

Newsletter

December, 2010

Tournament Schedule:

- February 2011, 24th Annual Lower Mainland Coloured Belt Tournament, Newton, BC
Orange Belts & above should be participating in a tournament yearly either as a volunteer or a fighter. Volunteers must be age 14 up.

Black Belt Profile

Greg Creech -Instructor - Ni Dan

Testing History: Sho Dan 1988
Ni Dan 1996

Greg started training Kyokushin Karate in 1979 with Sensei Tony Severs in the basement of St Anne's Church, Richmond. In 1982 he started training with Shihan Stuart Corrigan at South Arm, Richmond. Greg also had the privilege of training with Sosai Mas Oyama when he visited Richmond in 1986. Greg completed all requirements for Sho Dan culminating in a 10 man fight and Ni Dan where he completed a 20 man fight. In 1994, Greg & Les took over the South Delta Dojo from Sempai Pete Fradley. The location of the dojo was in the loft of the south gym at Delta Secondary School. Greg has trained in Australia & Hawaii, & has attended the World Tournament in Japan in 1999 & 2007. This tournament is held every 4 years.

Greg brings a wealth of experience in martial arts & as a senior instructor.



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

Kick-a-thon

Please get your forms & pledges in to Gwen. We would have liked to announce the winners in this newsletter but will announce the winners before the last class of 2010, Saturday, December 18th.

Reminders:

Please pay your test fees for the November test as we are unable to order your certificate without payment.

School Closures:

Dec 14th ~ School Christmas concert

Dec 16th ~ Normal Thursday class

Dec 18th ~ Normal Saturday class

No classes after December 18th

Jan 4th ~ first day of classes

Tuesday students who miss their class on

Dec 14th can come on Dec 16th & Dec 18th.

Newsletter

December, 2010

Dojo Kun

We will train our hearts and bodies for a firm unshaken spirit

We will pursue the true meaning of the Martial Way, so that in time our senses may be alert

With true vigour, we will seek to cultivate a spirit of self-denial

We will observe the rules of courtesy, respect our superiors and refrain from violence

We will follow our religious principals and never forget the true virtue of humility

We will look upwards to wisdom and strength, not seeking other desires

All our lives, through the discipline of karate, we will seek to fulfill the true meaning of the Kyokushin Way

2nd belt test in late May 2011

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 Kata 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) Terminology Handbooks are available on first come first serve basis. Cost is \$15. Mouth guards are mandatory for Non Contact & Contact fighting. \$10 includes case & mouth guard