

South Delta Kyokushin Karate Newsletter

December, 2008

Newsletter Quiz winners

Perrin Swanson & Genevieve Salahor won prizes that will be awarded in class.
Next Newsletter Quiz will be January 2009.

Reminders:

- Kick-a-thon forms should be in by now
- Kick-a-thon participation is mandatory with a minimum pledge per student of \$25
- Saturday classes will help you to improve your fighting skills and practice Kata. Take advantage of this opportunity to receive more one on one attention from the Black belts. These classes are particularly helpful before the test periods and tournaments.

2nd belt test in late May 2009

Be prepared to test:

- 1) Read your Student Handbook for terminology & history of Kyokushin Karate up to & including the belt level for which you are testing.
- 2) Know the Katas up to & including the belt level for which you are testing.
- 3) Visit our web page at www.southdeltakyokushin.ca to learn more about Kyokushin Karate.
- 4) A small supply of Terminology Handbooks are available on first come first serve basis. Cost is \$10.

Mouth guards are mandatory for Non Contact & Contact fighting.
\$8 includes case & mouth guard

School Closures:

Dec 18th ~ last day of classes
Jan 6th ~ first day of classes

Buddy Night

December 2nd & December 4th

Ask a friend to come to a karate class so they can see what you do & see if they are interested in participating.

Tournament Schedule:

- Sunday December 7, 2008
Vancouver Cup Tournament
B.C.I.T. Burnaby, B.C.
(Includes Kata competition for kids & Contact fighting for 15 years & older)
- Saturday February 28, 2009
22nd Annual Lower Mainland Coloured Belt Tournament, Newton, BC
- Saturday February 28, 2009 Calgary Cup, Calgary, AB

Orange Belts and above should be participating in a tournament every year as a volunteer or a fighter. Volunteers must be age 14 up.

Yellow belts and above should be attending winter and summer camps as steps to building their Black Belt resumes.

Dojo Etiquette

Parents, siblings, friends & guests should watch the class from the stage & be as quiet as possible so students are not distracted. If you are not able to keep your younger children quiet, please leave quietly.

Best wishes for a safe, happy & physically active Holiday Season from Les, Greg, Mike, Bill, Scott, Georgina & Gwen

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KYOKUSHIN KARATE

The full name of this system of Karate-do means "Extreme Truth Association." To train in Kyokushin is to discover the truth in you. The student is pushed to his limits, and because Karate-do has no limits, the student is always seeking to better himself. There is considerable emphasis on full contact Kumite and Tameshiwari. This art was developed by Masutatsu (Mas) Oyama blending elements of Shotokan and Goju-ryu. What makes this system of Karate different is its approach to sparring. In fact, sparring is the very core of the art. The rules basically are that there are no rules. The art's philosophy is sparring should be real, real meaning full contact without any pads. This gives Kyokushin the reputation of being the strongest Karate. Oyama lived and trained as did the Yamabushi (warrior monks) of ancient times. He demanded his students also to train this way. Three hundred sit ups at one time is the norm. Tameshiwari or the art of breaking inanimate object holds a very important place in Kyokushin.

Sempai Mike has his Shodan in Shotokan Karate as well as Nidan in Kyokushin Karate.

GOJU-RYU KARATE

Chojun Miyagi, a student of Higaonna, is given the credit of naming this system of Karate. In 1929, there was a large martial arts convention in Kyoto, Japan. Master Miyagi could not attend so instead, he sent a student, Shinsato to be his replacement. Each person at the convention was asked what style they trained in. At this time, there was no name for what Shinsato was practicing. Feeling his art would be looked down upon and given amateur status; he quickly picked Hankry-ryu, which means the Way of Half Hard. When Shinsato told Master Miyagi what had happened, Miyagi liked the idea. He then took this idea one step further. Quoting from the Chinese poem, Eight Poems of the Fist: "Everything in the universe is breathing hard and soft." It is from this that the art Miyagi studied had a new name. Goju-ryu. (The way of hard and soft) The word Goju means hard-soft. Go is the Japanese word for hardness and Ju is the word for softness. This system is based on the Oriental concept that all hardness and stiffness is not good. At the same time, all softness and too much gentleness can be harmful. The two should complement each other. This combination of the two gives Goju Karate its beautiful, disciplined movements, filled with the grace and flowing form.