

South Delta Kyokushin Karate



OCTOBER 2012



~KICK A THON~



Our 9th Annual Kick ~a~ thon is fast approaching. This is the only fun raiser that we do in our Dojo. This event is mandatory to all students. Because of this event we are able to purchase the Pads, Bo staffs, Tonfas & gloves etc. Your participation is greatly needed to

make this event an extraordinary one.

The IKOKC has announced, that this annual event will now be known as the Les Nielsen Memorial Kick ~a~ thon.

As most of you know, Sensei Les was the Head Instructor of the South Delta Dojo for many years. Sensei Les passed away in January.

Les started the Kick a thon to promote Kyokushin Karate and to support the many events that the IKOKC sponsor for their Dojo's. Camps, Seminars, Conferences, student development etc.

Each student will be given a pledge card to collect pledges over the Thanksgiving weekend.

We will hold the Kick a thon event, which students will kick as many kicks as they can in 5 minutes; **October 25th & October 30th.**

Then students will return their pledges before November 15th. The most raised in the kids classes and the adult class will receive a Karate Hooded Sweat shirt. Plus, there will be prizes for the most raised from the District level as well. Stay tuned for more information on this.

Can you explain what the relationship of a Sempai / Kohai is? Also can you find the hidden question in this newsletter? ~Write it down and give to Gwen before October 25th and you could win a Karate T shirt !

Dogi's Uniform

We will be placing an order for new dogi's this month. If you need a new one, please let Gwen know at the front desk A.S.A.P.

Your belongings ~ Shoes, bags etc.

Do not leave your shoes, coats, bags or anything else you bring, in the front entrance. The school has many other functions going on in the evenings and must keep this area clear. All your belongings are to be placed on the stage before class starts.

Testing

Testing will happen twice a year. **November & May** only. Third testing will happen at Summer Camp with notice given to your Sensei, that you wish to test at Summer Camp.

First testing period will be on **November 20th & November 22**. The Adult class will be cancelled on November 22 for the Adults test only.

~Pre Test~

For Kids Classes Only

This will happen the week before testing periods.

Check out our Web Page

www.southdeltakyokushin.ca



SOUTH DELTA
KYOKUSHIN
KARATE



There is a wealth of information on this web page with links to other Kyokushin web pages.

- ~ Need to find an old newsletter or see the most recent
- ~ Information on techniques, kata's, What is Kyokushin etc.
- ~ Calendar of events
- ~ Members area Passwords "south & delta"
- ~ Links to blogs

~South Delta Kyokushin~
Check us out on Facebook



Student Corner

This message goes out to all Karate students in the Kids and Adult classes. We would like to hear from you!

You can submit an article to be posted in our newsletter. All submissions to Gwen.

Some example:

~ How long have you been involved with Karate?

~How has Karate changed your Life?

~Why do you enjoy Karate?

~Why did you choose Kyokushin Karate?

~Have you been to Summer Camp, Winter Camp, Seminars, Conference?

Let us know your thoughts on Karate!

Tournaments & Events

Black & Brown Belt Conference

October 5, 6, & 7th in Banff, Alberta

BUDDY NITE

October 16th & 18th @ South Delta Dojo

Rocky Mt. Tournament

November 3, 2012 in Cranbrook, B.C.

Vancouver Cup Tournament

December 2, 2012 @ B.C.I.T.



If you can tell us where this picture is located and what the quote is and who this is? You could win a T shirt!

Buddy Nite @ South Delta

Kyokushin Karate

Each student is welcome to bring a Buddy to class on October 16th or 18th. That Buddy could be a friend from school or a relative, like your Mother, Father, sister or brother. They will train with you in class.

Prepare for a good work out, so tell your Buddy to wear sweat pants or yoga pants and a T shirt to class. Everyone will train in bare feet. Bring your water bottle!

Congratulations go out to **Dita Strutt!**



Dita took part in the Kyokushin Marathon @ Central Park in Burnaby on September 22, 2012 8 Hours of Karate !!

2 hours of fight training, 2 hours of jiu-jitsu and being thrown to the ground, 2 hours of Kata/ido geiko, and 2 hours of Bo-training and kata.

South Delta Kyokushin Karate is in the planning stages of putting together a first aid event.



We would like to know who would be interested in attending an all day course on First Aid / CPR ? Parents, students, friends etc.

Please let Gwen know if you are interested and if we get enough people, we will book this event.

Training at Other Dojo's

All our students are welcome to train at other dojo's in the Lower Mainland, Vancouver Island, Gabriola Island and throughout B.C. and Alberta, Ontario and around the world. Check with your Sensei if you plan on visiting these areas, to get information.

When our class is closed down for school functions, you are welcome to train at South Arm Dojo in Richmond / North Richmond Dojo on Sea Island / several Vancouver Dojo's and Newton Dojo in Surrey. Please check with Sensei Mike first. You might see some of our Black Belts there!

School Closure Dates
No Karate On:
November 8th ~ Thursday
November 10th~ Saturday
November 22 ~ Thursday
No Adult class / testing
***Yes There will be a kids class**
December 11th ~ Tuesday
December 13th ~ Thursday
December 22 to January 3
(Christmas Break)
February 23 ~ Saturday
(Newton Tournament)
March 16 to April 2
(Spring Break)/ (Winter Camp)
April 9 ~ Tuesday
May 4 ~ Saturday
(Canadian Tournament)
May 23rd ~ Thursday
No Adult class / testing
***Yes there will be a kids class**
May 28th ~ Tuesday
May 30th ~ Thursday