



YJCC OKINAWAN KARATE

NEWSLETTER yjccokinawankarate.com

APRIL 2005

The dojo is a happen' place!

We've been rockin' & rollin' here at the dojo recently. There have been special events galore. Here are some highlights:

“Sunday Afternoon the Movies”

Over 20 kids came, munched on popcorn and watched Jackie Chan do his stuff. The quiz was really a good idea. Everyone had to pay close attention to the movie to answer all the questions correctly. There were two drawings, one for the viewed movie for everyone who didn't get all the answers, and another for a new copy of the movie for everyone who had all the right answers. Samantha Rush won the used copy and Rachel Sheldon's friend Zoe won the new copy. Rachel then won the prize for bringing a friend to the movie. A very funny coincidence, Samanth's Dad was the one pulling the winning quizzes out of the bag! Everyone enjoyed the afternoon and it was a really good movie too!

Shoe Drive and “Kicking Week”

Thanks for the great support for our shoe drive. We collected 76 pairs of gently used shoes to donate! Some of the shoes were brand new. A special “thank you” to adult student Ellen Davies and her family for picking up and delivering all of the shoes to the Montvale PTO for delivery to Cumac-echo in Paterson. And to remind everyone to bring in their shoes, we had “kicking week” too. All week long students perfected their kicks up and down the floor, on pads and on the wavemaster. There were some sore legs but everyone's kicks improved. We are always willing to support a good cause to help the community. Let Sensei know if we can help yours.

Self-Defense 101

Our first special event just for grown-ups was a 2 hour self-defense seminar and hands on class. About 14 women listened to Sensei's common sense lecture and then practiced some simple techniques to help keep themselves safe. A packet of informative self-defense tips Sensei Jocelyn found on the web was also handed out to all the participants. All of the proceeds, about \$250 and 6 grocery bags brimming with women's shampoo, conditioner, body lotion, soap, and hair styling products, were donated to Shelter Our Sisters, the only shelter in Bergen County for victims of domestic violence. Elaine Meyerson, the shelter's executive director, was on had to tell everyone a little bit about the shelter and to collect the donations. Adult students Daniel Nachajon and Doug Cohen were there as “bad guys”, helping the women understand the easy techniques they were practicing actually work on someone bigger and stronger. Even though self-defense is a very serious subject, there was a lot of laughter and fun as the women paired up and attacked each other. Y

SAVE THE DATE!

Annual Tournament Sunday, June 12th

All proceeds are donated to:
“Project Open Hearts
Open Homes”

Your Uniform

A Karate uniform, called a “gi” is worn in a traditional dojo. The fit should be loose, allowing for freedom of movement. Long pants and sleeves should be sewn, not rolled. Wash the top and bottom often, but using bleach will wear out the fabric and fade the patches. Never wash your belt! It is OK to travel back and forth to the dojo in it but only if you aren't making any stops in between. If you have to stop somewhere, or to eat, please take off your top and belt.

Self-Defense 101- Continued member Andrea Collier said “The self-defense class was wonderful. We learned a lot of safety tips and practical moves. Now I know the elbow is the strongest point on your body. If you are close enough to use it, DO!”. Elaine Meyerson was so impressed she asked if Sensei would do a class for the shelter at their annual picnic. Of course we would love to! A lot of women have already asked Sensei if she would do another class sometime at the Y. “Absoulutely!” was her answer.