

South Delta Kyokushin Karate Newsletter

January 2012



Happy New Year 2012 !

A New Year and a New Beginning. Good time to start with setting goals in karate.

- ❖ improve my kata's
- ❖ improve my fighting techniques
- ❖ learn more self defense moves
- ❖ volunteer for kids classes
- ❖ achieve a higher belt level
- ❖ read more on Kyokushin Karate

These are just examples. Setting goals and achieving them will give you self confidence, pride in yourself and above all knowledge.

Tournament Schedule:

(Newton Tournament) 25th Annual Lower Mainland Colored Belt Tournament

February 25, 2012 ~ Frank Hurt School
Surrey, B.C.

29th Canadian Championships

May 5, 2012 ~ B.C.I.T.
Burnaby, B.C.

Camps & Seminars:

Winter Camp

March 16, 17 & 18th ~ Silver Lake, B.C.

Summer Camp

August 3,4,5, & 6th ~ Ashton Creek, B.C.

Fall Camp

September 21, 22 & 23 ~ Stony Plain, Alberta

North American & International Black Belt Conference

October 5, 6 & 7th ~ Banff, Alberta

Reminders:

If you are an Orange Belt or above, you must enter at least one tournament per year. If you want to advance in your belt level.

All Kick a thon funds should have been into Gwen before Christmas. There are three students that have not handed in their pledges. You must have these to Gwen immediately.

Every student should have a proper fitting mouth guard. If you need a new one see Gwen or Sempai Scott.

All dogi's (Uniforms) should be in good conditions. Legs hemmed, so that you do not trip. Mending if there are holes in your dogi.

Hair should be off the face. To prevent accidents, if you can not see.

All personal belonging should be on the stage while you are training.

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School Closures:

February 25th gym closed ~ Newton
Tournament

March 13th gym closed ~ School needs gym

March 17 ~ 31st gym closed ~ Spring Break

April 7th gym closed ~ Easter

April 10th gym closed ~ School needs gym

May 5th gym closed ~ Canadians Tournament

May 29 & 31st gym closed ~ School needs
gym

Testing Period:

May 22 & May 24 final testing period

Adults must sign up for testing.

Pre test for kids classes will be held on
May 15th & May 17th only.

Test fees are: Kids classes \$20.00
Adult classes \$25.00

Payable on the test night.

For Sale:

Mouth Guards \$10.00 includes case

Terminology Books \$15.00

(Sale price till **March 1, 2012** ~ **\$10.00**)

Dogi's \$69.00 ~ \$100.00 depends on size.

Kick a thon Winners:

Club winners:

- Jackson Martin 6 ~ 9 years old
- Keanna Foster 10 ~ 15 years old
- Dale Roberts 16 yrs. & up

District winners:

- 🌀 Rob Sonnenberg ~ Bronze level
- 🌀 Keanna Foster ~ Bronze level
- 🌀 Dale Roberts ~ Bronze level
- 🌀 Stephanie Nicholls ~ Bronze level

District winners will receive prize in the Spring
from the IKOKC.

Excellence Awards:

Stephanie Nicholls ~ Physical Ability & Tech.

Aden Medcraft ~ Dedication & Focus

Valerie Dzhenganin ~ Spirit & Attitude

Each received movie passes.

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