

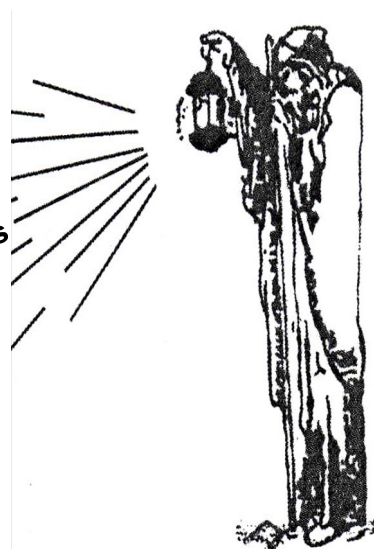
# Timaru Dojo Highlights

June 2016

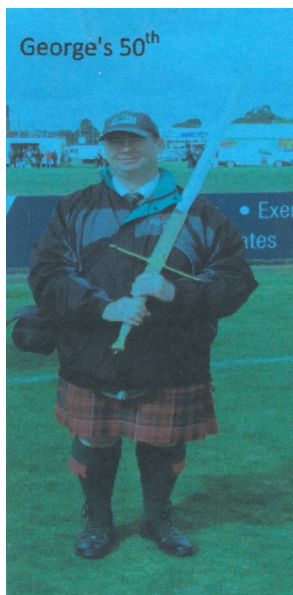
## Birthdays

Senpia George	March 10 <sup>th</sup>
Senpia Michael	April 15 <sup>th</sup>
Jun Shihan Sandra	April 21 <sup>st</sup>
Seishi John	June 27 <sup>th</sup>
Hanshi	July 26 <sup>th</sup>

Objects of perception  
change their reality to  
match the expectations  
of the viewer



Senpia Georges 50<sup>th</sup> Party at the copper Café bar was a delight to all that attended Welldone George “OSU”



A General grading April 3<sup>rd</sup> saw 11 students take part all showing good form, Highest going was Rylan Cummings to Green Belt.



## Dojo Celebrations Sat 7<sup>th</sup> Lower Hutt Dojo

In Attendance were Hanshi Renzie, Sei Shihan Ino Macquirang head of Seido in Australia, Sei Shihan Ben and myself, along with many KarateKa around Wellington area. By the time I flew in Sei Shihan Ino had just finished the Ni Dan Grading. We arrived and were greeted by Sensei Ken Szeto, (a long time member of Timaru Dojo). Hanshi Renzie took the Shodan Dan Grading and afterwards was dinner. 6am a small gathering at the Angus Iain Conservatory Bar. The whole week-end was a great surprise for me being flown up and put up by the Lower Hutt Dojo, truly the Seido Spirit coming forth. "OSU"



One of the most remarkable facts about turmeric as a potential drug and chemotherapy alternative is its exceptionally high margin of safety. A 2001 study in cancer patients reported that quantities of curcumin up to 8 g, administered per day for three months, were not toxic and resulted in significant anti-cancer properties in a number of those treated. [5] Considering that turmeric is only 3-4% curcumin by weight, this implies that a larger quantity of turmeric can be consumed safely, as well.



### YOUR PROBLEM

## ANXIETY

When the stakes are high, anxiety primes you for action. But if you worry constantly, you may lose your mind: a UK study published in the *Archives of Internal Medicine* found that anxiety can raise your risk of dementia. According to the researchers, chronic mental tension spikes your levels of glucocorticoids. An excess of these hormones may wipe out brain cells and shrivel your memory centre.

### YOUR SOLUTION: TRAIN YOUR BRAIN

Fill this prescription at the gym: do at least 30 minutes of moderate-intensity cardio three times a week. Exercise can have a soothing effect similar to that of anti-anxiety medicines, a Southern Methodist University study review concluded. Plus, physical activity boosts delivery of the oxygen your brain needs to consolidate and create memories, says Brown.

## Parsley (*Petroselinum crispum*)



Parsley is a nutritious plant that contains useful amounts of iron as well as betacarotene and vitamins C and E – making tabouleh a particularly nutritious summer salad. It is good diuretic and a tea brewed up from a handful of chopped fresh parsley can be useful as a treatment for cystitis as long as you use it in the early stages. Parsley promotes menstruation, so self medication with any part of the plant should be avoided in pregnancy, although normal (modest) use of parsley leaves is considered fine for pregnant women. The seeds are the strongest part of the plant and should be avoided entirely by pregnant women and people with kidney disorders.



## World Seido Karate Organization 40th Anniversary May 31st - June 7th, 2016

Students from around the world attended the 40<sup>th</sup> Anniversary of Seido Karate at Sunny Purchase Westchester County upstate New-York. The huge amount of work that went into organizing the whole event was unbelievable. Each day had a whole range of events going on from workouts, meditation, yoga, knife defences, Kata applications and of course the tournament. The final Go-en ceremony saw Kaicho and the Hanshi's going through Tensho Kata and then Kaicho doing Sei-Ryo-Dai Kata followed by, a big Calligraphy of one - moment - opportunity. That night most went to the Yankee game in New-York city. Jun Shihan Sandra along with Kyoshi David and Senpia Chris, who had come over early stayed on to miss out on Beach training. Once you can get over the flying parts everything is great all would agree.

"OSU"



## Beach training 2016

Saturday start 11am and Sei Shihan Michael goes through varies things learnt at Go-En!  
This is followed by Pam Shihans wife who talks us through yoga, Shiatsu formes .  
2.30 Sees Jun Shihan Kelvin take Michael through paces with a different sort of warm up.  
Sunday morning 7am and Senpai Lizzy and Cassidy go for Nidan only Black Belts are there.  
By 10am we are finished and down to the Bay, the weather unfortunately wasn't the best  
with light showers and slight wind blowing. Still many turned up and went into the water  
after many workouts. Soup and bread provided by Pam finished off the day.

"OSU"



Photos by  
Senpia George  
"OSU"