



CALGARY *Kyokushin* KARATE



Dear Students and Families of Calgary Kyokushin Karate,

It's my pleasure to welcome you to the 2009-2010 training year! I hope you've all had a fun relaxing summer. It's hard to believe that it's already September again and time to begin another exciting year of training, competition, and family fun. We have many great events and activities planned for the year, and look forward to sharing updates and information about each of those right here in our monthly newsletter, which will be available online at calgarykyokushinkarate@shaw.ca, as well as sent home in class at the beginning of each month.

To all of our returning students, we are very happy to have you back and think you'll enjoy the plans we have in store for the upcoming year.

If you are new to our club this year, we welcome you. We have all been in your shoes and understand how it can be intimidating to try something new. One of the fundamental pillars of Kyokushin is the Sempai-Kohai relationship that exists between senior students and beginners. It is our goal to do everything possible to help your introduction to karate be fun, exciting, and inspiring. We strive to foster an environment of support and encouragement at all times, especially for beginner students.

Although for the most part, I like to take the summer off, many members of our club still had an active summer of training. Between weekly fight classes run by Jordan Forget, and the annual IKOK-C Summer Camp, there was more than enough karate to keep our most avid students and instructors in top condition. At this year's Summer Camp, two of our instructors successfully completed their Shodan grading and received their black belts. I'd like to take this opportunity to congratulate Denis Forget and Michelle Gillespie on this important and significant accomplishment.

I look forward to sharing another spirited and challenging training year with each of you and appreciate, as always, your support of our club.

Yours truly,

Brad Gillespie, 3rd Dan
Chief Instructor

SEPTEMBER	
Sept 10	Parkland Classes Begin
Sept 12 & 14	McKenzie Classes Begin
Sept 17 - 28	Karate Uniform & Equipment Sizing
Sept 19	Instructors Course
Sept 24 - 28	Kyokushin Belt Grading System Introduction
UP COMING EVENTS	
Oct 22 - 26	IKOK-C Kick-a-thon
Oct 24	Officials Clinic (Green Belt & Above)
Oct 31	Friendship Tournament
Nov 2	Bring a Buddy to Class
Nov 23 - 29	Belt Grading



Contact Information
(403) 225-3516

www.kyokushincalgary.ca

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

