

SOUTH DELTA KYOKUSHIN KARATE NEWSLETTER

May 2002

Tournament

May 4th Tournament @ UBC has come and gone! South Delta had 23 participants. This was the biggest tournament of the Karate season. It was very well attend, with clubs from California, Hawaii, Japan, and Alberta as well as clubs through out B.C.

South Delta Club did well in the medals.

Under 70lbs (Clicker):

Colten Burr 3rd

Under 70lbs. (Knockdown):

Rachel Louis 3rd

Female 13 & 14 yrs. (Knockdown):

Rachelle Guzman 3rd

Female 15 & 16 yrs. (Knockdown):

Victoria Gossett 2nd

Christine Hansen 3rd

Senior Womens (Knockdown):

Cynthia Mey 2nd

Senior Men's (Knockdown):

Kelly Hart 2nd

Congratulations to all our

South Delta fighters. You did very well and your participations are very much recognized.

This tournament was one of the largest that Canadian Kyokushin Karate has put on. The competition was very hard.

A very special mention goes to **Natasha Belonio**. Natasha lost her first fight, but won her next six. She lost her seventh fight and was knock out of the semi finals. This was a lot of fights but she did not give up. Natasha continued in the next division up and fought two more fights. Nine in all! Natasha had excellent technique and lots of endurance to continue fighting. Congratulations Natasha on showing tremendous Spirit and courage and not giving up!

Also thank you to the Crichton Family. Every tournament this family shows up at the beginning and stays to the end. Your support for our Club and our fighters is amazing thank you very much.



June 18th @ 6:00 pm.

There is a sign up sheet at the front desk along with what food you would like to bring to share with everyone. This is a good time with demonstrations and a little work out and then the food.

Fall Registration

As in the past, we will be taking deposits for September 2002. We are also starting a wait list again this year. We need to know who is returning and will only hold your spot in the club when your deposit is paid. (Payable @ the wrap party or before). Call Gwen for more information on this. (604) 273-1749.

You can give your post-dated cheques at this time too!

Last testing

It is not that I have confidence, but I believe if I fail, so what? Now I have the chance to try again. (**Maya Angelou**)

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Pre testing will begin May 21st. The testing period will finish the first week of June. You can only test twice in one karate year. We offer three testing periods, but you can only test twice. Plus you must have been in one tournament per year to advance.

Test fees are as follows:

Children \$15.00

Adults \$20.00

Payable at the time of testing.

Other important information:

- ☉ Langley Tournament/Demo June 1st.
- ☉ LA Cup in Los Angeles on July 27th
- ☉ Summer Camp @ Ashton Creek, B.C. August 2,3,4, & 5th
- ☉ Hawaii Seminar in Honolulu August 14,15,16 & 17th

Our Web Page

Check out our web page at www.kyokushin.ca go to **Dojo's** and click on **South Delta**. We have newsletters, pictures etc.

Lesson this month is :

What is Kihon?

Kihon, which means "basic", is made up of two characters. **Ki** means "foundation" or "root". **Hon** means, "base" or "at the foot of." The Japanese traditionally, believe that, by thoroughly mastering the basics, a student develops the skills and knowledge necessary to move on to more sophisticated and creative levels of a discipline/ teaching/lessons.

Martial Art such as karate also stresses the importance of basics.

Kihon, basics in karate also work from the ground up. The foundation of all karate techniques lies in the way in which one stands. Karate stances are designed to teach students to use the lower torso in both training and in fighting. The difficult stances will strengthen the legs, hips, and by mastering them you can generate

more power in your kicks and punches.

There is more information on Kihon on the bulletin board in the front hall. You will be asked questions on all the lessons given since January.

School Closures

May 28th ~ Tuesday School is closed to Karate.

June 18th ~ Tuesday last day of Karate (Wrap Up Party)

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