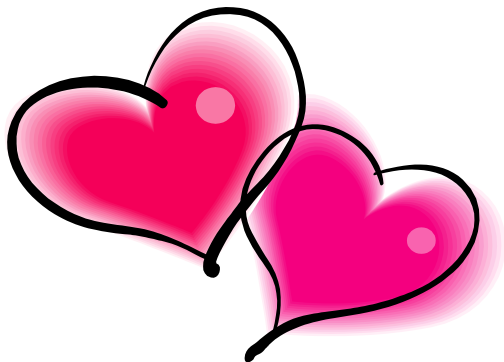


## Newsletter

February 2011



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Your positive thoughts & prayers are needed for Sensei Les Nielsen & his family. Les will be having cancer surgery Feb 1<sup>st</sup>, will be in hospital for approximately one week & will then start chemo treatments.

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Reminders: - Come out to a Saturday class before the Newton tournament to work on your non-contact, contact fighting & kata skills. 9AM to 10AM. Mouth guards are mandatory for all in-class & tournament fighting. These are available from Gwen at the front desk for \$10 including case.

Long hair on boys and girls should be tied back & off the face. Jewelry or decorative bands on your wrist or ankle are not allowed.

School closures - February 24th

Spring Break - Dojo closed March 19<sup>th</sup> to April 2nd & reopens Tuesday, April 5th.

### Local Tournament Schedule:

- Newton Tournament Saturday Feb 19<sup>th</sup> at Frank Hurt School 13940 77<sup>th</sup> Ave., Surrey. Doors open at 8:30  
Applications must be given to Gwen by Thursday, February 10<sup>th</sup>. All students are eligible to enter this tournament provided you wear a gi.

### Upcoming events:

- Saturday March 5th, Calgary Cup.  
- Winter Camp March 18, 19, & 20<sup>th</sup> Peachland BC

### Black Belt Profile

**Bill Dodds** - Instructor - Ni Dan

*Testing History:*

Kyokushin Karate - Sho Dan	2001
- Ni Dan	2005

Bill has been personally active in sports & fitness for many years and he has coached his 3 kids in various sports. He took up karate in 1996 at age 49 with the following highlights:

- attended 3 World Tournaments in Japan
- attended 3 Black Belt conferences
- Corner judge in Women's World Championships in New York
- attended seminars in Hawaii & Calgary
- Corner judge in numerous Lower Mainland tournaments
- completed 10 fights (age 53) for Sho Dan & 11 fights (age 57) for Ni Dan.

He retired from Banking after 35 years, presently working 2 days a week for the Bank past 4 years & casual employee for the Corporation of Delta as a Personal Trainer.

# Newsletter

February 2011

## Karate Kid's Quiz - ONE PRIZE

You can find the answers in the Handbook.  
Get your parents or one on the instructors  
to help you.

### ENGLISH TERM

- 1) Forward leaning stance
- 2) Upward block
- 3) Snap kick to the groin
- 4) Teacher
- 5) Pigeon toed stance
- 6) Knee kick
- 7) Turnaround
- 8) Basics
- 9) Moving basics
- 10) Bow
- 11) Front
- 12) Stop
- 13) Opposite
- 14) Moving basics
- 15) High front kick

### JAPANESE

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_
- 7) \_\_\_\_\_
- 8) \_\_\_\_\_
- 9) \_\_\_\_\_
- 10) \_\_\_\_\_
- 11) \_\_\_\_\_
- 12) \_\_\_\_\_
- 13) \_\_\_\_\_
- 14) \_\_\_\_\_
- 15) \_\_\_\_\_