



CALGARY *Kyokushin* KARATE



Dear Students and Families of Calgary Kyokushin Karate,

February is upon us and with it comes another busy month of CKK news and activities.

In January Sempai Spencer traveled to Los Angeles and competed in the 15th US Weight Category Championships. He placed 4th in Kata out of 16 competitors and lost his kumite match in a very close match against a strong Russian opponent who was over 20lbs heavier than him. Great job Spencer! I urge you all to mark next year's event on the calendar now and think about attending. It is always the last weekend in January.

Next, this Saturday we will be holding an advanced training for green belts and above at our Cranston location. Training for the adults' class will be together with the advanced children's class from 10:00 am – 11:00 am in Cranston

Please note that there will be **NO CLASSES on the Family Day Long weekend (Feb 16th to Feb 18th)**

Next, many of you have been inquiring about the specialty classes we offer, below is a list of the 3 different specialty classes that are available

Tuesday: 7:30 - 8:30 pm – 12 & Under Knockdown Fight Training (McKenzie)

Tuesday: 7:30 – 9:00 pm – 12 & Over Kata & Self Defense (McKenzie)

Thursday: 8:00 - 9:30 – 13 & Over Knockdown Fight Training (Lake Bonavista Community Centre)

Please note that these are specialty classes and cannot be combined with monthly rates or attended to make up missed classes. Please contact Shihan Brad for pricing.

Next I would like to thank all of you for your support of the Calgary Cup Championships so far. I truly believe this is a very unique event. For the past thirteen years our team has worked extremely hard to make this tournament into what it is today. Of course it takes many people to make this event work and we would love for you to get involved and be part of our team. We NEED you! To volunteer please go to

<https://www.signupgenius.com/go/4090c4daca92aa6f49-calgary>

and sign up! We will be conducting a mandatory volunteer training session on Saturday March 9 at 11:30 am at Christ the King School in Cranston. Please mark this on your calendars!

We hope you will be able to join us on March 16th for the 2019 Calgary Cup Karate Championships for this memorable occasion. I ensure that for you and especially your children, the day will be an experience that you all will remember and cherish for years to come. The tournament website is up. Just click the poster on our website www.kyokushincalgary.ca and it will take you to the tournament site, and remember if you sign up for two or more events you receive a free ticket to this year's Surfside Soiree taking place that evening! We hope to see you there!

If you or your business is taking part in our Calgary Cup Sponsorship program, please let us know if you need any help with arrangements. We're here to help our sponsors get the best advertising value that they can.

As a way of promoting our event we also ask that if you are involved in social media that you take the time to post the promotional video and share with all your friends

<https://youtu.be/rUsUu1USE5Y>

That's it for this month. Take care and thank you once again for all your support
OSU!

Brad Gillespie
Chief Instructor, Calgary Kyokushin Karate

February 2019	
Feb 2	Advanced kids and adults train together from 10:00 am- 11:00 am (Cranston)
Feb 2	11:00 am – 1:00 pm Advanced training for green belts and above (Cranston)
Feb 8-10	IKOKC Winter Camp (Salmon Arm BC)
Feb 16-18	Family Day Long Weekend (Classes Cancelled)
UPCOMING EVENTS	
March 2	Advanced kids and adults train together from 10:00 am- 11:30 am (Cranston)
March 9	Calgary Cup Volunteer meeting 11:30 am - 12:50 pm (Adults class joins advanced childrens class)(Cranston)
March 15	IKOK-C Officials Clinic Delta Hotel - South Calgary (6:30 pm start time)
March 15	Calgary Competitor Check-In (Delta Calgary South 4:30 - 8:30 pm)
March 16	2019 Calgary Cup SAIT Calgary – all general classes cancelled



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

