

# South Delta Kyokushin Karate Newsletter

March 2009



## Tournament Results:

The 22nd Newton Coloured Belt Tournament was held on February 28th at Frank Hurt Secondary School, Surrey.

### Full Contact/Knockdown:

Duncan Bartz  
Devon Battaglia  
Annika Buffam  
Taylor Maxwell  
Janet Moko ~ 1<sup>st</sup> in division  
Genevieve Salahor  
Ryan Schmidt  
Michael Stusievici  
Perrin Swanson ~ 2<sup>nd</sup> in division  
Troy Weatherly  
*(This was Janet's 1<sup>st</sup> tournament and she did very well in Contact & Non Contact placing 1<sup>st</sup> in both.)*

### Continuous Non Contact:

Duncan Bartz  
Devon Battaglia  
Brandon Beeksma  
Annika Buffam ~ 3<sup>rd</sup> in division  
Chantel De Haas  
Tyler McLennan ~ 1<sup>st</sup> in division  
Janet Moko ~ 1<sup>st</sup> in division  
Genevieve Salahor

Ryan Schmidt ~ 1<sup>st</sup> in division

Michael Strusievici

Perrin Swanson ~ 2<sup>nd</sup> in division

Troy Weatherly

*(Annika won 3 fights and lost her 4<sup>th</sup> fight to come in 3<sup>rd</sup> place. She had more fights in Non Contact than any of the other students. Well done)*

Everyone who participated should be proud of themselves for stepping up to meet a challenge. Personal growth & success comes from taking these small steps.

We also thank the volunteers for help making the tournament possible.

## Club Tournament Tues March 10<sup>th</sup>

Registration is at 6pm with the tournament starting at 6:30pm. No late registrations accepted. Includes Non contact & Full contact divisions  
We will do our best to have the younger students out by 8pm & the older students by 9pm.

### Next testing period

May 26<sup>th</sup> ~ Tuesday (Kids class only)

May 28<sup>th</sup> ~ Thursday (Kids & adult class)

Test fees are as follows:

\$15.00 kid's class

\$20.00 adult class

Payment is due on test night.

# South Delta Kyokushin Karate Newsletter

March 2009

**School closures** - see below

**Spring Break** - Dojo closed March 16<sup>th</sup> to March 28<sup>th</sup> & reopens Tuesday, March 31<sup>st</sup>.

**Other events:**

- March 20<sup>th</sup>, 21<sup>st</sup> & 22<sup>nd</sup> Winter Camp at Silver Lake Camp near Vernon.
- March 28<sup>th</sup> Albert Open, Edmonton
- March 28<sup>th</sup> North American Weight Category Tournament, Montreal
- Saturday May 2<sup>nd</sup>, the 26<sup>th</sup> Canadian Kyokushin Karate Championship at BCIT, Burnaby
- July 31<sup>st</sup> to August 3<sup>rd</sup> Summer Camp at Ashton Creek near Enderby, BC

## **Lesson of the Month - *Courtesy***

Rei (Etiquette) - *synonym - good manners, decorum* - Rei refers to the courtesies and conduct required to be a functional contributor to family, dojo, society, etc. This type of conduct, or right action, is not practiced because one may be ostracized if not adhering to such conduct. It is much more important to realize that courtesy is a fundamental right of each individual, a major facet of the **Iemoto** system, and fundamental to the successful transfer of the lessons of Budo.

Courtesy is one of the seven tenants of Bushido/Budo.

Instructors show courtesy to the dojo and the students by arriving on time and prepared to teach or assist in a class.

The students should be displaying the same courtesy by arriving on time, quietly warm up in preparation for class and be ready to start on time.

We understand that there may be an occasion when being on time is not possible.