



WARRIORS NEWSLETTER

YOBUKAN KARATE

28-FEB-18

VOLUME 2, NUMBER 5

Upcoming 2018 Dates

April 2 – Semester 3 begins (Gibbons)
April 3 – Semester 3 begins (Bon Accord and Redwater)
April 21 – Redwater Bottle Drive
April 28 - Friendship Tournament

May 4th – 6th – Calgary Clinic
May 5th – Highway Clean Up
May 12th – Bon Accord Bottle Drive

June 16 – Bogu Tournament (Calgary)
 Details to come
June 20 – Last Class (Gibbons)
June 21 – Last Class (Bon Accord)
June 22 – Last Class (Redwater)
June 23 – Year End Party at Sensei's House

July 6-8 – Yobukan Summer Camp
July 20-22 – Canmore Summer Camp

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

MARCH 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 Picture Day	15 Bon Accord 6:15	16 Redwater 6:30	17 Gibbons Bottle Drive
18	19 Gibbons 6:00, 6:45, 7:45	20 Bon Accord 6:15 Redwater 7:45	21 Gibbons 6:00, 6:45, 7:45 Gibbons School	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	29 Bon Accord 6:15	30 Redwater 6:30	31

Special Note: *Members and Parents from all three towns are encouraged to come out and support our three Bottle Drives. We hold one bottle drive in each town per year; Gibbons, Redwater and Bon Accord. It is a great opportunity to book some volunteer hours, have a fun day with your karate family and earn some !MONEY BACK! for tournament fees or other karate related expenses. Don't miss out!*

DID YOU KNOW

Within our association, our students earn 6 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.

YELLOW BELT TO ORANGE BELT

As a Yellow Belt, in order to achieve your first black stripe, you must know Kihon Kata Ichi and Tae O Waza, #1-27. For your second black stripe you must know Kihon Dosa San and Seiken no Migi Hidari. For your third black stripe you must know Shi Ho Wari. To grade to Orange Belt you must know all of these plus Shi Ho Hai.

**YOU
 ARE NOT JUST
 DOING IT FOR YOURSELF
 YOUR TRANSFORMATION
 CAN INSPIRE
 OTHERS**

We're on the Web!

www.yobukankarate.com



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 Yobukan Karate Club

WARRIORS NEWSLETTER – Cont'd

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Advancement Recognition For February

*Heartfelt Congratulations to our
Hardworking students!*

Noah – White Belt Stripe
Jayla – White Belt Stripe
Aysia – White Belt Stripe
Lily, T – White Belt Stripe
Lacey – White Belt Stripe
Renaë – White Belt Stripe
Aysia – White Belt Stripe
Maxine – White Belt Stripe
Olive – White Belt Stripe
Matthew – White Belt Stripe
Isabel – White Belt Stripe
Aven – White Belt Stripe
Wyatt – White Belt Stripe
Leo – White Belt Stripe
Stephen – White Belt Stripe
Shay – White Belt Stripe

Jacen – Yellow Belt Stripe
Cordell – Yellow Belt Stripe
Keyona – Yellow Belt Stripe
Jesse – Yellow Belt Stripe

Sempai Barry – Brown Belt Stripe
Sempai Konrad – Brown Belt Stripe

Jackson – Graduated to the 2nd Class

**When you take
your body to the
dojo, make sure
your mind is
there with it.**

Karate Viewpoints

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

BURGER OF THE MONTH

For the month of March Mainstreet Grill in Gibbons is featuring the "Burger of the Month" for YOBUKAN KARATE. It will be a Chicken Teriyaki Burger and when you buy a burger, \$1.00 of the sale will go to the club. This is a great way to support our club. We hope you will all go down and order a Yobukan Karate Chicken Burger.

Family Day Fun

On February 19th we held our annual bring a friend or family member to class. There was lots of fun that was had by all. Thank you to everyone who came out to participate.

