

# Zanshin

in focus or on target



Newsletter of the  
Trinidad Karate  
Association (TKA)  
Issue #17  
Sep. - Nov. 2013

seek perfection of character \* be faithful \* endeavour \* respect others \* refrain from violent behaviour

Way to go,  
Trinidad and Tobago!



## Inside

- Welcome
- Reflections – the meaning of 'Zen'
- 2013 Calendar
- Captured Moments – IKD/CKC Camp & Tournament
- Feature Article- Child Safety for Karate Parents
- Training Schedule

Welcome... ..back from vacation and into an intense period of training .... >>Read More pg.2

Another school term...  
You've decided to enrol your kids in karate ... >> Read More pg.5

Captured moments ...  
photo display of the IKD/CKC Camp & Tournament, Barbados

## Welcome

Welcome to our 17<sup>th</sup> issue of Zanshin.

Welcome back from vacation and into an intense period of training. I hope you all had a productive vacation and are ready to train not only hard but smart. Pee-wees, that means listening closely to your instructors and practicing what they teach you. Do not be discouraged if you do not pick up everything they say the first time, just keep trying and trying. One day it will come very natural to you and you would not even realize it. So keep TRAINING.

Unfortunately, because of the demanding workloads of the Editor in Chief and the Graphic Artiste, the editorial team will be unable to produce a monthly issue of the magazine and it will now be sent to you on a quarterly basis. The magazine is yours and to keep it current we need articles to be submitted from the readership. The TKA is a family and we want to share your triumphs and joys so you can send success stories such as winning other competitions and getting awards in other disciplines. Without your contribution, it would be difficult to continue production of your magazine.

Articles, comments and constructive criticism can be sent to Simone via email:

[kimoy2004@yahoo.com](mailto:kimoy2004@yahoo.com).

Regards

Shihan Wesley Dexter Shim

Chairman & Chief Instructor TKA (IKD)

## Captured Moments

### IKD/CKC Camp & Tournament 2013, Barbados



Head Judges



11 – 13 Boys



Ricky (right)



## Reflections – The meaning of 'Zen'

By Simone Thorne

The closest we can come to describing Zen in words may be as follows:

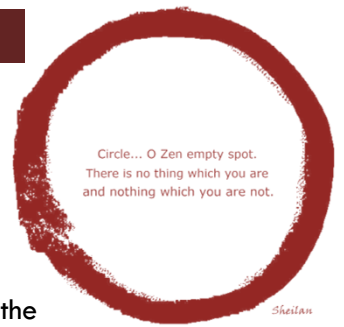
- Zen is more of an attitude than a belief.
- Zen is the peace that comes from being one with an entity other than yourself.
- Zen means being aware of your oneness with the world and everything in it.
- Zen means living in the present and experiencing reality fully.
- Zen means being free of the distractions and illusory conflicts of the material world.
- Zen means being in the flow of the universe.
- Zen means experiencing fully the present, and delighting in the basic miracle of life itself.

Paradox is a part of Zen and the teaching of Zen. A paradox nudges your mind into a direction other than the routine. It helps you disengage the rational mind and free up the intuition. It also points to a truth that cannot be rationally derived through the use of logic.

Therefore:

- Zen is nothing and yet everything.
- Zen is both empty and full.
- Zen encompasses all and is encompassed by all.
- Zen is the beginning and the end.

It's easy for some to dismiss Zen as a bunch of mumbo-jumbo, devoid of real meaning. These would be the people who aren't yet ready to move up to this particular level of spiritual development. That's alright. Such things should not and indeed, cannot be rushed. Michael Valentine Smith, the main character from *Stranger in a Strange Land*, would say that one must "wait for fullness" and that "waiting is."



## 2013 Calendar

Month	Date/Time	Event	Place
August	5th - 6th	Taekajudo Junior Codrington	tba
	7th	OSKK	Cuthbert Hicks - Tacarigua Indoor Arena
	26th - 31st	PKF Junior - Cadet Championship	Colombia
September	6th-8th	TKA Instructor Camp and Retreat	Tobago
	tba	Pan-Am Juniors	tba
October	11th-13th	TKA Annual training Camp	tba
	tba	TTKU Invitational	Tacarigua Indoor Arena
	12th	TKA Awards Dinner	tba
	12th	Shuko-Kai International T&T Pan Am Central American Championship Archie Leiba	
November	2nd	Curacao Open	Curacao
	21 <sup>st</sup>	Grading	Tba

## Feature Article

### Child Safety for Karate Parents

By Dominic Wilkes, Physiotherapist Intern

It's the start of another school term. You've decided to enrol your kids in karate, whether at their insistence, to encourage them to develop strong values or just to burn off some of that excessive energy that they never seem to run out of. How do you ensure that their training sessions are fruitful, enjoyable and most of all safe? Here are some tips to make certain that your child is in tip top shape on his/her karate journey.

#### Proper feeding

As simple as it may sound, it's quite easy to overlook the importance of ensuring that your child has something energizing and filling to eat before training. Fast foods such as KFC may be "finger-lickin' good" and convenient to grab while on the run but they won't provide the long term energy supply required for a full training session. Three "square" meals are advised every day, with choice snacks in between. The following are some recommendations for healthy snacks:

- 1) Energy bars or drinks
- 2) Bananas or other fresh fruit
- 3) Yogurt
- 4) Fruit smoothies
- 5) Whole-grain bagel or crackers with peanut butter
- 6) Granola bars

This excerpt was taken from the Mayo Clinic's website regarding eating size and times:

1. "Large meals. Eat these at least three to four hours before exercising.
2. Small meals. Eat these two to three hours before exercising.
3. Small snacks. Eat these an hour before exercising."

Eating too much right before training can be counter-productive as the body needs time to digest food before exercise. Training on a full stomach is not only unpleasant; it can lead to cramps, nausea, vomiting and diarrhoea.

#### Warm up

The first 10 to 15 minutes of every class is usually devoted to some form of warm up exercises. These consist of light aerobic activities followed by gentle stretching exercises which help to prepare the body for higher intensity exercises. Both components are equally important. Stretching a cold body can lead to injury if done incorrectly as tissues are not as limber; on the other hand, failing to include a stretching component may also lead to strains and tears during high velocity components of the training session. Ensure that your child arrives on time (or even better, a few minutes before class.) This allows him/her to benefit fully from a proper warm up.

If your child arrives late for class, don't allow him/her to rush straight in to join the others. Most instructors will allow latecomers a few minutes to quickly warm up before joining the class. It may be helpful to view some of the typical warm ups done at your child's dojo so that you can guide him/her through one should they arrive after class has started.

#### Practice form first

As with all things, there's a right way and a wrong way. Karate sequences and techniques have been designed and honed to make use of the body's various muscle groups in the safest and most efficient forms. Larger muscle groups are better suited to generating power while smaller muscles are typically used to fine tune movements in terms of balance and coordination. This is only possible if proper form is used when executing techniques.

It's easy to get carried away when watching higher ranks throwing flashy techniques at full speed but incorrect form is one of the quickest paths to long term injury in karate (as many of the higher ranks can attest to.) When teaching new techniques, instructors always allow students to start off slowly while emphasizing proper execution of the movements. Only when students are able to perform sequences correctly are they allowed to develop speed and power. It is important that if/when you and your child decide to practice at home that the same procedure is followed. Focus on "getting it right" first and the speed and power will come later.

#### Protective Gear

Karate beginners are not usually exposed to the advanced training regimes that require protective equipment. Instructors will inform you and your child when it is time for him/her to get the necessary gear. For those persons who have physical disabilities, it may be necessary to get modified equipment for training. Jewellery is prohibited in training sessions and this includes glasses.

Some instructors bend the rules and allow near sighted students to keep on their glasses as long as they are not sparring but sooner or later you will be faced with the fact that your child is going to spar. At this point you have two choices: let your child fight "blind" or get an alternative to glasses. Contact lenses are one of the simplest solutions. If you're concerned about your child's ability to use them then a safer alternative may be sports goggles. Protective mitts and a proper mouth guard are a "must" when participating in advanced sparring and competition. Please note that most mouth guards require a moulding process in order to be properly fitted. This must be done prior to using the mouth guard. Ensure that your child is well equipped and walks with his/her gear to training sessions and competition.

## Proper rest

Unlike the Energizer Bunny, the human body cannot keep “going and going and going.” With or without an exercise program, a proper night’s sleep is important. In order for your child’s body to adapt to the physical demands placed on it. The National Sleep Foundation of the United States of America recommends that children between the ages of 5 and 12 years be given 10-11 hours of sleep. While this may be impractical in many cases, other studies on general populations have recommended a minimum of 7 hours of sleep in order for the body to function in a healthy manner.

While the final decision of how much sleep a child gets varies from person to person, some general signs that your child isn’t getting enough sleep include:

- 1) Lethargy
- 2) Poor concentration
- 3) Increasing irritability
- 4) Loss of appetite

## Resistance Training

While this may not be directly related to the average karate training program, it has nevertheless been included as a general tip. Certain classes may call for resistance training in the form of punching bags or performing techniques against resistance (whether by physical weights or manual resistance from other participants.) It is important to note that children’s bodies are constantly growing. Regular high loads over a

period of time can damage growth plates located at the ends of bones which can result in stunted growth. Early weight training in children has also been found to be related to long term injuries at later stages in life. However, this is no excuse for your child to escape from push-ups during class. It is generally acceptable for children to participate in low load resistance training intermittently. Exercises that involve using the child’s own body weight as resistance are safest e.g. push-ups, sit-ups, squats and lunges.

All martial artists can benefit from contact training whether with a training dummy or a punching bag. The same issues highlighted above regarding weight training with children also apply to contact training. Hard contact surfaces such as concrete and stiff bags should not be used for younger children. Softer punching bags or air shields provide some cushioning which lessens the impact on the joints of the practising student. If your child is participating in routine contact training whether at home or in class, you may need to purchase some form of padding for their fists such as boxing gloves or martial arts mitts (See Protective Gear.)

## References

<http://www.sleepfoundation.org>

<http://www.eyekit.co/information>

<http://www.allaboutvision.com/parents/contacts.htm>

<http://www.mayoclinic.com>

<http://www.livestrong.com/punching-bags/>

## Grading

Grading took part in July 2013. Welcome to Sabrina Khan, our newest Shodan.



UWI team at the IKD/CKC Tournament in Barbados



## Tournament

The 10<sup>th</sup> IKD\CKC Camp and Caribbean Tournament were held in Barbados from the 10<sup>th</sup> to 14<sup>th</sup> July. Trinidad and Tobago did very well, just missing the award for best performing adult team by 2 points. For the first time, Tobago sent 4 persons as part of the national team, and Milton Skye Murray emerged as Kumite winner in the boys' 8 to 10 age group. Our men's Kumite team of Dean Avril, Nicholas Julian (newcomer to international tournaments) and Marcus John barely missed getting a gold medal. Our male Embu teams once again left spectators awe-struck with a sensational performance to earn them both the gold medal in the event. Trinidad and Tobago will be hosting the 11<sup>th</sup> Caribbean Championships in 2014.

The results of the tournament were as follows:

INDIVIDUAL KUMITE	
<b>8 - 10 GIRLS</b> <b>1st PLACE</b> Rochelle Lue Fatt (Trinidad & Tobago) <b>2nd PLACE</b> Michelle Lue Fatt (Trinidad & Tobago) <b>3rd PLACE</b> Hannah Farina (Guyana G.K.C)	<b>8 - 10 BOYS</b> <b>1st PLACE</b> Milton Murray (Trinidad & Tobago) <b>2nd PLACE</b> Ronaldo Gill (Barbados) <b>3rd PLACE</b> Niyim Joseph (Barbados)
<b>11-13 GIRLS</b> <b>1st PLACE</b> Ariel Garriques (Jamaica) <b>2nd PLACE</b> Tashana Wong (Guyana G.K.C) <b>3rd PLACE</b> Aliya Wong (Guyana G.K.C)	<b>11-13 BOYS</b> <b>1st PLACE</b> Kodie King (Barbados) <b>2nd PLACE</b> Shamar Forde (Barbados) <b>3rd PLACE</b> Mikhail Mangroo (Trinidad & Tobago)
<b>14-16 GIRLS</b> <b>1st PLACE</b> Jelesan Gowie (Jamaica) <b>2nd PLACE</b> Shannon Skeete (Barbados) <b>3rd PLACE</b> Leah Shariff (Guyana A.S.K)	<b>14-16 BOYS</b> <b>1st PLACE</b> Javauni Garwood (Jamaica) <b>2nd PLACE</b> Malawie Bogle (Jamaica) <b>3rd PLACE</b> Nixon Cheeks (Guyana A.S.K)
<b>17-19 GIRLS</b> <b>1st PLACE</b> Kristina Cheeks (Guyana A.S.K) <b>2nd PLACE</b> Kerry Ramjumar (Guyana G.K.C) <b>3rd PLACE</b> -----	<b>17-19 BOYS</b> <b>1st PLACE</b> Eric Hing (Guyana G.K.C) <b>2nd PLACE</b> Kyle Fenty (Barbados) <b>3rd PLACE</b> Samuel Ming (Guyana A.S.K))
<b>20-39 WOMEN</b> <b>1st PLACE</b> Nathalie Gibson (Guyana A.S.K) <b>2nd PLACE</b> Janelle Linton (Barbados) <b>3rd PLACE</b> Adanna Moore (Grenada)	<b>20-39 MEN</b> <b>1st PLACE</b> Dean Avril (Trinidad & Tobago) <b>2nd PLACE</b> Corey Greaves (Barbados) <b>3rd PLACE</b> Michael Mercer (Barbados)
<b>MASTERS WOMEN</b> <b>1st PLACE</b> Angela Dixon (Barbados) <b>2nd PLACE</b> Katherine Pyke (Trinidad & Tobago) <b>3rd PLACE</b> Maria Thorne (Trinidad & Tobago)	<b>MASTERS MEN</b> <b>1st PLACE</b> Thaddeus Temprow (Trinidad & Tobago) <b>2nd PLACE</b> Martin King (Barbados) <b>3rd PLACE</b> Gregory Placide (Trinidad & Tobago)



### INDIVIDUAL KATA

#### 8 - 10 GIRLS

1<sup>st</sup> PLACE Asha Steveson (Barbados)  
 2<sup>nd</sup> PLACE Hannah Farina (Guyana G.K.C.)  
 3<sup>rd</sup> PLACE Rochelle Lue Fatt (Trinidad & Tobago)

#### 11-13 GIRLS

1<sup>st</sup> PLACE Aliya Wong (Guyana G.K.C.)  
 2<sup>nd</sup> PLACE Theresa Sampat (Guyana A.S.K.)  
 3<sup>rd</sup> PLACE Tashana Wong (Guyana G.K.C.)

#### 14-16 GIRLS

1<sup>st</sup> PLACE Christy Dey (Guyana G.K.C.)  
 2<sup>nd</sup> PLACE Leah Shariff (Guyana A.S.K.)  
 3<sup>rd</sup> PLACE Shannon Skeete (Barbados)

#### 17-19 GIRLS

1<sup>st</sup> PLACE Kristina Cheeks (Guyana A.S.K.)  
 2<sup>nd</sup> PLACE Kerry Ramjumar (Guyana G.K.C.)  
 3<sup>rd</sup> PLACE -----

#### 20-39 WOMEN

1<sup>st</sup> PLACE Nataki Hypolite (Trinidad & Tobago)  
 2<sup>nd</sup> PLACE Tamara Joseph (Trinidad & Tobago)  
 3<sup>rd</sup> PLACE Keisha Grimes (Barbados)

#### MASTERS WOMEN

1<sup>st</sup> PLACE Katherine Ann Pyke (Trinidad & Tobago)  
 2<sup>nd</sup> PLACE Angela Dixon (Barbados)  
 3<sup>rd</sup> PLACE Simone Quinones (Trinidad & Tobago)

#### 8 -10 BOYS

1<sup>st</sup> PLACE Tyrese Benskin (Barbados)  
 2<sup>nd</sup> PLACE Gerard Seale (Barbados)  
 3<sup>rd</sup> PLACE Milton Murray (Trinidad & Tobago)

#### 11-13 BOYS

1<sup>st</sup> PLACE Yannick Rameshwar (Guyana G.K.C.)  
 2<sup>nd</sup> PLACE Alexander Cheeks (Guyana A.S.K.)  
 3<sup>rd</sup> PLACE Anthony Thomas (Trinidad & Tobago)

#### 14-16 BOYS

1<sup>st</sup> PLACE Kemo Cornelius (Guyana A.S.K.)  
 2<sup>nd</sup> PLACE Shane Wilkinson (Guyana A.S.K.)  
 3<sup>rd</sup> PLACE Javauni Garwood (Jamaica)

#### 17-19 BOYS

1<sup>st</sup> PLACE Samuel Ming (Guyana A.S.K.)  
 2<sup>nd</sup> PLACE Lloyd Gibson (Guyana A.S.K.)  
 3<sup>rd</sup> PLACE Shane Rahaman (Guyana A.S.K.)

#### 20-39 MEN

1<sup>st</sup> PLACE Corey Greaves (Barbados)  
 2<sup>nd</sup> PLACE Roger Peroune (Guyana A.S.K.)  
 3<sup>rd</sup> PLACE Andre Lovell (Barbados)

#### MASTERS MEN

1<sup>st</sup> PLACE Martin King (Barbados)  
 2<sup>nd</sup> PLACE Ian Holligan (Barbados)  
 3<sup>rd</sup> PLACE James Marshall (Barbados)





### TEAM KATA

#### 8 - 10 GIRLS

1<sup>st</sup> PLACE Guyana G.K.C  
**2<sup>nd</sup> PLACE** **Trinidad & Tobago**  
 3<sup>rd</sup> PLACE -----

#### 11-13 GIRLS

1<sup>st</sup> PLACE Guyana G.K.C  
 2<sup>nd</sup> PLACE -----  
 3<sup>rd</sup> PLACE -----

#### 14-16 GIRLS

1<sup>st</sup> PLACE Guyana G.K.C  
 2<sup>nd</sup> PLACE Jamaica  
 3<sup>rd</sup> PLACE -----

#### 20-39 WOMEN

**1<sup>st</sup> PLACE** **Trinidad & Tobago**  
 2<sup>nd</sup> PLACE Guyana G.K.C.  
 3<sup>rd</sup> PLACE Barbados

#### MASTER WOMEN

**1<sup>st</sup> PLACE** **Trinidad & Tobago**  
 2<sup>nd</sup> PLACE -----  
 3<sup>rd</sup> PLACE -----

#### 8- 10 BOYS

1<sup>st</sup> PLACE Barbados  
 2<sup>nd</sup> PLACE Guyana G.K.C  
**3<sup>rd</sup> PLACE** **Trinidad & Tobago**

#### 11-13 BOYS

1<sup>st</sup> PLACE Barbados  
**2<sup>nd</sup> PLACE** **Trinidad**  
 3<sup>rd</sup> PLACE Guyana G.K.C

#### 14-16 BOYS

1<sup>st</sup> PLACE Guyana A.S.K  
**2<sup>nd</sup> PLACE** **Trinidad & Tobago**  
 3<sup>rd</sup> PLACE Barbados

#### 17-19 BOYS

1<sup>st</sup> PLACE Guyana A.S.K  
 2<sup>nd</sup> PLACE Guyana G.K.C  
 3<sup>rd</sup> PLACE -----

#### 20-39 MEN

1<sup>st</sup> PLACE Barbados  
 2<sup>nd</sup> PLACE Guyana G.K.C.  
**3<sup>rd</sup> PLACE** **Trinidad & Tobago**

#### MASTERS MEN

1<sup>st</sup> PLACE Barbados  
**2<sup>nd</sup> PLACE** **Trinidad & Tobago**  
 3<sup>rd</sup> PLACE Guyana G.K.C.





TEAM KUMITE	
<u>20-39 WOMEN</u> <b>1st PLACE</b> Trinidad & Tobago (A) 2nd PLACE Barbados (A) 3rd PLACE Barbados (B)	<u>20-39 MEN</u> 1st PLACE Barbados (A) <b>2nd PLACE</b> Trinidad (A) 3rd PLACE Barbados (B)
<u>MASTERS WOMEN</u> <b>1st PLACE</b> Trinidad & Tobago 2nd PLACE ----- 3rd PLACE -----	<u>MASTERS MEN</u> 1st PLACE Barbados (A) 2nd PLACE Barbados (B) 3rd PLACE -----
TEAM ENBU	
<u>8 - 10 GIRLS</u> 1st PLACE Guyana G.K.C <b>2nd PLACE</b> Trinidad & Tobago 3rd PLACE -----	<u>8 - 10 BOYS</u> 1st PLACE Barbados 2nd PLACE Guyana G.K.C 3rd PLACE Guyana A.S.K
<u>11-13 GIRLS</u> 1st PLACE Guyana G.K.C 2nd PLACE ----- 3rd PLACE -----	<u>11-13 BOYS</u> 1st PLACE Barbados 2nd PLACE Guyana A.S.K <b>3rd PLACE</b> Trinidad & Tobago
<u>14-16 GIRLS</u> 1st PLACE Guyana G.K.C 2nd PLACE ----- 3rd PLACE -----	<u>14-16 BOYS</u> 1st PLACE Guyana A.S.K 2nd PLACE Guyana G.K.C <b>3rd PLACE</b> Trinidad & Tobago
	<u>17-19 BOYS</u> 1st PLACE Guyana A.S.K 2nd PLACE Guyana G.K.C 3rd PLACE -----
<u>20-39 WOMEN</u> 1st PLACE Barbados <b>2nd PLACE</b> Trinidad & Tobago 3rd PLACE Guyana A.S.K.	<u>20-39 MEN</u> <b>1st PLACE</b> Trinidad & Tobago 2nd PLACE Barbados 3rd PLACE Guyana A.S.K.
<u>MASTERS WOMEN</u> <b>1st PLACE</b> Trinidad & Tobago 2nd PLACE ----- 3rd PLACE -----	<u>MASTERS MEN</u> 1st PLACE Guyana G.K.C. 2nd PLACE ----- 3rd PLACE -----
TEAM BUNKAI	
<u>11-13 GIRLS</u> 1st PLACE Guyana G.K.C 2nd PLACE ----- 3rd PLACE -----	<u>11-13 BOYS</u> 1st PLACE Guyana A.S.K 2nd PLACE Barbados 3rd PLACE Guyana G.K.C
<u>14-16 GIRLS</u> 1st PLACE Guyana G.K.C 2nd PLACE ----- 3rd PLACE -----	<u>14-16 BOYS</u> <b>1st PLACE</b> Trinidad & Tobago 2nd PLACE Barbados 3rd PLACE Guyana A.S.K
	<u>17-19 BOYS</u> 1st PLACE Guyana A.S.K 2nd PLACE Guyana G.K.C 3rd PLACE -----
<u>20-39 WOMEN</u> <b>1st PLACE</b> Trinidad & Tobago 2nd PLACE Barbados 3rd PLACE Guyana G.K.C.	<u>20-39 MEN</u> 1st PLACE Barbados <b>2nd PLACE</b> Trinidad & Tobago 3rd PLACE Guyana A.S.K.
<u>MASTERS WOMEN</u> <b>1st PLACE</b> Trinidad & Tobago 2nd PLACE ----- 3rd PLACE -----	<u>MASTERS MEN</u> 1st PLACE Barbados <b>2nd PLACE</b> Trinidad & Tobago 3rd PLACE Guyana G.K.C.

Training Schedule		
Day	Time	Rank - Belts
<b>TORA- Chinese Association, St. Ann's</b>		<b>Contact #: 680-5234</b>
<b>Directors: Senseis Nigel Forde and John George</b>		
Tuesday	6.00 - 7.15pm	All Ages, All Ranks
	7.15 – 8:15pm	Team training- brown & black belts (Shihan Shim)
Thursday	6.00 - 7.15pm	All Ages - All Ranks
	7.15 – 8:15pm	Dan Training (Shihan Shim)
<b>UWI Shokotan CLUB, UWI, St. Augustine</b>		
<b>President- Sensei Dean Avril</b>		
Monday	6:00 - 7:30pm	All ages – ranks; Engineering Undercroft
Tuesday- SWAG No Gi required!	6:00 - 7:30pm	All ages - ranks Engineering Undercroft
Wednesday	6:00 - 7:30pm	All ages - ranks; SAC
Friday	5:00 - 7:00pm	All ages – ranks; SPEC
Saturday	3:00 – 5/6:00pm	All ages - ranks Engineering Undercroft
Sundays	10:00 – 12:00pm	Team Training brown & black belts Engineering Undercroft (Shihan Shim & Sensei Andrew)
<b>Real Spring DOJO, Valsayn Community Centre</b>		
<b>Dojo Directors: Senseis Theophilus Faustin and Gregory Placide</b>		
Wednesday	7:00 - 8:30pm	Adults and Juniors- All ranks
Saturday	10:00 - 11:30am	Adults and Juniors- All ranks
Sunday	8:00 - 9:00am	Adults and Juniors- All ranks
<b>Tobago- Scarborough Secondary School</b>		
<b>Dojo Director: Sensei Arthur Morris</b>		
Tuesday	5:30 - 7:30pm	Adults and Juniors- All ranks
Thursday	5:30 - 7:30pm	Adults and Juniors- All ranks
Saturday	9:30 - 12 noon	Adults and Juniors- All ranks
<b>KAIZEN - 1 Primco Drive, Glencoe</b>		
<b>Dojo Director: Sensei Marc Mollentheil</b>		
Wednesday	3:30 - 5:00 pm	Adults and Juniors- All ranks
Friday	3:30 – 5:30 pm	Adults and Juniors- All ranks
<b>MUSHIN - Ritmo del Rey Dance Studio, Long Circular Road</b>		
<b>Dojo Director: Sensei Earl Wilson</b>		
Monday	6:00 – 7:00 pm	Adults and Juniors- All ranks
Wednesday	6:00 – 7:00 pm	Adults and Juniors- All ranks
Saturday	7:30 to 9:00am	Black Belts ; Invited Brown Belts only (Shihan Shim)



## Captured Moments IKD/CKC Camp and Tournament



TKA  
karatekas  
in  
motion

motion



**Zanshin**  
in focus • on target

A monthly newsletter of the Trinidad Karate Association  
Editor-in-Chief: Simone Thome-Mora  
Layout: Diana Francis  
Proof-reading: Sensei Richie Robertson  
Photos: Aka Ali Kerr

### Next Issue:

The next issue will be in the first week of  
**December, 2013**

Remember to please contribute your comments,  
articles, stories, photos so we can keep the  
newsletter going!!