



KEIKUKAN News

SHOTOKAN KARATE



IN THIS EDITION

Student Spotlight

Tournament Results

Calendar Updates

Ask Sensei

JKS MEMBERSHIP DUES

Our yearly fee for JKS Membership was due a few weeks ago. If you have not paid, please see Ms. Teri as soon as possible. New memberships are \$20 and yearly renewals are \$10

JKS LOGO

Affinitee Shirt Company, located at 502 NW Sheridan will embroider the JKS Logo on your uniforms. Drop it off for a two-day turn-around, \$20. They can be reached at (580) 861-2253

Have you fallen behind on your new year's resolution to get in shape?



Keikukan Dojo is a great place to get back on track with your physical fitness goals. We have a growing class of adult students who are getting back in shape, regaining balance, dexterity, strength and clear minds. Maybe you're already a Martial Artist and thinking about getting back to training. Keikukan is the Dojo for you.

Contact Sensei Gordon today by calling (580) 280-0381
Or emailing keikukandojo@gmail.com
or visiting <https://www.keikukandojo.org>



STUDENT SPOTLIGHT - BENJAMIN

Benjamin has been studying Karate for nearly three years. The skills he's learned along the way, which include Discipline, Integrity, Loyalty, Effort, Respect, Control and Leadership have carried over into his personal life. Benjamin is a straight A student in the 3rd Grade and his favorite subject is Math. That aligns with his goal of becoming a Rocket Scientist.

As a member of the Comanche County 4-H, 🌿 Benjamin and his project lamb "Kash" placed 3rd at a recent show punching their ticket for the *Saddle and Sirloin Club's* Bonus Sale. Anyone who knows about showing livestock understands what a big deal this is.

Benjamin enjoys playing outside with his brother and sister, loves Disc Golf and riding his dirt bike.

Since beginning Karate at Keikukan in May of 2022, Benjamin has worked hard and really enjoys practicing his forms (Kata). In January of this year, he participated in belt testing, passed and was promoted to 5th Kyu - Purple Belt.



Congratulations to this month's Outstanding Karateka. Way to go, Benjamin!

Keikukan Dojo Shines at NTKA Wise Karate Tournament!



On March 8th, the North Texas Karate Academy in Bridgeport, TX., hosted the highly anticipated NTKA Wise Karate Tournament, bringing together skilled martial artists from across the region. Among the competitors were some of Keikukan Dojo's finest, demonstrating their dedication, discipline and mastery of Shotokan. The event featured multiple categories, including Kata, Sparring and Weapons, allowing participants to showcase their technique, strategy and precision.

Keikukan's Ezeikiah delivered an outstanding performance in Kata with sharp, powerful movements which were so impressive, they earned him the top spot, 1st place in the division. Additionally, in the highly competitive sparring category, Ezeikiah fought with determination and skill securing third place, after a series of intense matches.

Another standout competitor, Venez, displayed remarkable versatility, competing across multiple categories. Venez's 1st place victory in Kata was a testament to his refined technique and unwavering focus. In the Sparring division Venez fought fiercely, securing 2nd place, and also demonstrated impressive proficiency in weapons, earning himself 3rd place overall in the category. His well-rounded abilities highlight the depth of training with Sensei Gordon at Keikukan Dojo.

The NTKA Wise Tournament was a true test of skill and perseverance, and Keikukan competitors upheld our reputation with honor. Their success is a reflection of hard work and dedication. As they continue their journey in Marshal Arts, let these victories serve as motivation for all in future challenges and greater achievements.



April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Lower Belts 5pm - 6pm Advanced Belts 6pm - 7pm Tuition Payments Due	2	3 Lower Belts 5 pm - 6 pm Advanced Belts 6 pm - 7 pm	4 Sparring and Open Floor Practice	5
6	7	8 Lower Belts 5pm - 6pm Advanced Belts 6pm - 7pm	9	10 Lower Belts 5 pm - 6 pm Advanced Belts 6 pm - 7 pm	11 Sparring and Open Floor Practice	12
13	14	15 Lower Belts 5pm - 6pm Advanced Belts 6pm - 7pm	16	17 Lower Belts 5pm - 6pm Advanced Belts 6pm - 7pm	18 Sparring and Open Floor Practice	19
20	21	22 Lower Belts 5pm - 6pm Advanced Belts 6pm - 7pm	23	24 Lower Belts 5pm - 6pm Advanced Belts 6pm - 7pm	25 Sparring and Open Floor Practice	26
27	28	29 Lower Belts 5pm - 6pm Advanced Belts 6pm - 7pm	30			

**KIHON
AND KATA
SEMINAR**

Teaching:
fundamentals
and kata
applications

3107 Hwy 101
Bridgeport, TX
76426

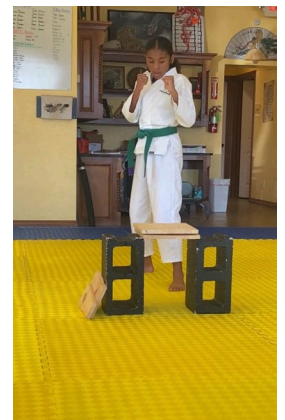
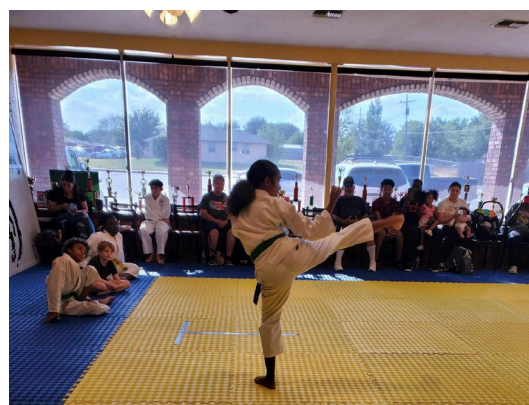
5-3-25
Saturday
9am-12pm

**Sensei
Gordon
Andrade**

\$15
entry



PHOTOS FROM THE DOJO





Ask Sensei: Why is Karate so important?

Karate is a unique discipline serving different purposes for different practitioners. For some, it is the ultimate pursuit—a lifelong journey of mastery where achieving a black belt and competing in high-level tournaments is the pinnacle of success. These individuals dedicate themselves to rigorous training, perfecting their Kihon (Basics), Forms (Kata), and Kumite (sparring) techniques with the goal of standing victorious in competition. Their motivation comes from pushing physical and mental limits, testing themselves against skilled opponents, and striving for excellence in every aspect of the art. For that person, Karate is not just a hobby but a way of life, shaping his or her identity through discipline, perseverance, and the relentless pursuit of excellence.

For others, Karate is less about competition and more about self-improvement, serving as a powerful system for physical and mental fitness. Many people join a dojo not to become champions, but to regain strength, flexibility, and endurance. The structured training, with its emphasis on repetitive movements, controlled breathing, and full-body conditioning, makes it an excellent workout which keeps practitioners engaged and motivated. Beyond the physical benefits, Karate sharpens the mind, improves focus, reduces stress, and instills a sense of self-discipline which carries over into everyday life. Whether someone trains to get in shape, develop self-defense skills, or simply improve health, Karate provides a structured path to overall well-being.

Another major appeal of Karate is the camaraderie within the dojo. Unlike solo fitness routines, Karate fosters a sense of belonging, where students encourage one another, push each other to improve, and develop lasting friendships. The dojo is a place where people from all walks of life—young and old, beginners and experts—come together with a shared purpose. Training with others creates a strong bond of respect and mutual support, making Karate a community as much as a martial art. For many, the relationships built in the dojo are just as important as the skills learned, creating an environment of encouragement and personal growth.

Ultimately, Karate is a versatile discipline which adapts to the goals and motivations of each practitioner. Whether one seeks tournament victories, a structured fitness regimen, or fellowship, Karate provides something meaningful for everyone. It is not just about fighting or self-defense; it is about growth, perseverance, and finding purpose in movement and discipline. No matter the motivation, Karate has the power to enrich life in profound and lasting ways.

Start your journey today by contacting Sensei Gordon at: keikukandojo@gmail.com