

"Focus in karate refers to the concentration of all the energy of the body in an instant on a specific target."

-- Karate: The art of empty hand fighting



IGK

□ Quarterly Newsletter from the Irvine Goshin Kai □
January 2011
Issue I, Volume XII

Irvine Goshin Kai - Goju Ryu Karate
Irvine, California
949.724.6725
www.ocigk.com

Thoughts from Shihan Roy

Dear Students:

Happy New Year!!!

For our opening newsletter for the year I simply want to say welcome back and I hope everyone had happy and restful holidays. We had several weeks without classes. Hopefully you practiced anyway. Regardless, let's get mentally and physically prepared for a great year of setting and meeting our training goals for the year.

Respectfully,

Shihan Roy

For your information

Announcements

- Black belts are reminded to attend the Monthly Black Belt Workout at 7pm, Deerfield, on the first Wednesday of each month. 1st Quarter dates are February 2nd and March 2nd.
- IGK Dojo patches are an important and mandatory part of our uniforms. Please see Renshi Matt to purchase.
- A reminder to students and parents: please enroll and pay dues online or at the office by the first class of each month.

Upcoming Events

Date	Event	Description
February 19 th 10:00 AM	New Student Orientation • Deerfield CC	<ul style="list-style-type: none"> • New adult students and parents of youth students are encouraged to attend this opportunity to hear more about our school and to ask questions of our staff.
March 5th	Black Belt Testing • Deerfield CC	<ul style="list-style-type: none"> • We will be conducting black belt testing during most of the day. • Other students are welcome to come and observe.
April	Spring Tournament • Deerfield CC	<ul style="list-style-type: none"> • This will be our first tournament of the year. • We are encouraged by the number of junior students who have participated; keep it up. However, we want to emphasize to our senior students —green belt and above— that they are expected to participate as well.

Did you know?

Our hands and feet are very much like tools in that they have various surfaces that are used for different situations. Did you know that our feet have five primary kicking surfaces?

Instep: Provides a flat, broad, but solid striking surface. Used for the roundhouse and instep kicks.

Blade: The outside of the foot. A thin area for “cutting” small areas such as joint attacks. Used for the side kick, 45-degree kick, and crescent kicks.

Ball: A versatile surface that is very effective. Used for the front kick and goju round house.

Heel: A very hard striking surface. Used for the front kick and side kick.

Arch (not shown): Opposite to the blade of the foot. A soft kicking surface; requires speed to be effective. Used for the inside crescent kick.

