

# SCHOOL NEWS

## West Coast Karate Newsletter

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### Grading Day

Well done to all students who graded last Saturday, we hope you are proud of your latest achievement and are ready and eager to meet your new goals. All students have worked very hard over the last term, showing self determination and self-discipline to improve their skills, and it certainly showed at the grading. We are very pleased with the quality of karate that students showed and are excited to help them reach their next milestone.

### Rebecca's Senior Camp experience

Late February I attended my 4th senior squad camp. The squad consists of athletes who have been picked by the National coaches to train together for a 2 year period, and to represent Australia at international events. The training sessions at the camps are high intensity and the days are long. The camps are a great experience because I get to train with athletes of the highest caliber— such as Kristina Mah, 2010 World Champion, and I get great coaching advice and new training drills from the top coaches in Australia which I bring back to West Coast Karate. Overall the experience is fantastic, many friendships are made, and none of us can wait till the next one!

### Senshinkan Open

The Senshinkan Open was held on Sunday 13 March at Mater Dei College, Edgewater. In total there were 15 competitors from West Coast Karate, each performed with confidence, integrity, and good sportsmanship. In total, West Coast Karate athletes took out 7 Gold medals, 4 Silver medals, and 1 bronze medal, and 4 Little Samurai trophies which are outstanding results.

Karate tournaments offer countless benefits for children. For example, tournaments allow students the opportunity to test their skills, compete against new opponents, see displays by some of the best martial artists in the area and broaden their knowledge of karate culture, build new friendships and camaraderie with other athletes, achieve new goals, and strengthen personal character, for example developing humility or self-confidence. Whatever experience or skill level, students learn a lot and meet a lot of new people while having fun.

### Perth Open

If you are interested in your child entering into a tournament, West Coast Karate is hosting its annual tournament on Sunday 15th May at Melville Recreation Centre. This is a fantastic opportunity for students whether they are first timers or experienced athletes! And it's the only WAKL tournament South of the River this year!



Much of the success of the tournament relies on the support of our volunteers. If you are interested in volunteering, or are in need of further information, please speak to Shelley or email [admin@westcoastkarate.com.au](mailto:admin@westcoastkarate.com.au)

From Left to Right: Senior WKF squad members Mish Willson, Rebecca Sullivan, Maria Alexiadis, Kristina Mah, Riana Loffel, and Ivana Vuletic.

