

APRIL
2012

SOUTH DELTA

KYOKUSHIN KARATE



WINTER CAMP ~ 2012

“**STANDARDIZATION**” was the key word used at Winter Camp.

Stances and the transitions between stances and ido geiko and basic kata’s were worked on during the three day camp.

We worked on the 1st kyu kata - Tekki ni, Saifa and Gekisai sho - working on the cadence or rhythm as well as the proper techniques of each move.

Time was also spent on Goshin jitsu with Sensei Larry and Shihan Don each teaching a class.

Saturday 6am run, going out onto the frozen lake for kihon and ido geiko.

Saturday afternoon was board breaking. Sensei Mike plowed through his with no issues at all. Some students failed to break and will have the opportunity to complete at Summer

Camp. Most students did complete all the board breaking requirements.

Sunday morning run was skipped as it was very cold and the roads were icy, instead an abbreviated work out on the lake @ 6am. Bu-rrrrr!

Sunday afternoon was one of the better training sessions with Shihan Don, Sensei Brad, Sensei Larry, Sensei Leo and Sensei Terry each teaching for 15 to 20 mins. Lots of moving and sweating made even more challenging due to being exhausted from the other work outs and the lack of sleep.

Quote of the weekend, “the duller pencil is better than the sharpest memory” - Sensei Brad

Highlights brought to you by - **Rob Sonnenberg**. Check out Rob’ full article on the Web page.

WHAT’S UP ?

Testing

Final Testing period will take place on May 22 and May 24. Pre testing for the **kids classes only** will be held on May 15th & 17th.

Adult classes must sign up for testing.

On May 24th **Adult class only** ~ Testing night and no regular class.

Testing fees: \$20.00 kids class

\$25.00 Adult class

Tournament

Canadian Tournament @ B.C.I.T. May 5th.

This is a Great Tournament to participate in. Everyone is welcome and if you plan on testing, and you are an Orange Belt or above, you must have been in a tournament this year as part of your requirements.

Gwen has more information on this, at the front desk.

School Closure dates

April 7th no classes ~ Saturday

April 10th no classes ~ Tuesday

April 19th no classes ~ Thursday

May 5th no classes ~ Saturday

You can come on the opposite night to make up classes that are missed.

Web Site

SouthDeltaKyokushinKarate.ca
Check out our web page as well as the other web pages on Kyokushin. There are pictures of past events and lots of information being posted on a regular basis.

South Delta Kyokushin Karate

Dogi's ~ Uniform

We have several sizes of Dogi's in stock. If you would like to purchase a new one, please contact Gwen at the front desk. If we need to order one for you, please give Gwen the order as soon as possible.

If you plan to attend Summer Camp, you will need at least two dogi's. We will not be selling dogi's in June.



Mouth guards are available with a case for \$10.00

Terminology Books available for the Sale price of \$10.00. They are regular price of \$15.00. There are only a few left.



Sensei Mike breaking boards at Winter Camp

Hand books ~ Everyone that signs up with South Delta Kyokushin Karate receives a handbook. You should be reviewing this handbook on a weekly if not a daily basis. Everyone needs to know about

the Dojo etiquette. If you have questions, they need to be addressed, by speaking with one of the Black Belt Instructors in the class. There is a wealth of information in this handbook.

Check out other camps, seminars and tournaments that are being held around B.C. & Alberta.

If you are interested in attending these events, please check with Sensei Mike in advance. Some of these events do fill up fast.

Summer Camp in Ashton Creek, B.C. will be held in August. More info to follow shortly.

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心気神体
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