

Newsletter

March 2011



Update on Sensei Les

Les is healing well after the operation & expects to start chemo treatments in mid March. Your thoughts & prayers are greatly appreciated by Les & his family.

Newton Tournament Feb 19, 2011

Participants:

Duncan Bartz
Chantal De Haas
Phillip Dzhenganin
Kyle Johnstone
Dean Kishiuchi
Stephanie Nicholls
Fabian Ortiz
Troy Weatherly
Trevor Zyp

Kyokushin Karate is about perseverance and testing what we have learned. Testing yourself builds character to help you overcome

obstacles in life & achieve your goals through hard work & determination. Facing an opponent in front of 300 - 400 spectators is definitely a WOW moment. Well done to those who participated & thank you to those who helped & cheered our students.

School closures

Thursday February 24th

Tuesday April 12th

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

Black Belt Profile

Scott Somers - Instructor - Sho Dan

Testing History:

Kyokushin Karate - Sho Dan 2005
Scott started his Kyokushin Karate training in Dec 1995 at age 10. In 1996 he competed in his first full contact tournament learning the importance of keeping your hands up. Scott has always been active in helping with the kid's class or wherever needed. In Dec 2004 Scott completed his application to test for Sho Dan which he achieved in August 2005. He actively teaches in the junior & senior classes & attends camps on a regular basis. Scott has developed a technically sound understanding of Kyokushin Karate & a good understanding of the finer points of most techniques.

Scott is a good instructor & a good example.

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Next testing period

Pre test for the kid's classes May 17th & 19th. You must be approved to test by the Black Belts prior to test night.

Adult students must sign up prior to test night to be approved to test.

May 24th ~ Tuesday (Kid's class only)

May 26th ~ Thursday (Kid's & adult class)

Test fees are as follows:

\$15.00 kid's class

\$20.00 adult class

Payment is due on or before test night.

Upcoming events:

- Saturday March 5th, Calgary Cup.

- Winter Camp March 18, 19, & 20th

Peachland BC (Sempai Mike Sandford will be attending as one of his requirements for San Dan testing.)

- Saturday May 7th, the 26th Canadian Kyokushin Karate Championship at BCIT, Burnaby

- July 29th to August 1st 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, or any group of people. If this type of conduct, or right action, is not practiced then one may be ostracized for 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 warming up in preparation for class and being ready to start on time.