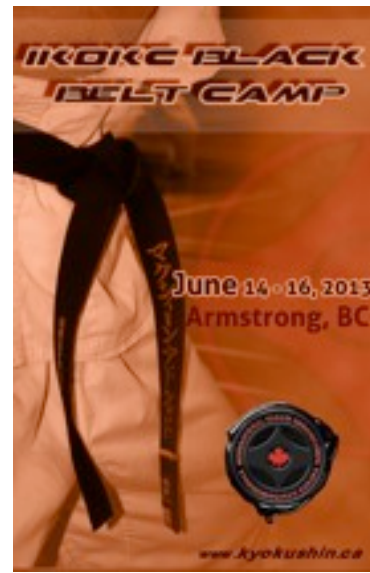




SOUTH DELTA KYOKUSHIN KARATE



Events

The above events are put on for all Kyokushin Karate students. There is a wealth of information that you leave with, to help you grow and become a better karateka.

Winter Camp is now full and should be put on your calendar for next year. This event is one of the best offered and fills up very fast once announced.

Consider planning to attend these events now and in the future. If you are planning on going for Brown Belt & your Black Belts you do have to attend a number of

these events that are scheduled through out the year.

Your resume must have you attending not one, but multiple events, several times to be a well rounded student in Kyokushin Karate.

You only get out of Karate what you put into it!

More information is on the Kyokushin.ca web page as well as the South Delta Kyokushin web page. If you have trouble linking on. See Gwen at the front desk or check with your Sensei or Sempai.



School Closures

March 12th Tuesday ~ School using gym space

Spring Break ~ March 18th to April 1

-No Karate during Spring Break-

April 11th Thursday~ School using the gym space

May 4th Saturday ~ Canadians Tourn. No Karate class

Lesson of the Month

Rei ~ means “bow”


Shomen ni rei ~ means to “bow to the front”

Sensei ni rei ~ means “bow to the instructor”

Otagai ni rei ~ means to “bow to each other”

Contest

You could win a T~ Shirt!

 Answers into Gwen Before March 14th

What do the Ranks Mean?

Shodan

Nidan

Sandan

Yondan

Godan

Rodudan

Shichidan

~2013 Newton Tournament Results~

Continuous Non Contact:

12 years & Under / 70lbs & Under

Nathan Spencer	1st place
Hayden Reid	Participated
Katrina Strutt	Participated
Caleb Naysmith	Participated

12 years & Under ~ 71lbs to 90lbs

Jackson Martin	3rd place
Logan Turick	3rd place
Sebastian Saddul	1st place

12 years & Under ~ 91lbs to 110lbs

Keanna Foster	1st place
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Knockdown:

12 & Under ~ 71lbs to 85lbs

Logan Turick	3rd place
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13 & 14 years old Girls C.B.

Victoria Knoblauch	3rd place
Amber Fidyk	2nd place

19 & Over / H.W. (166lbs & Over)

Jeff Somers	1st place
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Senior Men's 35 years & Over

Dale Roberts	3rd place
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(Special mention goes out to **Nathan Spencer** who had 6 fights to win 1st place!)

Congratulation to All the South Delta Kyokushin Karate fighters!!!

You all showed tremendous Spirit & Skill.

Just entering a tournament will give you knowledge and skills to continue in your training. Learning why we have kata's and what to expect with the different techniques. ~Osu.