



# CALGARY Kyokushin KARATE



Dear Students and Families of Calgary Kyokushin Karate,

Welcome to the 2023/2024 training season. We've had a great summer of rest and relaxation and now it's time to get back to the dojo for another exciting and challenging year of karate, community, and friendship.

For those of you who are new to Calgary Kyokushin Karate, this newsletter will be issued every month from an automated email from Calgary Kyokushin Karate. Please be sure you do not *unsubscribe* by accident or you will not receive important details and deadlines that the Newsletter provides.

Some of this year's highlights will include our local Friendship tournament, social events, regional tournaments, training seminars and camps including our annual summer festival, the annual Calgary Cup Karate Championships and international events. There is something for everyone!

Throughout September we will begin sizing again for your new dogi (training uniform) and sparring equipment. Students are required to have a Kyokushin Karate Gi and the standardized equipment to train. It can take between three and four weeks to receive the equipment. More information will be available in class. If you are just starting, please remember a T-shirt and yoga or sweat style pants are best for your first classes until your uniform and equipment arrive. For those who require replacement gear please let us know so we can get it ordered for you.

Information will be sent out soon regarding our Elite competition team. Those invited to join will be contacted in the coming days. The Elite competition team training will begin on September 14<sup>th</sup>. This program will be run in 3 session over the season. The first session will run from September to December and is again by invite (13 years and older- some exceptions may apply)

Information regarding our JR Elite program will be sent to eligible members in the next few weeks. We will most likely be running this program on Tuesdays from 7:30 – 8:30 pm at the McKenzie Lake community center and again it will be geared for students 9 -12 years of age. Again, some exceptions may apply.

Please don't forget to access our **Members' Room** for a variety of information regarding your training on our website at [Kyokushincalgary.ca](http://Kyokushincalgary.ca) please watch your email for the password!

Don't forget, that every month we will award students of the month so train hard! Also, this year at your last class each month we are asking if you can bring your empty bottles to class. The proceeds from returning these bottles will be used to help fund different initiatives.

Welcome to all of our friends, new and old, and a great big THANK YOU for your continued support. It's going to be another great year!

Yours truly,

Brad Gillespie,  
Chief Instructor  
Calgary Kyokushin Karate



## SEPTEMBER 2023

September 6	Instructor sessions 6:30pm (Sempai Garys)
September 9	Classes resume
September 10	IKOKC Online training for green belt and above. Contact Shihan Brad if you wish to register
September 14	Elite competition training resumes – by invite / Specialty drop in class- contact Shihan Brad for eligibility
September (throughout)	Uniform and equipment sizing
September 17	Kata Self-defence Class Sempai Gary's 9-10:30 am- by invite/Elite Competition Team Training Sempai Gary's 10:30-12:00
September 23	Instructor Session – Gillespie house 1:00 pm
September 27	Elite Competition Team Training Sempai Gary's 6:30 - 8:30 pm
UPCOMING EVENTS	
October 1	Elite Competition Team Training, Sempai Gary's 10:30-12:00
October 7-9	Classes Cancelled (Thanksgiving)

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

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