

SOUTH DELTA KYOKUSHIN KARATE NEWSLETTER

April, 2002

Did everyone enjoy their
SPRING BREAK?



We are back into the swing of things now. The second testing period is well on it's way. The next testing period will be in June. So you still have time to participate in tournaments, to ensure your testing.

Testing for children/students is \$15.00

Adults \$20.00 payable on test night.

May 4th is the **Canadian Championships** @ U.B.C.

All students are eligible for this tournament and are encouraged to participate.

Langley Tournament/Demo is June 1st. More information to follow.

Senior Belt Training Camp in Cranbrook, B.C. @ Rocky Mountain Dojo June 21,22, 23rd.

America's Cup in Los Angeles July 27th. See Sempai Les for information on this one.

Summer Camp will be August

2,3,4, & 5th @ Ashton Creek, B.C.

If you are planning to attend this please let Sempai Les know immediately.



Hawaii Seminar will be August 14, 15, 16 & 17th. Sempai Les, Mike & Bill will be attending. If you are planning on attending please contact us A.S.A.P!!!!

Our Web page is up and running. www.kyokushin.ca then go to Dojo's ; we are under South Delta. Lots of information here. We also have the bulletin board in the front entrance way.

School Closures

April 27th Saturday the school will be closed to Karate.

May 28th Tuesday the school will be closed to Karate.

June 20th Thursday the school will b closed to Karate.

We have Kata tapes available to borrow. Because the Kata tapes were not returned to us we have had to buy more. So,

we are taking a \$10.00 deposit. Kata tapes are for viewing only and must be returned after one week. Your \$10.00 will be returned to you when the tape is returned back on the due date. We have a wait list of students who wish to borrow these tapes. Please be courteous and return them on time.

Mouth guards are in and are \$5.00 each. This includes the case with a label.

We also have Dogi's (Uniforms) see Gwen about getting sizes etc.

Shin pads are special orders. If you want them, we will order them special for you. You can not change your mind after we have put the order in!

Do you need extra help?

- ☉ With Kata
- ☉ Fighting technique
- ☉ Stances etc.

Come out on Saturdays from 9am to 10 am

Lesson this month

What is Kohai ?

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The Junior student is required to respect their senior students, (senior belts) with the proper courtesy that they have earned. At the same time the senior belt is responsible to live up to this respect.

New students are always joining Karate and it is the responsibility of the senior belt to help these new students out.

Students that are a lower belt than yourself are called **kohai**.

Ko means behind or follower.

hai means a group.

Kohai is a student who follows you within the group (karate).

Example:

A white belt is the kohai of the orange belt. At the same time the orange belt is the kohai of the blue belt and so on.

Please continue to follow this lesson on the bulletin board in the front hall. Sempai Les, Mike or Bill will ask you more about this lesson in class. So be prepared, look at the bulletin board.

Don't be afraid to fail !

You may not remember, but you have failed many times already and learned from those failures.

Example:

☹ You fell down the first time

you tried to walk.

- ☹ The first time you feed yourself, did the food get in your mouth?
- ☹ Did you hit the ball the first time you swung the bat?
- ☹ Did you ride your bike the first time without falling off?
- ☹ Babe Ruth struck out 1330 times, but he hit 714 home runs!
- ☹ Michael Jordan was cut from his high school basketball team! Did he give up?
- ☹ When Thomas Edison invented the light bulb, he tried over 2,000 experiments before he got it to work.

DON'T WORRY ABOUT FAILURE.

WORRY ABOUT THE CHANCES YOU MISS WHEN YOU DON'T EVEN TRY!

Do you have anything that you would like to see in the newsletter. Contact Gwen @ (604) 273-1749