国際空手道連盟極真会館カナダ支部カルガリー道場

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.

First off, a great BIG Congratulations to the many individuals who challenged themselves to grade in January. Always remember the true reward of grading is the individual growth that you experience going through the actual process. Whether you receive a new belt or not is not the important thing. What you learn through the experience is where the true value lies.

On February 5th we will host a class for green belts and above, and all instructors. Please contact us if you wish to join in the training. We will use the Tuesday evening advanced class zoom log in.

On Saturday February 6 (this Saturday) we will have the first ever promotion pick up day. If you were successful in your grading you will receive an email with the location the time frame will be between 1 and 4 pm for you to come and pick up your new belt, grading report and certificate. Please wear a mask. If you cannot make the time please contact us so we can set up a different time. Parents can pick up belts and certificates on behalf of their children.

The IKOKC Winter Camp that was scheduled for February 12-14 in Salmon Arm BC has been officially canceled.

As the Winter Camp usually acts as the first venue for grading for 2021 Black Belt applicants the process will be somewhat different this time around. Either way, this year we have two members from our club who will challenge the exam for Black Belt. I hope you will all join me in wishing Sempai Spencer and Sempai Craig the best of luck in their journey and that you will support them every step of the way. GOOD LUCK guys!

Please note that there will be **NO CLASSES on the Family Day Long weekend (Feb 13th to Feb 15th)**

On Friday February 26 we will host an officials clinic via Zoom for Yellow belts and above who are 13 years of age and older. If you wish to attend, Please Email us before February 21st and we will send you the link.

Next, our instructors have been discussing how many times a week a student should train. Students who are orange belt with a stripe and above consider attending at least 2 classes a week to ensure they receive the training hours required to progress at a normal rate. We understand and respect that this is not possible for everyone due to different circumstances. If you wish to explore attending more than one time a week please do not hesitate to contact us.

As always, I want to thank you all sincerely for your continued support of our club. Hopefully one day in the not too distant future we will all be able to join together again and experience the exhilarating feelings we get from training together. We are monitoring the Alberta situation closely and will re-start live classes as soon as we are safely able to. We realize that this is one of the greatest challenges we will ever face not only as karatekas, but as families and individuals. Please be prudent in your safety measures and we wish you all nothing but health and happiness. STAY STRONG!

OSU!

Brad Gillespie
Chief Instructor, Calgary Kyokushin Karate

February 2021	
Feb 5	**Instructors and green belt and above training 6:00 pm – 7:30 pm (use Tuesday advanced class zoom sign in)**
Feb 6 1 - 4 pm	**Promotion pick up (time and location will be emailed to all who were successful in their last grading)**
Feb 13-15 Family Day Long Weekend	**Family Day Long Weekend (All Classes Cancelled)**
Feb 26 6:00 pm	**Officials Clinic (Open to Yellow Belt and above)**

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

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