



WARRIORS NEWSLETTER

YOBUKAN KARATE

18-SEP-18

VOLUME 3, NUMBER 1

Upcoming 2018-2019 Dates

October 8 – No Class in Gibbons
(Thanksgiving Monday)

October 20 - Spruce Grove
Tournament

October 31 – No Class in Gibbons
(Halloween)

November 10 – 6th Annual Yobukan
Tournament in Gibbons

December 1 – Supper with Sensei
Santa Fundraiser

December 7-9 – Higashi Sensei Clinic

December 19 – Last Class in Gibbons

December 20 – Last Class in Bon
Accord

December 21 – Last Class in Redwater

June 28 & 29, 2019 – Bogu Cup in
Quebec

July 19-21, 2019 – 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

SEPTEMBER CALENDAR OF EVENTS

SUN	Mon	Tue	Wed	Thu	Fri	SAT
						1
2	3	4	5	6 Gibbons Meet the Community 5:30 – 7:30	7	8 Town Wide Garage Sale Fundraiser
9	10 GIBBONS 6:00, 6:45, 7:45 First Class	11 BON ACCORD 6:15 REDWATER 7:45 First Class	12 GIBBONS 6:00, 6:45, 7:45	13 Redwater Meet the Community 5:30-7:00 No Class in Bon Accord	14 No Class in Redwater	15
16	17 GIBBONS 6:00, 6:45, 7:45	18 BON ACCORD 6:15 REDWATER 7:45	19 GIBBONS 6:00, 6:45, 7:45	20 BON ACCORD 6:15	21 REDWATER 6:30	22
23	24 GIBBONS 6:00, 6:45, 7:45	25 BON ACCORD 6:15 REDWATER 7:45	26 GIBBONS 6:00, 6:45, 7:45	27 BON ACCORD 6:15	28 REDWATER 6:30	29
30						

A Message from Sensei

Hello Everyone, I hope you all had a wonderful summer. I would like to take this time to welcome everyone, new and old to the dojo. We are very excited as this will be the 10th anniversary of Yobukan. This year will end with a couple big events hosted by the Canadian Chito Ryu Karatedo Association which we hope to see as many of us as possible attend. First, we will be going to Bogu Cup which is the major championship for our association which will be held in Gatineau, Quebec at the end of June 2019. Next, we will be attending the 40th anniversary of our annual Canmore Summer Camp. We look forward to an exciting fun filled year and hope everyone works hard to push yourself to a better version of you each day.

SHODAN

Let the journey begin.

Karate Viewpoints

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

*Heartfelt Congratulations to our
Hardworking students!*

**STAY
TUNED!**

Just because you worked hard at your karate training last week, does **not** mean you can take **this** week off.

Karate Viewpoints

Kata involves the hands, feet, mind, and heart.

Never forget the heart.

Karate Viewpoints

Belt Grading Results

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

**COMING
SOON!**

As we begin a new and exciting year of Karate, Sensei would like to remind everyone of Dojo Etiquette. Please read and follow the Guidelines below so everyone is safe and respectful.

GUIDELINES FOR DOJO ETIQUETTE

1. Show courtesy and respect to others at all times.
2. Show respect for senior ranks and offer help to junior ranks.
3. Begin and end exercises with partners with a bow of respect and acknowledgement for their help.
4. Bow to the showmen when entering and leaving dojo floor.
5. Practice quietly and do not cause any distractions to others training.
6. Address instructors as Sensei or Sempai.
7. Except in an emergency, request permission to leave class.
8. Anyone arriving late for class is to wait in seiza outside dojo floor area until called by Sensei.
9.
 - a. Ensure that your karate-gi is neat and clean.
 - b. Keep finger nails and toenails trimmed to prevent scratching partners.
 - c. Remove all watches, rings, necklaces and any other jewelry during practice.
 - d. Dispose of candy or gum before class begins.
10. A member shall not teach a non-member any techniques and/or kata.

SUMMER FUN

The month of July has been a busy one. We held our Annual Yobukan Summer Camp and attended the Annual Canmore Summer Camp. We were excited to see the participates of Yobukan Karate having a great time in both camps.

