

The Budo Times

February – March 2009

Welcome to the Budo Times for February – March 2009. By this time of the year we hope that everyone has returned to training full of enthusiasm for the coming year. We trust that no one picked up any injuries during the layoff and this edition finds you all healthy, fit and raring to go.

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Message from Kaisho Graeme Sneddon

Welcome to 2009.

Those of you who set yourself a New Year's resolution, how are you going with it? I personally don't make them. Why wait for the New Year? Life starts today doesn't it?

To our student body, by now you'd have dusted off the cobwebs from your summer holidays. Martial Arts can be a



lonely pursuit. There is no team of 14 on the paddock to help you get across the line. You have to shoulder that burden alone, one punch & kick at a time. It takes commitment, dedication, discipline and resolve to earn yellow belt. And guess what, you're right back on Monday doing it all again for Orange. I read once that "the ripest fruit is highest on the tree". Climb that tree one branch at a time and you'll get to eat the ripest fruit. I wish you well in your training in 2009 & make myself available to each of you as you make your way through our system.

To our Branch Chief's, I have big plans for 2009 and we are one third into it already. The vision this year you would have noticed on the web is "DESTINATION – BLACK BELT." We have set a full program that needs to be executed with high levels of enthusiasm and thorough planning. Remember, excitement is contagious. The Teacher / Student relationship is a two-way street. If you want your students to work hard in their training, then you need to work even harder in your teaching. You're

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only as good as your last class, so make it count!

You'll notice I've been busy building our new website. Remember I'm a *martial* artist, not a *graphic* artist! Having said that, I think it looks eye-catching and provides the system with the up-to-date information we need to keep the machine moving. If you have anything you'd like to contribute to the photoblast and/or self defence workshop pages, please email me & I'll do my best to get it up there. On that, I'd like to thank Mark Johnston for the time & energy he commits to getting the workshop up every month.

2009 BKK Calender Dates:

We have set the following grading dates for 2009:

Boomers:

Saturday, 23rd May 2009
Saturday, 15th August 2009
Saturday, 5th December 2009

Adults:

Monday, 25th May 2009
Monday, 17th August 2009
Monday, 7th December 2009

2009 Coaching Clinic's

Boomers – Saturday, 29th June
Adults – Saturday, 2nd May &
Saturday, 25th October

Powercamp – November 6,7 & 8

The NSW Academy of Sport and Recreation facility at Narrabeen has been chosen as the location to host Powercamp 2009. This is a fantastic facility in which to train. We require all students that are going to attend the Powercamp to send, as a matter of urgency, a deposit and completed application form to your Sensei in order to book the facility for the weekend of 6,7 and 8 November 2009. As BKK have shown in previous years the Powercamp is the culmination of our years training. It is an opportunity for all students to show the skills they have been working on and one of the best learning environments in Martial Arts. DON'T MISS OUT!

Around the Dojo's

Baulkham Hills

We hate to be the bearer of bad news but our own James (Jimmy) Edgar suffered a serious leg break whilst at work. So bad in fact that he was in danger of losing his leg due to complications. At the time of compiling the BKK Newsletter he is at home convalescing and we hope that he gets back on the Dojo floor as soon as possible.

Anyone wanting to send him a get well message can do so at doublejj@bigpond.net.au

Bringelley Dojo

Sensei Ray Grech has informed us that his daughter and student, Tara Grech was recently presented with an award at 2009 Australia Day Community Event which followed the citizenship ceremonies held at Camden's Civic Centre. The Mayor of Camden, Cr Chris Patterson presented the awards to citizens of the Camden Local Government Area for outstanding work in the local community.

Tara has a long history of organising and assisting in community charity events and it is fantastic that the community has acknowledged her great efforts.

Bringelley Student of the Month:
Aiden Miller

Age: 19 years

Grade: Sho Dan

Instructor: Ray Grech: Sensei

How did you become involved with BKK? It was a natural progression as I followed my instructors more than the system.

Have you studied martial arts before? Zen Chi Ryu for 8 years.

What do you most like about Budo Kenkyu Kai? The outlook of the system: No nonsense, effective Martial Arts. I also

wanted to be a part of the grand scheme and future of Budo.

What is your favourite technique? Round kick, (The harder the better)

What are your goals for your training? Present goal is to achieve Ni Dan, then learn, become an instructor and eventually run my own Dojo. Focusing on a long term goal which is eventually make Yon Dan.

How can we help you achieve those goals? Budo is already helping me. I can do the rest.

Illawarra Dojo's

BKK would like to welcome the following new students from the combined Illawarra Dojo's:

Ben Stott

Madeleine Mott

Thomas Mott

Brodie Ryan

Olivia Ryan

Mya Davis-Jackson

Gemma Davis

Nathan Bala

Nina Bala

Ben Bala

Joel Mainon

Olyshia Mainon

Paris Fabian-Carter

Callum McCombie

Enrico Ranson

Bethany Lang

Hannah Caitens

Lara Edwards

Dave Farrent

Dave Stott

Carl Eady
Michelle Bowtell
Peter Bowtell
William Webb
Dale Murray
Megan Dunwoodie

Students of the Month:

Woonona – Brooke Bowtell
Thirroul – Jonamado Piega

Becoming a BKK Instructor!

(Part 1)

An integral philosophy of BKK is 'seeing the value in all arts and continuing to retain an open mind'. The way in which we can learn and grow as a style is for BKK to continue to expand our network of Dojo's and thus the introduction of new instructors, new ideas and training techniques.

It is not the aim of BKK to open a Dojo on every street corner as we need to maintain the integrity of what we do and what we teach but every instructor actively seeks other students who will take up the mantle to assist in growing our organisation of like minded individuals.

Make no mistake, the step from student to instructor is a great one. But it's a necessary period of growth that every martial art style requires in order to survive.

This three part series is aimed at those students who have aspired to take the next step in the life

long journey as a martial artist. Your current instructor may be calling upon you regularly to assist in their Dojo at the moment. Some students will have some experience in providing instruction within your current Dojo. The challenge of opening a Dojo from scratch is certainly a challenge but extremely re-warding as you are make the ultimate contribution to the style and making a positive contribution towards the life of those you instruct. You will not be alone in your pursuit as BKK will always assist you in your endeavours.

What does it take to become an effective instructor?

Does the best martial artist make the most capable instructor? I would say no to this. The instructor needs to be able to demonstrate to a very high proficiency the physical requirements for the students. The requirements for an individual to become an effective instructor are:

1. Desire – desire to give time and commitment to a Dojo. When you open a Dojo your students will rely on you to be there every time the Dojo doors open. To show them a commitment for their learning.
2. Commitment – commitment to the BKK ethos, to continue your

own training whilst your are enriching the lives of the students on the floor.

3. Communication Skills – the ability to effectively pass on your knowledge and the BKK knowledge and training methods to an array of people.
4. Time – enough time to devote to your Dojo, compiling programs, advertising and also your own continued training.
5. Management – the ability to actively manage a Dojo and the administrative tasks involved such as collecting Dojo training and insurance fees. Devising, planning and organising training and grading programs for a variety of individuals with differing needs.
6. Understanding – the need to understand that everyone’s training goals and life goals are different and the role that BKK takes in their lives will determine their commitment to learning.

Some of these skills you will already possess from your own life skills outside of BKK in addition to your years of training. Some of these skills you will develop as your Dojo grows and your current instructor will assist you with

those skills you need to work on. In addition there is assistance from every BKK Dojo, it may not be physically present, but an email to any instructor or a simple phone call and I can guarantee that the instructors will help you. In addition there are the bi-annual BKK Coaching Clinics and Powercamp where the instructors get the opportunity to share teaching and training ideas and knowledge.

So, do you have the desire, commitment, time, understanding and the ability to effectively manage a Dojo and communicate your knowledge to others? If the answer is yes, next month we will look at some of the physical requirements to opening a Dojo, location, equipment, assistance, insurance etc.

For any information you want included in the April/May 2009 edition send to scotthay@bigpond.net.au in addition can you instructors send me one photograph of some of the students in action to include in next months edition.

Keep training.