



CALGARY *Kyokushin* KARATE



Dear Students and Families of Calgary Kyokushin Karate,

With spring finally here, we find ourselves already nearing the last months of the training year, reflecting on our successes throughout the season and in the midst of our second grading of the year.

In April many of our members attended the Alberta Open in Edmonton. This event continues to provide an excellent opportunity for competitors and officials to hone their skills. It was the largest Alberta Open to date.

On May 5-6 the International Friendship Tournament will be held in Tokyo, Japan. This year we have 9 competitors from our dojo competing! Please join me in wishing Tomonari N, Shogo N, Takeru N, Cade M, Rowan M, Gary S, Tracy H, Connor M and Kim F the best of luck. You are already winners for just taking on the challenge. CONGRATULATIONS.

On May 30th the 40th Canadian Championships will take place in Delta BC. If you wish to enter this event please go to your smooth comp profile and register through the smoothcomp portal.

Grading

Our Spring grading (Children Syllabus and Adult Syllabus) will commence on May 9th and will finish near the end of the month with promotions in the weeks following. **Grading registrations for childrens grading are due on May 7th** Grading for coloured belts (orange to Yellow Stripe) will take place on May 19 and 23 (Grading times TBA) Grading for (Green and above) will take place May 23rd and will be by invite only at Sempai Garys. Those who register and are eligible to grade for coloured belts will be contacted with the time and location of their grading. Childrens syllabus gradings take place in your regular scheduled classes on the 3rd, 11th, 12th and 14th.

Again, please go to the Members' Room and review the requirements under your belt level to ensure you can meet all the requirements (this includes proper low push-ups – ask your instructor if they think you should apply for grading).

Next, a big CONGRATULATIONS goes out to our May Students of the Month! These students have been recognized by their instructors for continually working hard in every class they attend. **Leonid G (Children), Rowan M (Youth), and William N (Adult)**. These student's names have been brought forward by their instructors as having worked extra hard work over the past month. Congratulations!

Classes will be canceled May 16th–18th for the May long weekend.

Pre-registration for next year will start to take place later in May. Please watch your email for further information.

Finally, I would like to send a most sincere THANK YOU to all of our instructors who continuously step up to keep Calgary Kyokushin Karate running and successful. You make us what we are. A great big OSU from me to you. Again THANK YOU!

Have a great rest of the season and keep training hard!

Brad Gillespie,
Chief Instructor
Calgary Kyokushin Karate

May 2026	
April 27 - May 7	JR Grading Registration Open
May 3	Elite Competition Team Training Sempai Gary's 10:30-12:00
May 5-6	International Friendship Tournament - Japan
May 9-16	Coloured Belt Grading Registration Open
May 9-14	Grading for Children's Grades (Childrens Grading Syllabus) (Family and JR Classes) in Class
May 10	HAPPY MOTHERS DAY! (Do something nice for your mom if you can)
May 16-18	Classes cancelled (Victoria Day Weekend)
May 19, 23	Grading for Orange Belt to Yellow Belt with Stripe (Times to be announced)
May 19	JR Elite Class Canceled
May 23	11:00 am class trains at 10:00 am
May 24	Elite Competition Team Training Sempai Gary's 10:30-12:00
May 30	Canadian Championships – Delta BC
May 31	Kata Self-defence Class Sempai Gary's 9:00 -10:30 am Elite Competition Team Training Sempai Gary's 10:30-12:00
UPCOMING EVENTS	
June 7	Elite Competition Team Training Sempai Gary's 10:30-12:00
June 19-21	IKOKC Black Belt Camp – Okanagan (contact us for details)
June 20	Last day of classes
July 31-Aug 3	IKOKC Summer Camp
August 14-16	Calgary Summer festival



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