



# EmptyHands News

KaraTe School

1ST MARCH 2007

WELCOME TO OUR QUATERLY NEWSLETTER

## SPECIAL POINTS OF INTEREST

- **Mock Grading will be held on Thursday 15th March**
- **In celebration of the Schools 1st Anniversary, our staff will organize a Japanese Brush Painting evening on Thursday 22nd March 07. This will involve basic lessons in Brush-strokes. The winners work will be published here**
- **Grading will be held on 12th April 07. Listen out for your names**
- **Our Induction Manual has been published and is available for download**

### Contact Us:

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## New Joiners

Welcome to EmptyHands Karate School,

**Maryam Adam, Amarah Adam**

**Ishaque Adam, Ismael Adam**

**Maha Hussain, Colin Hart**

**Zayn Ahmed, Ibrahim Younis**

**Qasim Sheikh, Hessam Alley**

**& Sara Mushtaq**

We hope you are enjoying yourselves whilst training at the Dojo and wish you all success and enjoyment in the coming year.

## Recent Grading

We had our first grading which was conducted by Sensei Ko, the following students received endorsements: **Bilal Iftikhar, Mahwish Iftikhar, Irm Mushtaq, Sami Mushtaq, Shahwali Bashir & Hamza Iftikhar.**

## Merit Scheme

Each Quarter, all students can participate in an Awards scheme. Students will receive a Merit Card booklet which will enable them to obtain credit from Staff under 5 Categories:

- **Effort**
- **Etiquette**
- **Spirit**
- **Attendance**
- **Patience**

A prize will be awarded to the student who attains the highest number of points. Winning student will appear in the Newsletter.

## Student Handbook

- The Handbook is almost ready for publishing.

## Quiz

1. What is the literal translation of KaraTe?
2. Who is the founder of Shotokan KaraTe?
3. At the beginning of the lesson what is the bow called?
4. What is the name of the meditation at the beginning and end of lesson?

Send us your answers to:  
[info@emptyhands.co.uk](mailto:info@emptyhands.co.uk)

Your answers will be published in the next issue.

## School Uniforms

- New tailor made Gi's with our school logo will be available for purchase in June 07.

*“Karate begins and ends with courtesy”*

*Gichin Funakoshi Hanshi*

