

South Delta Kyokushin Karate Newsletter

September 2002

Welcome to our **New** and returning Students. Hope everyone enjoyed their summer ! The Karate year ahead looks very exciting.

We have **two** of our World Class tournaments this fall. Starting with the

International Weight Tournament, on September 28th, which will be held at BCIT in Burnaby. {See Sempai Les for tickets} You will not want to miss the best of the best in full contact fighting.



On December 7th the **Vancouver Cup Tournament** which will be held in Vancouver @ Killarney School.

More tournaments will be posted at a later date.

Dogi's

We have a full section of sizes. They range in price from \$60.00 ~ \$100.00

depends on the size. We only sell new ones. Second hand dogis will be posted by the parents on the bulletin board.

Equipment

Everyone is expected to have a mouth guard. We sell them at \$5.00 each including the case. Other equipment like shin pads etc. , are by special order. You must pay in advance. See Sempai Les for more details.

Dojo

There will be no outside shoes worn in the dojo. Everyone is to take off their shoes. This includes parents and visitors. Small stones and gravel are brought in and students can really injure themselves when training in bare feet.

Dues

Post date cheques are due now. Dated for October 1st to June 1st. As September dues are a different amount. September dues should have been paid for September 1st.

Make sure you have your post dated cheques in.

Video's

We have videos for students to use. A \$10.00 deposit is required to borrow the video.

Your \$10.00 will be returned to you, when the video is returned. If the video is not returned on it's due date. You will be billed \$39.95.

Bulletin Board

Please check the bulletin board as we will have a lesson posted on it each month as well as in the newsletters and other information current to the karate club.

Hawaii Seminar

Sempai Les, Sempai Mike & Sempai Bill attended the last Hawaii Seminar in August. Shihan Bobby Lowe has been in Kyokushin Karate for over 50 years, and is now retiring. Over 150 students from Canada and the U.S. attended the last seminar and training camp. Fun and sun was the plan and everyone came away from the camp with more knowledge and better techniques and a nice brown tan !



Lesson of the

Commit yourself to constant self ~ improvement. ~ " Life's Little Instruction Book" ~ H. Jackson

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Month.

What is Sensei ?

When studying Karate, the most important person you will come to know is your SENSEI.

Sen ~ which means ahead or precede.

Sei ~ which means life

Together means one who is ahead of you in life ~ your teacher or your elder.

And most important. They deserve respect !

In Japan, teachers are role models for their students in all aspect of life. Even teachers who teach Math & Socials are to have exemplary personal lives, so students may look up to them. This is the same for Karate.

Showing respect for your sensei is very important as they have learned much from many years of intense training and studying. They will have your best interests at heart as you pursue your karate studies. More on this will be posted on the bulletin board.

Check us out on the web !
www.kyokushin.ca then go to

dojos. Next click on South Delta. There is pictures, newsletters, history, etc.

Look for the gallery pictures, you might be in them.

School Closures

Karate will **not** be held on the following days. Please make a note on your calendar as we will be **closed** on these dates:

October 19th

November 9th

November 26th

December 19th ~31st Xmas

January 1~4th Xmas

March 15th~22nd Spring Break

April 19th

April 26th

May 17th

May 27th

June 19th

Wrap Up Party will be held on the Tuesday **June 17th** this is our last day !

We start up on September 5th 2003 .

These are the dates we have at this point with the school. We will try and let you know if any other dates come up.

You can always come on the alternate days to make up a class. Just let Sempai Les

know when you are coming on a different day. Gwen can also be notified. {604} 273-1749

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