



# NEWSLETTER

ST. ALBERT DOJO

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 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. Sensei highly encourages 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.

## PARKING IN FRONT OF NEIGHBOR'S BUSINESS

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.

## 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.

## JARS

We are hoping to make another dozen sets of jars so that we have enough for an entire class. If you can help by bringing in any empty jars the size we have right now, that would be great. 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 the office know if you can help in that way, otherwise just bring in individual jars as you can.

## KENYUKAI KOSHUKAI JULY 2019

Watch for more information when Sensei 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. He is warning that it is high season for travel to Okinawa, so to book as early as possible. **You can also ask to join the Okinawa Koshukai 2019 Facebook page to keep up to date on what is happening.**

## SPARRING TRAINING

Please check the calendar for sparring dates this month in the children and teen programs. Of course you won't want to miss the Friday night 7:30 sparring class which takes place every week for children green belt and above and all levels of teen/adults. All students who are under 35 years are expected to have their own sparring gear once you have finished your intro month and are committed to further training.

## LIMITED TRAINING STUDENTS

Students who are on the limited training option who want to know how many classes they have done so far in their tuition year, are encouraged to ask at the office or send an email request. It is good information to know so that you can do any makeup classes prior to your year end.

## **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](http://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](http://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!

## **PARKING**

As we have many new students coming in this month, this is just a reminder that there is no parking allowed during the day at the business next door to the west. You can park there after 6:00 but never in front of the white overhead doors. They will tow if you park there at the wrong times. Also, there is no parking in the Jensen Roofing parking lot.