



First published in 2019 by New Holland Publishers
Sydney • Auckland

Level 1, 178 Fox Valley Road, Wahroonga, NSW 2076, Australia
5/39 Woodside Ave, Northcote, Auckland 0627, New Zealand

newhollandpublishers.com

Copyright © 2019 New Holland Publishers

Copyright © 2019 in text: Dave POW Tabain and Nadia Worland

Copyright © 2019 in images: Shane Ogilvie

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior written permission of the publishers and copyright holders.

A record of this book is held at the National Library of Australia.

ISBN 9781760791469

Group Managing Director: Fiona Schultz

Publisher: Francesca Roberts-Thomson

Designer: Andrew Davies

Series Design: In The Making Studio

Production Director: Arlene Gippert

Printer: Toppan Leefung Printing Limited

10 9 8 7 6 5 4 3 2 1

Keep up with New Holland Publishers:



NewHollandPublishers



@newhollandpublishers

Supporting



New Holland Publishers are extremely proud supporters of the Starlight Children's Foundation and the purchase of this book generates proceeds to further help Starlight ...

"Brighten the lives of seriously ill children and their families"

starlight.org.au





**FOR GAZ
ALWAYS**

CHAPTER 1

ALL ABOUT ME



HEY!

6

LET ME INTRODUCE MYSELF.

I'm Frances Claire, but my friends call me "Frankie".

This is my story so far ...



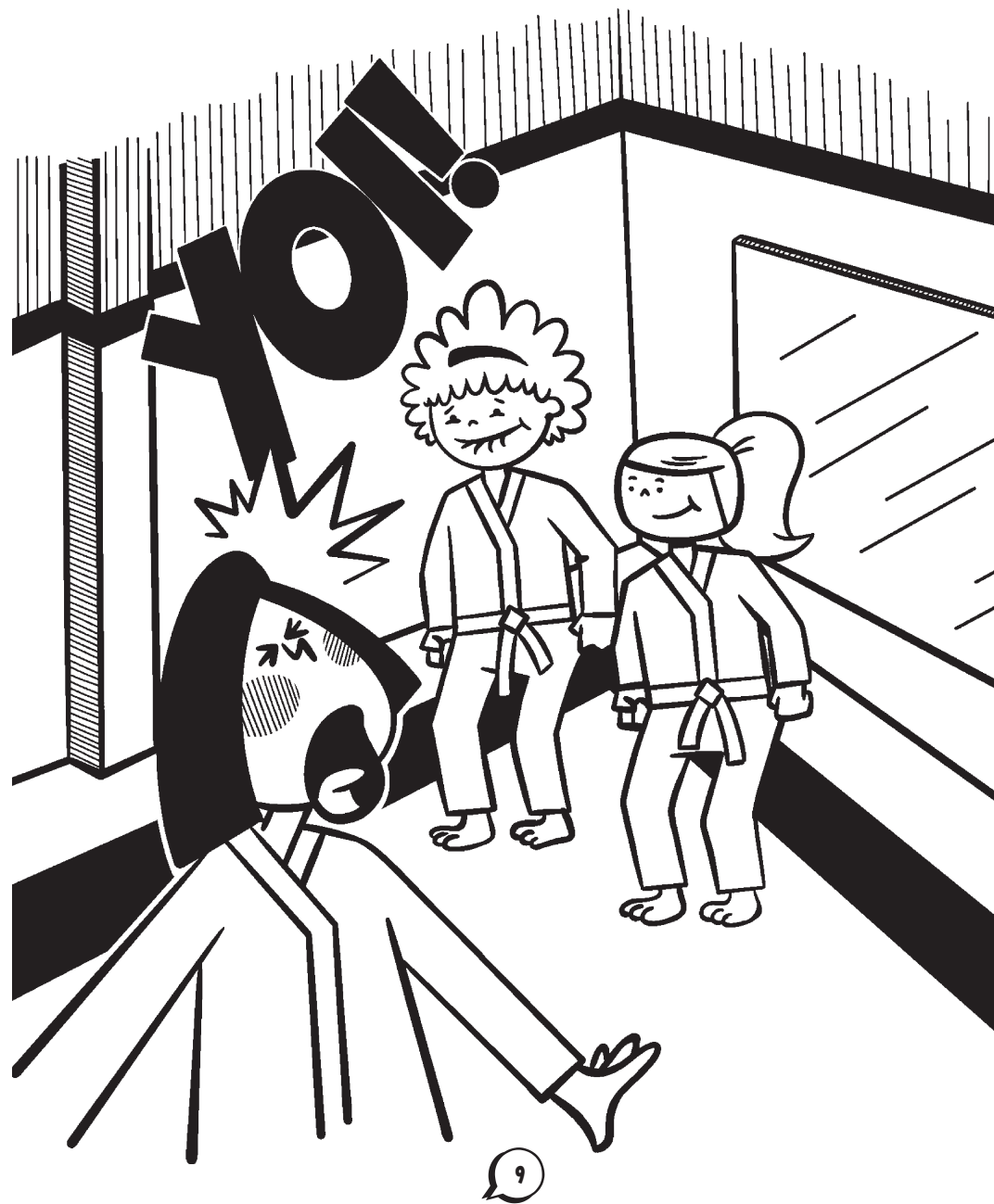
7

“Heiko dachi (natural stance). Yoi (ready), maintain focus, girls. We don’t have a moment of time to waste!” yelled Mrs Oss in her usual high-pitched, annoying twang. Mrs Oss has legit taught me karate my whole entire life and her positive mindset means she is ready to take on any new challenge ... or new student.

My eyes darted towards Gemma. She’s trying soooooooooooooo hard not to get caught giggling at Mrs Oss’s facial expressions!!! ... and I am being careful not to laugh at Gemma giggling at Mrs O. Mrs O loses her mind when we aren’t concentrating, and when she catches us mucking around, she always rants on and reminds us of her karate academy motto:

CARE, RESPECT AND SELF-WORTH START FROM WITHIN.

We all wonder why she chose this motto for her karate school, like what does it even mean?



CHAPTER 2

THE SHAREST, THE MAKE A LIST- EST DAY SO FAR

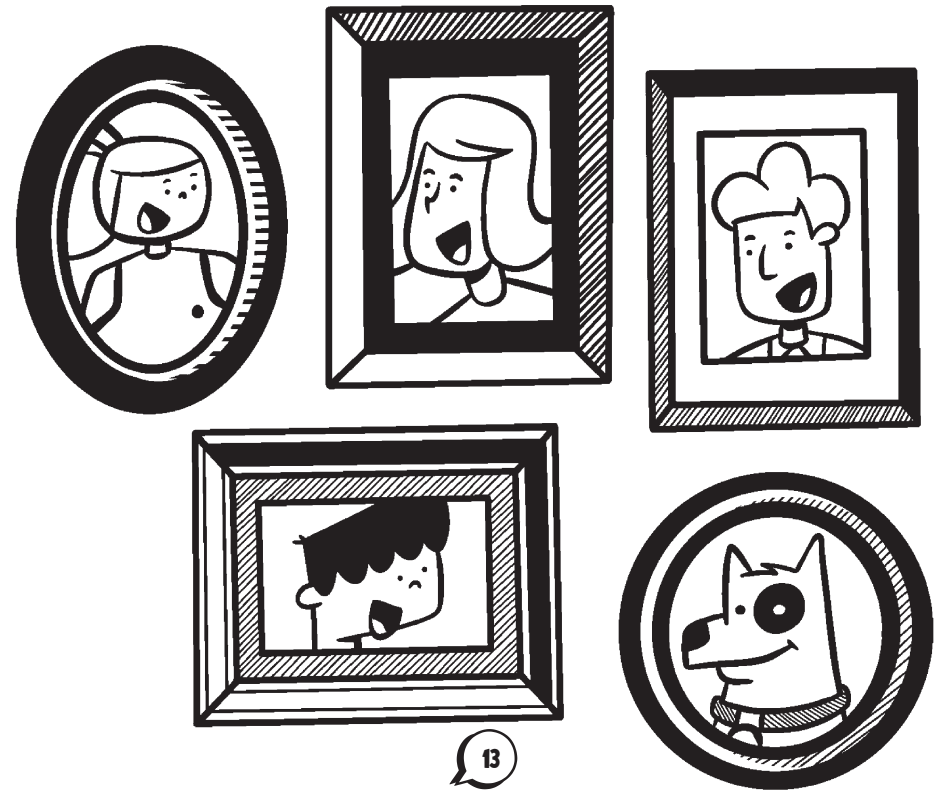
Gemma has been my BFF (you know, like Best Friend Forever) since day one of BIG school. We have been in the same class, same teachers, eeevvveerrrryyy single year until this year. This year, they put us in separate classes. The principal said, “School shouldn’t just be about socialising”. Well helllloo, what else is school for???!!!!!! Ha ha, got ya. School isn’t really just about socialising. For me, this year it’s all about school work, karate practice and hanging with my squad.



I've always had to work R E A L L Y hard to get good grades. I need good grades (and to train five times a week) for a chance to be considered for a scholarship to the selective school: Diamond Karate Academy. We need the scholarship because my Mum said we can't really afford the fees. But I probs should stop sooking & whining and tell you some more about me (AKA 10 reasons why I'm awesome). Drum roll please ...



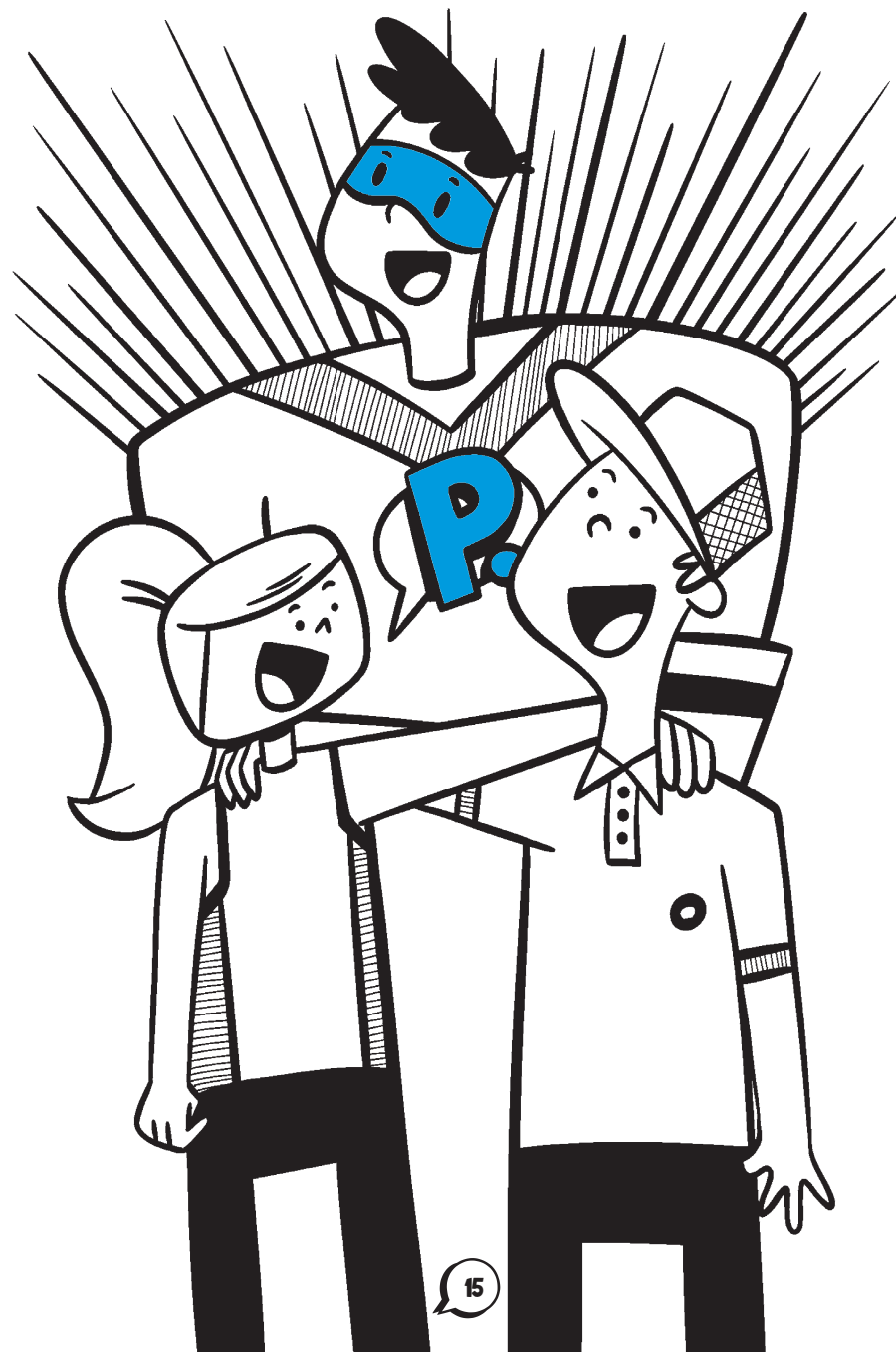
1. I live with my Mum Barb, stepdad, Ben (AKA Bonus Dad), brother, Evan, and my kelpie, Pat. (Yep, Pat as in PAT the dog! My Dad named the dog.) We have lived here all my life and I love that I know everyone; it makes me feel safe. (But at times it's also sooooo annoying 'cause everyone knows everything about you and what's been happening in town ... can't get away with anything.)



2. I also live with my Dad Brian, when he is home from the mines. He is a FIFO worker for a big gold-mining company (Fly in Fly Out; one week at work and then one week at home).

3. My Mum, Stepdad and Dad all get along really well (it wasn't always easy for them and us, but it is now). We still do so much stuff all together, like birthdays and Christmas. Dad was even at Mum and Ben's wedding. #Winning

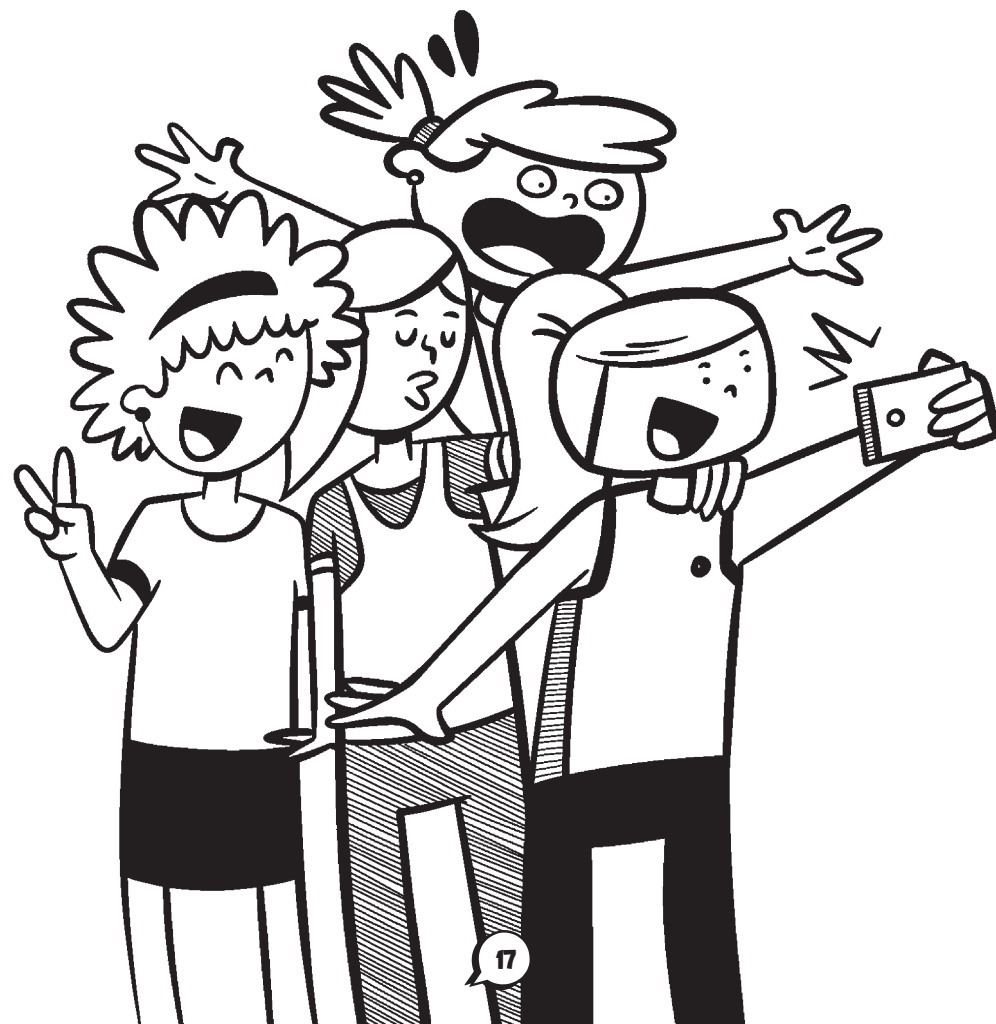
4. I live next door to my cousin, Dave **POW** Tabain. (You might know him from the book *POWman: Unleash the hero within.*) He is a bit of a legend in my school and has been my best cousin since like foreva!! I chat, text or email him every single day.



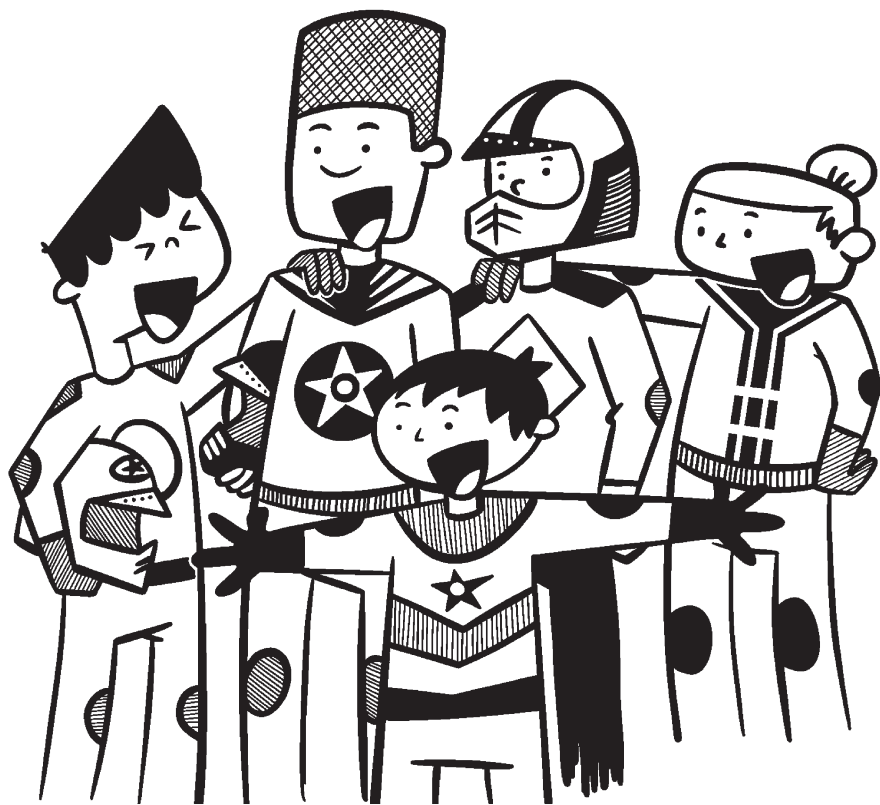
5. Like I said before, Gemma has been my best friend since kindergarten, and we have hardly spent any time apart. We get off the bus from school and walk to Gemma's house, grab some food, drop her bag off and walk to mine and do the same. When it's time to go home (and we really never want to go home), we walk each other halfway home and say, "Take care, polar bear, Be sweet, parakeet". The walking back and forward drives our parents up the wall! But they get how important friends are.



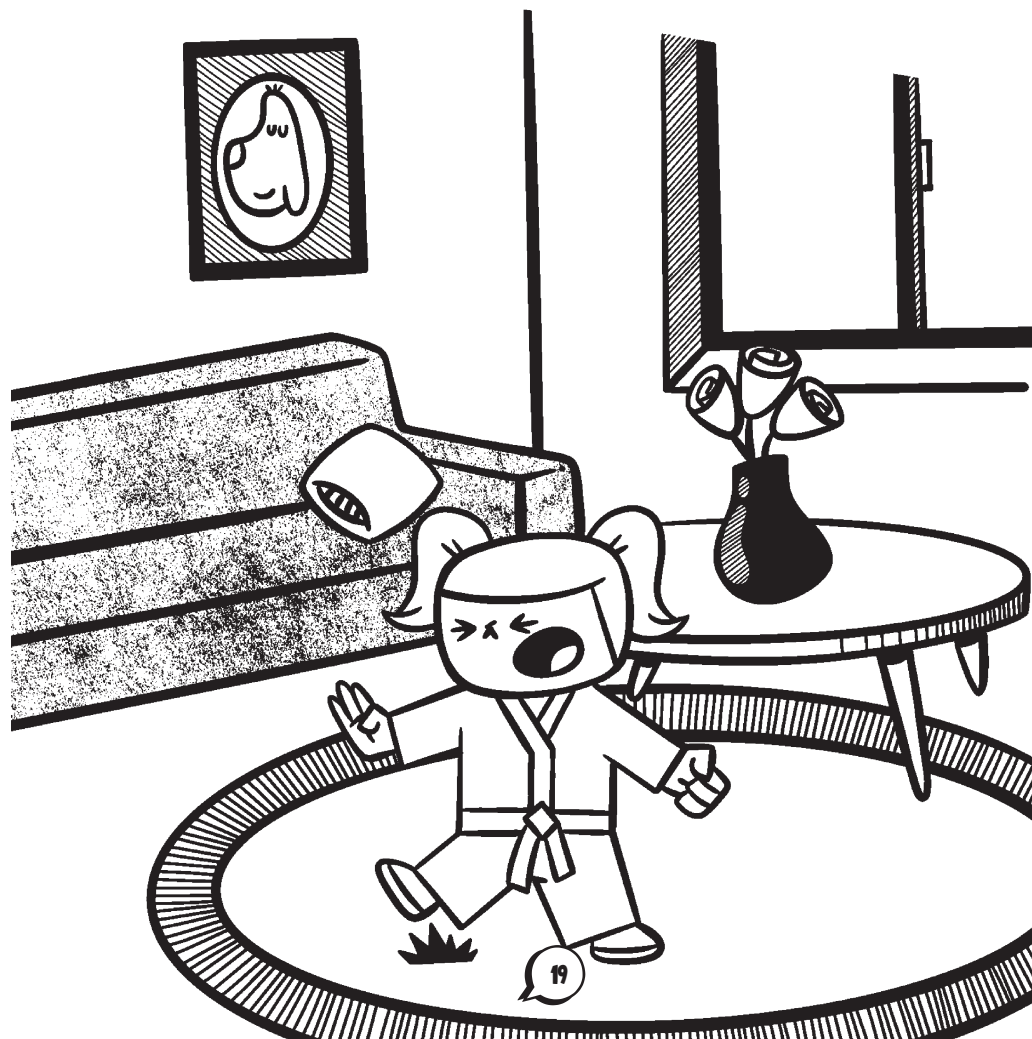
6. My girl squad is Chell, Dinah, and of course Gemma. These girls are my world. Dinah is new to school, but Chell and Gemma have been my besties forever.



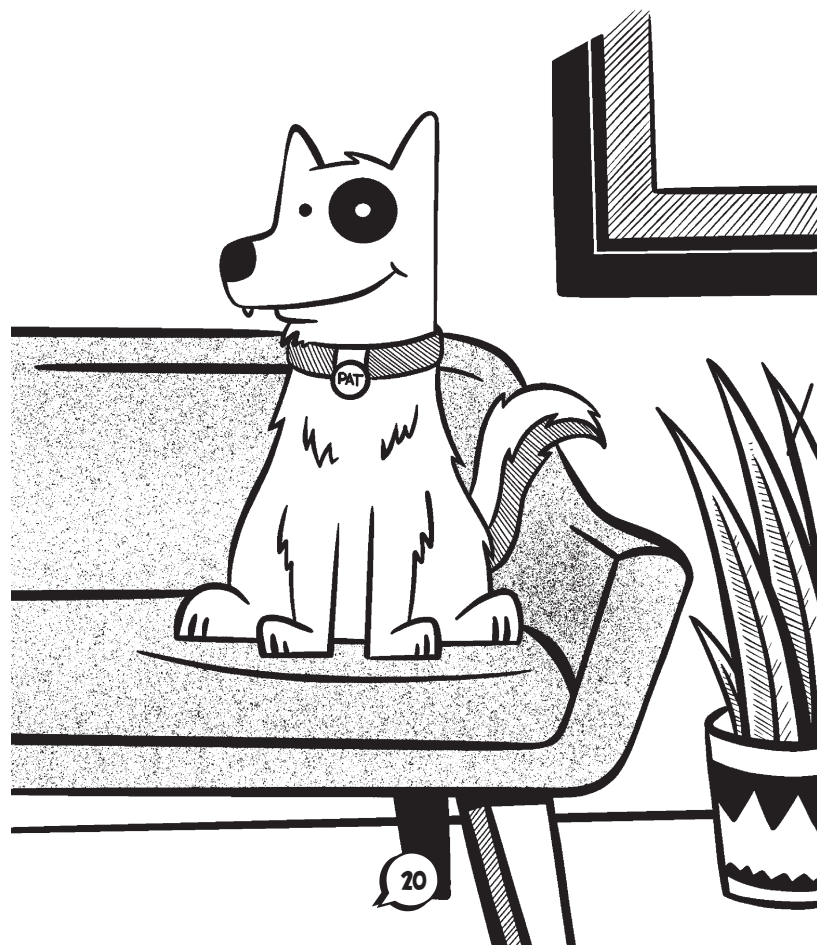
7. My bro Evan, and his mates, Boyd, Nick, Billy and Colin, race motocross on the weekend with Dave and his family. We all get up super early and go watch them race before we head off to play netball (and umpire other games: as Mum says, “It’s important to give back to your sport and community”).



8. My fav sport is karate; my second fav is netball. I have been doing karate since just after my second birthday when Auntie Mel got me the cutest karate kid dress-up. Apparently, I put it on and kicked, jumped and ran around for the entire day.



9. My kelpie Pat is my super best canine friend. He loves to jump on the couch and cuddle up while I watch my fav TV shows. He has his own spot on the floor, with a mattress and blanket with heating and cooling for him to sleep inside, but he hardly ever uses it. Mostly, he sleeps on my bed. #ismydogspoiltmuch?



10. My dream is to compete at the world karate championships. This is like my ultimate goal to have my family sitting in the front row, their mouths open wide because they are in awe of my total awesomeness.



And one more. Yeah, I know I said 10,
but trust me, number 11 is epic ...

11. I am an emoji super fan. I use them
wherever I can. I even design my own.

K, so that's all about me done. See ya when
I'm lookin' at ya!



Hey Dave, will not be at training today. Early start
tomorrow for comp. Catch you soon.

All good Frankie; see ya when I'm looking at you.

