



# 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.

Please note that there will be **NO CLASSES on the Family Day Long weekend (Feb 15<sup>th</sup>-17<sup>th</sup>)**

**The 2025 Calgary Cup Karate Championships will be held on March 15th at the Bishop O'Bryne High School in Shawnessy. This is our premier event of the year. PLEASE MARK YOUR CALENDARS NOW!** Our event website is up at [Kyokushincalgary.ca](http://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 most impressive 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!!!

The IKOKC Winter Camp is officially scheduled for February 21-23 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 Spencer and Sempai Cade the best of luck in their grading journey.

Next, after our recent grading 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 – Collins H, Youth – Hashem A, Adult – T Nakahara.** These student's names have been brought forward by their instructors as having worked extra hard work over the past month. Congratulations!

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 2025	
February 2	US Weight Category Championships (Los Angeles)
February 8	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 9	Kata, Self-defence Class Sempai Gary's 9-10:30 am / Elite Competition Team Sempai Gary's 10:30 – 12:00
February 15-17	Family Day Long Weekend (All Classes Cancelled)
February 21	Adult fight class canceled
February 21-23	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 15	2025 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.***

