



# SOUTH DELTA KYOKUSHIN KARATE

NOVEMBER 2013



*Kick a thon pledges  
are due now.  
Please have them in  
as soon as possible  
Thank you*

## Testing November 19th ~ 21st Only

**Pre testing is for the Family  
(kids) class only.**

**November 12 & November  
14th**

Adult class **only**; There will not be a regular class on November 21st. This class is for Adult's that will be testing. Sign up is mandatory if you plan to test in the Adult class.

**Testing fees are:**

\$20.00 for Family(Kids)  
Class

\$25.00 for Adult Class



**Your Black  
Belt**

**Instructors:**

From Left: Rob  
Sonnenberg,  
Scott Somers,  
Head Instructor:  
Mike Sandford,  
Greg Creech &  
Daryl Hunter.



These Black Belts, never gave up. They set their goal and worked many years to be where they are now.

**Mouth Guards** are now in. You can purchase your mouth guard for \$10.00, (which includes the case) from Gwen at the front desk. We also have in stock, **Dogi's**. Varied sizes to choose from.

## School Closure date:

November 7 ~ Thursday

November 9 ~ Saturday

November 28 ~ Thursday

December 12 ~ Thursday

You can always attend another Dojo, when our club is shut down.

South Arm in Richmond is available. Monday nights & Thursday nights. Please check with Sensei Mike, if you are planning on going and Sensei will make arrangements. Open to all students.

## Referral Program in effect now.

If you refer a student and they sign up for Karate. We will give you a **\$50.00** gift certificate to our Kyokushin Store.

- 🌀 You can use it towards a new gi
- 🌀 You can use it towards a Hoodie
- 🌀 You can use it towards a Gym Bag
- 🌀 You can use it towards Shin Pads
- 🌀 You can use it towards Gloves
- 🌀 You can use it towards any Kyokushin Merchandise.
- 🌀 Soon to be available on line

[Kyokushin.ca](http://Kyokushin.ca)

## Coming to class on Time

It is important to arrive to class and be prepared to start on time. Warm Up before your class begins. This will help prevent injuries and everyone can enjoy the class without interruption.

Too many students are arriving late to class and it is now becoming a problem. The class is disrupted as students arrive late and enter after the opening of class.

Family Class Tuesdays / Thursday

**Start time is** : 6:30

arrive 10 minutes in advance.

Family Class Saturday

**Start time is** : 9:30

arrive 10 minutes in advance.

Adult Class Tuesday / Thursday

**Start time is** : 7:30

Arrive 10 minutes in advance and warm up in back of Dojo quietly.

Adult Class Saturday

**Start time is** : 10:30

Arrive 10 minutes in advance and warm up in back of Dojo quietly.



# Vancouver Cup Tournament December 1



## Up Coming Events



If you wish to enter this tournament and know your Kata; see Sensei Mike for more information. This Tournament is excellent for watching as well. Come out and see some Kyokushin in action! B.C.I.T. you can view on line at [Kyokushin.ca](http://Kyokushin.ca)

Many of these events fill up fast. Please mark the dates down on your calendar, if you are planning on attending any one of them.

Winter Camp is the first one to fill up. You can get all the information on the website. [Kyokushin.ca](http://Kyokushin.ca) Also check out the South Delta website.

[Southdeltakyokushin.ca](http://Southdeltakyokushin.ca) Passwords are: "South" & "Delta"

