

**SASKATCHEWAN
KARATE ASSOCIATION
NEWSLETTER**



FEBRUARY 2024

Message from the President

I hope you all had a restful holiday and wishing you all a healthy and prosperous New Year!

I would like to take this time to welcome Holly Ueland to the SKA. She will be working at the SKA office part-time at the start of the new year and will be a valuable asset to the association.

The SKA will be hosting a National Karate Competition in April in Saskatoon. More information about this event will be sent to clubs in the new year. For more information on this and all events, go to SKA Events on page four.

SKA Annual General Meetings are held the day following our Spring Provincial Tournaments but this year it will be held on the last day of the National Karate Competition, following the event. Location & time to be announced.

The SKA will host another Spring Karate Camp at Midwest Karate Saskatoon in May. Come and train at a seminar that brings together karateka from all over the province. There will also be Kettle Bell classes that you can try out. Come and join us for a weekend of training and fun.

Our 2024 Fall Provincial Tournament will be hosted by Five Hills Chito-Ryu Karate Club in Moose Jaw. We are excited to be travelling to a new location and working with Five Hills Karate Club to make this a memorable event. I encourage our athletes and officials to come out and support this event.

In preparation for these events you may want to consider some extra training. This program is beneficial for many, but especially to those who would like extra training in preparation for competition or just to increase your knowledge. Please see page 12 for more information about our Athletic Development Program or talk to your instructor if interested.

Sincerely,
Dave Smith
President
Saskatchewan Karate Association



Letter from the Editor



I hope you all had a great 2023 and best wishes for a wonderful year ahead.

I would like to welcome Holly Ueland to the Saskatchewan Karate Association. Holly will be working part-time at the SKA office and will be a valuable asset to our association. I am excited to have her on board and look forward to working with her.

SKA hours of operation will change for a short period. Changes to days/hours is indicated on our answering machine.

We anticipate that permanent office hours will resume sometime this spring. Office hours at that time will be:

Monday:	9:00 am – 4:00 pm
Tuesday:	9:00 am – 3:30 pm
Wednesday:	9:00 am – 3:30 pm
Thursday:	Closed
Friday:	9:00 am – 4:00 pm

Each year this newsletter is mailed to SKA members and I am always looking for new articles and information. I encourage you to submit inspirational stories of your karate journey, how competition or karate in general has helped you personally or any positive experiences you have that relate to karate.

We are always happy to hear from our membership and if you have any suggestions for newsletter content, tournament resale items or other suggestions, please send an email to sk.karate@shaw.ca. We would like to hear your ideas.

Recently, the SKA held a medal design contest where SKA members submitted a drawing for the design of the medal to be used for our upcoming National Karate Championships. I would like to thank everyone for your submission. The drawings were well done and we thank all the participants for their time and work that was put into these designs. The winner of this contest is announced on page 11.

Sincerely,
Linda Crosson
SKA Executive Director

SKA BOARD OF DIRECTORS



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Kelly Watts	Zone 6
Randy McIntyre	Zone 7

Executive Staff

Linda Crosson & Holly Ueland
510 Cynthia St.
Saskatoon, SK. S7L 7K7
Phone: (306) 374-7333
E-mail: sk.karate@shaw.ca
Website: saskkarate.ca

The goal of the Saskatchewan Karate Association is to promote and facilitate the development of Traditional Karate as a Martial Art and as a Sport throughout the Province by encouraging participation from as diverse an area and population as possible; standardizing and supervising the quality of karate instruction throughout the province, instruction of "karate-do" (the karate way); examination and registration of student ranking and other technical qualifications; sponsoring seminars and other events, developing qualified coaches, instructors and officials; cooperating with organizations for development of karate; such other activities as may assist in achieving the above goal.

SKA Events

Mark your calendars!

More Information about the following events will be posted at your club closer to the event date.

Traditional Karate National Championships

April 19 – 21, 2024
Walter Murray Collegiate
Saskatoon, SK

SKA Annual General Meeting

April 21, 2024
Saskatoon, SK
Location to be announced

SKA 2024 Spring Karate Camp

May 10 – 12, 2024
Midwest Karate Saskatoon

SKA 2024 Provincial Fall Tournament

Moose Jaw, SK
Date to be announced



2023 SKA Provincial Fall Tournament Results

KATA

Male Novice 6 – 8 yr olds

Gold: Boden White (Five Hills)
Silver: Noah Jack (Kuroki)
Bronze: Maxim Dukoski (M.W. S'toon)

Female 10 & Under Novice

Gold: Hunter Fitzsimmons (Humboldt)
Silver: Olivia Turner (M.W. S'toon)
Bronze: Emilia Kerr (Five Hills, M.J.)

Male 10 & Under Novice

Gold: Joshua Nelson (Grasslands, M.J.)
Silver: Oliver Weber (M.W. Regina)
Bronze: Evan Avery (Grasslands, M.J.)

M & F 10 & Under Intermediate

Gold: Ben Joshua Estares (Rose Valley)
Silver: Ethan Thor Pastor (Rose Valley)
Bronze: Clare Kiland (Rose Valley)

Female 11 – 13 Intermediate

Gold: Alayna Ell (Humboldt)
Silver: Caley McFaddin (Grasslands, M.J.)
Bronze: Hadlee Dunbar (Rose Valley)

Male 11 – 13 Novice

Gold: Nixon Newhouse (Grasslands, M.J.)
Silver: Dexter Daschuk (M.W. S'toon)
Bronze: Cashius Purdy (M.W. Regina)

Male 11 – 13 Intermediate

Gold: Toan Nguyen (M.W. S'toon)
Silver: Grayson Labanowich (Rose Valley)
Bronze: Noah Zimmerman (Humboldt)

Female 14 – 17 Novice

Gold: Abby Meszaros (Five Hills, M.J.)
Silver: Emma Young (Grasslands, M.J.)

Female 14 – 17 Intermediate

Gold: Mai Nguyen (M.W. S'toon)
Silver: Danica Leonard (Humboldt)
Bronze: Keyanna Bindig (Kuroki)

Female 14 – 17 Advanced

Gold: Erin Cline (Humboldt)
Silver: Eliot Cline (Humboldt)
Bronze: Nashi Zimmer (M.W. S'toon)

Male 14 - 17 Novice

Gold: Parker Drake-Adrian (Five Hills, M.J.)
Silver: Gordon Kerr (Five Hills, M.J.)

Male 14 - 17 Intermediate

Gold: Blair Kerr (Five Hills, M.J.)
Silver: Karsten Leonard (Humboldt)
Bronze: Daniel McFaddin (Grasslands, M.J.)

Adult Male/Female Advanced

Gold: Kervens Johnstone (M.W. S'toon)
Silver: Volodymyr Horivchuk (M.W. S'toon)
Bronze: Joseph Zimmer (M.W. S'toon)

Adult Male/Female Black Belt

Gold: Kelly Watts (M.W. S'toon)
Silver: Logan Meijer (M.W. S'toon)
Bronze: Jada Kennon (M.W. S'toon)

Youth Team Kata Novice

Gold: Parker Drake-Adrian, Gordon Kerr, Abby Meszaros (Five Hills, M.J.)
Silver: Joshua Nelson, Evan Avery, Emma Young (Grasslands, M.J.)
Bronze: Emilia Kerr, Thea Sandbeck, Boden White (Five Hills, M.J.)

Youth Team Kata Intermediate/Advanced

Gold: Nixon Newhouse, Daniel McFaddin, Caley McFaddin (Grasslands, M.J.)

Silver: Clare Kiland, Grayson Labanowich, Keyanna Bindig (Rose Valley/Kuroki)

Kumite

Male Novice 6 – 8 yr olds

Gold: Maxim Dukoski (M.W. S'toon)

Silver: Noah Jack (Kuroki)

Bronze: Michael Holter (Rose Valley)

Female 10 & Under Novice

Gold: Hunter Fitzsimmons (Humboldt)

Silver: Summer Daschuk (M.W. S'toon)

Bronze: Olivia Turner (M.W. S'toon)

Male 10 & Under Novice

Gold: Evan Avery (Grassland, M.J.)

Silver: Joshua Nelson (Grasslands, M.J.)

Bronze: Oliver Weber (M.W. Regina)

M & F 10 & Under Intermediate

Gold: Ben Joshua Estares (Rose Valley)

Silver: Shi Qiu (UR Karate)

Bronze: Ethan Thor Pastor (Rose Valley)

Female 11 – 13 Intermediate

Gold: Caley McFaddin (Grasslands, M.J.)

Silver: Alayna Ell (Humboldt)

Male 11 – 13 Novice

Gold: Dexter Daschuk (M.W. S'toon)

Silver: Brett Medlang (Martensville)

Bronze: Nixon Newhouse (Grasslands, M.J.)

Male 11 – 13 Intermediate

Gold: Toan Nguyen (M.W. S'toon)

Silver: Grayson Labanowich (Rose Valley)

Bronze: Noah Zimmerman (Humboldt)

Female 14 – 17 Novice

Gold: Abby Meszaros (Five Hills, M.J.)

Silver: Emma Young (Grasslands (M.J.)

Female 14 – 17 Intermediate

Gold: Mai Nguyen (M.W. S'toon)

Silver: Shanara Johnstone (M.W. S'toon)

Bronze: Danica Leonard (Humboldt)

Female 14 – 17 Advanced

Gold: Erin Cline (Humboldt)

Silver: Eliot Cline (Humboldt)

Male 14 - 17 Novice

Gold: Gordon Kerr (Five Hills, M.J.)

Silver: Parker Drake-Adrian (Five Hills, M.J.)

Male 14 - 17 Intermediate

Gold: Mason Raaen (M.W. Regina)

Silver: Blair Kerr (Five Hills, M.J.)

Bronze: Daniel McFaddin (Grasslands, M.J.)

Adult Male Advanced

Gold: Kervens Johnstone (M.W. S'toon)

Silver: Joseph Zimmer (M.W. S'toon)

Bronze: Joel Kyle (M.W. S'toon)

Adult Male Black Belt

Gold: Kelly Watts (M.W. S'toon)

Silver: Logan Meijer (M.W. S'toon)

2023 SKA Trophy Recipients

This years SKA Trophies were awarded to:

Male Kumite Champion Award: **Bryce Nagy**

Dick Jack Award: **Jada Kennon**

Junior Sportsmanship Award: **Nasya Zim**

SUPPORT OUR SPORT - You Can!

Each year the Saskatchewan Karate Association (SKA) receives funding from Sask Lotteries.

In fact, Sask Lotteries is the key funder of the SKA.

In turn, the SKA funds clubs, athletes, seminars, clinics, athletic development, tournaments and much more.

Help us, help you.

Buy a Lottery Ticket today for yourself or for relatives or friends.

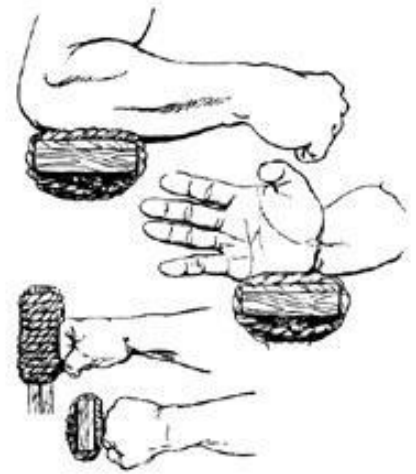
Who knows?

You may help yourself in more ways than one!

Hand Conditioning

Conditioning your hands is just as important as conditioning the rest of your body in martial arts, especially for those who have taken a break from training.

Begin slowly. Get used to forming and shaping your knuckles by doing fist push ups while standing and using a wall. Do the push up as you would on the ground. By doing them on the wall, it helps to ease pressure on the knuckles of the first two joints. You can also do inverted palm push ups (palms facing your body) for strengthening your wrist.



After a couple of months of doing this on a daily basis your fists will be accustomed to the pressure. Now you should begin doing normal push ups on a soft floor surface.

Try getting accustomed to doing wrist push ups, inverted palm. This will help in strengthening your wrist when hitting hard surfaces and also for joint manipulation techniques.

After months of doing this, add more repetitions: 25, 50, 100 reps a couple of times a day.

Begin Makawara training. A Makawara is simply a 2x4 or 4x4 piece of wood wrapped with rope, either attached to a wall or fastened in or to the ground. Its sole purpose is to be struck with multiple body parts.

- Try to condition: the hand, from the fingers to the wrist joint has at least nine or more striking points. There is forearm conditioning, inside and out for blocking and striking. Elbow, front and back. Shins, inside, front and outside. Knees, top, front, inside and outsides for blocking and striking and the foot, instep, side and heel.
- The conditioning of these body parts creates a condition called, "Wolff's Law": the principle that changes in the form and function of a bone are followed by changes in its internal structure. This means that hitting your bones on a solid object changes the pattern of the bone structure. Most bones are like a web, but by applying constant pressure to the bones, it changes the pattern from a web to a more solid structure. Kind of like when you break a bone and it's repaired, that part of the broken bone becomes stronger than the surrounding bone.

KARATE GIFTS



The Saskatchewan Karate Association History Books - The Highest Skill - was written by D. DeRyk. This book traces the first ten years of the Saskatchewan Karate Association from its inception in 1977 until 1987. This book of memories sells for \$15.00.

The SKA Lapel Pin - the pin features the SKA logo and sells for \$5.00.

SKA Ball Caps - Black with red SKA embroidered logo and writing. \$15.00

Karate Art Print - 'Spirit of Karate', Limited Edition Print, by Saskatchewan artist Henry Ripplinger. The Spirit of Karate is a print of an original charcoal drawing. Each print is framed in a high-quality silver frame and is double matted. These framed prints sell for \$267.50 plus \$9.95 shipping and handling. The perfect gift idea for the Karate enthusiast.



SKA AUDITED FINANCIAL REPORTS

The Saskatchewan Karate Association (SKA) presents their year-end Audited Financial Report at every Annual General Meeting. These meetings are typically held the day after the Provincial Spring Tournament and all SKA Members are invited to attend. As an SKA member, you are entitled to see this report.

If you would like a copy, please contact the SKA Office at (306) 374-7333 or e-mail sk.karate@shaw.ca

Concussion Education

If you are an SKA member and are interested in Free On-line Concussion Education Training, please contact the SKA Office at
Phone: (306) 374-7333 or E-mail: sk.karate@shaw.ca

Training is available for Coaches, Athletes, Parents/Caregivers and
Medical Personnel

Get Concussion Smart Today!

SEE IT, BELIEVE IT, ACHIEVE IT

By: personalbestkarate.com

Belief is the knowledge that we can do something. It's an inner feeling that we can accomplish the things we desire and decide to achieve. When you believe in yourself, you gain power and your eyes open to opportunities that lead to greatness.

To achieve high levels of success and achievement, you must believe you can and will succeed. Everything is possible for you if you believe in yourself and your potential for succeed.

“Whether you think you can, or think you can’t, you’re right!” -- Henry Ford

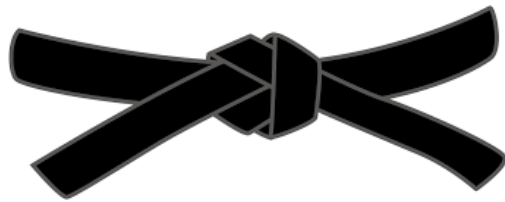
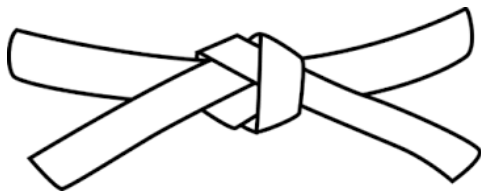
Your thoughts can be positive and filled with belief, or they can be negative and filled with disbelief. Either way, your mind will convince you to succeed and achieve, or to fail.

Have confidence in yourself and your ability to become more and achieve more than you already have. Confidence and self belief are like muscles that have to be exercised and used to become stronger.

“Believe you can and you are halfway there.” -- Theodore Roosevelt

Fill your mind with thoughts of success and victory and there will be no room for thoughts of failure and defeat. Surround yourself with people that support and encourage you to go for it versus the naysayers that fill your mind with fear and doubt.

See it...Believe it...and you will Achieve it!



**Believe in yourself and all that you are.
Know that there is something inside of you that is
greater than any obstacle.**

**Kids what color belt do you see yourself wearing this time next year?
Color the belt you want to be wearing one year from now and hang it up
for inspiration.**



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SKA Medal Design Contest Winner

Thank you to all those who participated.
All designs submitted were well done.

Due to tie in voting, two winners were selected.

Congratulations to Noah & Nixon Jack (one submission)
from Kuroki Karate Club

&

Nixon Newhouse from Grasslands Karate Club.

Their drawings were chosen as the medal design for the
2024 Traditional Karate National Championships in Saskatoon.

The two drawing concepts will be combined in the final medal design.

SKA

ATHLETIC DEVELOPMENT PROGRAM

**COME OUT AND JOIN OUR TEAM AND ENJOY HOW YOU WILL
INCREASE YOUR KARATE SKILLS**

- If you are 14 years of age or older and hold a green belt or higher in your style you are welcome to attend the team training sessions.
- Cost of the training is \$200.00 for the year or \$25 per session.

Enhance your current kata performance and learn kumite timing and distance strategies. Want to try team kata? Individuals wishing to compete in this event will be put on a team and taught synchronized kata and bunkai (application) for competition. What about En-Bu? This is a “demonstration of self-defense.” It is a very exciting event and can be performed as a man/woman or a man/man team. For Black belts wishing to develop themselves as a well-rounded karateka, fukugo is the way to go. Fukugo is a combination of kata and kumite and is a national and international event.

NOTE: Session fees must be paid in full for members to be eligible to receive travel or other reimbursements.

COACHES: Sensei Dave Smith & Sensei Graham Guthrie

To register contact: Saskatchewan Karate Association
(306) 374-7333 or E-mail: sk.karate@shaw.ca

Come out and join the team!!!

Sport Science & Medicine Services for SKA Elite Athletes

Sport Science & Medicine Council Services of Saskatchewan (SMSCS) aids in supporting and optimizing competitive sport performance through the delivery of high quality and evidence-based sport medicine and science services.

Financial assistance is available to Saskatchewan Karate Association Elite Member Athletes. Some of the services offered by Sport Medicine & Science Council are massage, acupuncture, physical therapy, athletic therapy & chiropractic care.

If you are an SKA elite athlete and would like more information, please contact the SKA office at: Phone (306) 374-7333 or E-mail: sk.karate@shaw.ca

If you have any questions relating to SMSCS services offered, please contact Sport Science & Medicine Services at their toll-free number: 1-888-350-5558. You can also access information on their website at: <http://www.smscs.ca>. Click on Programs & Services to see what services are offered.

Nutrition Planning to Support a Healthy Immune System

Written by Heather Hynes (MSc, RD, CSSD) SMSCS Nutrition Consultant

Your nutrition planning plays a key role in supporting your immune system. Here are some nutrition tips to provide your immune system with the fuel and support it needs.

Top up on probiotics and prebiotics. Probiotics are live bacterial cultures found in fermented foods and dairy products (yogurts, Kefir, sauerkraut, etc.). Read your food labels to ensure you are purchasing quality food choices, look for live cultures on the food label. Prebiotics are the foods needed to fuel probiotics and they can be found in quality grain products (whole grains, oats, quinoa, barley, etc.) and fruits and vegetables (bananas, apples, garlic, leafy greens, onions, etc.)

Choose a large variety of colourful veggies and fruits. When heading to the grocery store, try to purchase a variety of fresh, frozen or canned fruits and veggies. Try to organize your meals and snacks around your fruits and veggies; ideally covering ½ your plate with leafy greens and colourful fruits.

Finding new ways to prep and cook these nutrition powerhouses will keep you motivated to include them. Check out some new bowl recipes that start with a leafy green base—that's an easy way to get in 2-3 cups of veggies per day.

Focus on meal and snack timing. Planning out your day to include 3 meals and 2-3 snacks will help you provide your body and immune system with a steady source of energy. A good rule to following is to fuel the body every 3-3.5 hours. This planning can help you avoid energy lows and over consumption. Having a plan for your day can also help with your sleep schedule.

Focus on some key nutrients: Vitamin C, Vitamin D, Vitamin E, Zinc and Iron. Having more time to plan out meals and snacks can offer us the opportunity to fully understand where these nutrients come from.

Vitamin C: bell peppers, strawberries, oranges, kiwi fruit, broccoli

Vitamin D: dairy products, salmon, fortified foods

Vitamin E: nuts and seeds, whole grains, cooked spinach, avocado

Zinc and Iron: red meats, beans and lentils, pumpkin seeds

6 Strategies to Sleep the Night Before a Competition

www.adelaidegoodeve.com

Struggle to sleep the night before a competition or find you're more of an insomniac than you like to admit. Do you find yourself waking up in the night, or take ages to fall asleep most nights of the week? Transform your sleep with these 6 Strategies.

Super Sleeper 101

Smart athletes know that consistent restorative sleep is key for optimum cognition, physical performance, recovery and epic levels of positivity and resilience. Achieving Super Sleeper status doesn't start when you get into your PJ's, or your head hits the pillow. To transform achieve Champion sleep every night, you need Super Sleeper level language and stories around sleep - and that starts the moment you wake up.

Doing stuckness around champion sleeping

As you can see in the Sleep feedback loop below, your unintentional and unconscious thoughts, videos, images, beliefs, identity and stories around not being a super sleeper feed into this self-perpetuating feedback loop.

By consistently (and unintentionally) telling your brain you're not a super sleeper, this becomes your underlying narrative throughout your day, so your brain edits your reality to fit this narrative, which only strengthens the not super sleeper neuropathways. This keeps you stuck in the sleep feedback loop and out of the super sleep loop.



Break your unhelpful sleep patterns

When you're doing stuckness around Champion sleep, we call you an upside genius, because you are so awesome at getting the opposite desired result. This means you can be AMAZING at being a genius - doing the things to get the desired result - like Super Sleeper Status. You just need to break the unhelpful patterns and install new ones, which is easier and quicker than you think!

Doing super sleeping

By **CONSCIOUSLY, INTENTIONALLY and CONSISTENTLY** telling your brain you're a Super Sleeper, this now becomes the underlying narrative throughout your day, so your brain edits your reality to fit this narrative, which strengthens the brilliant super sleeper neuropathways.

The more you choose and activate these Super Sleeper neuropathways, the stronger, better and faster they become at their job. They become the new way you act, think, feel, believe & sleep...as shown in the feedback loop below. The old pathways that used to activate the old not super sleeping ways, become weaker and weaker and harder and harder to activate. This creates powerfully positive Super Sleeper momentum, so you achieve Super Sleeper levels of sleep every night.



Here are 5 strategies to Super Sleeper status and totally transform your sleep:

1. Active sleep Language

To transform your thoughts into ACTIVE sleep language, you need to know **what non-sleep enhancing thoughts you are thinking, when you're thinking them and why you are thinking them.**

This enables you to bring unconscious and unintentional thoughts to the forefront and once you become aware of what you're thinking, you can transform your thoughts.

By **changing your thoughts into active statements using do, doing and did, you start to break the unhelpful feedback loop**, get unstuck and create/maintain incredibly powerful sleep-enhancing thoughts, feelings, actions, habits and beliefs that enable you to become a Super Sleeper.

Remember, 'passive' statements e.g. It always takes me ages to fall asleep, place you in the victim mindset mode. When you feel like you're powerless to circumstances beyond your control, you feel like there's nothing you can do to influence the situation for the better - which isn't true.

Whereas **ACTIVE statements** (do, doing, did) e.g. I am doing sleepiness when I go to bed, place you in **ownership mode**, because you realise **you DO have influence over the situation and CAN influence it for the better and RE-WIRE your brain** for lasting transformation.

2. Ditch unhelpful sleep thoughts

As you can see from the sleep feedback loop, non-sleep enhancing language can keep you stuck. Whereas **sleep-enhancing language can totally transform your sleep**, so you become a Super Sleeper every night.

I want you to weaken those non-sleep enhancing neuropathways and the best way is to DITCH those thoughts quickly and easily.

3. Super Sleeper language

Every thought you have around sleep MUST use powerful, positive, productive sleep-enhancing language. This sets the dominoes falling in the direction of Super Sleeper Mode.

Super sleeper language will strengthen powerful neuropathways and make them faster and better at their jobs. Your brain will see this as an indicator to edit your reality according to being a super sleeper and Super Sleeper mode will therefore become your default and achieved on autopilot.

4. Access super sleeper state

Super sleeping is a state. It's something you do. Not doing super sleeping is also a state and something you do. it's just finding the best technique/s for you.

Create Champion level lasting transformation and move from non-super sleeper to super sleeper by getting in touch with powerful sleep resource states from your memories or imagination. Here's a quick summary on how you can access super sleeper states:

Take yourself back to a time when you can really connect with doing super sleeping. Step fully into that time using present tense and sleep sleeper language. Borrow Super Sleeper qualities from someone/thing else. Step into them doing super sleeping and imagine what it would be like to be them, doing super sleeping.

Imagine your desired state. Create a Super Sleeper place in your mind where you can't help but feel very sleepy. Where you take on these super qualities and are the super sleeper you always have been. Go into detail about what this place looks, feels, sounds, smells like.

5. Sleepy stories

95% of cognitive activity is processed by the unconscious. That means only 5% is conscious.

I create massive change in my athletes through speaking to their unconscious in stories - and you too can harness this power. In the special forces telling a sleep-inducing story is a very popular method to help their soldiers fall asleep quickly and easily.

Take yourself into a story, whether it's sleeping on a yacht under the stars, in a rowboat, a hammock, tent, at a spa, walking along a beach or anywhere else, real or made up, and immerse yourself in that story using present tense and super sleeper language. You'll drift off to sleep before you've had time to finish your story.

6. Bedtime routine

Pro athletes know that a powerful bedtime routine is the secret to best performance...

And as a result, they've become masters at not only prioritising sleep...But falling asleep quickly, easily and deeply...Sleeping through the entire night in a blissful sleepy state...

Waking up feeling joyful and energised. Now it is YOUR turn to become a Super Sleeper and sleep like a champion...

The SKA is looking to do introductory karate programs in communities around Saskatchewan for the months of July & August. We are looking for advanced belts (16 years or older) who are interested in teaching these programs (paid position). Our goal is to run daytime programs for one-week periods in various towns in Saskatchewan. Some locations may want evening classes. Locations to be determined.

If you are interested, please contact the SKA office at:
Phone: (306) 374-7333 or E-mail: sk.karate@shaw.ca



SKA Newsletter Submissions

The Saskatchewan Karate Association's "Big" Newsletter is mailed out to SKA Members in January/February of each year. We are inviting you to submit any photos, stories, upcoming events, etc. We are always happy to receive letters from members sharing their personal stories of how karate has benefited them. If you would like to share your story or submit information, please contact the SKA office, or e-mail your submission to sk.karate@shaw.ca



Karate Katas

O	N	T	N	I	J	U	S	H	I	H	O	O	S
H	O	K	N	A	D	O	H	S	N	A	I	E	H
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H	E	A	H	E	I	A	N	N	I	D	A	N	T
T	E	K	K	I	S	H	O	D	A	N	K	A	E
N	A	D	N	A	S	N	A	I	E	H	A	N	K
I	S	H	H	N	E	E	I	I	N	D	N	U	K
N	A	N	J	G	J	I	I	N	I	I	K	I	I
A	I	A	N	O	O	K	J	A	N	A	U	N	S
A	N	Y	E	D	K	B	I	A	I	I	D	A	A
A	K	N	A	A	A	D	O	A	N	I	A	A	N
N	A	I	E	N	I	H	N	I	N	T	I	I	D
K	N	I	P	N	E	D	N	O	H	I	K	H	A
H	E	I	A	N	Y	O	N	D	A	N	U	A	N

NIJUSHIHO
 HEIAN GODAN
 HEIAN SHODAN
 BASSAI DAI
 KIHON
 HEIAN YONDAN
 HEIAN SANDAN
 TEKKI SHODAN
 JION
 HEIAN NIDAN
 TEKKI SANDAN
 KANKUDAI
 ENPI

Play this puzzle online at : <https://thewordsearch.com/puzzle/1116554/>

POSITIVE THINKING STRATEGIES TO HELP YOU ACHIEVE YOUR GOALS

by: Melonie Dodaro Gaia.com

I've provided several positive thinking strategies to help you overcome negative patterns that have prevented you from achieving your goals in the past. Choose several you feel will help you most and incorporate them into your daily life. Write down these strategies and remind yourself to pause and change your way of thinking each time you find yourself being critical of yourself. As you become more comfortable with each new way of thinking — for example, learning not to apologize or accepting blame for someone else's anger — try adding a new positive thought strategy to your list.

1. AVOID ABSOLUTES AND EXAGGERATIONS

Correct your internal voice when it exaggerates, especially when it exaggerates the negative: “I always eat too much” or “I’ll never lose weight.” These are absolutes, meaning they’re always 100 percent true, but there are very few absolutes in life. If you exaggerate or use an absolute, rephrase what you say. For example, “I always eat too much” can be changed to, “In the past, I’ve often eaten too much. Now, I’m getting better at how much I eat.” Then feel good about taking control of your thoughts.

2. HALT NEGATIVE THOUGHTS IMMEDIATELY

Sometimes putting a stop to negative thinking is as easy as that. The next time you start giving yourself an internal critique session, tell yourself to stop it! If you saw a person yelling insults at someone else, you’d probably tell them to stop, wouldn’t you? Why do you accept that behavior from yourself?

3. LOOK FOR THE POSITIVE

Did you know that love is a word derived from the Sanskrit word that means looking for the good? Be loving toward yourself (and others), and instead of focusing on what you think your negative qualities are, accentuate your strengths and assets. Maybe you didn’t develop enough stamina this month to run a mile, but perhaps your hard work and perseverance led to losing an additional five pounds. Maybe you felt nervous and self-conscious when going out to a formal social event, but you received numerous comments from friends that they were happy you joined them and had a good time.

4. IT'S OK TO BLOW IT

Maybe you got nervous and embarrassed that you couldn't keep up in fitness class or felt bad that you gave in and ate those potato chips. It's OK. All people have weaknesses, and we all fall off the path at times or don't do things as well as we think we should. Your boss, co-workers, friends, family, mayor and favorite movie star have all had embarrassing moments and setbacks. Perfection is a high goal; don't start or even end there. Make doing your best your ideal goal. Focus on what you've gained from the process and how you can use it in the future. Avoid focusing on what wasn't done or should have been done differently. Allow yourself to make mistakes and then forgive yourself.

5. DON'T BULLY YOURSELF!

Don't hold yourself to standards that you wouldn't expect others to meet. It's great to want to do well, but expecting yourself to be better than the best and then punishing yourself when you fail is a vicious cycle. Using expressions like "I should have" is just a way of punishing yourself after the fact. Stop it. Live in the present and move forward. Don't drag the past along for the ride; it gets heavy. Do you remember the children's story of the little train that could? That's how you need to live your life. Keep saying to yourself, "I know I can...I know I can...I can...I can!" Tell your subconscious you've already done it. Be kind to yourself and remember you can do this!

6. ENCOURAGE YOURSELF

Instead of focusing on the negative, replace your criticism with encouragement. Give constructive suggestions instead of being critical. ("Maybe if I try to do ____ next time, it would be even better," instead of "I didn't do that right.") Compliment yourself and those around you on what you've achieved. ("Well, we may not have done it all, but we did a pretty great job with what we did.") Giving praise will also encourage others to praise you, and this builds up your confidence to continue on the path.

7. LOSE THE GUILT

You're not to blame every time something goes wrong or someone has a problem. Apologizing for things and accepting the blame can be a positive quality — if you're in the wrong. You learn and move on. But you shouldn't feel responsible for all problems or assume you're to blame whenever someone's upset. Many of us know people who seem to start almost every sentence with the words, "I'm sorry." I challenge you to remove the word "sorry" completely from your vocabulary. Every time you say, "I'm sorry," you reinforce the idea that you're less than you should be in your subconscious mind. If you're wrong, use the words "I apologize" instead and stop telling yourself and everyone around you that you're sorry.

8. ONLY YOU ARE RESPONSIBLE FOR YOU

Just as not everything is your fault, not everything is your responsibility either. You're responsible for you; it's great if you also influence others positively, but you're not responsible for their thoughts, feelings and actions. It's OK to be helpful, but don't feel the need to be all things (and do all things) for all people. This puts too much of a burden on yourself. Allow others to be responsible for themselves and their actions. You're not responsible for anyone else's happiness. No one can make another person happy; we're all in charge of our own emotions. Trying to force someone to feel a certain way is just wasted energy on your part.

9. BE RESPONSIBLE FOR YOUR FEELINGS

Just as you can't make other people happy, don't expect others to make you feel happy or good about yourself...and don't blame them if you feel guilty or bad about yourself. You create your own feelings and make your own decisions. People and events may set the stage for your emotions, but they can't dictate them. What others think about you and say to you can only have as much effect as you allow it to have. What's important is what you tell yourself, and how you react to others.

10. BE KIND TO YOURSELF

People often feel perfectly comfortable treating themselves in ways they wouldn't consider treating others. Do you call yourself names like fat, ugly and loser? Would you use those terms to describe a friend? Remind yourself that you deserve to be treated well. Do something nice for yourself, either in thought (give yourself a compliment) or action (treat yourself to a massage).

11. LET IT GO

You don't need to be all things to all people or please everyone. Give yourself permission to decide you're doing the best you can. Remind yourself when you're doing things well — don't wait to hear it from someone else.

12. LEARN TO ACCEPT COMPLIMENTS AND BUILD SELF-ESTEEM, SELF-IMAGE, AND CONFIDENCE

A compliment is a gift to the receiver and a gift to the giver if the receiver really accepts it. The inability to accept compliments creates a society of people with poor self-image. Very few people do this well. Truly taking in a compliment is an opportunity to increase our self-esteem, self-image and confidence. If you don't accept the gift of a compliment, it hurts the giver's feelings and the chance of that person giving you that gift again is decreased.

13. LET BYGONES BE BYGONES

Don't hang on to painful memories and bad feelings, as that's a sure-fire way to encourage negative thoughts. Your past can take control of your present and rob your future if you let it. If you can, forgive past wrongs and move on. This includes forgiving yourself. Forgiveness is done for your peace of mind and happiness, not for the other person. Forgiving someone doesn't mean you condone their behavior. The purpose of forgiveness is to set you free, since holding onto anger is like putting yourself in a jail cell. If you have a hard time forgiving or forgetting, consider talking through your emotions with a good friend or counselor, but try not to dwell on the matter. It's important to work through things, but you can't let the past determine your future.

14. FOCUS ON WHAT'S POSSIBLE

Avoid "can't" thinking or other negative language. Don't be afraid to seek help in accomplishing things, but remind yourself that you don't need approval from others to recognize your accomplishments. Focus on what you're able to do. Remind yourself of all your capabilities and positive qualities. Let go of the past; you must look to the future to change. Stop thinking of old failures. They are the past. This is NOW. Remind yourself that this time you're focusing on the core issues that will ensure your success. BELIEVE IT!

Sask Lotteries Celebrates 50 Years of Supporting Sport, Culture and Recreation

Sask Lotteries is celebrating 50 years as the main fundraiser for more than 12,000 sport, culture and recreation groups in communities across Saskatchewan.

Since 1974, lottery sales in Saskatchewan have been used to provide more than \$1.4 billion to support athletes from the grassroots level to the international stage, connect youth to artistic experiences, help residents experience the beauty of the parks that cover the province and much more.

The funding is made possible thanks to a long-standing agreement with the Government of Saskatchewan to direct proceeds from the sale of lottery products to sport, culture and recreation organizations.

“Sask Lotteries funding has touched every community across Saskatchewan during the last 50 years,” said Bill Kinash, Chair, Sask Sport and Sask Lotteries volunteer-led Board of Directors. “Almost everyone I speak to has seen their lives positively impacted by this fundraiser. We cannot wait to see what the next 50 years will bring.”

Throughout 2024, Sask Lotteries will celebrate its rich history in the province and share the stories of the beneficiaries of this fundraiser on its website and social media through winning numbers. Some of these winning numbers include celebrating the 196 Saskatchewan athletes who have attended the Olympic and Paralympic Games since 1976, multiple opportunities for cultural activities create over 1.6 million participants annually and the over 430 regional and community park spaces across the province. The 1,000 retailers across the province will also be celebrated for their part in the lottery sales that help generate the distributed funds.

Sask Lotteries has a humble beginning.

To help fundraise against the rising costs of amateur sport, Sask Sport, a volunteer-led organization, wanted to run a lottery. To be granted the lottery licence by the Government of Saskatchewan, founding volunteers Cas Pielak and Joe Kanuka agreed to sign a promissory note to help start a lottery fundraising program. The first lottery in Saskatchewan was a success and eventually led to the Western Canada Lottery Corporation being established. In 1974, it was determined that the funds would be placed into the Sask Lotteries Trust Fund and would be distributed to sport, culture and recreation groups as designated by the Government of Saskatchewan.

This arrangement remains, 50 years later.

Learn more about lottery beneficiaries, as well as games, jackpots, winning numbers and more at sasklotteries.ca.

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