



Cell: 076 336 5351

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An email containing the **2017 Class List** will be forwarded soon. Please take a look at this list in order to clarify which classes you or your child will be training in this year. Please note that students may train in more than one class if they so desire.

2017 KARATE FEES.

	ANNUALLY
Affiliation (All Members)	R 300.00
Development & Equipment Fee	R 300.00
	MONTHLY
Tuition Fee (Karate: Children to Adults) (1 Member)	R 350.00
Tuition Fee (Karate: Children to Adults) (2 Members)	R 620.00
Tuition Fee (Karate: Children to Adults) (3 Members)	R 810.00
Tuition Fee (Karate: Children to Adults) (4 Members)	R 920.00
Tuition Fee (Pre- Karate: 4 – 5 years)	R 250.00
Beginners Tournament Class (Invited)	R 150.00
Intermediate Tournament Class (Invited)	R 250.00
Advanced Tournament Class (Invited)	R 350.00
Conditioning Class/Boot Camp	R 250.00
	TERMLY
Footprints School Karate	R 450.00
	HOURLY
Private Coaching (1 Member) (R 200.00 x 1)	R 200.00
Private Coaching (2 Members) (R 160.00 x 2)	R 320.00
Private Coaching (3 Members) (R 120.00 x 3)	R 360.00
Private Coaching (4 Members) (R 80.00 x 4)	R 320.00

2017 CALENDAR

A 2017 calendar will become available as soon as possible. Term 1 events have been included at the bottom of the newsletter.

2017 TOURNAMENT CLASS SELECTION: Tournament class invitations for the 2016 season will be sent out via email. Please take note that all places need to be confirmed by the end of January if you would like to continue this program. Please

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note that there is limited space for this class and a first come first serve policy will take place. **TOURNAMENT KARATE** forms an important part in the lives of our students/children as they become older. Tournament karate is very specialized and in order to perform well at competition, tournament classes come highly recommended. Please note that **TOURNAMENT CLASS** is secondary to traditional class. Everything you will ever need and will learn will come directly out of this class. Tournament class is merely a perfection of skills and accelerated performance component which aids specifically in competition. Please understand that the dojo offers the tournament classes in order to succeed at the highest level, not to replace true karate. Tournament training alone will be inadequate. A positive and solid foundation is imperative and this is firstly and foremost achieved through regular traditional karate.

PRIVATE SPECIALIZED TRAINING AND COACHING

Sensei Morgan and his team have resumed **PRIVATE SPECIALIZED TRAINING AND COACHING**. Students are requested to book privates in advance due to limited availability. All bookings and payments should be made in advance with Sensei Morgan. Booking forms can be found attached to the monthly invoice or alternatively in the additional documents section of the website.

DOJO SPRING CLEAN – 5 JAN (08:00 – 12:00)

Prior to the dojo opening, the seniors of the dojo always begin the year by giving the dojo a spring clean. All senior grades who would like to join the black belts are more than welcome to attend. The more the merrier.

ELITE TRAINING CAMP – 6/7/8 JANUARY

This weekend we will begin our preparation for all elite athletes who are working towards National and International Championships. This year is going to be a challenging year and we need to be well prepared. Many more hours will be needed outside of normal classes to achieve the results we are looking for. Please find more details of this in the elite camps section of the website.

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END OF YEAR GRADING - 2016

The final Grading of the year has been completed and Sensei is very pleased with the results: Results have been handed out at the dojo awards. Those students who **DID NOT** attend the awards will receive their results in the dojo during class time. Students and parents are to please check grading certificates for any errors. If you come across an error, please do not hesitate to communicate this to Sensei. We are more than happy to rectify this. After all you have worked super hard to achieve these results. Please see the final grading results in the results and report back section.

DOJO YEAR END AWARDS EVENING - 2016

The dojo would like to thank those members and parents who attended the year end awards. It was a memorable occasion and we look forward to our next awards evening. Please make sure you collect your certificates from Sensei if you were not present. Please see the awards results in the results and report back section.

WEBSITE

Our website has been in limbo for a long period. This has changed. Sensei is updating the website and this will become the go to point of the dojo if you would like to know information in advance. All events and bulletins for term 1 are already on the website, as well as additional useful information. Please take the time to go through the website. It is going to make life so much easier in terms of planning for karate.

UPCOMING EVENTS

- JAN 5 DOJO SPRING CLEAN
- JAN 6-8 ELITE TRAINING CAMP 1 (CADET, JNR, SENIOR)
- JAN 9 DOJO Opens
- JAN 14 GKF OFFICIALS COURSE
- JAN 17 SNR YUDANSHA ADDITIONAL CLASS
- JAN 27-29 WKF KARATE 1 PREMIER LEAGUE, PARIS, FRANCE

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- JAN 28/29 KIDS TRAINING CAMP 1 (CHILDREN, CADET)
- JAN 31 ADULTS ADDITIONAL CLASS
- FEB 3/4 GAUTENG PROVINCIAL CHAMPIONSHIPS
- FEB 14 SNR YUDANSHA ADDITIONAL CLASS
- FEB 18/19 ELITE TRAINING CAMP 2 (CADET, JNR, SENIOR)
- FEB 25 YUDANSHA TRAINING
- FEB 28 ADULTS ADDITIONAL CLASS
- MAR 3-5 KSA NATIONALS, CHILDRENS, CADETS, JUNIORS
- MAR 11/12 ELITE TRAINING CAMP 3 (SENIOR)
- MAR 14 SNR YUDANSHA ADDITIONAL CLASS
- MAR 17-19 KSA NATIONALS, u/21, SENIORS, VETERANS
- MAR 20/21 DOJO HOLIDAY
- MAR 22/23 GRADING 1 – WHITE, YELLOW, ORANGE, GREEN BELTS
- MAR 25 KDISA FITNESS CHALLENGE
- MAR 28 ADULTS ADDITIONAL CLASS

REPORT BACK & RESULTS

GRADING RESULTS – NOVEMBER 2016

SAGITTA MULDER	SHODAN-HO – JNR BLACK
KEEGAN HARRINGTON	SHODAN-HO – JNR BLACK
DINO BELFI	2 ND KYU – BROWN 2
DIAN KOTZE	2 ND KYU – BROWN 2
GEORG KLEE	3 RD KYU – BROWN
AIDEN KOTZE	3 RD KYU – BROWN
NICKY NTLIKWENDERA	3 RD KYU – BROWN
HENK KOTZE	4 TH KYU – PURPLE 2
JOHN CLOETE	4 TH KYU – PURPLE 2
DAVID PAYNE	4 TH KYU – PURPLE 2
KAY-LEIGH BRONN	4 TH KYU – PURPLE 2
NICOLEEN DU PLESSIS	4 TH KYU – PURPLE 2

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ARNOLD VAN DER MERWE	4 th KYU – PURPLE 2
SARAH BRONN	4 th KYU – PURPLE 1
NERVERN NAIDOO	4 th KYU – PURPLE 1
RIAAAN COETZEE	4 th KYU – PURPLE 1
HAYLEY BOTHMA	5 TH KYU – BLUE 2
REABETSWE KALE	5 TH KYU – BLUE 2
KEABETSWE MOJAJI	5 TH KYU – BLUE 1
ADONIS IKEMBA-BOTULY	5 TH KYU – BLUE 1
TSHIAMO KALE	6 TH KYU – GREEN + 2
JANCO DE WET	6 TH KYU – GREEN + 2
VAUGHN BRONN	6 TH KYU – GREEN + 1
LEANDRO PIETERSE	6 TH KYU – GREEN + 1
LOGAN JOBERT	6 TH KYU – GREEN + 1
KEEGAN NEL	6 TH KYU – GREEN + 1
DYLAN BOTHMA	6 TH KYU – GREEN + 1
STEPHAN UYS	6 TH KYU – GREEN
RONAN HARRINGTON	6 TH KYU – GREEN
WALDO VAN WYK	6 TH KYU – GREEN
MARISSA SCHOOMBIE	6 TH KYU – GREEN
ADRIAAN SCHOOMBIE	6 TH KYU – GREEN
CHERILYN DA SILVA	6 TH KYU – GREEN
KARLI HOLTZHAUSEN	7 TH KYU – ORANGE + 1
WAL NIENABER	7 TH KYU – ORANGE
KYLE LOUCAS	7 TH KYU – ORANGE
ZAK VREY	7 TH KYU – ORANGE
AHREN ALMONEIT	7 TH KYU – ORANGE
ANGELO PENSALFINE	7 TH KYU – JNR ORANGE + 2
ANGELIQUE PENSALFINE	7 TH KYU – JNR ORANGE + 2
THOBILE MALEME	7 TH KYU – JNR ORANGE
ZEAN PIETERSE	7 TH KYU – JNR ORANGE
RUBEN COETZEE	8 TH KYU – YELLOW + 2
JAYDEN NEL	8 TH KYU – YELLOW
JAYDEN PIENAAR	8 TH KYU – YELLOW
ERIC CILIIERS	8 TH KYU – YELLOW

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UNATHI NCUBE	8 TH KYU – YELLOW
JARYD OSIECKI	8 TH KYU – YELLOW
JAY-JAY CHERRY	8 TH KYU – YELLOW
LEON HOLTZHAUSEN	8 TH KYU – YELLOW
CLIFFORD MAZIBUKO	8 TH KYU – YELLOW
LUKE VAN ROOYEN	8 TH KYU – JNR YELLOW + 2
CERRIDWYN KOP	8 TH KYU – JNR YELLOW + 2
HEINRICH COETZEE	8 TH KYU – JNR YELLOW + 1
JANNE DU PLESSIS	8 TH KYU – JNR YELLOW + 1
ETHAN GLOY	8 TH KYU – JNR YELLOW
JESSICA HOLTZHAUSEN	8 TH KYU – JNR YELLOW
MIRINDA HOLTZHAUSEN	8 TH KYU – JNR YELLOW
ETHAN QUINTON	8 TH KYU – JNR YELLOW
MICHAEL VAN DER BERG	8 TH KYU – JNR YELLOW
BRADLEY STEYN	9 TH KYU – WHITE + 3
CHRISTOPHER WOZNAK	9 TH KYU – WHITE + 3
BRONWYNN BRONN	9 TH KYU – WHITE + 3
JOSHUA DU TOIT	9 TH KYU – WHITE + 2
UNATHI ZITHUMANE	9 TH KYU – WHITE + 2
KAYLEE PIENAAR	9 TH KYU – WHITE + 1
TRISTAN LEENDERTS	9 TH KYU – WHITE + 1
KAYLA HOLTZHAUSEN	PRE-WHITE + 1 BLUE STRIPE

2016 MORGAN MOSS KARATE & SPORTS CONDITIONING AWARDS

WINNERS

1. MOST DEDICATED STUDENT AWARD – **NEVERN NAIDOO**
2. WOODEN SPOON AWARD – **KAYLEE PIENAAR**
3. INJURY AWARD – **GARY DATELING**
4. MOST IMPROVED STUDENT AWARD – **ARNOLD VAN DER MERWE**
5. FELLOWSHIP AWARD – **ZAK VREY**
6. BEST ROOKIE AWARD – **AHREN ALMONEIT**
7. BEST PRE-KARATE AWARD – **ALL**
8. BEST WHITE TO ORANGE BELT AWARD – **VAUGHN BRONN**
9. BEST GREEN TO BLUE BELT AWARD – **TSHIAMO KALE**

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10. BEST PURPLE TO BLACK BELT AWARD – **GERHARD DUMINY**
11. BEST PEE WEE AWARD – **HEINRICH COETZEE/JANNE DU PLESSIS**
12. BEST ADULT/SENIOR CITIZEN AWARD – **RIAAAN COETZEE**
13. SMARTY KARATE AWARD – **VARIOUS**
14. TEAM AWARD – **S. MULDER/K. HARRINGTON**
15. STUDENT-ATHLETE AWARD – **NICOLE LUTHER**
16. JUNIOR KATA AWARD – **ZEAN PIETERSE**
17. KATA AWARD – **DANIELLE VAN WYK**
18. JUNIOR KUMITE AWARD – **HAYLEY BOTHMA**
19. KUMITE AWARD – **TAMZIN ROWE**
20. PERFORMANCE AWARD – **TYRONE GRAY**
21. BEST JUNIOR ATHLETE – **DIAN KOTZE**
22. BEST ATHLETE AWARD – **JACOBUS DUMINY**
23. SPIRIT AWARD – **NICKY NTILIKWENDERA**
24. MOST INFLUENTIAL – **TAMZIN ROWE**
25. BEST KARATE-KA AWARD – **SAGITTA MULDER**
26. WILDCAT AWARD – **JUAN-DRE LOOTS**

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