



CALGARY Kyokushin KARATE



Dear Students and Families of Calgary Kyokushin Karate,

HAPPY ALMOST NEW YEAR! First, we would like to send out an enormous THANK YOU to all our Karate family who have stepped up this past year. Your unfaltering dedication to our club is what makes our group so successful. Whether as an instructor, volunteer, a student or simply a parent who drives your child to class, all these actions are critical to our success. THANK YOU EVERYONE (present and even past members who have contributed in 2023)! What a community!! We look forward to 2024 our clubs 30th Year!

With that we hope you have an exceptional holiday time with your families. At CKK we will be 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 2024, we will be hosting our annual Calgary Kagami Biraki training on Saturday January 6th. "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 at no cost. 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. **PLEASE ALSO BRING YOUR EMPTY BOTTLES**

Next, we would like to remind parents that they are welcome and encouraged to come and observe their children during their class. As a reminder

- NO CELL PHONES or gaming devices are permitted to be out or on during the class, this includes taking pictures or videoing in class. Also many members do not wish to have their images captured and posted on social media for a variety of reasons, please respect this request
- Individuals must remain seated during the class (no children running around)
- 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.

On the same day as our Kagami Biraki there will also be [a tournament in Edmonton on January 6th](#). The Edmonton Cup. If wish to attend please contact Shihan Brad for Information and registration details. There are categories for Non-contact, Knockdown and Kata.

From January 8 - 13 we ask that you bring your empty bottle to class if you were not able to attend the Kagami Biraki. The funds raised through this event will be used to help pay for our members traveling to Tournaments. 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. We will also be running our new 18 and over fight series (Invite only). Running on Friday evenings. (Starting on Friday January 12 at 6:30pm - 8:00 pm at Sempai Gary's)

Our students of the Month for December are – **Children – Klara P, Youth – Jessica M, Adult – Leo J.** **Congratulations.** These students have stood out over the past month with their dedication and hard training **CONGRATULATIONS**

On March 16th we will be hosting our annual Calgary Cup Karate Championships (the pinnacle of our training year) Stay tuned for information on this amazing day. Please mark the date on your calendars. You **DO NOT** want to miss this event. In the next while we will be looking for volunteers to help with this amazing event!

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 once again take this time to truly thank each and every one of you for your continued support of our club. Your dedication and spirit continue to fuel us. 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 2024	
January 5	IKOKC Officials clinic (Edmonton) – Contact Shihan Brad if you wish to attend. (18 years + , Green belt and above only)
January 6	10:00 am – 11:00 am - Calgary 2024 "Kagami Biraki" - NEW YEAR TRAINING (All students encouraged to attend – Deer run community center) - Bring your empty bottles Please!!!
January 6	Edmonton Cup – Please contact Shihan Brad for registration details.
January 7	9:00 am IKOKC Kagami Biraki – Online training (Contact Shihan Brad for details – Reg deadline is January 2 to register)
January 8	General classes resume
January 8 - 13	Bring your empty bottles to class week!
January 9	JR Elite training resumes
January 11	Elite training resumes
January 12	Senior Fight class begins 6:30 pm Sempai Gary's (Invite only)
January 21	Elite competition team training 10:30 Sempai Gary's
January 26	Green Belt with Stripe- Brown Belt with Stripe Grading (Invite only) Sempai Gary's 5:30 pm – 7:30 pm. Adult fight class time changed to 7:30 – 9:00 pm
January 28	Brown and Black Belt training day (9:00 – 10:30. 12:00 – 1:30. 3:00 – 4:30) Sempai Gary's (more information to follow)
UPCOMING EVENTS	
February 4	US Weight Category Championships (Los Angeles California)
March 16	2024 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.