

Newsletter

November 2010



Nov 18th: School Open House which will result in very limited parking in the lot & on the street. If you park at the building across the street, you risk being towed.

Reminders:

- Thanks for your support for the Kick-a-thon, our only fund raiser of the year. **Please get your pledges in by Nov 16th** 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

If you were not able to participate on the day of the Kick-a-thon, please see one of the Black Belts so you can complete your kicks.

1st belt test Nov 23rd & 25th

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 Kata up to & including the belt level for which you are testing.
- 3) Visit our web page at www.southdeltakyokushin.ca to learn more about Kyokushin Karate.

- For the Kid's class, pre-testing will be done by the Black Belts on Nov 16th & Nov 18th.
- For the Adult class, please sign up at the front desk prior to Nov 18th to indicate your intention to test. The Black Belts will review the applicants & post an approved list.
- All Students wishing to test must be approved by the Black Belts.
- The Adult class will test on Thursday November 25th.

If these dates are not convenient there is still another test period in the karate year, late May 2011.

Testing fees are as follows:

Kids class \$20.00

Adult class \$25.00

Mouth guards are mandatory for Non Contact & Contact fighting.

\$10 includes case & mouth guard, or you can use the one you have from another sport.

Tournament Schedule:

- Sunday November 28, 2010
Vancouver Cup Tournament
B.C.I.T. Burnaby, B.C.
(Includes Kata competition for kids & Contact fighting for 13 years & older)
- Newton Tournament, February 2011
- Canadian Championships, BCIT, May 7, 2011
Orange Belts and above should be participating in a tournament every year as a volunteer or a fighter. Volunteers must be age 14 and up.

School Closures:

November 11th ~ Remembrance Day

November 13th ~ School event (Garage Sale)

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Upcoming IKOKC events

- Cranbrook Camp, Yahk, BC January 14, 15, 16, 2011
- Calgary Cup, March 15, 2011
- Winter Camp, Peachland, BC March 18, 19, 20, 2011

Other notices: - Terminology books are available from Gwen at the front desk for \$15. The same information is available on our web page.

Parents, friends & guests of students

- Please remove your shoes at the dojo entrance
- Take your shoes & belongings with you to the stage
- You are welcome to quietly observe the students as they train.

Black Belt Profile

Les Nielsen - Head Instructor - San Dan

Testing History: Sho Dan 1995;
Ni Dan 2000
San Dan 2005

Started training at South Arm Dojo, Richmond February 16, 1988 under Shihan Stuart Corrigan. In 1994 he took over the South Delta Dojo from Pete Fradley & has been an instructor for 16 years. 6 other Black Belt instructors help him in running a successful dojo. For more information on Sensei Nielsen & the other Black Belts, visit our web site.

Mas Oyama, founder of Kyokushin Karate and former student of Gichin Funakoshi

One becomes a beginner after one thousand days of training and an expert after ten thousand days of practice." ~Mas Oyama~

Gichin Funakoshi, founder of Shotokan Karate

"Since karate is a martial art, you must practice with the utmost seriousness from the very beginning." ~Gichin Funakoshi~

"Try to do exactly as you are taught without complaining or quibbling."

~Gichin Funakoshi~

"When you are learning a new technique, practice it wholeheartedly until you truly understand it." ~Gichin Funakoshi~

"Remember that you must always have a deep regard for courtesy, and you must be respectful and obedient toward your seniors." ~Gichin Funakoshi~