



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 1st, 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 (5th Kyu) and higher.

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 Cade who completed his interview, written exam and breaking portions of his Black Belt exam. We are so proud of you!

On March 8 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 15th we will be hosting the 2025 CALGARY CUP KARATE CHAMPIONSHIPS at Bishop O'Byrne High School in Shawnessy. This is our premier event of the Karate season and is one of 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 15th on your calendars!** There are divisions for everyone (even beginners) All regular classes on that day are canceled. Registration deadline is quickly approaching (March 5th) 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 THE WILD WEST (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 – Sathi M, Youth – Marcus L, Adult – Sreeja R**. 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 2025	
March 1	Advanced class trains at 10:00 am, Officials review 11:05 am - 12:30 pm (Yellow Belt and above)
March 2	IKOKC Online training 9:00 am - contact Shihan Brad if you wish to register
March 2	Elite Competition Team training Sempai Gary's 10:30 am -12:00 pm
March 5	REGISTRATION DEADLINE FOR CALGARY CUP
March 8	Advanced class trains at 10:00 am, Calgary Cup Volunteer meeting 11:05 am -12:30 pm
March 9	Kata & Self Defense Class Sempai Gary's 9:00 am-10:30 am - drop-in rate applies, Competition Team Sempai Gary's 10:40 am -12:10 pm
March 11	Last class of session 2 JR Elite competition team
March 13	Last class session #2 Elite competition team
March 14	5:30 pm – 8:30 pm Calgary Cup competitor check in, IKOKC Officiating clinic 6:00 pm- 8:00pm Both at Courtyard by Marriott
March 15	CALGARY CUP KARATE CHAMPIONSHIPS – Bishop O'Byrne High School - All regular classes cancelled WILD WEST GALA
March 25 -28	Session #3 of JR Elite, Elite & Adult fight class begin.
APRIL 2025	
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 12	Alberta Open (Edmonton)



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