



WARRIORS NEWSLETTER

YOBUKAN KARATE

28-FEB-18

VOLUME 2, NUMBER 4

Upcoming 2018 Dates

Mar 14 – Picture Day (All Students are invited)

Mar 21 – Gibbons Class Location Change (TBA)

April 2 – Semester 3 begins (Gibbons)

April 3 – Semester 3 begins (Bon Accord and Redwater)

April 28 - Friendship Tournament

May 4^h – 6th – Calgary Clinic

June 16 – Bogu Tournament (Calgary) Details to come

June 20 – Last Class (Gibbons)

June 21 – Last Classe (Bon Accord)

June 22 – Last Class (Redwater)

June 23 – Year End Party at Sensei's House

July – Yobukan Summer Camp (Date TBA)

July 20-22 – Canmore Summer Camp

FEBRUARY CALENDAR OF EVENTS

SUN	Mon	Tue	Wed	Thu	Fri	SAT
				1 Bon Accord 6:15	2 Redwater 6:30	3
4	5 Gibbons 6:00, 6:45, 7:45	6 Bon Accord 6:15 Redwater 7:45	7 Gibbons 6:00, 6:45, 7:45	8 Bon Accord 6:15	9 Redwater 6:30	10
11	12 Gibbons 6:00, 6:45, 7:45	13 Bon Accord 6:15 Redwater 7:45	14 Gibbons 6:00, 6:45, 7:45	15 Bon Accord 6:15	16 Redwater 6:30	17
18	19 Gibbons 6:00, 6:45, 7:45 FAMILY DAY	20 Bon Accord 6:15 Redwater 7:45	21 Gibbons 6:00, 6:45, 7:45	22 Bon Accord 6:15	23 Redwater 6:30	24
25	26 Gibbons 6:00, 6:45, 7:45	27 Bon Accord 6:15 Redwater 7:45	28 Gibbons 6:00, 6:45, 7:45			

Want to Get Involved?

Contact one of our Members

Redwater

Tracey Lewyk
780-289-2954

Gibbons

Colleen Duiker
780-722-5029

Bon Accord

Terri Creusot
780-499-3924

Family Day

Family Day is bring a family member or friend to class. It is fun for everyone. Hope to see you all there.

DID YOU KNOW

Within our association, our students earn 7 belts to become a black belt. These are White, Yellow, Orange, Green, Blue, Brown and then Black. At each belt level there are 3 stripes that must be earned as you get closer to the next belt level.

WHITE BELT TO YELLOW BELT

As an White Belt, in order to achieve your first black stripe, you must know Jodan Uke, Soto Uke, Uchi Uke, Gedan Barai, Choku Zuki, Mae Geri, Uchi Hachiji Dachi, Seisan Dachi, and Shiko Dachi. For your second black stripe you must know Kihon Dosa Ichi kata. For your third black stripe you must know Kihon Dosa Ni kata. To grade to yellow belt, you must know all of these plus Zen Shin Ko Tai kata.

We're on the Web!

www.yobukankarate.com



Follow Us On Facebook:

Yobukan Karate Club

WARRIORS NEWSLETTER – Cont'd

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Advancement Recognition For January

*Heartfelt Congratulations to our
Hardworking students!*

STAY TUNED

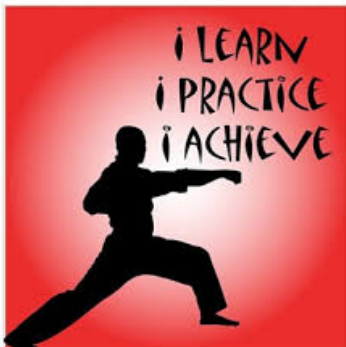
Belt Grading Results

*We are proud to announce the
results of our belt grading. Heartfelt
congratulations go out to all of our
successful students whose hard work
and dedication has paid off.*

Gary – Yellow Belt

Don't do a technique
five times and wait
for the instructor to
tell you what's next.
Do the technique **five
hundred times** and
wait for the instructor
to tell you to stop.

Karate Viewpoints



Tournament Excitement

On January 7th a team of 9 Yobukan competitors went to the Saskatoon Tournament. We came home with 17 medals, 6 Gold and 2 Silver in individual Kata, 1 Gold in team Kata, 6 Gold and 2 Silver in Kumite. WAY TO GO TEAM!!!! We are very proud of you all.

