

# South Delta Kyokushin Karate Newsletter

November, 2008

## Reminders:

- Thanks for your support for the Kick-a-thon, our only fund raiser of the year. Please get your pledges in as soon as possible so we can identify the prize winners and hand out the prizes before Christmas.

Kick-a-thon participation is mandatory with a minimum pledge per student of \$25

## 1st belt test Nov 20<sup>th</sup> & 25<sup>th</sup>

Be prepared to test:

- 1) Read your handbook for terminology & history of Kyokushin Karate up to & including the belt level for which you are testing.
- 2) Know the Katas up to & including the belt level for which you are testing.
- 3) Visit our web page at [www.southdeltakyokushin.ca](http://www.southdeltakyokushin.ca) to learn more about Kyokushin Karate.

User name: **South**; Password: **Delta**

- Pre-testing for the Kid's classes will be done by the Black Belts on Nov 13<sup>th</sup> & Nov 18<sup>th</sup>. Students in the kid's class must be pre-tested and approved to test.

- The Adult class will test on Thursday November 20<sup>th</sup>.

If these dates are not convenient for you there is still another test period in the karate year, late May 2009.

Testing fees are as follows:

Kids class \$20.00

Adult class \$25.00

Mouth guards are mandatory for Non Contact & Contact fighting.  
\$8 includes case & mouth guard

## Tournament Schedule:

- Sunday December 7, 2008

Vancouver Cup Tournament

B.C.I.T. Burnaby, B.C.

(Includes Kata competition for kids & Contact fighting for 15 years & older)

**Orange Belts** and above should be participating in a tournament every year as a volunteer or a fighter. Volunteers must be age 14 up.

**Yellow belts** and above should be attending winter and summer camps as steps to building their Black Belt resumes.

## School Closures:

November 4<sup>th</sup> ~ School function

November 11th ~ Remembrance Day

## Bring your Buddy Night

December 2<sup>nd</sup> & December 4<sup>th</sup>

Ask a friend to come to a karate class so they can see what you do & see if they are interested in participating.

## Dojo Etiquette

- Bow at the entrance of the Dojo then put your shoes & jacket on the stage.
- Any jewelry & watches should be removed, & stud earrings should be taped.
- No playing on the stage.
- If you are warming up, doing kata or playing with others prior to the class starting, do it quietly.

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Student name

A prize is available for one student in the kid's class.

- complete the following quiz with all questions correct to be eligible to go into a draw. The draw takes place on Nov 18<sup>th</sup>.

1) What is our Dojo name?

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2) What is our web page address; & user name and password?

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3) How many times can a student test in the karate year, September to June?

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4) Who was Mas Oyama & where was he born?

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5) What are the 3 Black belt titles & which is the higher grade?

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6) When you bow entering the Dojo or bow to show respect to a senior student, what do you say?

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7) What does Karate mean in English?

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8) What are 2 rules in Non Contact fighting?

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9) What are 2 rules in Contact fighting?

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10) When is Buddy night?

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