



CALGARY Kyokushin KARATE



Dear Students and Families of Calgary Kyokushin Karate,

Happy fall! October is here and it's going to be a month full of fun and excitement!

Thanksgiving is a time for family, therefore regular classes will be taking the weekend off – both Saturday and Monday. Go for a hike, play a board game, make dinner together or even pull out those old photo albums and share stories from your past with each other. We hope you are able to take this special time of year to relax with your family.

By now many of you have been fitted and even received your new gear and we anticipate you should all be in your dogi (uniform) and have your sparring equipment within the next two weeks. Please bring your sparring equipment to every class as you will not be able to participate in much of the class without it! Remember that it is okay to wash your dogi (uniform) but please do not wash the belt. Please wash your new bags before you put anything wet in them to ensure the color does not run. Also, **please write your name on every piece of equipment.** Items are very easy to mix up in a class full of students sparring! Finally, you may want to put your own unique marking on your bag to distinguish it from others. In the past people have attached **different colored shoe laces** or put their own unique tag on their bag.

Our Elite competition team has been at it for the month of September and in the next week those eligible will be contacted for our JR Elite competition team. Training time for the JR elite team will be on Tuesday evenings from 7:30-8:30 at the McKenzie Lake community center and will be geared for students from the ages between 8 -12 (some exceptions may apply). Stay tuned for details as this team will concentrate on tournament competition, and as with our Elite team will also concentrate on building camaraderie amongst its members.

On Saturday October 14 the Yellow Belt and above class will train at 10:00 am with the intermediate class. Then at 11:00 we will run an official's training review from 11:00 to 12:30. This will happen at the Lake Bonavista community center. Don't forget your whistles and please wear your uniforms if you have them.

On Sunday October 22nd we will be holding our monthly Kata and Self-defence Class. This is for Yellow Belts and above (drop-in rate applies)

Classes will be canceled Halloween night October 31.

Finally, our students of the month for September are **Kaya P (Children), Rowan M (Youth) and Kim F (Adult)**. These students have stood out over the past month with their hard training. CONGRATULATIONS!

We hope you've been enjoying your year so far and would like to thank all of you for your continued support and hard training. Keep up the good work!

Yours truly,

Brad Gillespie,
Chief Instructor



OCTOBER 2023

October 1	Elite Competition team training 10:30 – 12:00 Sempai Gary's place
October 7 - 9	Classes Cancelled (Thanksgiving)
October 8	9:00 IKOKC Online training (Open to Green Stripe and above at Sempai Gary's place) – Please contact us if you wish to register (as per IKOKC Subject to change)
October 11 (Wed)	Elite Competition team training Sempai Gary's 6:30–8:00
October 14	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
October 17	JR Elite competition team training begins 7:30 - 8:30 Mckenzie Lake community centre
October 18 (Wed)	Elite Competition team training 6:30 – 8:00 pm Sempai Gary's place
October 22	Kata Self-defence Class Sempai Gary's 9-10:30 am/Elite Competition team training 10:30 – 12:00 Sempai Gary's place
October 29	Black Belt pre-test (Invite only) 9:00 am – 11:00 am / Elite Competition team training 11:00 – 12:30
October 31	All classes cancelled for Halloween
UPCOMING EVENTS	
November 1	Elite Competition team training 6:30 pm – 8:00 pm Sempai Gary's place
November 4	Both 10:00 am and 11:00 am classes train at 10:00 am. 11:00 – 12:30 Officials training review (Open to yellow belt and above) Lake Bonavista

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

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