

## Newsletter

October 2010



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 in early October. This is our only fund raiser of the year. We will be holding the Kick-a-thon in class the week of October 26<sup>th</sup>. 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.

1st belt test Nov 23rd & 25th 2010

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.
- Mouth guards are mandatory. You may already have one from another sport; if not you may purchase these from the club for \$10 including case; or you can purchase from a sporting goods store.

### Tournament Schedule:

- Sunday November 28, 2010

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 as a fighter. Volunteers must be age 14 and up.

### School Closures:

November 11th ~ Remembrance Day

November 13th ~ School event

OSU is the one word that you'll hear the most in a Kyokushin dojo or at a Kyokushin tournament. When you enter or leave the dojo, you bow and say "Osu". When you greet a fellow Kyokushin *karateka*, you say "Osu" instead of "hello". When you respond to an instruction or question in class, you say "Osu" instead of "yes" or "I understand".

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*OSU* is a contraction of the words:

 *Oshi* meaning "Push", and

 *Shinobu* meaning "to Endure".

It means patience, determination and perseverance. Every time we say "OSU", we remind ourselves of this.

### DOJO ETIQUETTE

1. Students will bow and say "OSU" upon entering the dojo.
2. Proper respect will be shown to all senior belts and elders.
3. Prior to addressing a senior belt, students will bow and say "OSU".
4. No shoes are to be worn on the dojo floor.
5. Students will warm up with a minimum of noise before classes.
6. Black belts will be addressed in the following manner:  
**SHIHAN** – 5<sup>th</sup> Dan and above  
**SENSAI** – 3<sup>rd</sup> Dan and above  
**SEMPAI** – 1<sup>st</sup> and 2<sup>nd</sup> Dan
7. No student will leave the class without permission from the instructor.
8. Only a clean white dogi will be worn and any rips or tears must be repaired promptly.
9. Fingernails and toenails must be kept trimmed short; students must be clean.
10. Any jewellery must be removed prior to training. (Tape can be placed over earrings or other piercing)
11. Long hair is to be tied back and kept off your face.
12. Talking during class will not be tolerated.
13. Students will refrain from gossip and disparaging remarks about other schools or styles in Martial Arts.
14. All students shall conduct themselves, both inside and outside of the dojo, in such a way as to reflect favourably on the Canadian organization.