



CALGARY *Kyokushin* KARATE



Dear Students and Families of Calgary Kyokushin Karate,

Happy December! It's hard to believe we are already this far into our training year – and that the holidays are upon us! We've had a very busy month and we have loads of information for you.

On November 18th individuals from our club attended the 2017 Edmonton Cup. I am happy to say that everyone did a GREAT job. CONGRATULATIONS everyone, you were all AMAZING.

From December 2nd to December 7th our first Grading of the 2017-2018 year takes place. I would like to emphasize again that for those grading, it is essential that you completely understand and are able to perform the requirements for the belt that you are wishing to grade for. At this point in time if you are "cramming" to learn the material then you are not ready to grade. If you want to grade for a belt it is imperative to prepare ahead of time so when the day comes everything is already in place and ingrained. For coloured belts, realistically you should know and be able to perform almost all the information for the next belt after the one you are grading for. If you have not done so already, those grading for coloured belts should also go to kyokushin.ca (our parent organizations site) and register as a member (write pending if you do not have an IKO membership number yet). Once you register you will be given access to a series of videos that help show many of the requirements for the coloured belt exams (Kata, self-defence, kihon kumites). As always please remember that it is the learning and the process of the grading that is the most important. If you must compare yourself, compare yourself now to how you were before your grading.

Just as a reminder on December 2nd the Adults class will join the advanced children's class from 9:55 am – 10:55 am to make time for the community center children's Christmas party.

Starting in December the training times for the **Monday evening Advanced children's class and Adults class will be changing slightly.**

The Advanced children's class will begin right at 6:45 pm with entry into the dojo beginning at 6:40 pm – class will end at 7:45 pm.

The Adult class will begin at 7:30 pm with entry to the dojo beginning at 7:25 pm and will end at 8:55 pm.

The Family class will continue to begin at 6:00 pm and run to 6:50 pm.

On Saturday December 16th, we will be holding our second dojo tournament of the season, the 2017 Calgary Team Tournament. Sign-up sheets are available in class. Remember you can sign up for 1 (ONE) fighting division or Kata. The tournament will begin at 9:00 am and depending on participation will more than likely end around 1:00pm. As many of you experienced in October, these club tournaments provide a great opportunity for our first timers and beginners, and also provide our advanced students an opportunity to participate and experience officiating. Remember - everyone that steps into the ring gets a medal! Sign-up sheets will be in class from December 2nd – 12th. Remember, there is no cost to enter.

Next, on December 18th get ready for our **annual Christmas Pot-Luck Dinner**. This is one of Calgary Kyokushin Karate's highlights of the year and Sempai Denis and Sempai Lisa always do an incredible job of organizing this event. Sign-up

In the coming weeks, we will begin our sponsorship drive for the 2018 Calgary Cup Karate Championships. Hard copies of the sponsorship packages will be available from Richard and Cara Gibson at class or electronic copies are available upon request. If you or anyone you know (such as your employer) may be interested in supporting this event please let us know. We will do the talking if you do not feel comfortable, we just need contacts. You would be amazed how companies large or small want to help out at the community level, they are just waiting for the opportunity or for someone to ask!!! We will also begin our volunteer recruitment drive. Training is provided for all positions.

In December, we will also be launching our 50/50 Calgary Cup fundraising event. Families will be given one book of tickets to sell or purchase. We thank you in advance for your support of these important fundraising activities. We hope you can join us for our premier event of the year! It is guaranteed to once again be an incredible and memorable experience for all those involved on March 17, 2018.

Finally, regular training classes will end on December 21st. We will be taking a two week break from December 22nd to January 5th. General Classes will resume on the 6th of January.

Starting January 6th we will begin ramping up for the celebration of the **12th Calgary Cup Karate Championships, this event promises to be the best one yet – DO NOT MISS IT!!!** We hope you have a safe and happy holiday. – and thank you so much for your continued hard training and support!

Yours truly,

Brad Gillespie
Chief Instructor

| December 2017 | |
|---|---|
| December 2 nd | Advanced children and Adults classes train together from 9:55am – 10:55am |
| December 2 nd – December 7 th | Family class (Children grading) (All locations- in class) |
| December 4 th | New training times come into effect for Monday Advanced and Adults class |
| December 9 th | Vancouver Children's Tournament |
| December 12 th | Team Tournament sign up deadline |
| December 16 th | Calgary Team Tournament |
| December 18 th | Christmas Party/Talent Contest |
| December 22 nd – January 5 th | Christmas Break |
| UP COMING EVENTS | |
| January 6 th | General Classes resume |
| January 9 th | Grading Registration deadline for coloured belt grades |
| January 15 th – 20 th | Coloured belt Grading (Specific belt times to TBD) |
| January 27 th | Banff Tournament |
| January 28 th | US Weight Category Tournament (Los Angeles) |
| February 16-18 th | IKOKC Winter Camp (Salmon Arm BC) |
| March 17 th | Calgary Cup |



Enter the world of Kyokushin karate and you'll experience a world of challenge for your mind, body and spirit.

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