



The Feminist Karate Union is a 501c3 non-profit

FKU Punchline

VOLUME 2, ISSUE 1

WINTER 2006

1001 Kicks 2006

This year's kickathon raised nearly \$2500! Our 27 participants and contributing instructors all did a great job completing 1001 kicks each. We'd like to thank everybody for their support for our

students and our non-profit school.

Pictures from the event are available on our website: <http://www.feministkarateunion.org>



Tournaments

In 2005, FKU sent participants to these tournaments

- AAU local qualifier in April at Edmonds Community College where Kim and Alicia took Most Outstanding Sr. and Jr. Female respectively

Take Training Further

- 12th Annual Sacramento Karate Tournament in July
- 11th Annual NW Karate-Do Classic in November where Mark Bun was awarded Most Outstanding Jr. Male
- Sensei Aleeta was present at the 46th All-Hawaii Karate Championships

If you are interested in competing in a tournament in 2006, let your sensei know.

CAMPS

In addition to participation in tournaments this year, female students will have the opportunity to train at two Women's camps during the summer.

PAWMA camp will be Labor Day weekend in Olympia, WA and **NWMAF's** Special Training will be very special this year as they celebrate their 25th anniversary of camp in Evanston, IL, July 12-16. Sensei Joanne is a member of the Board of Directors for both organizations.

INSIDE THIS ISSUE:

Mark Speaks	2
Maggie Speaks	2
Amelia speaks	2
Promotions	2
Volunteers Needed	3
Black Belts	3
Board Notes	3
Open House	4
Kids T-Shirt Design Contest	4

Summer Camp July 31— Aug 4

It's that time of year again--plan for FKU's FIFTH ANNUAL SUMMER CAMP. Each day a different guest instructor will introduce students to a new art or skill, such as modern Arnis, sticky-hands, tae kwon do, aikido, rolling and falling, and sparring games. Senseis Aleeta and

Joanne will teach new kata, conditioning games, and safety skills. Other activities emphasize the arts and crafts of Japan, like origami, taiko drumming, calligraphy, and the board game Go. This is one week your child will treasure for a long time. See Sensei Joanne for more info.





PROMOTIONS

10th kyu ho: Alafia Cherena, Zuzu Krause, Pearl Lam, Miyo McGinn, Madeline Musselman-Brown, Matthew Song, Rita Weikal, Angela Yu

9th kyu: Melissa Hancock, Anthony Maiocco, Caleb Maiocco, Marisa Muniz, Blake Snodgrass

5th kyu: Deb Schaack, Susan Ware

2nd kyu: Mark Bun

Weapons

9th kyu: Maggie Hargus, Amelia Hooning

8th kyu: Amelia Hooning

5th kyu: Amanda Rose Smith

2nd kyu: Mark Bun, Alicia Crowley



Mark Bun on Tournaments

Our school participates in several annual karate tournaments. These competitions allow participants to demonstrate their skills in karate and compare their abilities to those of their peers.

Karate tournaments are divided into four or five independent events. Following opening ceremonies, competitors are staged for their synchronized kata divisions. Also known as team kata, groups of three competitors aim to perform a perfectly synchronized kata. Following this event, competitors are grouped into

their kobudo, or weapons kata divisions. Next is the empty-hand kata event, followed by the kumite, or sparring competition. Some larger tournaments may also have special events such as team kumite competitions. Awards are given by the judges at the end of each competition.

Through tournaments, students can determine what areas they need to work on to further advance their karate. Tournaments provide unique opportunities to practice and improve physical and mental proficiency vital to karate

training. By participating in tournaments I have learned to apply the techniques I have learned at the dojo in a competitive atmosphere. I can analyze the styles of other schools and observe performances that I couldn't see anywhere else. For instance, through tournaments I can spar with partners who use techniques different than what I have learned. Most importantly though, tournaments foster good sportsmanship while encouraging friendly competition.

Maggie Hargus on Tournaments

When you go to a tournament, the first thing you do is check in. You can then change into your gi if you haven't already. When you're in your gi, you go into the main room and look for other people from your dojo so you can sit with them. After that, you can do anything until the tournament starts - read, eat, write, talk, listen, anything.

When you check in you get a sticker saying your name, age, the categories you're going to

compete in, and your level. People competing are placed into groups by age and number of years of training; this is called ranking. Ranking makes sure that people are pretty evenly matched with few advantages or disadvantages.

When you get to perform, you're nervous. But when you start actually doing your kata, it's not scary at all. You will have practiced so much you could do it in your sleep. All the time leading up to this

moment you've been thinking, worrying about being here. But all you really think about is your kata. Soon, it's over! You get your score and wait for everyone else to be done performing. The judges will award the places and you might have placed, but maybe not. You will then get dismissed to go back up to the stands. You then either wait for your next category, leave, or stay to cheer your friends on.

Amelia Hooning on Tournaments

I really like being in Karate tournaments, because it makes me really focus on my training, almost to the point that in the month before the tournament I gain more than I do during the whole rest of the year. I also really like the tournament atmosphere, because you get to talk to people who train at other dojos and get a sense of what other styles of Karate are

like. However, my favorite part of the tournament is competing. It's one of my few chances to really show off how much progress I've made. It's so fun to get up there in front of the judges, and the crowd, and show them what you've been working on. I think it is very important that everyone who does Karate gets tournament experience, because of all the

benefits of the training you do for them and the practice of performing in front of others. Even if you don't feel comfortable enough with Karate yet, you should come to a tournament to see what it's like and to root for the competitors from the FKU cheering section.

Volunteers Needed

We have a lot to do this year and you are urged to participate in our committees or volunteer to help with our dojo operations. We need people for everything from party planning to reviewing our insurance policy to washing our windows. FKU is a non-profit organization run entirely by volunteers. Committees this year are being formed for special event planning, finances and bookkeeping, publicity and advertising,

and hospitality for incoming students and guests. If you have time to donate this year, please talk to someone on the board about how you can get involved in our growing community.

We need
YOU!

Black Belts

Congratulations to Sensei Tracey and Sensei Kim for their black belt promotions in 2005



Board Notes—Ballot for Two Members

BOARD OF DIRECTORS

Gift Certificates

If you know of a non-profit organization holding an auction or give away, let them know that FKU is happy to donate gift certificates.

New Computer

Thanks to your contributions, the Feminist Karate Union is getting a new computer this month! The computer will help us run our office efficiently, keep track of student progress, and connect with our

community.

Ballot to Elect Two Members

Melissa Hancock and Marisa Muniz have volunteered for positions on the board. In order to comply with our bylaws, we need your help to make it official. Please sign our ballot in the dojo or after class at Lowell. Any objections to the nomination can be presented to an active Board Member or by emailing us.

Lowell Updates Available on Web

Parents of students enrolled in the Lowell School program can now find important information from Sensei Joanne on the web at <http://www.feministkarateunion.org/lowell.html>

Contact: info@feministkarateunion.org

- President: Aleeta VanPetten
- Vice President: Tracey Drum
- Treasurer: Laura Hooning
- Secretary: Susan Ware
- Members: (Melissa Hancock) (Marisa Muniz) Natalia Murinova Charlie Smith

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

The Feminist Karate Union is a non-profit organization and your donations help us fulfill our mission of providing affordable, quality martial arts training to women and children.

Enclosed is my gift of:

\$25 \$50 \$100 Other _____

Comments: _____

35th Anniversary Open House

This year's open house is going to be a big one. So big, that we're celebrating off-site. We'll be sending you information about our show's location as the **April 2nd** date approaches.

Kids T-Shirt Design Contest

Get out your markers and paper! We need a new design for kid sized tees so we're having a contest. Draw your best karate kick, meditation scene, or whatever imagery training brings you. We'll be collecting entries up until open house rehearsal and displaying your ideas at the open house. The winning design as determined by the Board of Directors will be printed on tees of all sizes and the designer will get a free shirt.



Guidelines

All students enrolled in kids classes either at the dojo or at Lowell can participate.

Designs should be a single color—a line drawing or silhouette. The silk screening process we use is like a stencil.

Students can draw their design by hand or use a computer so long as it's original art—no clipart or downloads please.

The design is for T-shirts of all sizes so a maximum size of 8"x8" can be used.

EVENTS CALENDAR

Feb 8	Board Meeting
Feb TBA	Sensei John Visits
Mar 8	Board Meeting
Apr 12	Board Meeting
Apr 2	Open House
Apr 29	AAU tournament



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*Come discover your
strongest self*