



Happy New Year!

Here we go! It's a whole new year with tons of opportunities to learn and improve your karate! We kicked it off with a Black Belts workout early on New Year's day, and are kicking off the year with our continued lineup of great classes and a Youth Open House on January 20th. We will announce lots of new stuff for 2018 as we go. So stay tuned for lots more to come! OSS!

SATURDAY, JAN. 20, 8:30 to 10:00AM!

YOUTH OPEN HOUSE

Hey Kids...
Check it out!!!
OSS!



Bring a Friend!

IMPORTANT DATES

- January 15 Dojo Closed for MLK Holiday
- January 20, 2018 Youth OPEN HOUSE
- May 19, 2018 WSA Youth Karate Tournament

2017 WSA Fun Facts: Did you know?

- 236 Belt Promotions!
- 19 Black Belt Promotions!
- 79 New Students!
- Youngest Student: 4 years old!
- Oldest Student: 85 years old!

THANK YOU FOR YOUR SUPPORT!

2018 Exam Dates

Youth	Adults
Feb 10	Mar 14
Apr 7	June 13
June 9	Sep 12
Aug 11	Dec 12

Oct 13 & Dec 8

**** Pre-Shodan Exam: June 15, 2018****
BLACK BELT EXAM: October 26, 2018

Bring a friend or two! It's FREE!

Lots of fun and games! Two class credits! Bellevue! Pine Lake! SBCC! North Bend! Issaquah! Join us and learn how much fun Karate can be! Here's how to sign up:

1. Tell your instructor, or
2. Send us an email to info@washingtonshotokan.com

THANK YOU SUCCESS LAB!

Looking for a fantastic website? As you know, we seldom advertise our suppliers, but the company that designed and manages WSA's website is amazing and they do fantastic work for us! If you are looking for a great website, please visit www.GreyMethods.com and email Chad at Chad@SuccessLab.io. Tell him the folks at WSA sent you. They're great folks and do fantastic work! Thank you Success Lab!

WASHINGTON SHOTOKAN ASSOCIATION

YOUTH KARATE TOURNAMENT

Session 1:
9AM-11AM

MAY 19TH 2018

Session 2:
11:45AM-1:45 PM



ALL PARTICIPANTS WILL RECIEVE A TROPHY FOR KUMITE AND MEDAL FOR KATA TO TREASURE AT HOME OSS!!!

BELLEVUE MAIN DOJO
12745 BEL RED RD.
BELLEVUE WA
98005



REGISTRATION NOW OPEN!!
CLOSES APRIL 1ST 2018

ENTRY FEE: \$35
(INCLUDING KATA AND KUMITE)
CHARGED TO ZEN PLANNER ACCOUNT

YOGA at the DOJO!

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WHAT: HATHA YOGA PRACTICE

(Based on the Patanjali Eight Limb Path of Yoga)

This special 60-minute yoga class exclusively for WSA members focuses on strengthening and relaxing body and mind through traditional yoga postures, breathing techniques and meditation. This is a beginner to intermediate level class well suited for all level karateka. No prior yoga experience is required.

WHEN: EVERY OTHER SUNDAY @ 10:30AM, STARTING JANUARY 7, 2018

WHERE: BELLEVUE DOJO

WHO: Exclusively for current and past WSA students. This is an adult level class. All students who regularly train in adult classes at WSA are welcome to attend.

WHAT TO BRING: A yoga mat and a signed Waiver of Release.

INSTRUCTOR: Claire Birnbaum (crb456@comcast.net)

Sensei Claire (WSA 4th degree Black Belt) is a Yoga Alliance Instructor certified as a Registered Yoga Teacher (200 Level). Several years ago she turned to yoga as a means to fitness and healing, and was surprised to discover that yoga actually provides a focused mind/body/spirit connection similar to karate training. She is now "giving back" to the dojo in sharing her yoga experience with WSA, and she is an amazing and super nice person... and a great teacher!

For questions or to register, please contact Sensei Claire directly at crb456@comcast.net.



YOGA at the DOJO!