

JUKIDO-KAI

ISSUE 101

NEWS

JANUARY 2019

"Welcome 2019!"

2018 was a great year at Jukido Kai! Our youth and beginner programs continued to grow and many new students started their journey on the lifelong path of the martial arts here at our dojo. Our "Jukido kai @ the Y" program grew with increased membership at the Marysville YMCA under Sensei Ron Smith and the start of the program at the Wapakoneta YMCA under the leadership of Instructors Chris Headley and Jacob Aldrich. The program was also started at the Sidney YMCA with the return of Sensei Dave Smith from England. Sensei Tim Barnett has jumped right in to help with our Monday and Wednesday evening classes at the home dojo and he also it assisting Sensei Dave with classes at the Sidney YMCA. The "Yoga @ the Dojo" program continues with both morning and evening classes as part of Sensei Topp's goal of incorporating more fitness and wellness based programs at Jukido Kai. A very successful Tai Chi pilot program was conducted at the end of 2018 with its development into a regular monthly program for our 2019 schedule!

Sensei Topp continues with private lessons with his time slots filling quickly. Many students have advanced into the Karate Jutsu program. This is an honor as this program is by invite only. Many students have been working extra hard and going the extra mile to train by attending Kata Workshops as preparation for testing and general requirement.

Sensei Mike McCarthy and Chris Headley have jumped in to help assist with the increased attendance to the workshops.

Sensei Russ Conkle shared much from his 45 years of Judo experience with several Jukido kai classes, as well as, preparing students for success in Judo competition. Sensei Bryan Topp continues to be a big help with training students in the Karatejutsu program, as well as, the specialized blade training arts of Jukido Kai. Several guest instructors were

hosted at Jukido Kai in 2018. A multitude of various arts were presented. Al McLuckey shared a blend of Pilipino, Russian, and Chinese martial arts. Jeremy Lovejoy of the Dayton Kali Institute shared Pilipino and Malaysian martial arts. Longtime friend and guest instructor at Jukido Kai, Jeff Selby, spent the summer sharing skills from Indonesian, Pilipino and various tribal martial arts. Thank You to all of the students, families and instructors that made 2018 such a success.

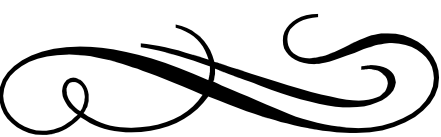
There are great things in store for this year as well!

JUKIDO-KAI SCHOOL OF MARTIAL ARTS

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Sensei Says ...

Make sure that you are geared up for 2019! Students need that following sparring gear items: mouth guard, hand pads, shin/instep pads, and males are required to wear a protective cup to every class. All purple and brown belts make sure that they have a Bo or Jo staff for the required staff kata for your particular rank. There will be several opportunities to learn the traditional Kobudo weapons following Kata Workshops in 2019, so make sure that you have your gear. All students should make sure that they have a bokken (wooden sword) for up and coming sword training later this year.



WHO KNEW?

Every sunrise is a mirage, as the sun rises, air in the earth's atmosphere bends its image upward, so we see the sun two minutes before it actually breaks the horizon.

QUOTE OF THE MONTH:

" Those who really seek the path to enlightenment dictate terms to their mind. Then they proceed with strong determination."

~ Buddha

Reminders:

- 1/12 - Closed Seminar**
- 1/26 Kata Workshop**
- 1/26 Bo Kata Workshop**

www.jukidokai.com

