



# CALGARY *Kyokushin* KARATE



Dear Students and Families of Calgary Kyokushin Karate,

December seems to have come in the blink of an eye. Suddenly we're all thinking thoughts of Christmas vacation and the holidays. Where has the time gone?

For many of us, November was a month of new experiences and mental challenges as we experienced the fall grading session. We have now completed grading for this year, with almost 40 individuals testing. I hope that it was a positive experience for everyone. Remember that we are each expected to know everything up to the grade level for which we are testing. Some of us learned a lot.

Several members of our club competed in the Cranbrook tournament and had great success. Congratulations to Brady Klapak, Tyler Meckleborg, Evan Hirsche, Cam Sedore and Max Gillespie for their outstanding effort!

December means the approach of two of our favourite events: the annual Team Tournament and the annual Potluck Christmas Party and Talent Show!

The Team Tournament will take place on Saturday, Dec 19<sup>th</sup> from 9 am to noon. The Potluck Christmas party will take place on Monday Dec 21<sup>st</sup> from 6:15 pm to 9:00 pm. Both events are always a ton of fun for everyone. Sign up for both events will close Dec 12<sup>th</sup>, so start thinking about your talents now, kids!

The 7th Annual 2010 Calgary Cup, the CKK premier event of the year, will be taking place on Saturday, March 6<sup>th</sup>. This year the tournament will host over 200 competitors of all ages and skill levels from North America. Tournament events include kata, non-contact, knockdown, board breaking and a special evening gala for everyone! This is a very exciting event you won't want to miss. We will be providing you more details in class over the next several weeks.

I wanted to take a moment to say a special thank you to all of our CKK instructors. I have been away from a few classes this month, but never had a doubt that the class was in good hands with our incredible team of instructors. I can tell from the grading results that they did an outstanding job of teaching and preparing you all for your tests. Thank you to all of them.

Happy Holidays to everyone! Osu,

Yours truly,

Brad Gillespie, 3<sup>rd</sup> Dan  
Chief Instructor

DECEMBER	
Nov 30 – Dec 12	Team Tournament and Christmas Party Sign Up
Nov 30 – Dec 5	Belt Promotions
Dec 1	Instructors Course #2
Dec 6	Vancouver Cup
Dec 19	Calgary Team Tournament
Dec 21	Christmas Party and Talent Show <b>(Classes Cancelled)</b>



## Contact Information

(403) 225-3516

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

***Our goal is to promote the development of strong minds, bodies and spirits of members in our community through Kyokushin Karate.***

