



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 I travelled to Los Angeles and attended the 16th US Weight Category Championships. 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 and a great event to be introduced to International competition.

Please note that there will be **NO CLASSES on the Family Day Long weekend (Feb 15th to Feb 17th)**

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, we hope you will be able to join us on March 21st for the 2020 Calgary Cup Karate Championships. 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. Simply click the big blue poster on our website www.kyokushincalgary.ca and it will take you to the tournament site, and remember that if you sign up for two or more events you receive a **free** ticket to this year's **Fandemonium Gala** taking place that evening! We hope to see you there, the sushi, food and dancing is amazing!!!!

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 fourteen years our team has worked extremely hard to make this tournament 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/9040e4caba92ca7f58-calgary>

and sign up! We will be conducting our volunteer training session for RING STAFF on Tuesday March 10 (6:30-8:00 pm) at Mckenzie Lake Community Centre and volunteer training for SUPPORT STAFF on Saturday March 14th (11:30am – 1:00pm) at Christ the King School in Cranston. Please mark these on your calendars! Our volunteer coordinator will be in touch soon to confirm your position and which session you should attend.

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://www.youtube.com/watch?v=QvycqR4VFyk>

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 2020	
Feb 7-9	IKOKC Winter Camp (Salmon Arm BC)
Feb 11	Kata class canceled (Officials clinic – green belt and above invited) 7:30-9 pm McKenzie Lake
Feb 15-17	Family Day Long Weekend (All Classes Cancelled)
Feb 29	Advanced kids and adults train together from 10:00 am- 11:15 am (Cranston) (Green Belt and above training 11:15-1:00)
UPCOMING EVENTS	
March 10	Calgary Cup Volunteer meeting 6:30 am - 8:00 pm (RING STAFF) McKenzie Lk Kata class (8:00-9:00)
March 14	Calgary Cup Volunteer meeting 11:30 am - 12:50 pm (SUPPORT STAFF) Christ the King School (Adults class joins advanced children's class - Cranston)
March 20	IKOK-C Officials Clinic Delta South Calgary Hotel (6:30 pm start time)
March 20	Calgary Competitor Check-In (Delta South Calgary Hotel (4:30 - 8:30 pm)
March 21	2020 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 through Kyokushin Karate.

