



# KEIKUKAN NEWS

Dojo Kun – The guiding principles of Our Dojo

道 (Dō) – "Way" or "Path"

場 (Jō) – "Place" or "Location"

訓 (Kun) – "Instruction" or "Lesson"

1. Seek perfection of character (Integrity)
2. Be Faithful (Loyalty)
3. Always Endeavor (Effort)
4. Respect Others (Etiquette)
5. Refrain From Violent Behavior (Control)

Shotokan Karate emphasizes discipline, efficiency and continuous self-improvement – every technique should be executed with full intent, precision, and spirit. Train with the mindset that every punch, block and kick is a life-or-death movement but also seek balance between power and relaxation. True mastery comes not from just physical skill, but from cultivating Integrity, Loyalty, Effort and Control. Be patient, be humble and train hard.



## Back to Tradition

Sensei Gordon

In an attempt to get back to true Shotokan and Japanese tradition inside the dojo, we will be implementing a few changes. I ask that you be patient and do your very best to overcome the challenges ahead.

In a recent training session with my Sensei, he instructed me to make a few changes to our Dojo Etiquette and how we begin a class. There is a new Bowing Ceremony which Senpai EZ and I will teach. There will be a learning curve but based on the pride and discipline I see from every one of our Karatekas, I am confident the changes will be second nature in no time.

I require each student to memorize and apply our Dojo Kun, not only at training, but in your daily lives. Oss!



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# 継空館 KEIKUKAN

## Upcoming Events



March 8<sup>th</sup>, 9am – 4pm – NTKA Wise Karate Tournament to be held at the North Texas Karate Academy – 3107 State Highway 101, Bridgeport, TX 76426



Last testing on February 20<sup>th</sup> was a great success. The following Karatekas were promoted:

Melody – Purple Belt with Brown Tip

Venez – Green Belt with Purple Tip

Jamiya – Green Belt

Ki – Yellow Belt

## Karateka of the Month

級 San-Kyu Frederick



3<sup>rd</sup> Degree Brown Belt, Frederick is a Central High Broncho! He has been 2 years on the Honor Roll and has perfect attendance at school. In addition to his dedication to Karate, Frederick participates in School Football and Baseball.

Frederick recently won two – 1<sup>st</sup> Place medals at a Karate tournament and says one of his heroes is the one and only, Chuck Norris

He enjoys riding and taking care of horses, cutting firewood, mowing and is especially fond of driving trucks through the hay fields

Some of Frederick's things to do are camping, boating, Bass-Fishing, tubing, skeet-shooting, hunting, paintball, cooking and attending Church

Karateka Frederick says, "I feel lucky to have the life I have"

Big Congratulations to San Kyu Frederick!

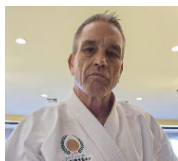
## Health and Fitness

Nutrition Tip of the Month

Fuel your training with lean proteins, complex carbs and healthy fats to sustain energy and endurance. Prioritize whole foods like eggs, fish, nuts and leafy greens, and stay hydrated with plenty of water. Avoid processed sugars and sugary drinks. Focus on slow-digesting carbs like oats, sweet potatoes, and brown rice for lasting stamina



## Ask Sensei



継空館  
KEIKUKAN

“Sensei, are you working on any special projects outside of the Dojo?”

I recently had the pleasure of meeting and speaking with leadership of the Comanche Nation. With a rise in violent crime including human trafficking, Tribal Leaders are coming together to formulate plans to mitigate risk, combat the problem and perhaps most importantly, support affected persons.

The Comanche Nation *Missing, Murdered Indigenous People* Program (M.M.I.P) is a monumental effort to not only assist, uplift and aid survivors of violent crime, the aim is to stand with, encourage and empower people, especially women to defend against attacks and overcome the loneliness which ensues after victimization or loss. The focus is seeking restorative justice and bridging gaps within the Criminal Justice System across federal, tribal and state entities.

“The Program emphasizes awareness through education and services that honor Comanche culture, traditions, compassion, and prevention, all while upholding the sovereignty of the Comanche Nation.” – comanchenation.com

I am very proud to be a small part of this worthwhile endeavor and show my commitment to fostering collaboration, raising awareness and providing essential services to combat the crisis of missing and murdered Indigenous People.



Missing and Murdered Indigenous People



**COMANCHE NATION**  
MISSING & MURDERED  
INDIGENOUS PEOPLE

## Services Offered:

[Missing and Murdered Indigenous People | Comanche Nation, Oklahoma](#)

Memorial and Vigil Services

Victim Services

MMIP Awareness

Cultural Healing Workshops

Search and Rescue Operations



# Karate Fun Page

Contacts us at [keikukandojo@gmail.com](mailto:keikukandojo@gmail.com) - 580.280.0381

What is a Karate Student's favorite Drink?

Karat-tea

Ben and Jerry's just opened a new Martial Arts School -

It's called Cookie Do

I just met a bear who knows Karate

His name is Grizz Lee



## Training Tip

Concentrate

Lower your stance: keep your knees slightly bent and weight evenly distributed –  
Grip the floor: actively press your feet into the ground for better stability

Engage your core: A strong Hara (core) supports powerful technique and reduces strain on your lower back

Snap, don't push: Kime (focus) comes from explosive speed, not just strength

Practice Transitions: moving smoothly between stances improves flow and efficiency in Kata and Kumite