

SOUTH DELTA

KYOKUSHIN KARATE NEWSLETTER



Welcome to the 2012 ~ 2013 Karate year.

We start off this year with Sensei Mike Sandford as Head Instructor.

During the summer Sensei Mike completed his third Dan Black Belt testing at Summer Camp.

Congratulations **Sensei Mike**. This

was a two year quest and a lot of training, sweat and hard work went into this intense process. Which includes knowledge, kata, fighting and physical and mental endurance testing over these two years.

(Karate develops a strong spirit, a calm mind, and an active body.)

Thank you Sensei Mike for showing us how to over come our own fears and obstacles. Well done!

Welcome back to all our returning students, and **A BIG HELLO** to all our new students starting Karate for the first time.

Hope that everyone enjoyed their summer holidays and that you are ready to begin a new year of KARATE!

Registration is set for September 4th @ 6:00pm with classes starting for 6 years old to 12 years old @ 6:30.

Students and Adults ~ 12 years to Adults, classes start at 7:30pm

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SENSEI MIKE SANDFORD WITH SENSEI LAZLO ANTAL, JUST AFTER COMPLETING THEIR FIGHTS AT SUMMER CAMP.

South Delta Students at Summer Camp 2012

Congratulations to all the **South Delta Students** that participated at Summer Camp! Good Job!

The weather was very hot and the training intense. With a new technique shown to students called "Scoop - Uke." Need more information on this

you will have to ask about it from someone who attend Summer Camp?

Summer Camp is one of the best training session that you will come across in Karate. This three day weekend is loaded with classes, several different trainings from Bo, Tonfa, Ido

Geiko, Kihon, Kata, Fighting, Self defense and even Yoga and water training. This camp is loaded with Black Belt knowledge and expertise that everyone leaves with a vow to return back next year and do it all again!



CASSIE HAVING SENSEI MIKE DO BRAIDS. IT WAS VERY HOT!



EVERYONE RUNNING ACROSS THE BRIDGE THROUGH THE FIELD TO THE RIVER FOR A SWIM



GETTING CLOSER FOR A SWIM AND A BIG COOL DOWN!

PICTURES FROM SUMMER CAMP



Kick ~ A ~ Thon

2012

Kick -a- thon is our annual fund raising event, which we hold in October. Each student will be given a pledge card to collect funds and return before Nov. 1st.

This is a mandatory event, if students do not want to collect pledges (the most pledges for each division will win prizes) then a \$25.00 minimum is due.

South Delta has always been in the top 5 clubs that raises the most money for the IKOKC Organization. We are always up for the challenge.

This event is held in each Kyokushin Dojo from the Lower Mainland to Vancouver Island through out B.C. and Alberta.

What is special this year, is that the Kick a thon will now be known as the **"Les Nielsen Memorial Kick a thon."**

Sensei Les started this event in 2002 to raise money for the IKOKC Organization to help fund, tournaments, seminars, Winter & Summer camps and students attending World Tournaments etc.

For those of you who do not know. Les was the Head Instructor of South Delta Kyokushin Karate from 1994 to 2011. Les died in January 2012 of Cancer.

Gwen will have more info. on the Kick a thon very soon.

KICK A THON

2011



SENSEI MIKE & CASSIE



PARENTS EVEN HELP



SEMPAI SCOTT & KATRINA



STEPHANIE WITH MOM'S HELP



Reminders

* Please have your post dated cheques filled out at home and bring to your first class. This is very much appreciated.

* If this style of Karate is not the sport for you. Give Gwen **one months** notice and your uncashed cheques will be returned. Gwen does the books and needs to know right away.

* Orange belts and above must participate in one tournament per Karate year, in order to pass belt testing. See your Sensei for more info. on this.

* Everyone entering the Dojo (Gym), must take off their shoes. This is a sign of respect for your training dojo and for your instructors and other students in the space. Take your shoes and belongings and place them on the stage.

* No shoes or belongings left at the door way. The school is being used by others as well as our club. Door ways are kept clear.

* Parents and guests are welcome to watch from the

stage. There is to be no noise and no coming and going. Please keep movement to a minimum as it is very distracting. No loud talking. Absolutely no children running around on the stage. Everyone is to sit and watch.

* Parents are asked to come into the school when dropping off and picking up your Karate student. The school has other activities going on and cars are coming in and out. The parking lot is very dark during the winter months, do not have your karate student run out to meet you. And make sure that we are in the Dojo before you leave your karate student.

* Dogi's (Uniform) we only sell new ones. Start at \$69.00 up to \$100.00 depending on size.

Some parents are up grading and will sell their old dogi's. Check this out with Parents yourselves.

* Mouth guards are \$10.00, which includes the case. Everyone training needs a mouth guard.

* Check out our web page South Delta Kyokushin Karate or Kyokushin Karate Canada.

* Fall Camp is in Stoney Plain, Alberta September 21, 22, 23rd

* International Black Belt Seminar is October 5,6,7th in Banff, Alberta

* Vancouver Cup is Dec 2nd @ B.C.I.T.