



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.

Last week Sempai Steve, Sempai Spencer and myself travelled to Japan for the world Junior Elite Championships as well as the Men's and Women's World Open. This event is held every four years and is considered the Olympics of Kyokushin Karate. I am happy to say that Spencer received 5th place in his division. Thank you to Sempai Steve for his support and to everyone who helped assist in Spencer's training. Indeed you should all celebrate this victory as it is a reflection of us as an entire group. I hope in four years we will have more competitors from our club at this event.

Please remember that on December 7th the Banff Championships will be taking place. If you would like to register please go to our website and click on the Banff tournament poster to the right. Just fill out the registration form, take a picture of it and send to Sensei Daymon. The Banff tournament is a great tournament to get some experience participating with other members from the different dojos around the Alberta and BC area. Hope you can make it – please remember deadline to register is very soon!

From December 9th to 14th our first children's grading of the 2019-2020 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.

Next, on December 16th get ready for our **annual Christmas Pot-Luck Dinner**. This is one of Calgary Kyokushin Karate's highlights of the year and Sempai Denis always does 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!**

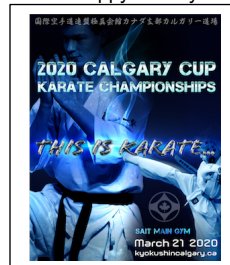
Next week, we will begin our sponsorship drive for the 2020 Calgary Cup Karate Championships. Hard copies of the sponsorship packages will be available from Richard Gibson or Christine Bobye at class or electronic copies will be available upon request. If you or anyone you know (such as your employer) 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 21, 2020.

Finally, regular training classes will end on December 22nd. We will be taking a two week break from December 22nd to January 3rd. On January 4th we will be hold our special NEW YEAR training at the Lake Bonavista Community centre. Everyone is welcome. Those who train in a family class will attend from 9 am – 10 am those who train in an advanced childrens or adults class will train from 10 am – 11:30 am.

Starting January 6th we will begin ramping up for the celebration of the **14th 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 2019	
Dec 5 th	Children's grading registration due
December 7 th	Banff Championships
December 9 th – 14 th	Family class (Children grading) (All locations-in class)
December 16 th	Christmas Party (pot luck) – 6:30 – 9:00 DO NOT WEAR YOUR GI – McKenzie Lake Community Centre
Dec 17 th – 21 st	Children belt presentations (Monday children can attend Tuesday the 17 th in McKenzie Lake at 6:30)
Dec 21 st	Cranston students train at Lake Bonavista Community centre Gym (Family class 9-10 am, advanced and adults train from 10 – 11:30 am)
December 22 nd – January 3 rd	Christmas Break
UPCOMING EVENTS	
January 4 th	New Years Training Lake Bonavista Community centre (Family classes – 9-10 am Advanced/Adults 10 – 11:30 am) ALL STUDENTS FROM ALL LOCATIONS WELCOME
January 4 th	Grading Registration deadline for coloured belt grades
January 11 th – 14 th	Coloured belt Grading (Specific belt times to TBD)
January 11 th	Advanced Kids and Adults train together at Cranston (CTK School) (10:00-11:00am)
January 14 th	Kata Class canceled
January 26 th	US Weight Category Tournament (Los Angeles)
January 28 th	Kata class for green belt and above

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

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