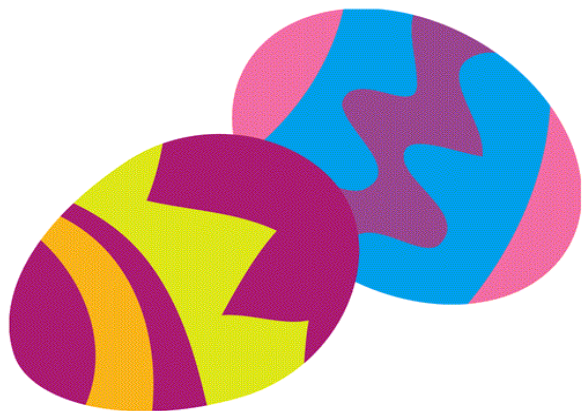


South Delta Kyokushin Karate Newsletter

April 2009



Welcome back from your Spring Break.

**IN HOUSE TOURNAMENT WAS HELD
TUESDAY, MARCH 10TH**

NON CONTACT FIGHTING

White & Orange Belts

Feather Weight

Genevieve Salahor	1 st
Brandon Beeksma	2 nd
Kai	3 rd
Jonah Sato-Klemm	3 rd
Colton McDougall	
Cassie	

Light Weight

Rachelle McDougall	1 st
Teigen McDougall	2 nd
Robroy MacKenzie	3 rd
Willow Swanson	3 rd

Middle Weight

Troy Weatherly	1 st
Duncan Bartz	2 nd

Blue Belt

Maya Sato-Klemm	1 st
Gary Hwu	2 nd
Perrin Swanson	3 rd
Taylor Maxwell	3 rd

CONTACT FIGHTING

White & Orange

Feather Weight

Keanna	1 st
Jonah Sato-Klemm	2 nd
Kai	3 rd
Brandon Beeksma	3 rd
Colton McDougall	
Cassie	

Light Weight

Rachelle McDougall	1 st
Teigen McDougall	2 nd [†]
Willow Swanson	3 rd
Chantel DeHaas	3 rd

Middle Weight

Duncan Bartz	1 st
Troy Weatherly	2 nd

Blue Belt

Maya Sato-Klemm	1 st
Gary Hwu	2 nd
Perrin Swanson	3 rd
Taylor Maxwell	3 rd

13 & 14 year olds

Henry Hwu	1 st
Morgan	2 nd
Fabian Oritiz	3 rd

**26TH CANADIAN CHAMPIONSHIPS AT
BCIT, SATURDAY, MAY 2ND**

In preparation for the Canadian Championships, the month of April will be dedicated to refining our fighting skills and providing additional instruction for those entering the Kata competition. If you are planning to enter the Kata segment, please see Sensei Les to discuss & set up some additional instruction.

South Delta Kyokushin Karate

Newsletter

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All students who have been training at least 4 months or more are eligible for this tournament. You must have a Dogi (training suit) & a mouth-guard. This is the last tournament of the Kyokushin Karate year.

Orange Belts & above should be participating in a tournament yearly either as a volunteer or a fighter. Volunteers must be age 14 up.

VOLUNTEERS NEEDED FOR CANADIAN CHAMPIONSHIPS AT BCIT MAY 2ND

We are looking for Volunteers to help out at the tournament. They would be small jobs and your assistance would be greatly appreciated.

SCHOOL CLOSURES

April 22nd ~ school event

May 29th ~ school event

You can make up these classes on Saturday which is open to all students. Sat class is also for extra help in tournament fighting and kata. Kids: 9am - 10am; Adults: 10am

Upcoming events:

- July 31st to August 3rd Summer Camp at Ashton Creek near Enderby, BC
Summer Camp is held the August long weekend. This is a family affair and camping at its best. Applications will be out soon.

Next testing period

May 26th ~ Tuesday (Kids class only)

May 28th ~ Thursday (Kids & adult class)

Test fees are as follows:

\$15.00 kid's class

\$20.00 adult class

Payment is due on test night.

Quotes from founders of Karate styles

"The aim of training reflects the precept expressed by the words - although the doorway is small, go deeply inward... Once a kata has been learned, it must be practiced repeatedly until it can be applied in an emergency, for knowledge of just the sequence of a form in karate is useless." *Gichin Funakoshi*

Page 316, "This is Karate, copyright 1965, 9th printing, 1971 edition"

"We might call the individual thrusts, blocks and kicks...the alphabet of karate, that is, the individual parts from which karate is made. Karate formal exercise (kata), by combining all these isolated elements and giving them concrete forms, are like the spelling that makes the words and sentences of karate alphabet."

Oyama, Mas - What is Karate? Copyright 1958, New revised Edition 1966, 6th Printing, 1974; Chapter 8 - Formal Exercises.

"...Although it is true that formal exercise are a most important part of karate, it does not do to neglect the practice fighting and the training in tameshiwari, etc. The way to a truly effective karate is to avoid idleness and practice seriously with the idea that the formal exercise, (kata) are fifty percent of your work and the remainder of your training is the other fifty percent." *Mabuni Kenwa*

Mabuni, Kenwa, the Founder of Shitoryu Karate; as quoted by Sosai Oyama in "This is Karate, copyright 1965, 9th printing, 1971 edition", page 317

The focus for the month of May will be preparation for testing & self-defense.