



SOUTH DELTA KYOKUSHIN KARATE



2014 is going to be a wonderful year for Karate. In this Newsletter, you will find lots of opportunity to learn and grow with the number of tournaments, seminars & camps offered. Your Sensei's & Sempai's are here to help you achieve your 2014 goals!



To start off 2014

We want to recognize a student that has full filled the requirements of our "Excellence Award."

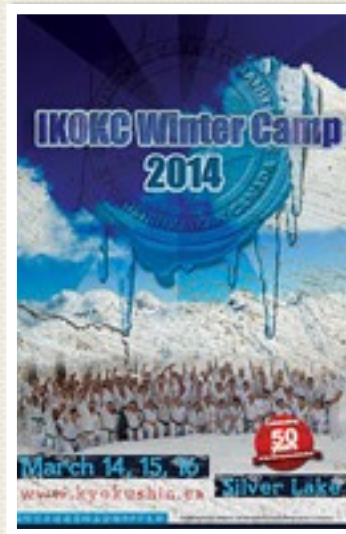
September 2013 to December 2013



Spirit & Attitude
Dedication & Focus
Physical Ability & Technique

Congratulations go to:

Ethan Spencer



Winter Camp applications will be online shortly. Please watch the [Kyokushin.ca](http://www.kyokushin.ca) website as this event books up fast!



27th Lower Mainland Championships

February 22 ~ Surrey, B.C.

Gwen will have applications shortly.

Deadline for applications February 13th

All applications are to go through Gwen.

VANCOUVER CUP TOURNAMENT

December 2013 @ B.C.I.T.



Karate is open on January 7 ~ Tuesday. Come out and start the New Year getting into shape!



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 on focus & power
- 🌀 Enter a Kata Tournament
- 🌀 Achieve a belt level per year.
- 🌀 Volunteer to help in kids classes
- 🌀 Read more on Kyokushin Karate.

School Closure Dates

Saturday ~ January 25
Thursday ~ February 20
Tuesday ~ March 11

Spring Break
March 18 to 22

KARATE LESSON OF THE MONTH

The Elements of Kata

To understand kata, it is important to know what the elements of good kata are.

Here are some examples:

Rei Bow performed at the beginning and end of kata. musubi dachi (attention stance, heels together toes pointing out. The bow is used to show respect and symbolizes one of the most important sayings in karate ~ “Karate begins with courtesy and end with courtesy.”

Kiai Is the noise you make from the abdomen that occurs once or twice during your kata. The reason is to help tense the body muscles through contraction of the diaphragm and the forceful exhale of air. Also to frighten your opponent.

Power Every Kata is different and has different power control to relate to where and how to apply strength on different body parts. They are not done with equal power, but with proper power according to the kata and movements.

Muscles Expansion and contraction of muscles in kata is important in proper order. The kata is complex and performance of kata should be fluid and balanced, not jerky or unbalanced.

Control Each kata has a rhythm; some of the movements are done slow and some are done very fast. Proper control of your speed and rhythm is extremely important in doing your kata well.

Posture Good posture in kata is key. Straight and relaxed to indicate good body control.

Eye A strong gaze showing good concentration and looking before action is taken.

Kata has been handed down from generations to generations. They are the links to Karate’s Origins. Do your kata with concentration and dignity; with fluid, smooth movements. Kata will enhance both mental and physical abilities as well as practical self-defense moves. You will have better physical endurance by doing your kata’s well.

Now that 2014 is here, Kyokushin Karate has a number of Camps, Tournaments and Seminars in place for all levels of Karate. If you are interested in attending any of them; please contact Sensei Mike for further details.

International Karate Organization Kyokushinkaikan Canada Calendar of Events

Event	Date	Location
Banff Kyokushin Karate Championships	January 17 ~ 19, 2014	Banff, Alberta
US Weight Category Tournament	January 26, 2014	Los Angeles (Little Tokyo)
Dan Applications due	January 31, 2014	Branch Chief
Newton Tournament	February 22, 2014	Surrey, BC
Calgary Cup	March 1, 2014	Calgary, Alberta
IKOKC Winter Camp	March 14, 15, 16, 2014	Silver Lake
East Canada Elite Tournament	March 2014	Montreal, QC
Alberta Open	April 2014	Edmonton, Alberta
Prince George Seminar	April 4, 5, 6, 2014	Prince George, BC
International Friendship check-in IKO Officiating Seminar	April 18, 2014	Tokyo, Japan
IKO 50 th year Ceremony International Friendship IKO Branch Chief Meeting	April 19, 20, 2014	Tokyo, Japan
Mt. Mitsumine Camp	April 21, 22, 2014	Mt. Mitsumine, Japan
IKO Intensive Training Camp	April 23 ~ 25, 2014	IKO Honbu, Tokyo
100 Man Kumite	April 26, 2014	IKO Honbu
31st Canadian Championships	May 3, 2014	BCIT
IKOKC Spring Camp	May 16, 17, 18, 2014	Calgary, Alberta
IKOKC Black Belt Camp	June 14 ~ 16, 2014	Armstrong, BC
IKOKC Summer Camp	August 1, 2, 3, 4, 2014	Ashton Creek, BC
IKOKC Fall Camp	September 2014	Stony Plain, Alberta
11 th North American & International Black Belt Conference	October 10, 11, 12, 2014	Banff, Alberta
Sensei Les Nielsen Memorial Kick-a-Thon	October 2014	Everywhere
Calgary Friendship Tournament	November 1, 2014	Calgary, Alberta
North Okanagan Tournament	November 2014	Vernon, BC