



# DESA NEWSLETTER

## Legal-Cardiff

May 2012

### IMPORTANT DATES

May 19-21	St. Albert dojo closed for Victoria Day weekend
May 22/25	Last day of classes in Legal/Camilla/Cardiff
May 26	Kobudo (weapons) test 12:30 pm
May 29-30	Kyu Tests at St. Albert dojo – no evening classes
June 27-28	Kyu Tests at St. Albert dojo – no evening classes
June 29-July 2	St. Albert dojo closed for Canada Day weekend
July 3	Summer schedule starts at St. Albert dojo
September 11-14	Fall classes start at Legal/Cardiff Camilla start date TBA

### SPIRIT OF THE NORTH

Thank you to everyone who helped to make Spirit of the North a huge success. Whether you volunteered an hour or 50 hours, your time was very much appreciated. Shinjo Sensei was very impressed with both the spirit and quality of our karate. He enjoyed watching everyone work together as a team and grateful Canada was his son's first trip abroad.

### MAY 18 CARDIFF SCHEDULE CHANGE

With the long weekend happening we usually have small classes, so I am going to combine the Cardiff classes as follows for this day only:

White – purple belt children, white-blue belt adults 5:00-5:45 pm

Green belt & above children, purple belt & above teen/adults 5:45-6:45 pm

### SUMMER TRAINING

I know that many of you like to take a break from June-August, but if you are interested in continuing for the month of June (as some of you are close to testing for your next level) then there are options to do that or to train for the whole summer. As we train in Cardiff and Legal from September to June only, I always encourage my students to consider training at the St Albert dojo through the summer months so that they can continue to progress and/or at least maintain their level. When students are away from training for a three month block, it does take some time upon their return to get them back to where they were at before they left for the summer. If you would like to train during the summer we have a special rate for our Cardiff/Legal students. You have a few choices:

1. You can buy a 10 class pass card which is \$145.00. It has no expiry date, so even if you don't use it all during the summer months, you can still use the balance anytime after. There is an option for a 5 class pass as well for \$80
2. Buy unlimited training from May 28-September 5 for \$190 per person to a maximum of \$440 per family. This offer is only available to our Cardiff/Legal/Camilla students whose dojos close for these months.

The summer schedule will be on our website by May 20 at [desakarate.com](http://desakarate.com) or ask Sensei Janet for a copy at your last class.

### JACKETS

Sensei deSa has chosen a brand new jacket style for the dojo which you may have seen at Spirit of the North. If you are interested in purchasing a school jacket, please let Sensei Janet know and she will bring samples out to your class. Costs range from \$111-\$116. There are also hoodies which range in price from \$75-\$78.

We have some sizes in stock and another order will go in at the end of May.

## MAKE UP CLASSES

Just a reminder to our students who can only train once a week that if you miss your regular class due to illness, school functions or other reasons, you can make it up at any time by attending one of our other locations. If you don't get these classes made up by May 25, you will have until June 28 to do so at the St. Albert dojo. A complete schedule is on our website, or contact Sensei Janet and she can let you know which classes you can attend.

## SUMMER CAMPS

The summer camp flyer will be available at your last class or you can view it on our website

## UNDERWEAR AFFAIR

Sensei Janet is a part of a group of 16 Desa School of Karate Black Belt women who are participating in this year's Underwear Affair. It is a 10 km walk/run to raise awareness for cancers below the belt. Our team name is "Below the Black Belts!" If you would like to sponsor her, please google the Underwear Affair website. On the bottom right corner you will see the team name – Below the Black Belts. Click on that, and then look to the left and click on my name and then you can sponsor online. Please do not feel an obligation to donate, but if you want to, you can do it online or just bring in a small cash donation and Sensei Janet will take it to the event. Thanks to Sensei deSa for sponsoring our Underwear!

## SPARRING EQUIPMENT

Students in our **teen/adult program** who are green belt and above who will be sparring on a test, it is important that you have your own equipment including helmet. We had several students with no helmet at the tournament, and this needs to be rectified if you are sparring in tournaments, tests or in Friday night sparring classes. **White belts** who are planning to return to karate in the fall or are planning to continue their training at the St. Albert dojo during June-August should plan to purchase their sparring gear at that time. We do carry all equipment required which includes a helmet, groin protection, gloves, mouthguard and case and it all now comes in a Desa School of Karate sports bag.

## UPCOMING SPARRING DATES

If any students from the Sturgeon programs would like to get a bit of extra sparring practice in, here are the dates when it will be happening in the St. Albert dojo.

Children's program during regular class time: May 14,15 Teen/Adult program: May 18, June 1 at 8:15 pm

**Note:** Jr. Black Belts teens that train on Thursdays at the St. Albert dojo at 5:00 are reminded to have their sparring equipment at each class.

## JEWELRY & HAIR TIED BACK

Just a reminder that students cannot wear jewelry of any kind on the dojo floor when training. **This includes wedding bands.** Medic alert bracelets are allowed. If you have special circumstances, and have not already discussed it with us, please do so. Anyone with longer hair must have it tied back.

## PUT YOUR NAME ON YOUR THINGS!

Just a suggestion that you may want to put your child's name on their gi, sparring equipment and sports bag. This way when things are left behind, we know whose they are.