



# SOUTH DELTA KYOKUSHIN KARATE



Kick a thon will take place on October 24 & 29. You will be given Pledge forms to take home and collect pledges. Please have them back to Gwen by the 1st week in November.

South Delta has purchased kick pads, shin pads, chest protectors, helmets, bo staffs, tonfa's, tournament flags etc. for our Club. These were made possible by funds raised from the Kick a Thon.

Along with supporting the IKOKC, funds raised, go to help Local Tournaments, Seminars, Camps as well as support our local fighter's attending International Tournaments.

**A Prize of a Kyokushin Hoodie Sweat Shirt will be awarded to the student that raise the most in each class.**

Kick a thon is the only fund raising event that we under take. This event was started by Les Nielsen, who passed away in 2012. Now known as the Les Nielsen Memorial Kick a Thon. Les was a 3rd Dan Black Belt that wanted to help raise funds for the IKOKC. These funds help run the Tournaments, Seminars, Camps and Kyokushin awarness etc., as well as,

help the Dojo's buy equipment for their classes.

Les' vision was to help students/fighters achieve their goals, with lots of equipment and venues to support them.

The Kick a thon is one of the best fund raising events with very little work involved, to achieve this goal.

You will be getting your pledge cards the first of October. This will give lots of time to ask friends and family over Thanksgiving to help achieve Pledges. We will hold the event on October 24 & 29th

All kick a thon Pledge cards are to be returned the first week of November.



# Want to Receive a \$50.00 Gift Certificate to the Kyokushin Store?

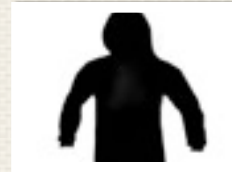
Maybe you would like help to purchase a Dogi or get a hoodie?

Here is how you can receive a **\$50.00** gift certificate.

Bring a new Student to Karate, that registers and signs up. Sensei Mike will give you a \$50.00 gift certificate to the Kyokushin store.

This offer is open to all students in both the Family Class and the Adult classes.

If you need more information, please see Gwen or Sensei Mike.



## Classes:

**Family Classes** start at 6:30 sharp. Please make sure you are in the Dojo before 6:30, to warm up before classes start.

**Adult classes** are immediately after the Family Class: 7:30 start. Adult should be warming up quietly in the back of the Dojo.

All students should be in class and ready to train on time.

## School Closure Dates:

|                       |                 |                      |                     |
|-----------------------|-----------------|----------------------|---------------------|
| September 21 Saturday | School Function | November 7 Thursday  | School Function     |
| October 12 Saturday   | Thanksgiving    | November 9 Saturday  | Remembrance weekend |
| October 31 Thursday   | Halloween       | November 28 Thursday | School Function     |

## 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!

# Have a Safe Halloween

## 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 19 & November 21**. The **Adult** class will be **cancelled** on November 21 for the Adults test only.

~Pre Test~

## For Family Classes Only

This will happen the week before testing periods.

November 12 & November 14

If you can not make these testing dates, then you can test on the next testing period in May.



## Mouth Guards

You can purchase mouth guards from Gwen at the front desk. \$10.00 and this includes the case.

Handbooks for students that are new and registered only.

New Handbooks will be printed in the New Year. These will be offered to all of our students, when we receive them. The price is not yet been decided.

Please continue to use the ones you have until further notice.

Check out our Web Page

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

*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