



NEWSLETTER

FALL 2022

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DATES TO REMEMBER

- Nov 5 Black Belt Test
- Nov 11-12 St. Albert and Cardiff Dojos closed for Remembrance Day
- Nov 26 Karate Challenge at the dojo
- Dec 6 Last Camilla/Legal day
- Dec 9 Last Cardiff day for fall session
- Dec 15 Kyu Testing tentative date – no evening classes in St. Albert
- Dec 22-Jan 6 St. Albert Dojo closed for Christmas break

SCHEDULE REMINDERS/CHANGES

Camilla – Originally we were not going to run a class on Nov 8 as no school, but it worked fine for the early October date so **I am going to run the class on Nov 8** and then finish with last class on Dec 6 so it is in line with Legal finishing on same day.
Cardiff – Reminder no class on Nov 11, but I hate seeing a group go two weeks without a class so if you **want to do a class that week** in Legal or St. Albert you will be allowed to do so without using a passcard.

MAKEUP CLASSES

Just a reminder that if you miss one of your classes you can make it up anytime before we restart again in January. Options are Cardiff, Legal or St. Albert for makeups. Students purple and below train at 5:00 in Cardiff and Legal. Students green to Black train at 6:00 in Cardiff. For St. Albert dojo times please check the website at www.desakarate.com

PICTURE DAY

Reminder that this Sunday is picture day. We still have openings between 11:30-2:00 if you want to come in and get your photo taken for the big wall group photo and if you want to do some individual poses for a photo package to take home. They also have a wide variety of other items that you can purchase that can make great Christmas gifts. If you haven't reserved a time yet, please email me and I can sign you up. The individual photo for wall is free of course, but any packages you may purchase do have a cost. You can go to MVP Sports photos to get an idea of costs and things you can order.

KARATE ALBERTA MEMBERSHIP

Every November we collect Karate Alberta membership fees which are good for the following year. If you know that you will be training in 2023, please bring your \$35 (yes it went down!) to your next class OR you can e-transfer it to desakarate@shaw.ca. Note that new students in the last year will also need to fill out the application form this first time. I have copies of these with me when I come to your class so ask me before class so you can fill it out while you are watching! We would appreciate having this taken care of in November please. If you aren't sure yet about the new year then don't pay. Wait and see and we can add you in in January.

KARATE CHALLENGE

This annual fundraiser for Spirit of the North 2023 and local charities takes place on Saturday, November 26 at the St. Albert dojo. All students have received a package that tells you all about it. If any of my students are going to participate please email me to confirm so that I make sure I have a board for them to break. Board breaks will happen at the event on the 26th. This is an optional fun event. No pressure to participate, but if you know that you will be training next year and want to help fundraise for Spirit and for charity, then please take part! I would like to know by Nov 18 as I order boards on the 19th. We are also looking for prize donations if you can help! A donation request letter was in the package.

PD DAY CAMPS

We are once again offering PD Day camps at the dojo with a variety of themes. Please go to our website to find out about them (www.desakarate.com) We start next week with the fall break one that is happening in many schools.

KYU TESTING

Our next kyu test will take place on Thursday, December 15. Students from the programs in Sturgeon who are getting close to being ready may be asked to consider coming to a few extra classes to help prepare them, especially for higher levels. You can use your makeups first and if you don't have any then you can purchase a passcard.

GROCERY GIFT CARD FUNDRAISER

Don't want to inundate you with fundraisers but we have started this one as a way for students to start making money towards their own registration fees for Spirit of the North 2023 as well as help subsidize the event. We have gift cards at the dojo for all grocery stores in the area and can be purchased in \$25, \$50 and \$100 denominations. 3% of what you purchase goes to your own fee and the other 2-3% to the event. We will be doing this fundraiser for the next 6-7 months. Thanks to the generous support of a few of our students we were able to purchase gift cards so we have them on hand and you don't have to wait! If you want to purchase please let me know by noon of the day of your class at latest otherwise it will be too late for me to bring them out that day. They can be paid for with cash, a cheque to SPIRIT or e-transfer to spiritofthenorth@shaw.ca. If you e-transfer, be sure to put the name of the student and also what type of grocery cards you want.

SPARRING TRAINING

Just a reminder that students should bring their sparring gear to class. We won't use them every day, but want to have the option to do so at any given class. We do have some used ones that students can borrow for all our new students. Note that all male students purple belt and above should be wearing their groin protection in every class. I also recommend that students yellow and above start thinking about purchasing their gear. Great Christmas idea for grandparents!

LADIES SELF DEFENSE WORKSHOP

This practical self defense class takes place on Sunday, November 20 from 1-4 pm at the St. Albert dojo for women 13 to adult. The flyer and registration form is on our website and preregistration is required. If someone in your immediate family is a karate student with me, then you get the member rate. If you bring a group of 4 or more everyone gets the member rate. Registration deadline is Nov 17. This is a fun and informative way to spend a Sunday afternoon with family, friends or coworkers!

BOTTLE DRIVES

It has been great to see families bringing in either cash from taking bottles in or the receipts from either Campbell or Morinville Bottle Depot. We are sitting at close to \$1500 already for the Masters Fund events. As you read in your weekly emails, we have changed up the bottle drive as going door to door isn't an option for many. We have set up an account at Campbell Bottle Depot in St. Albert and Morinville Bottle Depot. When you or any family/friends take their bottles in to one of these depots, ask for the proceeds to be put on the Desa School of Karate account. They will give you a receipt to bring to the office or scan and email it to the office. 25% of your returns will go towards your own registration fees for Spirit of the North or other training events set up at the dojo when we are allowed to do so again safely. The rest goes towards the event itself.

INSTRUCTIONAL VIDEOS ON OUR WEBSITE

Instruction videos are available on our website at a small cost. They are a great supplement to your regular classes, especially for those trying to learn their kata or other new material. All material for brown belt & below is on the instructional video page on our website at www.desakarate.com Go to the home page and click on videos. If you need help choosing the right video, just ask.

HAVE YOU CHECKED OUT THE HISTORY INFORMATION ON THE WEBSITE?

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 pages! Go to "About our School" then "About our Style". Those testing for Jr. Black belt ranks and Shodan should be studying! Great opportunity to learn all the terms in Japanese as well as the history of our style!