

South Delta Kyokushin Karate Newsletter

February 2009



Happy Valentine's Day !

February 14th

Reminders: - Come out to a Saturday class before the Newton tournament to work on your non contact & contact fighting skills. 9AM to 10AM.

Mouth guards are mandatory for all in-class & tournament fighting. These are available from Gwen at the front desk for \$8 including case. Be sure to read the directions so that the guards are molded to your mouth. Kid's guards will need to be reduced in size to fit their mouths.

Long hair on boys and girls should be tied back & off the face.

Terminology books are available for \$15 while quantities last.

Local Tournament Schedule:

- Newton Tournament Saturday Feb 28th at Frank Hurt School 13940 77th Ave., Surrey (King George to 72nd Ave., east on 72nd, north on 140th & west on 77th. Doors open at 8:30

Applications must be given to Gwen by Thursday, February 12th. All students are eligible to enter this tournament.

- In-House Tournament Thursday, March 10th for all students. Starts at 6pm & we will do our best to have the younger students out by 8pm & the older students by 9pm.

Other events:

- Saturday February 28th, Calgary Cup.

- March 20th, 21st & 22nd Winter Camp at Silver Lake Camp near Vernon.

- March 28th Albert Open, Edmonton

- March 28th North American Weight Category Tournament, Montreal

- Saturday May 2nd, the 26th Canadian Kyokushin Karate Championship at BCIT, Burnaby

- July 31st to August 3rd Summer Camp at Ashton Creek near Enderby, BC

Orange belts and above should be participating in a tournament every year as a volunteer or fighter.

(Volunteers age 14 & up)

Green belts and above should be attending Winter & Summer camps to build resumes for their Black Belt application.

Next testing period

May 26th ~ Tuesday (Kids class only)

May 28th ~ Thursday (Kids & adult class)

School closures - none in February

Spring Break - Dojo closed March 16th to March 28th & reopens Tuesday, March 31st.

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**January 2009 newsletter quiz
winner is Kia Graham and Keanna
Foster**

Lesson of the Month:

Kata of Kyokushin Karate

The origins of Kyokushin Kata are obscure because kata in ancient Okinawa were secretly passed to practitioners by oral instruction. Thus, there is very limited written material left for us in the modern world, making it very difficult to trace back in history.

However, many researchers have come up with several theories on the history of kata. The opinions expressed here may be considered to be the most commonly accepted in the world of karate.

Legend - NAME OF THE KATA

- 1) pronunciation
- 2) Literal translation
- 3) Original style

TAIKYOKU

- 1) ty-key-yok
- 2) Grand ultimate view
- 3) Shotokan

The series of Taikyoku was developed as introductory kata to simplify the principals of the Pinan kata. It was created by Gogi Funakoshi, third son of Sensei Gichin Funakoshi, the founder of Shotokan Karate. Karate students at a beginner's level learn this kata first so they can grasp the pathway of Pinan kata following the Taikyoku series.

SOKUGI TAIKYOKU

- 1) sock-gee, ty-key-yok
- 2) Kicking Taikyoku

3) Kyokushin

The word Sokugi means leg techniques, so the kata naturally focuses on kicking. It was originally created within the Kyokushin system to improve student's balance.

Sokugi's pathway of movements is exactly the same as Taikyoku. Today, Sokugi Taikyoku is practiced within most of the karate styles derived from Kyokushin Karate.

PINAN

- 1) pin-ann
- 2) Peace & Harmony
- 3) Shotokan

Pinan was formed in 1904 by Anko Itosu of Shuri-Te. Sensei Itosu first learned a kata called Chan-Nan from a Chinese master living in Okinawa. He then created five kata from the long Chinese form in order to make it easier for students to learn. In the creation process, he incorporated several moves from other existing kata such as Kanku.

YANTSU

- 1) yan-ts
- 2) Three Peaces
- 3) Chinese Kempo

This is a kata with the most obscure history behind it. It is quite often taken as a Kyokushin original kata. However, Sosai Oyama wrote in his Dynamic Karate, "Yantsu is broadly practiced in Chinese Kempo." In fact, several video clips of this kata performed at Chinese styles can be found. It consists of totally symmetric moves using unique Koken.