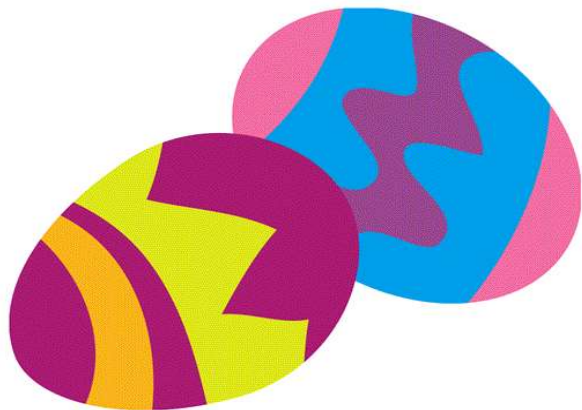


Newsletter

April 2011



Welcome back from your Spring Break.

Update on Sensei Les

Les has had a few chemo treatments that have gone well. He looking strong & was able to get for a golf game.

28TH CANADIAN CHAMPIONSHIPS AT BCIT, SATURDAY, MAY 7th

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 Sempai Mike to discuss & set up some additional instruction.

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 for Non Contact & Contact fighting.

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

SCHOOL CLOSURES

April 12th ~ school event
Students can make up these classes at our Saturday classes which are open to everyone. Saturday classes are also for extra help in tournament fighting and kata.
Kids: 9am - 10am; Adults: 10am

Upcoming events:

- July 29th to August 1st Summer Camp at Ashton Creek near Enderby, BC

Next testing period

Pre test for the kid's classes May 17th & 19th. Candidates must be approved for testing by the Black Belts prior to test night.

Adult students must sign up prior to test night to be approved for testing.
May 24th ~ Tuesday (Kid's class only)
May 26th ~ Thursday (Kid's & adult class)

Test fees are as follows:

\$15.00 kid's class

\$20.00 adult class

Payment is due on or before test night.

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Black Belt Profile

Georgina Salisbury - Instructor

Testing History:

Kyokushin Karate - Sho Dan 2006

Georgina has been actively training since 1994 initially under Sempai Pete Fradley & since 1995 under Sensei Les Nielsen & Sempai Greg Creech. She has attended numerous summer & winter camps plus the following seminars & conferences.

- August 1996 & 2000 - Hawaii seminars under Shihan Bobbi Lowe, 8th Dan
- January 2005 Rocky Mountain camp under Shihan Donald Corrigan, 6th Dan
- October 2004 & 2006 Banff Black Belt Conference under Kancho Matsui, Shihan Isobi, Shihan Bobbi Lowe, Shihan Stuart Corrigan, Shihan Donald Corrigan & Shihan Filio.

Georgina teaches both the kids & adults classes and encourages a hard working ethic in all her students. She has excellent kicking techniques and is an inspiration to young girls taking up a very physical & demanding discipline.

Lesson of the Month

OSU is the one word that you'll hear the most in a Kyokushin dojo or at a Kyokushin tournament. When you enter or leave the dojo, you bow and say "Osu". When you greet a fellow Kyokushin *karateka*, you say "Osu" instead of "hello". When you respond to an instruction or question in class, you say "Osu" instead of "yes" or "I understand". When performing *kihon waza* (basic techniques) in class, each technique is often accompanied with a loud "Osu". When practicing *jiyu kumite* (free fighting) in class and your opponent lands a good, hard technique, you say "Osu" to acknowledge your opponent's skill. As a measure of respect, knockdown fighters at a tournament bow and say "Osu" to the front, to the referee and to each other, before and after the fight. *OSU* is used in many situations and seems to mean a lot of things. But what does it really mean? It means patience, determination and perseverance. Every time we say "Osu", we remind ourselves of this. Kyokushin training is very demanding. You push yourself until you think you've reached your limit. First your body wants to stop, but your mind keeps pushing you. Then your mind wants to stop, but your spirit keeps you going. You endure the pain. You persevere. That is *OSU*.