



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 February 28th, 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 Sempais Spencer, Gabe and Connor who completed their interviews, written exams and breaking portions of their Black Belt exams. We are so proud of you!

On March 7 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 14th we will be hosting the 2025 CALGARY CUP KARATE CHAMPIONSHIPS at Joanne 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 14th 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 KARATE NIGHT FEVER (dress up in a disco theme with your family and friends)Plus there is food 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 – Logan W, Youth – Jacob M, Adult – Woorham L**. 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 2026	
February 28	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 and proper officials attire
February 28	1:30 pm Calgary Cup Planning meeting. Gillespie home
March 1	IKOKC Online training 9:00 am - contact Shihan Brad if you wish to register. Elite Competition Team training Sempai Gary's 10:30 am -12:00 pm
March 5	REGISTRATION DEADLINE FOR CALGARY CUP
March 7	Both 10:00 and 11:00 classes train at 10:00 am Calgary Cup Volunteer meeting 11:05 am - 12:30 pm
March 8	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 10	Last class of session 2 JR Elite competition team
March 11	Last Class Session #2 Adult fight
March 12	Last class session #2 Elite competition team (Ends 9:30pm)
March 13	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 14	CALGARY CUP KARATE CHAMPIONSHIPS – Joanne Cardinal Schubert High School - All regular classes cancelled KARATE NIGHT FEVER GALA
March 22 -25	Session #3 of JR Elite, Elite & Adult fight class begin.
March 22	Elite Competition Team training Sempai Gary's 10:30 am -12:00 pm
APRIL 2026	
April 2-6	Classes Canceled - EASTER
April 11	Alberta Open (Edmonton)

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