



SOUTH DELTA KYOKUSHIN KARATE



JANUARY 2013

Happy New Year!

“ A New Year, a New Start!”

Many people use the New Year as a time to set goals for themselves. you might consider setting personal goals in Karate. These could include some of the following:

- ❖ Master kata to my belt level
- ❖ Become a better non contact fighter
- ❖ Enter a non contact tournament
- ❖ Master a few self defense techniques
- ❖ Be an example to others in Dojo Etiquette
- ❖ Be a better Contact fighter
- ❖ Enter a Contact Tournament
- ❖ Perform Kata with an emphasis o focus & power
- ❖ Enter a Kata Tournament
- ❖ Achieve a belt level per year.
- ❖ Volunteer to help in kids classes
- ❖ Read more on Kyokushin Karate.



Newton Tournament

This tournament is one of the best tournaments for beginners of all ages.

Open to all students.

Application will be out shortly. Check online.



This is Aden, Jackson & Stephanie getting ready for their Kumite in the ring at the Newton Tournament 2012



This is Stephanie getting ready to do Kata at the Canadian Open Tournament at B.C.I.T. in May 2012



Here is Kenna doing her Kata at the Canadian Open Tournament @ B.C.I.T. in May 2012

Up coming events for 2013

IKOKC OFFICIATING CLINIC

February 18th
7 ~ 9 pm Newton Dojo

NEWTON TOURNAMENT

February 23, 2013
Frank Hurt School ~ Surrey
Doors open 8:30

CALGARY CUP

March 2, 2013
Information on Kyokushin.ca web page

WINTER CAMP

MARCH 15, 16, 17
Silver Lake, B.C.
ADULT CLASS ONLY
Information on web Kyokushin.ca web page
(THIS EVENT FILLS UP FAST!)

SCHOOL CLOSURE DATES:

Closed January 3 ~ Thursday Xmas Break

Closed January 5 ~ Saturday Xmas Break

We start back on **January 8th**

Closed February 23 ~ Saturday Newton Tournament

Closed March 15th to April 2 ~ Spring Break

Excellence Award for September to December 2012

This award is given in the Kid's class for the students that show:

Spirit & Attitude

Dedication & Focus

Physical Ability & Technique

Congratulations go to:

Sebastian Saddul

Logan Turick

Kyokushin.ca

There is a wealth of information on the webpage. The Canadian Kyokushin web page as well as the South Delta Kyokushin web page. If you need help, please ask any of the Black Belts for assistance.

FOR SALE:

We have mouth guards ~ \$10.00
(includes a case)

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

There are still some books for sale.

1.	Ichi
2.	Ni
3.	San
4.	Shi
5.	Go
6.	Roku
7.	Shichi
8.	Hachi
9.	Kyu
10.	Jyu

Your Dogi:

Your dogi should always be clean and repairs made immediately. If you have torn your dogi have it sewn quickly and do not show up to class with it torn. If the legs on your dogi are too long, get them hemmed right away. Showing respect for your dogi is showing respect for yourself and for the students that you train with. Some dogi's are very smelly and need to be washed more than once with some fabric softener. This will help eliminate some of the odor.

If you have long hair, (Male or Female) make sure that it is tied back and off your face. This will help you see your opponent better.

No Jewelry or watches in class. This includes earrings and string bracelets .

