



The Feminist Karate Union is a 501c3 non-profit

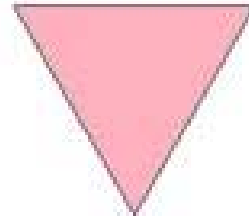
FKU Punchline

VOLUME 1, ISSUE 1

SUMMER 2005

Are You Ready for Pride?

Seattle's Pride March is an opportunity for students to show their pride in our school and share their love of karate with the community. The pride parade has been a popular annual event for Feminist Karate Union students for nearly 20 years. Students of all levels are invited to participate Sunday, June 26th from 10am – 1pm. For details, please add your name to the sign up sheet for the parade and direct your questions to Sensei Joanne Factor.



selling baked goods and T-shirts at a booth in Volunteer Park on both Saturday and Sunday. We are looking for volunteers to staff the booth from 10am to 6pm both days. If you can help, please sign up in the dojo or call to let us know – 206.325.3878. Be sure and stop by the booth, too! You can also pre-order a limited edition FKU Pride 2005 shirt at the dojo. Our popular retro

design from the 70s will be making a comeback this summer as well.

EVENTS CALENDAR

June 7	Board Meeting
June 11/12	Black Belt Test and Tournament in Sacramento
June 25	Bake sale in Volunteer Park
June 26	Pride March and bake sale
TBA	Board Meeting
July 18-22	Summer Camp
Aug 2	Board Meeting
Aug 5-8	PAWMA

INSIDE THIS ISSUE:

- Black Belts Test in CA 2
- Why we need Fundraising 2
- Open House Photos 2
- Comic Strip 3
- Get Involved 3
- Donations 3
- Summer Camp 4

Dust off your aprons!

It's time for a good old-fashioned bake sale! We are looking for donations of cookies, cakes, baklava, or whatever you can coax out of your oven. We will be

Sister School in South Africa

As part of our ongoing mission to make martial arts available to women, the Feminist Karate Union has teamed up with a sister school in S. Africa. Keitumetse Maolusi, a remarkable young woman from Soweto, has organized a group of teen girls dealing with AIDS in their fami-

lies. Many of these girls have experienced the loss of a parent due to the disease - there are 100,100,000 AIDs orphans in S. Africa. Keitumetse has organized this group to train together for support and strength during difficult times. FKU is donating school dues and uniforms to

support these brave women. We will be bringing you more information about our sister school in our next edition. To donate funds to help us ship necessary supplies, please send in the donation slip on the next page with your contribution.

Black Belts Test in June



Sensei Kim (above) and Sensei Tracey (right) test in June

Senseis Tracey Drum and Kim Jarvis will be traveling to Sacramento for black belt testing the weekend of June 12th. Sensei Tracey passed her provisional test in 2003; this will be sensei Kim's first foray into the grueling ritual.

"I've actually been enjoying the rigorous training" says Tracey, who has even added a weekly run around Green Lake to her schedule. "I have a National Board test that same week, though, so things are getting

really busy." Kim has other concerns, "this is a real endurance test, but we've been training for it. I'm a little concerned about the written test: 2 sets of tournament rules and the Japanese names for all techniques. But I've studied a lot, and should do well on that, too."

Other students in class have been feeling the crunch as test time approaches also, "we've been doing some of the black belt basics drills with [Kim and

Tracey] and it's really hard!" Says one of the green belts in the adult class. The black belt test will last 8 hours and includes a written exam.

If you manage to catch Tracey or Kim on a break, wish them luck!



"Our goal has always been to keep classes affordable and make karate accessible to more women and children."

Fundraising and our Non-Profit

It is sometimes easy to forget that our school is a non-profit organization and that all of our instructors and staff are volunteers. Our goal has always been to keep classes affordable and make karate accessible to more women and children. In order to keep dues low, FKU relies on the generosity of our supporters to keep the school in top condition and to expand

our outreach programs.

Occasionally, FKU holds fundraisers such as our 1000 Kicks Against Violence event last fall, or the Online Auction we had in conjunction with the Open House in the spring. This summer, we hope to raise funds and increase awareness of our program with T-shirt and baked goods sales at Volunteer Park in conjunction with Pride

Week in Seattle. We appreciate the immense support from our families and friends at all of these events and we appreciate the countless hours our dedicated teachers, staff and students have spent to keep FKU affordable, accessible, and unmatched.

25 kids complete 1000 kicks each in last falls fundraiser. More photos online



Picture Perfect Internet

Photos from the 2005 Open House and the Lowell School program have been posted on the website.

Thank you to everyone who sent us their photos for our online collection! If you haven't had a chance to visit us on the web, you can find information about upcoming

events, photo galleries, class schedules, and more at <http://www.feministkarateunion.org>.

If you have photos you would like to add, please contact Susan Ware at webmaster@feministkarateunion.org.

How to Get Involved

Do you have a skill or talent that needs to be put to good use? Do you spend too much time watching TV? Do you really enjoy cleaning, brainstorming, or coordinating events? Or do you just want to help? Don't be shy! Volunteers are always welcome.

In addition to our fundraising events such as the upcoming T-shirt and bake sale, we also need people

to help with day-to-day chores around the dojo and business related tasks such as editing our newsletter or maintaining our donor database. Currently, we are particularly in need of people with skills in marketing, recruiting, and project coordination.

Let us know how you'd like to help. We also have need of in-kind donations such as a printer from this

decade or some sort of compact shelf system in which to store our sai (a three pronged dagger type weapon stored in leather cases). To find out more, talk to someone from the board or email info@feministkarateunion.org.

BOARD OF DIRECTORS

- Chair: Aleeta VanPetten
- Secretary: Carolyn Anderson
- Treasurer: Laura Hooning
- Members: Tracey Drum, Joanne Factor, Charlie Smith, Susan Ware

Yes! I want to help FKU support women and children in martial arts

Your donation this month helps us kick off the partnership with our sister school in South Africa!

Enclosed is my gift of:

\$25
 \$50
 \$100
 Other _____

Comments: _____

Summer Camp 2005 — July 18-22

It's summer time yet again!

This is our fourth year offering a week-long summer camp at our dojo in central Seattle. This is a healthy, active way for your child to have fun this summer. Camp is sure to sell out, so reserve your seat as soon as possible. Registration is available for current students of FKU and their siblings only.

Each day a different guest instructor will introduce students to a new art, such as modern

Arnis, sticky-hands, tae kwon do, aikido, and sparring games. Senseis Aleeta and Joanne will teach new kata, conditioning games, and self defense. Other activities will emphasize the arts and crafts of Japan, such as origami, calligraphy, and the board game Go.

This is one week your child will treasure for a long time.

To enroll your child, please see Sensei Aleeta or Sensei Joanne for registration form.

**Register Now
class space is limited**

**FKU's 4th Annual
Summer Camp**
July 18-22
FKU dojo—1426 S. Jackson
9am to 3pm
\$175



Feminist Karate Union
1426 S. Jackson
Seattle, WA 98144
(206) 325-3878
info@feministkarateunion.org

*Come discover your
strongest self*