

CNY KIAI NEWSLETTER CENTRAL NEW YORK KARATE & KOBUDO SCHOOLS

Winter 2010

A Year in Review

Although 2009 was a very stressful year economically for many, there were many good things that happened during the year. Sensei was able to travel to Florida in March to train with Sensei Dave and Sensei Kelly and their students at East West Okinawan Karate. Our annual dojo picnic returned to Seabreeze, and it was a beautiful day! We will hold our 2010 picnic there again this year. We had a record number of students at the 2009 Gasshuku held at Southwick Beach State Park in July. A group of 25 Black Belts traveled to Okinawa in August to train with the Seibukai and Ryukonkai masters, as well as participate in the 2009 Traditional Okinawan World Tournament. Our annual children's tournament was held in October with competitors from all three CNY branches competing. The 2009 Seibukai Black Belt test was held in November, and we concluded the year by bringing back an old tradition with the Holiday Party in December. All in all, it was an action-packed year filled with many memories! And we're off to a great start in

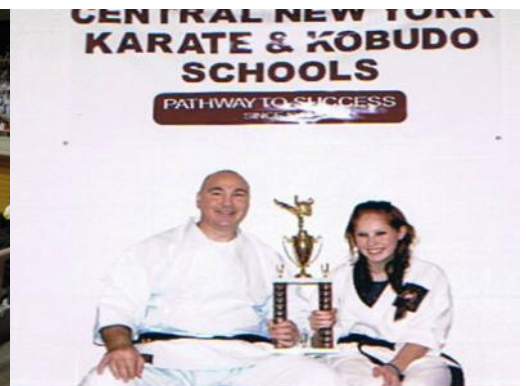
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2009 Gasshuku—Southwick Beach

2009 Traditional Okinawan
World Tournament

Sensei with Megan Koch,
Grand Champion



KEYS TO CONFIDENCE

“Wow! I never thought I’d bring up my math grade. You said I could do it!”

Children who have confidence in themselves are more successful in school. And confident kids often grow into confident adults. Help build your child’s self-confidence with these suggestions.

Discover her strengths. Help your child see their many talents. Ask them to think of three things they do well and write them down. *Examples:* “I help little kids get on the bus.” “I’m a super reader.” “Mom says I wake up with a smile on my face.” Your child will have a list of confidence-boosters to read whenever she’s feeling down.

Support your child. Encourage your child to try new things, even if he’s afraid of doing poorly. *Example:* “Martin, I know you’re anxious about trying out for the spelling bee. You’re a great speller. Why don’t you give it a shot?”

Show your pride. Nothing says “You did a great job!” like proudly using or displaying your child’s projects. *Examples:* If your daughter brings home a drawing from school, put it in a

frame and display it in the living room. If your child makes a potholder for you, use it to serve dinner.

Remember: Pay attention when your child does their best—smile, give them a hug, or write a note and leave it on his pillow.

HELP FOR HOMEWORK HEADACHES

If homework time is headache time, it’s time for a remedy. Try these tips to take the “pain” out of homework:

Create a routine. Help your child find a time and place to do homework. Keep the TV off and limit distractions.

Get involved. Talk about his or her assignments. Help with the first question or two. Make sure he or she finishes all of their homework.

Be a role model. Use homework time to read or catch up on paying bills.

Motivate your child. “If you finish your homework by eight o’clock, we’ll play a board game or read an extra chapter.”

Schedule of 2010 Upcoming Events

- Jan. 23 - BB Papers Due
- K/K Nidans & Up 8-10am
- Jan. 30 - SD & RD Due Date
- Feb. 12 - Parents Night Out 6-9pm
- Feb. 13 - Staff/Board Meeting
- Kata/Kumite for Shodans
- Feb. 15-20 - Winter Break – dojo closed
- Feb. 26 - Seibukai Seminar
- Feb. 27 - Sensei Club Class
- Mar. 6 - Staff/Board Meeting
- Kata/Kumite Nidans & up
- Mar. 18 - Little Samurai promotions
- Mar. 19 - Promotion test
- Mar. 26 - Chittenango/St. Luke’s testing
- April 2-4 - Easter Weekend
- April 10 - BB Written Test/Kata/Kumite
for Shodan candidates (2-5pm)
- April 17 - Children’s Tournament
- April 19-24 - Spring break-dojos closed
- May 1 - Staff/Board Meeting
- Kata/Kumite for Nidans & up
- May 15 - Sensei Club Class
- May 28-31 - Memorial Weekend
- June 10 - Little Samurais promo test
- June 11 - Promotion test
- June 12 - Staff/Board Meeting
- BB Kata/Kumite for Shodans
- June 25 - Chittenango/St. Luke’s
Promotions/last class of session
- June 26 - Dojo Picnic - Seabreeze
- July 17 - Gasshuku
- Aug 7 - Staff/Board Meeting
- Aug. 30-Sept. 6- Summer Break

HOW TO BE A GOOD SPORT

ALWAYS TREAT YOUR TEAMMATES AND OPPONENTS THE WAY YOU WOULD LIKE TO BE TREATED.

PLAY BY THE RULES.

GIVE EVERYONE A TURN.

WAIT YOUR TURN.

CCHEER FOR YOUR TEAMMATES.

ALWAYS TRY TO DO YOUR BEST.

CONGRATULATE.

SAY "THANKS" OR "GOOD JOB" TO THE OTHER TEAM OR OPPONENT IF YOU WIN.

NEVER PUT DOWN OR MAKE FUN OF OTHERS.

RESPECT THE DECISIONS OF THE OFFICIAL, COACH, INSTRUCTOR AND/OR TEACHER.

KINDNESS

Gratitude is being thankful for what you have and what you receive. It is recognizing that we are a part of many great teams of people: our families, our classrooms, our extra-curricular activities and so much more. These teams bring us together to share what we have with others and to be grateful for what we learn and gain from these experiences. Albert Einstein said, "A hundred times every day I remind myself that my inner and outer life depends on the labors of other men, living and dead, and that I must exert myself in order to give in the measure as I have received and am still receiving." Be thankful for what you enjoy in life and recognize those who help you!

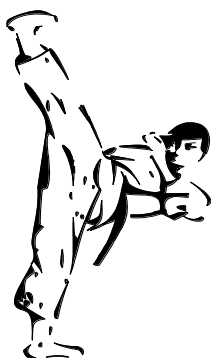
Kindness is often an expression of gratitude but it is more than that. Kindness is an expression of caring. Even the smallest act or deed done for another can have a life-changing effect! You never know how much someone may be in need of your kindness and why not just be kind anyway? It always makes YOU feel better as well!!

Respect is treating others as you would like to be treated. It is thinking about others and how they might feel. It is not being selfish, but instead sharing you with others. Respect is something that needs to be practiced everywhere you go. By showing respect to others you can gain their trust and improve their self-esteem. Respectful relationships grow into lifelong friendships.

Gratitude, kindness, and respect are all related character traits. When we are thankful and show respect, we will demonstrate more kindness, which positively impacts others and makes our friendships stronger.

Being kind and considerate is more admirable than being tough or strong. We need to be humble to those who are weaker.

Karate Kids Page



C.N.Y. Karate Schools Locations:

East Syracuse

Camillus

Chittenango

(315) 437-9417

Proud to be the
International Headquarters of
The Okinawan Seibukai
Association

**We're on the web at
www.cnykarate.com**



Email us at sensei@cnykarate.com

OLYMPICS

G T T H E A T H L E T I C S F I R J M S
T N R W E I G H T L I F T I N G U O S B
L T I L Y M G N I T O O H S P D I C I A
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A A C C O G N I V I D M G N I M M I W S
E A S Y R E H C R A W A T E R P O L O N
B S O F T B A L L L L A B E S A B E C I
G N I M M I W S D E Z I N O R H C N Y S

ARCHERY	FOOTBALL	TABLE TENNIS
ATHLETICS	GYMNASTICS	TENNIS
BADMINTON	HANDBALL	TRAMPOLINING
BASEBALL	HOCKEY	TRIATHLON
BASKETBALL	JUDO	YACHTING
BEACH VOLLEYBALL	VOLLEYBALL	WEIGHTLIFTING
BOXING	ROWING	WATER POLO
CANOEING	SHOOTING	WRESTLING
CYCLING	SOFTBALL	FENCING
DIVING	SWIMMING	MODERN PENTATHLON
EQUESTRIANISM	SYNCHRONIZED SWIMMING	
RHYTHMIC GYMNASTICS		

Word Search

The object of each puzzle is to find the listed hidden words. The words may be hidden in any direction: horizontally, vertically, diagonally, and forwards and backwards.

Hidden Sentence

Once you have found all the words, the remaining letters will spell a secret message. The message will be a piece of trivia, a saying, or a quotation.