-1160 and we can book a registration appointment with Sensei Ethan.

Sincerely,

Sensei D. Strohbach 🏆 ChPC



Sentenashi Arts®

School/Academy/Institute

Founder/Hanshi/Chief Executive Instructor

"The simple desire to inspire Integral Spirit through Sincerity, Truth and Respect."

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2026 Sentenashi Weekly Schedule

Effective Tuesday, September 8th 2026

TUESDAY		Dojo opens at 4:00pm
Junior White (Stripe)		4:15 - 4:55pm
Junior Yellow (Beginner)		5:00 - 5:45pm
Junior Orange (Beginner)		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
Teen/Adult Beginner (White/Yellow/Orange)		8:00 - 8:55pm
Teen/Adult Intermediate (Purple/Green/Blue)		8:00 - 9:25pm

WEDNESDAY: Private/High Performance Training by Appointment

THURSDAY		Dojo opens at 4:00pm
Senior White (Stripe)		4:15 - 4:55pm
Senior Yellow (Beginner)		5:00 - 5:45pm
Senior Orange (Beginner)		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
Teen/Adult Beginner/Intermediate		8:00 - 8:55pm
Adult Kumite (\$2 Toonie - Pay to Play Donation)		9:00 - 9:25pm

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
Child Yellow (Beginner)		10:45 - 11:30am
Child Orange (Beginner)		11:15 - 12:00pm
Intermediate (Purple/Green/Blue)		11:30 - 12:25pm
Child Kumite (Sparring) Training (\$2 Toonie - Pay to Play Donation)		12:15 - 12:55pm
Registrations, Gradings, Seminars & Academy by appointment		1:00pm - End

Sentenashi Karate School

Closures & Events for Fall 2026

Saturday, September 5th - Closed for Labor Day Weekend

Tuesday, September 8th - Fall schedule begins

Saturday, September 12th - Sentenashi Open House

Saturday, October 10th - Closed for Thanksgiving Weekend

Saturday, December 12th - Sentenashi Candy Cane Shiai

Saturday, December 15th 2026 - Closed for Winter Break

Tuesday, January 5th 2027 - Regular classes resume

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