



CALGARY Kyokushin KARATE



Dear Students and Families of Calgary Kyokushin Karate,

February is upon us and with it comes a busy month of CKK news and activities.

On February 4th we will have 2 members of our club competing in the US Weight Category Championships in Los Angeles. Please wish Sempai Kim F, and Sempai Tracy H the best of luck as they compete in the Kata section of this annual event. Thank you to everyone who has helped prepare them for this event!

Please note that there will be **NO CLASSES on the Family Day Long weekend (Feb 17th-19th)**

The IKOKC Winter Camp is officially scheduled for February 23-25 at Gardom Lake BC. Winter camp marks the first of many steps in the IKOKC Black Belt grading process. This year we have two individuals from our club taking on the challenge of Black Belt grading. Please wish Sempai Gary and Sempai Jason the best of luck in their grading journey.

Next, our instructors have been discussing how many times a week a student should train. Students who are white belt with a black stripe and above should consider attending at least 2 classes a week to ensure they receive the training hours required to progress at an average rate. We understand and respect that this is not possible for everyone due to different circumstances and obligations. If you wish to explore attending more than one class a week please do not hesitate to contact us.

Next, our students of the month for January are: **Children – Christopher H , Youth – Luke S, Adult – Georg D**. These students names have been brought forward by their instructors as having worked extra hard work over the past month. Congratulations!

The **2024 Calgary Cup Karate Championships** will be held on March 16th at the Joane Cardinal-Schubert High School in Seton. This is our premier event of the year. **PLEASE MARK YOUR CALENDARS NOW!** Our event website is up at Kyokushincalgary.ca (just click the tournament poster) and you will get an idea of the truly special event this is. ****Best tournament – and even better Party (FAMILY GALA)**** In the coming weeks you will receive hard copy handouts regarding the event. We will be depending on many of our parents to volunteer as staff members to make this event a success. This is the largest Kyokushin Karate event in North America. We hope you will save the date as this event always impresses and we are positive it will be one of the experiences you and your child will cherish forever. Registration is already open, and **anyone who registers for 3 events will receive a free Gala ticket to the best party in town. Stay tuned!!!**

With our tournament coming up we will transition a large part of our training time to prepare for the event. You will see more sparring (Non contact and knockdown) as well as Kata training.

As always, I want to thank you all sincerely for your continued support of our club.

OSU!

Brad Gillespie
Chief Instructor, Calgary Kyokushin Karate

February 2024	
February 4	Elite Competition Team Sempai Gary's 10:30 – 12:00
February 4	US Weight Category Championships (Los Angeles)
February 10	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) Bring your whistles
February 11	Kata, Self-defence Class Sempai Gary's 9-10:30 am / Elite Competition Team Sempai Gary's 10:30 – 12:00
February 17-19	Family Day Long Weekend (All Classes Cancelled)
February 23	SR fight class canceled – Can attend Elite training on Feb 22 at 8:30 pm at Lake Bonavista to make up class
February 23-25	IKOKC Winter Camp (Gardom Lake, BC)
Upcoming Events	
Mar 2	Advanced class trains at 10:00 am -11:00 am, Officials Training for Green Belt and above – 11:05 am-12:30 pm
March 16	2024 Calgary Cup Karate Championships!!! FAMILY GALA!!!



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

