



NEWSLETTER

CARDIFF LEGAL

FEBRUARY 2019

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IMPORTANT DATES

- Feb 16-19 Dojo closed for Family Day weekend
- Feb 26 Leadership training in 7:45 class – regular classes that day
- Feb 28 Makeup class date for March 1 cancellation due to tournament
- Feb 28 Officials Training for kata 7:30-9
- Mar 1 Dojo Kata Tournament
- Mar 13 Kyu Karate Test
- Mar 15 Black Belt Evaluation by invitation
- Apr 3 Picture Day – corrected date
- April 13 Black Belt Test
- May 6-11 Spirit of the North 2019

KATA TOURNAMENT – MARCH 1

Information sheets and registration form will be handed out in class by mid February as well as emailed to all of you. Registration deadline is Feb 26. Both Sensei deSa and I highly encourage all students to take advantage of this opportunity to demonstrate your kata! We will be using the point system rather than flags, so your kata will be judged on its merit and not against just one other person as in previous tournaments. We encourage all our officials to get reacquainted with this system. Info will be coming to all Black Belts via email and we will be practicing in some classes. Note the Feb 28 officials training as well in the 8:00 class. In addition, I have Sempai Pat Karl coming out to one of the Cardiff classes on Feb 22 to go over some of the points on judging and doing kata in this system, so any purple belt and above Legal students who don't usually train in Cardiff are welcome to come to the Friday, Feb 22 class as well at 6:00.

PARKING IN FRONT OF NEIGHBOR'S BUSINESS AT ST. ALBERT DOJO

Just a reminder that we are **not allowed to park** in front of the big white overhead doors of the business beside us AT ANY TIME night or day. Twice in January their trucks were not able to get out in the evening when they had an urgent call. Please be respectful of this and find alternate parking.

SPARRING TRAINING

Please check the calendar for sparring dates this month in Cardiff/Legal or at the St. Albert dojo. **I highly recommend for my students brown belt and above** to attend a couple of the St. Albert Friday night sparring classes that start at 7:30 pm. If you do want to run in to St. Albert for this after our class in Cardiff, I will dismiss you at 7 so that you can get there on time. All students who are under 35 years are expected to **have their own sparring gear once you have finished your first session in Sturgeon and are committed to further training.**

JARS

If anyone has large protein powder jars or large salad dressing/sauce plastic jars could you donate them to the dojo so that we can make more sets of weighted training jars. The only ones that are a problem are ones with large lids as only bigger guys can get hands around those. If anyone has a lead on a restaurant owner or food services at a school that may use larger salad dressing/sauce type jars that are this size and can ask them to save them, that would be awesome. Protein powder jars often work also. Let Sensei Janet know if you can help in that way, otherwise just bring in individual jars as you can.

WHILE YOUR KIDS ARE TRAINING

Just a reminder that in order for students to get the most of their training, they need to be able to hear us! Please try to keep the sounds of visiting to a minimum, especially at Cardiff where we have multiple things happening all over the hall! We also ask that at Cardiff, if you can restack the chairs in groups of 5, that saves me having to do it at end of class. Thanks!

SWEAT CLASS IS BACK!

Check the calendar for the dates this month! Don't forget to wear workout clothes and bring water and a towel

MAKE UP CLASSES AND EXTRA TRAINING

If you miss any classes this winter session, know that you can make it up in any of the Desa programs – Legal, Cardiff or St. Albert. You have until April 1 to make up any missed classes from this winter session. If you missed classes due to a serious illness or family emergency, let me know and I can make allowances.

Those of you who are of a higher level or just want to train more than once a week, should consider a pass card for at the St. Albert dojo or it can also be used at the Cardiff/Legal program.

1. You can purchase a 5 class passcard for \$85
2. You can purchase a 10 class passcard for \$160.00. **Passcards can be shared by family members and don't expire**
3. You can purchase a 15 class passcard for \$230.00

Visit the website at www.desakarate.com and click on class schedule to find out your class times. Please keep in mind that if you are 12 years of age or older you should be looking at attending the teen/adult classes and in some cases I would recommend mature/tall 11 year olds to do the same. Check in with me if not sure.

KENYUKAI KOSHUKAI JULY 2019

We have almost 30 students/family members heading to the Koshukai in Okinawa this summer including myself and Sensei deSa. Watch for more information when Sensei deSa returns from his Okinawa training trip in February. Upon his return, an email with an update will go out to everyone who has indicated they are going or thinking about going to Okinawa for this training event and tournament. In November Sensei deSa received news from Okinawa that Shinjo Sensei is encouraging everyone to book their own accommodations for the Koshukai as he has been unable to arrange packages to include accommodation. We know now that the Double Tree Hilton is the unofficial host hotel, but also know that rooms may already be booked up, so don't delay. **You can also ask to join the Okinawa Koshukai 2019 Facebook page to keep up to date.**

PUT CHILDREN'S NAME ON THEIR THINGS!

We have had a number of sparring articles and boots left behind with no names so this is just a reminder that you may want to put your child's name on their shoes, boots, jackets, gi, sparring equipment and sports bag. This way when things are left behind, we know whose they are and it is so easy to return to the rightful owner.

KARATE ALBERTA AND OTHER TOURNAMENT/TRAINING OPPORTUNITIES

On our website we have a special page for "other Training Opportunities" outside the dojo that are supported by Sensei deSa. As we get information on other events we share them on this page. Please be aware of the registration deadlines – some you have to register with our office ahead of time, so don't miss out if you in fact want to take part.

BLACK BELT KENYUKAI PINS

Any Black Belts who do not yet have a Kenyukai pin to wear at Kenyukai events can still purchase them from the office. There are silver ones for Yondan and below for \$15 and gold ones for Godan and above for \$30. All Black Belts are encouraged to purchase a pin and wear them with pride – especially if you will be in Okinawa in July 2019!

HISTORY INFORMATION

If you are wanting to know more about our style or the history of our style, you can visit our website at www.desakarate.com. It is easy to print off the page now with the current format. Go to "About our School" then "About our Style".

BIRTHDAY PARTIES

If you are interested in having your child's birthday party at the dojo we would be happy to help! Cost is \$175 plus GST for two hours in the dojo. This includes a 50 minute class, a gift for the birthday child and coupons for the guests. You can bring in your own food and use the remainder of the time for snacks, gift opening, and playtime supervised by parents. Parties are done on Saturday afternoons, but Sunday is an option as well. During the summer we can also look at some weekday options!

JEWELRY AND 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. Parents – if you can ensure that all students have long hair tied back for every class.

INSTRUCTIONAL VIDEOS ON OUR WEBSITE

For those of you who may have been away for a period of time or those just wishing to do extra training at home, but need a little help, Sensei has made several videos where you can follow along with him to practice your material. They can be found on our website at www.desakarate.com, go to the home page and click on videos. If you need help choosing the right video or package, please feel free to ask!