

MAY 2012

MONTHLY NEWSLETTER

# SOUTH DELTA

*Kyokushin Karate*

## What's Up

### Testing

#### Final Testing period.

Will take place on **May 22nd & May 24th**, pre testing for the kids classes only will happen the week before.

### Tournament

#### 29th Canadian Kyokushin Championships @ B.C.I.T. May 5th Results are:

Kata ~ **Keanna Foster** 2nd place  
**Stephanie Nicholls** 3rd place  
Non Contact~**Stephanie Nicholls** 1st  
~**Aden Medcraft** 3rd

### School Closure dates:

**May 5th ~ Saturday (No classes)**  
**May 29th ~ Tuesday (No classes)**

### Wrap Up Party

**June 21st** ~ ( Waiting to hear from School?)

What happens at the Wrap Up Party:

Everyone brings **finger food**, we have a short class; so parents and relatives are invited to see what has happened during the year. Then we have some demonstrations by students and Instructors and this is our last class of the year. The club will supply drinks and pizza and everyone else brings finger food to enjoy and socialize after. Classes start a **6pm not 6:30**

### Web Site

[www.southdeltakyokushin.ca](http://www.southdeltakyokushin.ca)

This is our website to check out pictures and events and learning material.



Sempai Mike Sandford practicing Tonfa moves at the 2010 Brown & Black Belt Seminar in Banff, Alberta.

### CONTEST ~ WIN A T-SHIRT

Each month from September to June South Delta Kyokushin Karate produces a Newsletter. In each Newsletter is information for students and parents regarding the Club as well as lessons of the month. This month we are holding a contest and you could win a T shirt! Enter the draw by having the correct answers to the following:



- 1).In the November 2011 newsletter, what was the picture of, on the front page?
- 2).October's newsletter had a phrase at the very bottom of the page, what was that phrase?

3).The follow are Japanese words used in Karate. Describe what they mean and the actions.

- Ago ~
- Hana ~
- Mimi ~
- Chudan ~
- Gedan ~
- Jodan ~

4).What colour belt are you, if you are a 4th kyu?

5). Where did this quote come from?

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



Enter your answers in the draw at the front desk with Gwen. The draw will be June 2nd winners announce June 4th. I winner from Adult class ~ 1 winner Kids class

# Lesson of the Month

The picture to the right are students from British Columbia and Alberta training at Winter Camp in the Okanagan. Most of the attendance were Black Belts, though all belt levels can attend. Everyone needs to learn and practice and train.



## **DOJO KUN**

-We will train our hearts and bodies for a firm unshaken spirit.

-We will pursue the true meaning of the Martial Way, so that in time our senses may be alert.

-With true vigour, we will seek to cultivate a spirit of self-denial.

-We will observe the rules of courtesy, respect our superiors and refrain from violence.

-We will follow our religious principles and never forget the true virtues of humility.

-We will look upwards to wisdom and strength, not seeking other desires.

-All our lives, through the discipline of karate, we will seek to fulfill the true meaning of the Kyokushin Way.



Winter Camp 2012 Silver Lake, B.C.

“...It should be clearly understood that the spirit of karate-do is to fight to overcome oneself - not others.” ~ IKO Entrance Guide

Winter camp is one of the most successful camps that Kyokushin Karate offer to students. This camp books up fast ! If you are going for your Brown Belt you must attend Winter Camp, however why wait do it now. Winter Camp is usually held the first weekend of Spring Break. Mark your calendar for this event for **2013**.



## **Kanku**

This is the international symbol of Kyokushin Karate, the Kanku originates from the kata Kanku Dai.

In this form the hands are raised to the sky with the fingers touching. The fingers represented by the points implying peaks or ultimate. The wrists are wide sections signifies power. The center represents infinity and the outer circle represents continuity and circular motions.



## **Masutatsu Oyama (Mas)**

### **Sosai Mas Oyama**

July 27, 1923 - April 26, 1994  
Karate Master who founded  
Kyokushin Karate

Began studying martial arts  
at the age of 9.

More information on Mas Oyama in  
your hand book.

You never know what will be  
on your test!

# 29th Canadian Kyokushin Karate Tournament Results ~

## Kata

~Keanna Foster            2nd place  
~Stephanie Nicholls    3rd place

## Non Contact

~Stephanie Nicholls    1st place  
~ Aden Medcraft        3rd place



Participants in Tournament:



## Kata:

Stephanie Nicholls -	Division 1	12 & Under	White/Orange Belt
Keanna Foster	Division 3	12 & Under	Blue Belt

## Team Kata:

- |     |  |     |   |     |  |
|-----|--|-----|---|-----|--|
| 1). | Maya Sato~Klemm<br>Jonah Sato~Klemm<br>Tahnee Sato~Klemm | 2). | Cassie Strutt<br>Kiana Sato~Klemm<br>Stephanie Nicholls | 3). | Dita Strutt<br>Cassie Strutt<br>Katrina Strutt |
|-----|--|-----|---|-----|--|

## Continuous Non-Contact:

Katrina Strutt	12 & Under	70 lbs. & Under
Jackson Martine	12 & Under	71 lbs. to 85 lbs.
Stephanie Nicholls	12 & Under	71 lbs. to 85 lbs.
Matthew Bains ~ McLauchlan	12 & Under	71 lbs. to 85 lbs.
Aden Medcraft	12 & Under	86 lbs. & Over

## Knockdown:

Aden Medcraft	12 & Under	81 lbs. to 90 lbs.
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