



Soon  
Pretorius

Saturday, January 17, 2015

## It looks like being a great new season

The year has started with hard training in order to recover the fitness level of before the festive season. Muscle memory saved the day and provided some hope in this painful attempt. The first exciting project of the year will be to welcome all the new beginners. Welcome to all those who added karate training to their New Year's resolutions, included are those individuals who took a break but are ready to return with all might.

The infamous Berg-Gashuku in February is a highlight on the calendar and we will celebrate the 22<sup>nd</sup> year at Injusuthi, Northern Drakensberg with a strong international flavour. The JSKA chief instructors from Scotland, the United Kingdom, Mozambique and Zimbabwe will join our training. The adult grading in April is popular and forces our students attempting acceptance to the sensor black-belt class within two years.

To obtain senior brown within two years of dedicated training is possible. The specialised instructor's classes had always been popular among the senior grades and will include themes on teaching karate. This monthly session was made necessary when the instructor's group was expanded to 20 senior graded students.

This year's calendar includes a number of additional tournaments across the country to specifically prepare our students for the 2016 JSKA World Karate Championships to be hosted in Namibia next year.

The 31<sup>st</sup> JSKA South Africa National Championships will be presented in Pretoria in May coinciding with selection of the final world championship team. The second JSKA European Championships is hosted in Glasgow in July this year and a small team will represent our country in Scotland. Our tour will include training in London with the JSKA United Kingdom team.

The 21<sup>st</sup> JSKA Development Championships is hosted in the Magaliesberg later this year with special focus again on our world team. Namibia, Mozambique and Zimbabwe will join this event. The huge benefits of our Academy to focus on style events had tremendous advantages based on numbers but also on the extremely high technical level of our students. This fact is evident at the annual Dan examination with senior invited examination panel members.

My New Year's wishes include parents understanding the value of persistence and structured training for their children. Parents seem to understand the influence of leading by example in the popular open classes presented at all schools.

Please feel free to contact me for any additional information or direction regarding karate training at:  
[soon@karateacademy.co.za](mailto:soon@karateacademy.co.za)