



# WARRIORS NEWSLETTER

## YOBUKAN KARATE

7-NOV-18

VOLUME 3, NUMBER 3

### Upcoming 2018-2019 Dates

**December 1** – Supper with Sensei Santa Fundraiser  
**December 7** – No Class in Redwater  
**December 7-9** – Higashi Sensei Clinic  
**December 10** – Gibbons Class moved to Bon Accord Community Hall  
**December 12** – Gibbons Class moved to Bon Accord Community Hall  
**December 13** – Last Class for Bon Accord (Can Make Up Classes in Gibbons or Redwater)  
**December 17** – Gibbons Class moved to Bon Accord Community Hall  
**December 19** – Gibbons Class moved to Bon Accord Community Hall  
**December 19** – Last Class for Gibbons  
**December 21** – Last Class for Redwater

**January 14** – SEMESTER 2 STARTS

**June 28 & 29, 2019** – Bogu Cup in Quebec

**July 19-21, 2019** – Canmore Summer Camp

### Want to Get Involved?

#### Contact one of our Members

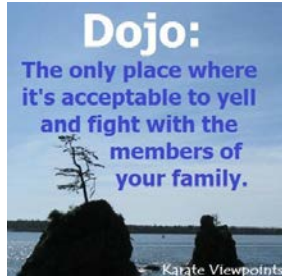
**Redwater**  
 Tracey Lewyk  
 780-289-2954

**Gibbons**  
 Colleen Duiker  
 780-722-5029

**Bon Accord**  
 Terri Creusot  
 780-499-3924

### NOVEMBER CALENDAR OF EVENTS

SUN	Mon	Tue	Wed	Thu	Fri	SAT
				<b>1</b> BON ACCORD 6:15  Halloween Class Bon Accord	<b>2</b> REDWATER 6:30  Redwater Weather Cancellation	<b>3</b>
<b>4</b>	<b>5</b> GIBBONS 6:00, 6:45, 7:45  Halloween Class Gibbons	<b>6</b> BON ACCORD 6:15 REDWATER 7:45  Halloween Class Redwater	<b>7</b> GIBBONS 6:00, 6:45, 7:45  Location Bon Accord Community Hall	<b>8</b> BON ACCORD 6:15	<b>9</b> REDWATER 6:30  Ninja Day at Gibbons Library starts at 10:30am	<b>10</b>  6 <sup>th</sup> Annual Yobukan Karate Club Tournament
<b>11</b>	<b>12</b> GIBBONS 6:00, 6:45, 7:45	<b>13</b> BON ACCORD 6:15 REDWATER 7:45	<b>14</b> GIBBONS 6:00, 6:45, 7:45	<b>15</b> BON ACCORD 6:15	<b>16</b> REDWATER 6:30	<b>17</b>
<b>18</b>	<b>19</b> GIBBONS 6:00, 6:45, 7:45	<b>20</b> BON ACCORD 6:15 REDWATER 7:45	<b>21</b> GIBBONS 6:00, 6:45, 7:45	<b>22</b> BON ACCORD 6:15	<b>23</b> REDWATER 6:30  LAST DAY To Buy Supper Tickets	<b>24</b>
<b>25</b>	<b>26</b> GIBBONS 6:00, 6:45, 7:45  Grading Week Starts	<b>27</b> BON ACCORD 6:15 REDWATER 7:45	<b>28</b> GIBBONS NO CLASS	<b>29</b> BON ACCORD 6:15	<b>30</b> No Class in REDWATER	<b>DEC 1</b> XMAS with SENSEI SANTA!



**We're on the Web!**  
[www.yobukankarate.com](http://www.yobukankarate.com)

**Follow Us On Facebook:**  
 Yobukan Karate Club

### SUPPER WITH SENSEI SANTA

This is just a reminder that our 4<sup>th</sup> Annual Supper with Sensei Santa is coming up on December 1 and tickets are now on sale until **November 23, 2018**. Adults are \$25.00, Children 10 and under are \$15.00 and Children 2 and under are free. Come and join the fun, get your ticket today. For the funds raised 40% goes to the International Tournament Fund, 40% goes to the membership volunteers and 20% goes to the parent association. The funds going to the membership can be used for tournament fees, clinics, summer camps, manuals, gi's, gloves and other needed equipment.

## Spruce Grove Tournament Competitors

### **Heartfelt Congratulations to all our**

#### **Competitors!**

Owen Desmet  
Emma Duiker  
Aaden Duiker  
Ben Gaudet  
Rachel Gaudet  
Barry Gaudet  
Eden Huppie  
Gavin Krahulec  
James Lewyk  
Jesse Lewyk  
Tracey Lewyk  
Cordell McKie  
Olivia Mercier  
Stephen Moffat  
Jacen Rybie  
Jaxen Rybie  
Jack Scott  
Daniel Taal

## Tournament Results

### **KATA**

Gold – Cordell McKie  
Gold – Emma Duiker  
Silver – Rachel Gaudet  
Bronze – Daniel Taal  
Bronze – Tracey Lewyk  
Bronze – Olivia Mercier  
Bronze – James Lewyk

### **TEAM KATA**

Silver – Emma, Olivia & Daniel  
Bronze – Owen, Aaden & Jacen  
Bronze – Ben, Jesse & Jaxen

### **KUMITE**

Gold – Jacen Rybie  
Gold – Emma Duiker  
Gold – Cordell McKie  
Gold – Barry Gaudet  
Gold – Olivia Mercier  
Silver – Jaxen Rybie  
Silver – Jesse Lewyk  
Silver – Daniel Taal  
Silver – Stephen Moffat  
Silver – Tracey Lewyk  
Bronze – Aaden Duiker

### **TEAM KUMITE**

Gold – Jaxen, Jesse & Ben  
Gold – Barry, Stephen & Daniel  
Silver – Jacen, Owen & Aaden  
Bronze – Emma, Olivia & Tracey

## FIRST TOURNAMENT OF THE YEAR SPRUCE GROVE

On October 20 Yobukan Karate Club had 18 competitors participated an open style tournament hosted by the Spruce Grove Shotokan Club. It was very neat to see the different Kata and Kumite styles that were demonstrated at this tournament. We are very proud of our competitors as they brought home 9 Gold, 8 Silver, 8 Bronze. CONGRATULATIONS!!!



## KUMITE CLINIC

On October 27 some of our Yobukan Karate Club students participated in a complimentary Kumite Clinic instructed by our own Sensei Justin and hosted by Sensei Harvey of the Edmonton Yoseikan Karate Club. In this three hour session students honed their kumite skills, working on timing, developing a natural rhythm of movement and being able to see and anticipate your opponents rhythm and timing. Students also worked on judging strike distance, they practiced Tai sabaki as well as effective hikite to deliver score worthy punches. Students were introduced to the importance of "Zanshin" during a kumite match, which translates into "remaining mind" and it refers to your state of alert, relaxed awareness after a technique is executed. It was a great day with a great group of people!

