



CALGARY Kyokushin KARATE



Dear Students and Families of Calgary Kyokushin Karate,

As the cold weather moves in, things continue to heat up with Calgary Kyokushin Karate! With everyone in their Gi's and gear, the dojo is looking truly spirited and ready to train. Please remember that Gi's and gear are available throughout the year. In November we will be using all of your new gear so please ensure you bring it every class and label your gear. Please also remember NOT to wash your belts. To wash the belt means you are washing the "spirit" out of it. So please do not wash.

Just a quick reminder that we will be taking Tuesday October 31st off for Halloween.

On Saturday November 4 the Yellow Belt and above class will train at 10:00 am with the intermediate class. Then at 11:00 we will run our monthly official's training review from 11:00 to 12:30.

Classes are canceled from November 11-13 for Remembrance day long weekend.

Over the past few months our newer students have been working hard to understand the basics of their new Karate World. In November we will start to ramp up the partner work and sparring portion of our year in preparation for tournament season. Please remember that students will not be allowed to participate in sparring or partner work if they do not have their gear with them. Also please ensure you take the time to mould your mouthguards. Mouthguards are moulded by soaking in hot water then forming to the upper teeth. They can be cut back with scissors if they are too big and can be remoulded by sticking back in hot water.

Over the next month we will also be concentrating on preparing our students for grading! Children's Grading (JR Kyu and below – Children's grading syllabus) for family classes and advanced white belt classes will begin December 4th and will be held during regular scheduled class times. Grading registration and payment will be **due by November 30th**. A grading registration email will be sent out to all eligible students near the middle of November. The Children's grading syllabus as well as videos and other information is available on our members room at www.kyokushincalgary.ca to help supplement your training (please email us if you need the password again).

Parents – please study with your children, your interest in what your children is learning is imperative to them actually learning, plus you might learn something cool! Please concentrate on reviewing the Japanese names. We require our students to be able to perform all requirements to pass.

(Note* Registering for grading does not ensure passing)

Grading for Orange belts – Green Belt will run from December 9 – 11, 2023 (registration forms will be **due November 30th**). **Please ensure you can perform all requirements and meet all criteria before you apply** These again can be found in the members section under grading. Start preparing now, DO NOT WAIT! Grading times will be announced after November 30.

Grading for Green Belt with Stripe to Brown Belt with Stripe will take place at the near the end of January (28th).

On Sunday November 30th we will be holding our monthly Kata and Self-defence Class. This is geared for Yellow Belts and above (drop-in rate applies)

Finally our students of the month for November are **Hiroki N (Children), Jacob K (Youth) and Thomas K (Adult)**. These students have stood out over the past month with their dedication and hard training CONGRATULATIONS
As always thank you for your support, stay healthy and keep training hard! OSU!

Brad Gillespie
Chief Instructor

NOVEMBER 2023

October 29	Black Belt pre-test (Invite only) 9:00 – 11:00 am / Elite competition training 11:00 am – 12:45 pm Sempai Gary's place
October 31	All classes canceled for Halloween
November 1 (Wed)	Elite competition training 6:30 – 8:00 pm Sempai Gary's
November 4	Both 10:00 and 11:00 classes train at 10:00 am. 11:00 – 12:30 Officials training review (Open to yellow belt and above) Lake Bonavista
November 5	Elite competition training 10:30 am – 12:00 pm Sempai Gary's
November 8 (wed)	Elite competition training 6:30 – 8:00 pm Sempai Gary's
November 11-13	All classes canceled for Remembrance day weekend.
November 26	Kata, Self-defence Class Sempai Gary's 9-10:30 am /Elite Competition Team Training Sempai Gary's 10:40-12:10
November 28 (Tues in adult class)	Officials review (Open to Yellow belt and above – strongly encouraged for those wishing to officiate in Banff)
November 30	Children's Grading registrations due (Jr Kyu & Below) Coloured Belt Grading-registration due (Orange – Green)
UPCOMING EVENTS	
December 2	Banff Tournament
December 4-9	Children's Grading (JR Kyu and below) during class time
December 9 - 11	Adult Grading (Orange Belt – Green stripe)
December 13	Black Belt Pre-test #2 (Invite only) 6:00 – 8:00 pm, Sempai Gary's
December 16	Calgary Friendship tournament



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

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