



CALGARY *Kyokushin* KARATE



Dear Students and Families of Calgary Kyokushin Karate,

HAPPY NEW YEAR! We hope you are all having a great holiday season and are enjoying some well-deserved time off with your families. At CKK we're all enjoying a break from karate and are now preparing to get back to training and are planning for the very exciting months ahead as we progress into the second half of the karate season.

On January 4, we will do an official "Kagami Biraki" (Opening the mirror) – this is a traditional training that is used to acknowledge the beginning of a new year. This training will be open to all individuals who train in any of our classes. There is no extra charge to train this day even if you do not normally train on a Saturday. **Please note that these classes will take place at the Lake Bonavista Community centre.** Those who train in any family class will train from 9:00 am – 10:00am and those who train in any advanced class or adult class will train from 10:00am – 11:30 am. We hope to see you there! (no classes at YMCA)

Please note that on Saturday the 11th of January, classes that are normally held at Christ the King School will be held at the Lake Bonavista Community centre as Christ the King School is not available until the 18th of January (PLEASE NOTE TIME CHANGES IN TABLE). YMCA class is at the regular scheduled time.

On January 4th the Edmonton Cup will be taking place. Registration details are on our website. Just click the poster! Please contact us if you are planning on attending.

From January 11th -14th coloured belt grading will take place. Specific times and dates will be sent to those who have applied. Please remember that you must be able to perform all the requirements for the grade you are currently grading for, the Kata for the belt grade above the one that you are grading for **as well as** all requirements for previous levels. (Requirements can be found in the student handbook). **GRADING REGISTRATIONS ARE DUE JANUARY 4th.** Grading registration form has been attached to this Email for those who have not yet registered.

Please remember the deadline for submissions for the 2020 Calgary Cup T-shirt design contest in January 15th 2020! Winner receives \$50! See attached file for details.

On January 18 we will be having our First Calgary Cup Trophy and Cup buy back day. Please see the attachment on this Email for details. It is a great way to clear out your basement and earn some cash!

Next, from January 28th – March 17th from 7:30 - 8:20 pm we will run our annual Tuesday evening 12 & under Specialty Knockdown Fight Class to prepare for the 2020 Calgary Cup. If your children are interested in participating in the **knockdown** section of the tournament, this is a great program. Information about knockdown fighting will be explained to parents during regular family classes in the first few weeks of January. If your child would like to participate in these specialty classes please contact us (cost for the 8 sessions is \$80 or \$15 per drop-in session). Please note: Kata and Self-defense class will still take place during this time.

13 & over knockdown classes will continue from 8:00 – 9:30 pm on Thursdays at the Lake Bonavista community center. Please see Shihan Brad for pricing details. 12-year-olds are invited to attend this fight class if they are planning on moving up to 13/14-year-old knockdown divisions in the 2020 Calgary Cup.

The IKOK-C Winter camp will take place from February 7th- 9th in Salmon Arm BC. This camp is required for all individuals wishing to grade for brown belt. The weekend is geared for individuals at least 13 years of age and provides a unique blend of training. This camp fills up fast so don't wait to register once registration opens at www.kyokushin.ca. Please contact me if you have or are planning on registering.

All classes will be canceled from February 15th – February 17th to celebrate the Family day long weekend.

On March 21st, our most important CKK event of the year will be upon us: The 2020 Calgary Cup Karate Championships. Your tournament committee has been working hard behind the scenes building the foundation for this premier event. This year we celebrate the 14th anniversary of our tournament, which will once again be held at the Southern Alberta Institute of Technology (SAIT) athletic complex. An information email will be coming to you shortly with more details.

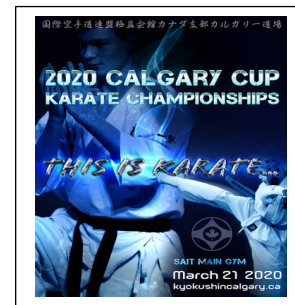
You can help support this event by reaching out and encouraging your businesses and colleagues to take advantage of our excellent fundraising events and programs. You can also support this tournament in the most important way of all...by participating! There are divisions and categories of competition suitable for all ages and abilities. The Calgary Cup website will be live soon. (just click the poster at kyokushincalgary.ca) and it will provide you with everything you need to get involved and in the ring. It's going to be our most exciting Calgary Cup ever! YOU DO NOT WANT TO MISS IT!

We will also be embarking on volunteer recruitment shortly and **we need you!** There are many volunteer positions available both on tournament day and throughout the planning phase (training is provided) so please consider where you can help and stay tuned for details on how to register.

Thanks for all your support and enthusiasm, and we wish you all the best in 2018!

Yours truly,
Brad Gillespie, Chief Instructor, Calgary Kyokushin Karate

| January 2020 | |
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| January 4 | Calgary "Kagami Biraki" - First training of NEW YEAR Family classes 9:00 am – 10:00am Adults and Advanced Kids train together from 10:00 am – 11:30 pm (All students that train in any class at Calgary Kyokushin Karate welcome) – Lake Bonavista Community Centre (No classes at YMCA) |
| January 4 | Grading registrations due |
| January 4 | Edmonton Cup Tournament |
| January 6 | ALL regular classes resume |
| January 11 | Christ the King School classes moved from to Lake Bonavista Community Center (Gym) - Adults train in Advanced class from 10:00 am – 11:00 am |
| January 11 - 14 | Coloured belt grading |
| January 14 | Kata class cancelled |
| January 15 | Calgary Cup T-shirt design deadline |
| January 18 | Calgary Cup Pillar Trophy and Cup Buy Back day – Christ the King School. |
| January 26 | US Weight Category Tournament Los Angeles, CA |
| January 28 | Kata class cancelled – Green Belt and above training |
| UPCOMING EVENTS | |
| Feb 7-9 | IKOKC Winter Camp Salmon Arm, BC |
| Feb 15-17 | Classes cancelled - Family Day weekend |
| March 21 | 2020 Calgary Cup SAIT |



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