



Kickin' Times



Spokane Karate/Jiu-Jitsu Center January/February 2025

We've made it to the end of the year! Happy New Year!!! Now how do we motivate ourselves for 2025! I have a thought.....

So today, I want you to do something that I don't even love to do myself. I want you to look back.

Even though I tend to focus on looking forward, I also know that the past has the power to teach us great lessons. I want you to think back to January 2024. If you're anything like me, you made resolutions about how 2024 was going to be different. Go back now and remind yourself of what you committed to in 2024. Maybe you're happy, maybe you're not. So how do we do better in 2025.

Step 1: I want you to feel good about 2024 by celebrating all of your successes, no matter how small.

Did you lose a couple of the pounds you wanted to lose, then celebrate. If you vowed to read more and you read even 5 minutes a day, celebrate. Did you feel like you improved in even one area of your training, then celebrate! Celebrating all of your little wins is what will fire you up to keep moving forward to do even better in the future.

Step 2 is a little harder. I want you to look back at the goals where you fell short. This requires brutal honesty.

Did you want to spend more time with your kids, call friends or family far away, spend less time on your phone scrolling away time, or just eat healthier, and you don't feel like you achieved as much as you so boldly vowed to do last January? Well, you know what, you're human. Don't kid yourself. You know deep down where you fell short. Hiding that won't help you feel better for long. Admitting it and moving on to step 3 will.

Step 3 is figuring out why you fell short.

First, did you have a very clear vision? Did you see yourself, in your mind, like a movie, doing all of the things that you wanted to change? You need to see it. Really see it, not just pretend and make a goal or a resolution. That goal needs a real vision, so real that it feels like a memory — only it's one that hasn't happened yet.

Second, I want you to ask yourself if you had a realistic plan. A vision can't happen without a real plan to do the work. Wishes are not strategies. I struggle with this one a lot. For instance, if you want to improve your overall fitness, it feels good to say, "I will train every day for an hour," it might keep you going for a month or two before motivation runs out, boredom sets in and you end up losing the drive to accomplish your New Year's resolutions. A more realistic approach: set aside a specific time of day to train 3 days a week with a written out specific plan for your training. And on the days you don't train, take a walk, ride a bike, do some hojo undo, or go through your kata. It's an actual plan, not just a dream. You need to create realistic daily actions to reach your big vision. In Karate, as in all things, setting yourself up with big unrealistic goals, "I will practice karate every day for two hours", only leads to failure. **You have to start small. Success breeds success.** Losing a hundred pounds starts with one pound. Reading a book starts with one page. A marathon starts with one step. Your confidence builds with every small victory.

And that's why, finally, did you remember to do step 1. I see so many of my students who come to class regularly and yet feel like they aren't making any progress, so they get frustrated and say, "I'm not doing enough." Yes you are. Feed yourself the positive. Recognize where you are improving, no matter how small. **Negativity will kill results, over and over.** Progress takes time. I know how easy it is to see other people who just seem to do everything naturally and assume that it happened overnight, that they have better genetics, and that they are just more talented. That's just bogus (I was thinking of another word)! I know that's how it seems, but everyone you see as successful did it one step at a time and had many times where they took steps backward. The difference between you and those people right now is that they took a step backward or failed and then just got up and kept trying. You need to celebrate the daily wins, then the weekly wins, then the monthly wins. Combined with a clear vision and a real plan, that is how you will make 2025 your best year yet. **"Nana korobi ya oki!"** Fall down seven times, get up eight! Gambatte!!!



Spokane Karate Center UPDATE

January 9th: Adult Street Clothes Training! No Adult Jui-Jitsu Class! All students should come to class in regular street clothes. Be sure to have soft-soled shoes, free of any debris to protect the mat. This class is a great opportunity to bring in a friend or family member to learn concepts and techniques that could

January 29th: Junior In-Class Belt Exam! Be sure to turn in your application by the 24th. This is a regularly scheduled class. Non-grading students will line up in a second row from the grading candidates.

January 30th: Adult In-Class Belt Exam! Be sure to turn in your application by the 24th. This is a regularly scheduled class. Non-grading students will line up in a second row from the grading candidates.

February 13th: Adult Street Clothes Training! No Adult Jui-Jitsu Class! All students should come to class in regular street clothes. Be sure to have soft-soled shoes, free of any debris to protect the mat. This class is a great opportunity to bring in a friend or family member to learn concepts and techniques that could

February 14th: Valentine's Day! Parent's Night Out! Drop your kids off at 5:00 pm for a night of training, pizza, games and fun!!! Must pick up by 9:00 pm!

February 26th: Junior In-Class Belt Exam! Be sure to turn in your application by the 21st. This is a regularly scheduled class. Non-grading students will line up in a second row from the grading candidates.

February 27th: Adult In-Class Belt Exam! Be sure to turn in your application by the 21st. This is a regularly scheduled class. Non-grading students will line up in a second row from the grading candidates.

New & Returning Spokane Karate Center Members

Juniors

Tatum Derby
Clay Taylor

Adults

Jamuson Hutchison
Jennifer Jaggers

**Welcome
to the Dojo!!!**

January/February Birthdays!

Monica Scruggs 01/03

TJ Jenkins 01/18

Jon Benoit 01/14/04

Jacob White 01/23/05

Liam Tolley 01/15/17

Linda Hagenbarth 02/05

Charles Fahie 02/15

Gage Hoyt 02/04/09

Tanjooobi Omodetto Gozaimasu!!!

November/December Belt Promotions

Juniors

10th kyu—London Box, Ruby Ketchel, Gretta Torvik,
Avinn & Liam Tolley

9th kyu—Alden & Jack Hammond

8th kyu—McKenna Parker

7th kyu—April Hammond

Adults

10th kyu—Larry Matthias

9th kyu—Jon Benoit

5th kyu—Jordan April

3rd kyu—Virgil Fitzgerald

2nd kyu—Bryan Grosshands

Yoku Dekimashita!!!

Congratulations To Everyone!!!

January 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Dojo Closed!	2	3	4
5	6	7	8	9 Street Clothes Training	10	11
12	13	14	15	16	17	18
19	20 Martin King Jr. Day	21	22	23	24	25
26	27	28	29 Junior Belt Exam	30 Adult Belt Exam	31	

February 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13 Street Clothes Training	14 Valentine's Day Parent's Night Out!	15
16	17	18	19	20	21	22
23	24	25	26 Junior Belt Exam	27 Adult Belt Exam	28	