

SOUTH DELTA KYOKUSHIN KARATE NEWSLETTER



MARCH 2002

Spring is in the air! Karate is moving full speed ahead. With the completion of our second tournament of the season, and our first for 2002, our students are advancing and growing like the daffodils in the garden.

Newton tournament has come and gone. We had 32 students participate this year. We came home with **20 medals!**

Congratulations to everyone who participated. This is truly outstanding. All our students that were at the Tournament cheered on their fellow students and were not running wild. This was also a great motivator for the students in the ring!

Here are the final results.

70 lbs & Under:

(White & Orange Belts)-

Natasha Belonio 3rd place

Colten Burr 3rd place

Both of these fighters had four fights, in order to advance to the medal rounds.

Also participating in this

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category:

Isabelle Sweeney
Brandon Overall
Kassandra Wilson
Adrian Tanskanen
Anthony Beutel Steven
Boudreau Michael
Porcina

71 lbs. To 90 lbs.

(White & Orange Belts)-

Taylor Rachel 2nd place

Jason Lemon 3rd place

(Blue Belts & Above)-

Nicholas Karpan 3rd place

Also Participating in this Weight category:

Erica Sheenan (Only girl and she did very well).

Jackson Shannon

Bryan Rainbow

Kyle Johnstone

Liam Sweeney

Dennis Crichton

91 lbs. To 110 lbs.

(White & Orange Belts)-

Paul Boudreau 2nd place

Justin Boudreau 3rd place

Paul & Justin had to fight each other in the Medal rounds. Then it went to a 1 minute extension. Because the fight decision was too close to call. They showed

excellent **SPIRIT !**

(Blue Belts & Above)-

Michael Hare 3rd place

111 lbs. & Over:

(White & Orange Belts)-

Wade McKay 1st place

(Blue Belts & Above)-

Wade McKay 3rd place

Jordan Lerner 3rd place

Also participating:

Joel Lerner

13 to 16 years old:

(Non Contact)-

Amy Harris 3rd place

Keith Wesson 3rd place

(Female - Knockdown)-

Amy Harris 3rd place

(Male - Knockdown)-

Keith Wesson 3rd place

Keith was injured during his first fight. He continued to show great Spirit and won a medal.

Senior Division:

Gordon Tudge 2nd place

Norm Greenway 3rd place

Who said you are too old to do Karate? Way to go guys!!

The above Students will be

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able to test at the next testing period. (If you are an orange belt and above you must participate in at least one tournament per Karate season, in order to test!)

Winter Camp in a couple of weeks. It is held at the Silver Lake Forestry Center in Peachland, B.C. March 15th, 16th & 17th. Cost is \$65.00 per person. Open to all members.

April 6th, Edmonton Tournament-

Anyone interested should see Sempai Les, immediately.

May 4th, Canadian Championships @ U.B.C.

All students should be in this tournament !

June 1st, **Langley Tournament/ Demo**. This is the last tournament of the season, for children and juniors!

Summer Camp will be @Ashton Creek, B.C. August 2,3,4 & 5th.

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Hawaii Seminar will be August 14,15,16 & 17th. Les, Mike & Bill will be attending the Hawaii Seminar. If you are attending let them know immediately. Arrangements have to be made soon.

For a complete list of Tournaments and Camps, check out the web page at www.kyokushin.ca Also the bulletin board in the front entrance.

Testing:

Testing will only be done on the night that you regularly come on. It causes too many headaches to keep track of everyone!

March 12th Tuesday

March 14th Thursday

March 9th Saturday (**only students who train on this day will test on Saturday.**)

Test fees will be paid on test day, otherwise student will not test.

\$15.00 for children/students

\$20.00 for Adults.

Lesson this month is.....

...What is Kiai?

It is believed that there is a force

that flows through all things, making them move and change. This is called **ki** in Japanese (**chi** or **qi** in Chinese). The weather, for example, which is always changing, is called **tenki**, or "**heavenly ki**".

People have **ki** as well. Students who practice Martial Arts, are heard yelling, shouting as they kick or punch. They are screaming at times **kiai**.

To understand why, is to practice it yourself. As you shout **kiai** you are exhaling at the same time of your kick or punch. Which is when you are relaxed and being relaxed ensures that you perform at your best. Not from your lungs, but from your abdomen.

For more information on this check out the bulletin board. You will be asked about this in class.