



CALGARY Kyokushin KARATE



Dear Students and Families of Calgary Kyokushin Karate,

HAPPY NEW YEAR! First, we would like to send out an enormous THANK YOU to all our Karate family who helped in December while our family dealt with a sudden family situation. We are so thankful for all of you who stepped up and kept things rolling without a hitch. A special thank you to Sempai Steve who took the lead of running the Friendship Tournament - an immense amount of work. THANK YOU EVERYONE (present and even past members who stepped up)! What a community!!

With that we hope you have been enjoying your holidays and time with your families. At CKK we are now preparing to get back for the very exciting and busy months ahead as we progress into the second half of the karate season.

To start 2023, we will be hosting the annual Calgary Kagami Biraki training on Saturday January 7th, "Kagami Biraki" ('Opening the mirror') - is a traditional training that is used to acknowledge the beginning of a new year. The training is open to every member that trains at Calgary Kyokushin Karate in any class. Afterwards we will share our traditional Kagami Biraki Japanese snack. Hope to see you at the Deer Run Community Center Gym from 10 am - 11 am.

Coloured belt grading registration forms will be sent out on Tuesday January 3rd. We apologize for any inconvenience this delay may have caused. Grading registration must be completed by January 12th with grading to be conducted from the 17th - 23rd. Please remember that instructor approval is required. Please contact us via email if you have any questions in regards to grading.

For those who are grading for coloured belts (Orange belts and above) please remember you must be able to also perform 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 on the members page of our website (kyokushincalgary.ca) under grading syllabus tab). **AGAIN, GRADING REGISTRATIONS ARE DUE JANUARY 12th**. Forms received after this date are subject to an extra fee so please return on time. As always please really look at the requirements and ask yourself if you can complete the requirements. If not, then you really need to ask yourself if you should be grading. Always remember, Introspection begets wisdom.

Next, we have some news for parents. After much discussion with our instruction team, on January 9th, we have decided to implement a trial period allowing parents to once again come to the dojo and watch their children train. Some classes are quite full so space will be very limited. Please note that the following conditions will be strictly enforced.

- NO CELL PHONES or gaming devices will be permitted to be out or on during the class.
- NO Pictures or videoing of classes to take place, including posting to social media unless specifically mentioned by the instructors.
- All individuals MUST remain seated during the class
- No footwear, food or water is permitted in the dojo (students water bottles should be left outside of the dojo as there are no water breaks in family classes)
- Those observing must be quiet.

These rules are in place to allow for what we feel gives your children the best opportunity to concentrate and learn in a safe environment while at the same time allows for parents to observe their children. Thank you for your understanding.

From January 9 - 21 we will have our first "Bring you empty bottles to Karate" fundraising event. The funds raised through this event will be used to help pay for our members traveling to Los Angeles in February. EVERY little bit helps. Parents and students, please collect your empty bottles (and maybe some from your neighbors, friends and family) and bring to your regular classes. Our members will collect them outside the dojo.

The second semesters of Elite and JR Elite competition classes are slated to begin in January. Those invited will be contacted in the next few days.

Our students of the Month for December are - Children - Huxley N, Youth - Sophie P, Adult - Steve A. **Congratulations.** Prizes will be handed out in class soon.

On March 18th we will be hosting our annual Calgary Cup Karate Championships (the pinnacle of our training year) Stay tuned for information on this amazing day. Mark the date on your calendars!

The New Year is a time for many of us to make resolutions for the coming year! If getting active, being more social or just getting out is part of your resolution we would LOVE to be a part of it. All you need to do is come and give us a try! It won't take long before you realize that we are much much more than just a Karate Club!

Finally, we would like to take this time to truly thank each and every one of you for your continued support of our club. Your dedication and spirit have been the fuel to help us persevere through this unprecedented time. Simply without all of you we would cease to exist today. Stay Safe and hug your loved ones.

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

OSU!

January 2023	
January 5	6:00 pm LA Kata competitor/ 7:00 pm Elite training (Sempai Gary's)
January 7	10:00 am - 11:00 am - Calgary 2023 "Kagami Biraki" - NEW YEAR TRAINING (All students encouraged to attend - Deer run community center) / 12:00 pm Instructor meeting (Shihan Brad's home)
January 8	9:00 am LA Kata competitor/ 10:00 am Elite training (Sempai Gary's)
January 8	12:00 pm IKOKC Kagami Biraki - Online training (Contact Shihan Brad for details - Reg deadline is January 4)
January 9	General classes resume
January 9 - 21	Bring your empty bottles to Karate!
January 12	Grading registrations due
January 14	Both 10:00 and 11:00 classes train at 10:00 am (Black Stripe to Green with Stripe) 11:00 - 12:30 Brown & Black Belt Training
January 14 - 15	Brown & Black Belt training weekend (Details will be sent to eligible members)
January 15	Elite training (Sempai Gary's)
January 17- 23	Coloured belt Grading
January 22 & 29	9:30 am LA Kata competitor/ 10:30 am Elite training (Sempai Gary's)
January 28	Both 10:00 and 11:00 classes train at 10:00 am. 11:00 - 12:30 Officials training review (Open to all yellow belt and above) Lake Bonavista
UPCOMING EVENTS	
February 5	US Weight Category Championships (Los Angeles California)
March 18	2023 Calgary Cup Karate Championships



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