



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 season and WOW what a roller coaster ride it has been. We have an extremely busy month ahead of us and we have loads of information for you.

First, I would like to congratulate Connor M. Since February of 2023 he has had his eyes set on competing at the World friendship tournament in Tokyo Japan. On November 17th 2023 that goal came to fruition. He is one of only a few members from our club to compete at such a high level. Though the result was not what he had hoped, the experience provided him a new foundation for continued growth. Congratulations Connor we are so very proud of you and look forward to seeing you again soon on the World stage.

Next this past weekend the Banff Tournament was held. I am very happy to say that all who entered the competition as either a competitor, official or supporter did an outstanding job. Please take the experience you gained from this event and apply it to your training. Congratulations to you all.

Grading! A link to grading registration forms were sent last week. If you missed the deadline please email us ASAP (an extra fee may be charged for late registrations at certain belt levels). Children's grading will commence on December 4th during regular class times (**General classes still occur during grading**) Please ensure your children study the terminology and techniques for each level on the children's grading syllabus. Our instructors have been going over the requirements in class, but it is always helpful if parents can engage with their children for that extra study help. Who knows? You might even learn a bit of Japanese! Grading for coloured belts will take place December 9 to 11th. Exact times will be sent in the next day.

Next, on December 16th we will once again be hosting our Annual Friendship tournament at the Lake Bonavista Community Center. This is a FREE event to participate in for our members and is a fun, safe and friendly event to introduce new students to the world of competition. We encourage EVERYONE to register and to show off their skills that we have been covering in class lately. Registration takes place by simply putting you or your child's name, age, weight and division they wish to participate in (We suggest non contact kumite for EVERYONE!) on the sign up sheets in class. Sign-up sheets will be in class from December 1-12. You don't want to miss it.

On December 19 from 6:30-9:00 our annual Christmas party will be held. There are great door prizes and presentations. Sign-up sheets are now available in class. The event is a free pot-luck and open to family members of those who train with us. Dessert and refreshments are provided.

On February 4th the US weight Category tournament will take place in Los Angeles California. If you are interested in attending this IKO event please contact us as soon as possible (this event follows IKO Rules including kicks to the head).

Congratulations to our students of the month for November - **Children – Aria W, Youth – Takeru N, Adult – Givaldo L**. These students have stood out over the past month with their dedication and hard training CONGRATULATIONS.

Regular training classes will end on December 21st. We will be taking a break from regular classes from December 22nd to January 5th. On January 6th we will be hold our special NEW YEAR training, all students are welcome (More details to come).

Yours truly,

Brad Gillespie
Chief Instructor

| December 2023 | |
|------------------------|--------------------------------------------------------------------------------------------------------------|
| December 1 - 12 | Friendship Tournament sign-up – in class |
| December 4 - 9 | Children – Grading – for Jr Kyu & Below (During regular class time) |
| December 4-16 | Christmas Party sign-up – in class |
| December 9 | Both 10:00 and 11:00 classes train at 10:00 am |
| December 9 - 11 | Grading for coloured belts |
| December 12 | Last JR Elite class of Session 1 |
| December 13 | Black Belt Pre test #2 (6-8:00 pm) Sempai Gary's (By invite only) |
| December 16 | Calgary Friendship Tournament Lake Bonavista Community Center 9:30 am – 5 pm (All classes canceled) |
| December 17 | Kata, Self-defence Class Sempai Gary's 9-10:30 am /Elite Competition Team Training Sempai Gary's 10:40-12:10 |
| December 19 | Karate Christmas party- classes cancelled. |
| December 21 (Thursday) | Last regular training session of 2023 and last Elite class of Session 1 |
| UPCOMING EVENTS | |
| January 6 | Calgary Kagami Biraki 2023 (New Years training – All students welcome - Bring your empty bottles) |
| January 6 | Edmonton Tournament (Strathcona club) |
| January 11 | Elite Competition team training resumes (Session #2) |
| January 16 | JR Elite class resumes (Session #2) |
| January 26 (Friday) | Green Stripe, Brown and Brown Stripe Grading (Sempai Garys 6:00 pm start time) – By invite only |
| January 28 | Brown and Black Belt Training camp. (3 sessions at Sempai Garys throughout the day) |
| March 16 | 2023 Calgary Cup Karate Championships |



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

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