



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 17th and December 1st individuals from our club attended the 2018 Edmonton Cup and 2018 Banff Championships. I am happy to say that everyone did a GREAT job at both events. CONGRATULATIONS everyone, you were all AMAZING.

From December 4th to 10th our first children's grading of the 2018-2019 season 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 may not be 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 those wishing to grade for coloured belts in January, you should know and be able to perform almost all the information for the next belt after the one you are grading for (especially the kata). If you have not done so already, those grading for coloured belts should also go to kyokushin.ca (our parent organization's 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). Tuesday Kata classes are also available to help you prepare. 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.

On Saturday December 15th, we will be holding our second dojo tournament of the season, the 2018 Calgary Team Tournament. Sign-up sheets are available in class. Remember you can sign up for 1 (ONE) fighting division and/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 until the 11th of December. Remember, there is no cost to enter.

Next, on December 17th 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 sheets are already available in class! Party starts at 6:30pm and ends at 9:00pm – dinner, presentations, prizes and music. **Remember - DO NOT wear your Gi's. YOU DO NOT WANT TO MISS THIS!**

In the coming weeks, we will begin our sponsorship drive for the 2019 Calgary Cup Karate Championships. Hard copies of the sponsorship packages will be available from Richard and Cara Gibson at class or electronic copies will be 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 and 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 signed out 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 16, 2019.

Finally, regular training classes will end on December 20th. We will be taking a two week break from December 21st to January 4th. General Classes will resume on the 5th of January.

Starting January 5th we will begin ramping up for the celebration of the **13th 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 2018 | |
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| December 4 th – December 10 th | Family class (Children grading) (All locations- in class) |
| December 11 th | Team Tournament sign up deadline |
| December 15 th | Calgary Team Tournament |
| December 17 th | Christmas Party |
| December 21 st – January 4 th | Christmas Break |
| UPCOMING EVENTS | |
| January 5 th | General Classes resume |
| January 10 th | Grading Registration deadline for coloured belt grades |
| January 12 th – 17 th | Coloured belt Grading (Specific belt times to TBD) |
| January 12 | Advanced Kids and Adults train together (10:00-11:00am) |
| January 15 | Kata Class canceled |
| January 22 | Kata class for Yellow belt and above |
| January 27 th | US Weight Category Tournament (Los Angeles) |
| February 8 th - 10 th | IKOKC Winter Camp (Salmon Arm BC) |
| March 16 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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