



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 our members attended two events. First on April 13th 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. Then on April 27-28 we had 6 members from our club participate in the International Friendship Tournament in Tokyo Japan. This event had over 1500 competitors! Congratulations to Kim M, Gary S, Tracy H who participated in the Kata competition of the event and to Amy B and Emily B who not only performed Kata but also fought and performed exceptionally well. Sempai Spencer acted as coach for our team. I am so proud of all of you for representing yourselves, our club and country in both these events. On May 4 we have 2 members attend the 38th Canadian Championships. Good Luck to Sempai Kim F and Cade M. For everyone, by putting yourselves out on the mat and competing, you automatically become a winner. Overcoming the fear of performing before your peers is no small feat. CONGRATULATIONS and great job to all who attended any of these events.

Grading

Our Spring grading (Children Syllabus and Adult Syllabus) will commence on May 9th and will finish on the 14th with promotions in the weeks following. **Grading registrations are due on May 7th** (an email was sent to you all on April 28 with directions how to register) Grading for coloured belts will take place between May 11-14th. 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.

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 April Students of the Month! These students have been recognized by their instructors for continually working hard in every class they attend. **Tyler T (Children), Adrianna H (Youth), and Tracy H (Adult)**. Prizes will be awarded in class!

Classes will be canceled May 18th – 20th for the May long weekend.

On Friday May 24th from 6 - 8pm we will be having our annual Spring clean-up at Sempai Garys place. Students who have trained out at Sempai Garys are encouraged to come out as a show of appreciation for allowing us to train at his place over the year. Please bring eye protection, work gloves and also a leaf rake if you have. After we will have a bon fire and food. We hope to see you there!

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 2024	
May 4	Canadian Championships
May 5	Kata Self-defence Class Sempai Gary's 9:30-11:00 am Elite Competition Team Training Sempai Gary's 11:00-12:30
May 7	Grading Registrations due
May 9 - 14	Grading for all levels
May 11	Advanced class trains at 10:00 am to allow for Grading at 11:05
May 12	HAPPY MOTHERS DAY! (Do something nice for your mom if you can)
May 18-20	Classes cancelled (Victoria Day Weekend)
May 24	Adult Fight Class canceled 6:00 - 8:00pm Clean-up at Sempai Garys
May 26	Elite Competition Team Training & Adult fight class Sempai Gary's 10:30-12:00
May 28	Last day of JR Elite class
UPCOMING EVENTS	
June 1	Grading for Green Belts and above – by invite only (Time and Location to follow)
June 2	Kata Self-defence Class Sempai Gary's 9:00 -10:30 am Elite Competition Team Training Sempai Gary's 10:30-12:00
June 7-9	IKOKC Black Belt Camp – Okanagan (contact us for details)
June 20	Last day of classes
August 2-5	IKOKC Summer Camp
August 16-18	Calgary Summer festival



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