



# DESA NEWSLETTER

## Legal-Cardiff

March 2010

### IMPORTANT DATES

March 6	Leader I & II workshop from 1-2 pm at dojo
March 9	Assistant and Instructor meeting at dojo from 9-9:30 pm
Mar 17-18	Kyu Test Days – all classes cancelled
April 17	Dojo Group photo and Individual pictures
Apr 2-5	Dojo closed for Easter long weekend
April 6/9	Legal and Cardiff spring session starts
April 26-May 2	Spirit of the North
April 30	Black Belt Test
May 12-13	Kyu Test Days – all classes cancelled

### SPRING SESSION

The last class for the winter session in Legal and Cardiff is on March 23 & 26 respectively. There will be classes during spring break at the main dojo in St. Albert, so if you have any classes to make up, you are welcome to do so that week. The schedule can be found on our website. Listed below are the dates, times and prices for the spring session. A registration form is on the back of this newsletter. We may make a few time adjustments after the first class in April depending on the number of registrations in each level. **Please try to register on or before the last class of this session** so that we know how many students will be returning. Cheques can be postdated to April if you like. New students are also welcome to start in April, so tell your friends and family!

Legal	Cardiff Hall
<b>Tuesdays, April 6-June 1</b> (no class April 27) White/yellow belts 5:00-5:45 pm	<b>Fridays, April 9-June 4</b> (no class April 30) White/yellow belts all ages 5:00-5:45 pm
Blue belts 5:45-6:30 pm	Blue belt teen/adults blue to green belt children 5:45-6:30 pm
Red to brown belts 5:45-6:45 pm	Red belt & above teen/adults, brown belt children 6:30-7:30 pm
Kickstart (4-5 yrs) <b>April 13-May 25</b> (no class April 27) 4:20-4:50 pm	Kickstart (4-5 yrs) <b>April 16-May 28</b> (no class April 30) 4:15-4:45 pm
<b>Centralta Community Center</b> 5111-46 Street	<b>Cardiff Hall</b>

## **MAKEUP CLASSES AND EXTRA CLASSES**

Just want to make sure that you all know that if you miss a class due to illness, vacation, school events, etc, you can make them up. Makeups can be done in Legal, Cardiff or the main dojo in St. Albert. You must, however, do these makeups within the same session. So keep that in mind with this session ending soon. You will have until April 1 to make them up. The current schedule for all three locations is always on the website or you can call the dojo at 458-6931 or email me at [desakarate@shaw.ca](mailto:desakarate@shaw.ca). Remember that if you want to do extra classes, you can purchase a pass card as well.

## **SPARRING GEAR AND CLASSES**

A reminder to all students yellow belt and above to bring their sparring gear to each class. If you don't have gear, let Sensei Janet know as you can purchase it from us. Groin protection for boys, a mouthguard and gloves are the required equipment. We also have helmets for purchase if you prefer to have your own rather than sharing with other students.

## **NOISE LEVEL IN DOJO DURING CLASS**

Thanks to everyone who has been cooperating to ensure that the noise level from spectators is kept to a minimum. It has really helped a lot!

## **CONGRATULATIONS!**

Congratulations to all my students who took part in the kata tournament on February 27 at the dojo. I was very proud of each and every one of you for having the courage to get up there and show your karate. I hope you all had fun whether you went home with a medal or not! I am also looking for some good action photos from the event, so if you got a great shot or a cute shot, please forward it to me for our website! [desakarate@shaw.ca](mailto:desakarate@shaw.ca)

## **PICTURE DAY**

Every year we give you the opportunity to have individual karate photos taken as well as participate in the big group photo that is hung up in the dojo and appears on the website. Picture day this year is on Saturday, April 17 in the afternoon. Exact times will be given to you before the end of this session. We usually start with individual shots of several belt levels, stop for the group shot so those people who have taken their individual shots can go home, and then continue with the rest of the individual shots. So you can kind of plan for at least an hour to hour and a half starting around the 12:30 mark. Once again we are trying to make this the biggest group shot taken yet, so I hope you can all be there to represent our Cardiff and Legal dojos!

## **PARKING AT THE ST. ALBERT DOJO**

When you are visiting the main dojo in St. Albert for extra classes, tests or other special events, please be aware of where you are allowed to park. You are not allowed to park in the lot of the business to our west. If you do, you risk being towed. You can park in our lot in front of the dojo, our lot to the east – beside the dojo, the three parallel spots beside the dojo on the west or on the street.

## **JEWELRY/ HAIR**

Just a reminder to all students that no jewelry of any kind can be worn during class. If you have a specific concern, please feel free to talk with Sensei Janet. Any students male or female who have long hair must have it tied back during class.

