

Newsletter from West Island Karate

Chateauguay Competition - Our competitors represented the dojo with honor at the last tournament in Chateauguay this past October 21st. Winning trophies was not what it was all about (although they did earn a lot of trophies!!). The students have been training hard and showed marked improvement from the last tournament. They are starting to grasp what they are being taught on Friday nights by Sempai Kimm. The potential is high.

It has been said to me on many occasions by spectators and parents (and this makes me very proud), that despite not being familiar with the competitors, they can actually pick out the ones that come from our dojo. I believe this to be due to the technique, composure and class that they demonstrate throughout the tournament.

A big thank you to the referees from our dojo: Sempai Manon, Sempai Denis and Sempai Mike, as well as to the coaches, Sempai Kimm, Sempai Yvonne and Sempai Vu.

Quebec City Competition - A group of 14 competitors from our dojo and their families made the trip to Quebec City this past November 4th to compete at the Championnat Karaté Kyokushin Québec. The team performed as expected, placing in the top 3 in most of their divisions in both Kata and Kumite. Sempai Thomas, who started training at the dojo at 4 years of age, got a chance to compete in a full-contact match. The opponent from Quebec City fought hard, and although Sempai Thomas did not get the win, he won what I refer to as "tatami time".

I am very proud of all the students that were there and would like to thank all the parents for taking the time to bring the kids on this road trip. It was a nice weekend, full of memorable moments for everyone.

Dojo Committee - We are currently forming a committee comprised of students and parents of the dojo to facilitate the organization and planning of events and activities. If you are interested, please contact me and watch out for more information on our website and on our dojo's Facebook group.

Upcoming Tournaments, Gradings and Seminars

Nov. 18 - Junior Grading for White, Orange, Orange w/Blue bar from 9 to 11 am. Please register and pay the grading fee of \$50 between 8:15 and 8:50 am at the dojo that morning. Parking will be limited, but please do **NOT** park at Centre Dentaire Sichert or at the depanneur. Instead, park on 5th or 6th Avenue, or just down the street at the Hôtel de Ville.

Nov. 18 – Inter-dojō training with the team from Dojo Tansei from 12:30 to 4:00 pm followed by pizza. Cost \$15. You must register with me ASAP to reserve your spot.

Nov. 20 - Membership renewals for the next 12 weeks. Note that we now accept E-Transfers in addition to cash and cheques.

Nov. 25 - Junior Grading for Blue to Brown belts from 9 to 12 pm. Please register and pay the grading fee of \$50 between 8:15 and 8:50 am at the dojo that morning. Parking will be limited, but please do **NOT** park at Centre Dentaire Sichert or at the depanneur. Instead, park on 5th or 6th Avenue, or just down the street at the Hôtel de Ville.

Xmas Party - Our famous (infamous?) dojo Christmas party. Potluck supper, music, dancing and of course...KARAOKE!!! Cost is \$10 per person or maximum \$25 per family. The tentative dates are December 9th or 16th. Full details will be posted on our website as well as on our dojo Facebook group as they become available.

The dojo will be CLOSED for the holidays from Dec. 22 to Jan. 7, inclusive.

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Jan. 13 -14 - Seminar with **Shihan Koens Spitaels** of Belgium. Don't miss the opportunity to train with one of the most respected European Shihans who is a former student of Shihan Marc Van Welleghem. Shihan Koens has vast knockdown competition experience, having fought some of the biggest names in Kyokushin. He is a sought-after instructor with incredible energy and enthusiasm. He travels the world extensively to teach and train. He has amassed a wealth of knowledge which he will share with us for the first time in Canada.

Feb. 10 – The West Island Karate Championship! This is our dojo's annual tournament. This year, it will be open to competitors age 5 to 22, and will feature kata as well as kumite competitions (5-13 yrs semi-contact with full protection, 14-17 yrs full-contact with protection, 18-22 yrs novice full-contact). This is a huge endeavor for the dojo and requires many volunteers. Please sign up at the dojo or contact me to be put on the list. Your help is always greatly appreciated.

Join our West Island Karate / Karaté de L'île FACEBOOK group for pictures and videos, training tips, and to stay on top of what is happening at the dojo.

If ever you have any questions or concerns, feel free to e-mail me: sensei@westislandkarate.com

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