



# CALGARY Kyokushin KARATE



Dear Students and Families of Calgary Kyokushin Karate,

It's March!!! We are looking forward to a busy month as we ramp up our training for the spring.

Please remember that on March 2<sup>nd</sup>, at the Lake Bonavista Community Centre, the Yellow belt and above class will train with the 10:00 am class to allow for an officiating seminar that will take place from 11:05 – 12:30 pm. Yellow belts and above are invited to attend the clinic. \*As per the CKK grading syllabus attendance of 2 CKK Officiating Clinics is required for Yellow belt with a stripe (5<sup>th</sup> Kyu) and higher.

Congratulations to Sempai Kim F and Sempai Tracy H who at the end of January traveled to Los Angeles to participate in the 2024 US Weight Category Championships. They both did exceptionally well. Results like these are only because of the work of many at all levels. I look forward to our next IKO competition in Japan in April!

Next, a great big thank you to everyone who recently attended the IKOKC Winter Camp. We had a tremendous showing from Calgary. Congratulations to Sempai Gary and Sempai Jason who completed their interview, written exam and breaking portions of their Black Belt exams. We are so proud of you!

On March 9 from 11:05 am-12:30 pm we will be having a volunteer meeting in the fitness room at the Lake Bonavista community center. Here volunteers will meet their team leads and receive training. THANK YOU to everyone who has stepped up to be a part of our volunteer staff. You will also be issued your volunteer vest at this time.

As you now know on March 16<sup>th</sup> we will be hosting the 2024 CALGARY CUP KARATE CHAMPIONSHIPS at Joane Cardinal-Schubert High School in Seton. This is our premier event of the Karate season and is one of if not the largest Kyokushin event in North America. We really hope that you and your children will decide to compete and be a part of this truly memorable day. Please mark and save March 16<sup>th</sup> on your calendars! There are divisions for everyone (even beginners) All regular classes on that day are canceled. Registration deadline is quickly approaching (March 9<sup>th</sup>) so don't wait. After the event we will be also hosting our annual CALGARY CUP GALA where participants from the day (competitors, officials, volunteers and their immediate families) will get together for a wonderful evening of fun. This year our theme is FAMILY (dress up in a theme with your family and friends) ....Plus there is sushi and finger foods included.

As always, we feel it is important to know what is important to you. If you have any suggestions that you believe would make our club stronger or if you have any concerns, please feel free to email us. We can't promise your suggestions will be implemented but we can promise we will bring them to the table to discuss them.

Our students of the month for February are **Children – Thavi W, Youth – Amy B, Adult – Daniel H**. These students' names have been brought forward by their instructors as having worked extra hard work over the past month. Congratulations!

As always, THANK YOU for your continued support. We look forward to seeing you every class and just can't express how much your dedication to our club means to us.

Osu!  
Brad Gillespie

Chief Instructor, Calgary Kyokushin Karate

MARCH 2024	
March 2	Advanced class trains at 10:00 am, Officials review 11:05 am - 12:30 pm (Yellow Belt and above)
March 2	1:00 pm Calgary Cup Committee meeting – Gillespie house (lunch provided)
March 3	Kata & Self Defense Class Sempai Gary's 9:00 am-10:30 am - drop-in rate applies, Competition Team Sempai Gary's 10:30 am -12:00 pm
March 8	Last class of Session 1 Adult fight class
March 9	Advanced class trains at 10:00 am, Calgary Cup Volunteer meeting 11:05 am -12:30 pm
March 10	Elite Competition Team training Sempai Gary's 10:30 am -12:00 pm
March 12	Last class of session 2 JR Elite competition team
March 15	5:30 pm – 8:30 pm Calgary Cup competitor check in, IKOKC Officiating clinic 6:00 pm-8:30pm  Both at Courtyard by Marriott
March 16	CALGARY CUP KARATE CHAMPIONSHIPS – All regular classes cancelled CALGARY CUP GALA
March 29 – April 1	Classes canceled for Easter.
APRIL 2023	
April 6	Kata & Self Defense Class Sempai Gary's 9:00 am-10:30 am - drop-in rate applies, Competition Team Sempai Gary's 10:30 am -12:00 pm
April 13	Alberta Open (Edmonton)



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