

South Delta Kyokushin Karate

Newsletter

October 2009

Classes in the first month concentrated on teaching and reviewing the basics as this is the core to being proficient in karate.

Reminders:

- Before class begins: Students should quietly warm up on their own or a senior student should take charge & warm up the group.
 - Parents & other family members please watch quietly from the stage, & keep coming & going to a minimum.
 - Kick-a-thon pledge forms will be handed out the first week of October. This is our only fund raiser of the year. We will be holding the Kick-a-thon in class the week of October 27th. Students will be supervised as they kick pads for 5 minutes.
- Kick-a-thon participation is mandatory with a minimum pledge per student of \$25

- Student Fees: If you haven't paid your student fees please do so as soon as possible.

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1st belt test Nov 24th & 26th 2009

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.

- Mouth guards are mandatory. You may already have one from another sport; you may purchase these from the club for \$10; or you can purchase from a sporting goods store.

Tournament Schedule:

- Sunday December 6, 2009
Vancouver Cup Tournament
B.C.I.T. Burnaby, B.C.
(Includes Kata competition for kids & Contact fighting & Kata for 13 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 and up.
- Yellow belts** and above should be attending winter and summer camps as steps to building their Black Belt resumes.

School Closures:

- October 10th ~ Thanksgiving long weekend
- December 15th ~ School event

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 or doing kata, do it quietly.

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Student name

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

- complete the following quiz with all answers correct to be eligible to go into a draw. The draw takes place on Nov 17th.

1) What is our Dojo name?

2) What is the user name and password for our web page?

3) How many times can a student test in the karate year?

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

5) How many stripes did Mas Oyama have on his Black Belt?

6) Name 3 of the 7 Black Belt instructors?

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

8) What does Karate mean in English?

9) What are 2 rules in Non Contact fighting?

10) What are 2 rules in Contact fighting?
