

South Delta Kyokushin Karate

APRIL, 2013

Picture from the Newton Coloured Belt Tournament
February 23, 2013

Nathan Spencer



Katrina Strutt with Head Instructor & Coach Mike Sandford



Jackson Martin



southdeltakyokushin.ca

The above is our Web Address

This web site has a lot to offer every student in Karate. The newsletters are posted there if you should lose your copy. The katas are downloaded onto the site and there is a wealth of information posted. Finding answers to questions are most likely posted on the web site. Check it out.



Victoria & Amber

Through out this Newsletter, you will see pictures of students that entered the Newton tournament. Everyone had a great time, while learning how tournaments actually

help you in your development of skills, techniques and Spirit!

Testing is coming up in May.

May 21 Tuesday & May 23 Thursday

The Thursday **Adult** class will be the only class cancelled that day for testing students only. Kids class will remain the same as usual.

The contest in the March newsletter will be over April 15th. You still have time to enter! You could win a Karate T shirt. Get your entries into Gwen as soon as possible.



Dale Roberts

Dogi's for Sale:

If you are planning on going to summer camp and need to purchase a dogi, now is the time to do it. We will not be selling Dogi's from June 15th to August 31st. If you need any supplies, you can check out the IKOKC web site for merchandise and let Gwen know and up until June 15th, we can place an order for you.

There is a lot of information in this Newsletter. Please read it through as there may be questions for the next contest!

School Closure Dates

April

There will be no Classes Thursday

April 11th.

*This is a change from previous schedules. The school has changed the dates, due to an event they are having.

May

All classes are as scheduled, further updates to follow.

June

June 11 Tuesday ~ Cancelled

June 13 Thursday ~ Cancelled

The school will be using the gym space on these evenings. We will continue classes to the end of June. More info to follow on these two nights.

From Spring Break forward: anyone wishing to attend the Richmond Dojo on Monday nights, please let Sensei Mike Sandford know. There are a few students that due attend the Richmond Dojo for extra training.

As for the Kids classes you are welcome to come on both nights. If you class has been cancelled, please come to the alternate class.






This is the BIG ONE! 30 years this tournament has been going. Hosting fighters from around the World.

Application will be only be on line.


www.kyokushin.ca or type in: **IKOKC**

All applications must be into tournament director by April 22nd. This tournament will be open to all students, of all ages and levels. **You must register online.** This event will only take online registrations. If you need help, please see Gwen as soon as possible, so your application goes through correctly. **Do not wait until the deadline!**

-  **Kata Divisions**
-  **Continuous NonContact**
-  **Contact Division**

You can enter in each division once.

It will be held at B.C.I.T. May 4th.

 Looking for volunteers for this tournament. It is the largest tournament for Western Canada and Kancho Matsui will be in attendance. Let's make this event a Great One! If you can help out, please contact Kathy Miller @ 604 274 ~ 5976 or ikm@shaw.ca

For more info on tournaments, seminars, camps etc.; check out our web page southdeltakyokushin.ca

Winter Camp was held on March 15, 16, & 17th

@ Silver Lake, B.C.

Sensei Mike
Sempai Greg
Sempai Scott
Rob
Jeff

attended Winter Camp this year.

Winter Camp 2013 Silver Lake, B.C.

Just a quick update to let you all know that Sempai Greg, Sempai Scott and myself were successful this weekend at passing the first leg of our tests. We all broke the required amount of boards on Saturday afternoon, succeeded somewhat on our written tests on Saturday night and must have baffled them enough in our interviews to have them consider us to be worthy candidates for our respective Dan gradings to continue forward. No body parts were severely damaged and we all are relieved to have this leg of the test completed but there is no resting as the next part will be even more difficult so expect the training to get ramped up over the next few months! A special thanks to Sensei Mike for all of his help and unselfish giving of his time and to Jeff for his support at camp. I will post some photos as soon as I can, but I didn't take as many this time as I was otherwise preoccupied :) Osu, Rob.



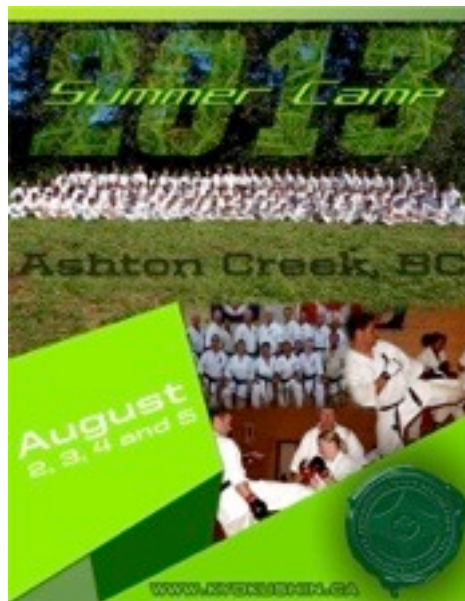
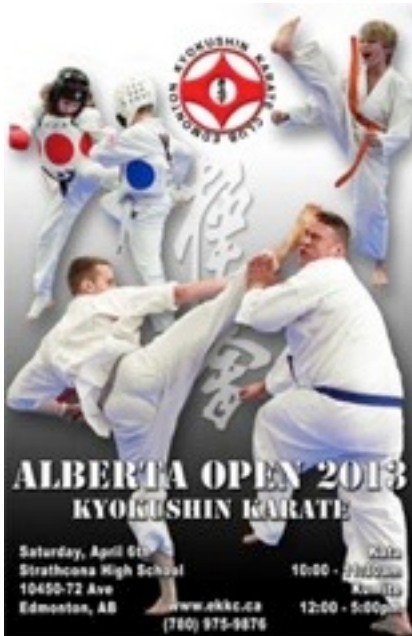
Jeff Greig, Sempai Greg Creech, Sensei Mike Sandford, Sempai Scott and Rob Sonnenberg.

There are more pictures on the IKOKC Facebook page. Check out the night time training in the snow!

Pictures are of Sempai Greg, Sempai Scott and Rob breaking boards.



Events coming this Year 2013



These events are open to adult students (some kids events) that want to learn more and improve on their skills, techniques and over all endurance ability in Karate. Consider attending and make new friends in the Kyokushin Karate World. You will be amazed at what we all have in common! If you are a Green Belt and want to move forward in your grading, consider attending to improve your resume?

Hayden Reid



Katrina Strutt



Jackson Martin



Katrina Strutt



Jackson Martin



Logan Turick



Hayden Reid



Caleb Naysmith



Logan Turick



Caleb Naysmith



Sebastian Saddul



Sebastian Saddul



Sebastian Saddul



Head Instructor: Sensei Mike Sandford, Amber Fidyk, Victoria Knoblauch, Keanna Foster, Sempai Greg Creech Logan Turick, Sebastian Saddul, Jackson Martin, Nathan Spencer, Katrina Strutt.

Keanna Foster



Amber Fidyk
Victoria Knoblauch



Dale Roberts

