



SIDEKICKS!



Welcome Back!

Hello everyone and welcome back for what should prove to be another great year at AKC!! We hope you all enjoyed a relaxing and fun-filled summer and are looking forward to learning lots and having more fun here at the Dojo. Welcome as well to our new members!



We hope to continue distributing this newsletter monthly to help keep you up to date and we ask that you please feel free to contribute karate-related articles and info that you would like to share with your fellow Karate-Ka. Articles can be sent to wnpower@ns.sympatico.ca and will be subject to approval by the Executive Committee and possibly edited for length.

Tournament News



The final tournament of last season was the Yarmouth Cup which took place on June 7 in Yarmouth. Two of our students participated - please join us in congratulating them on placings:

- KATA:** Emma Power - Gold
- KUMITE:** Emma Power - Silver
Megan Beamish - Bronze



Coming Events

- **AKC Tech Clinic** - The AKC will be hosting a tech clinic on **September 27, 2008** starting at 9am for youth and 10-10:30am for adults. The cost is \$5 for juniors, \$10 for kyu belts and \$20 for dan ranks.
- **Upcoming NSKA/NKA Tournaments** - Locations are still TBD - please stay tuned for more:
 - ⇒ **Bridgewater Open** - Saturday, October 18th, 8am-5pm
 - ⇒ **Junior Tournament /National Awards Recognition-** Saturday, Nov 22, 8:30am
 - ⇒ **1st Grand Prix Tournament** - Saturday, January 24, 8am-5pm
 - ⇒ **2nd Grand Prix Tournament** - Saturday, March 7, 8am-5pm
 - ⇒ **Bushino ki Annual Tournament** - Saturday, March 28, 8am-5pm
 - ⇒ **3rd Grand Prix Tournament** - Saturday, April 18, 8am-5pm
 - ⇒ **Atlantic Championships** - Saturday, May 16, 8am-6pm
 - ⇒ **Lunenburg Tournament** - Saturday, May 23, 8am-5pm
 - ⇒ **Yarmouth Challenge Cup** - Saturday, June 6, 8am-5pm

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AKC Executive

- **President**
Stephen Beamish
- **Vice President**
Gerard MacCormack
- **Secretary**
Tabatha Palmer
- **Treasurer**
Kathy Maddalena

AKC CRESTED CLOTHING FOR SALE!!

If you are interested in purchasing a winter jacket, fleece sweater or tracksuit (jacket and/or pants) please contact Gerard MacCormack at 405-0246.

DON'T FORGET TO REMOVE YOUR FOOTWEAR BEFORE ENTERING THE DOJO!

ATLANTIC KARATE CLUB

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Halifax, Nova Scotia

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E-mail:
info@atlantickarateclub.ca

Teaching Chito Ryu Karate
& Ryukyu Kobujutsu

We're on the Web!
www.atlantickarateclub.ca

Grading Results

Congratulations to all of our students who were successful at their most recent grading on June 28, 2008:



Youth:

Ranj MacVicar
Dominick Drozdowski
Abby Beamish
Megan Beamish
Elizabeth Wallace
Jah Sara Gardner

White 1 stripe
Yellow
Yellow 1 stripe
Yellow 2 stripes
Yellow 2 stripes
Orange

Adults:

Swavek Drozdowski Yellow
Darrin Asprey Orange
Dennis Gallagher Green

Announcements




• Please join us in congratulating **Sensei Jamie and Cheryl Creelman** who were married on June 28, 2008. We wish the happy couple well with their posting in Barrie, Ontario.

- Saturday Open classes will begin again on **Saturday, September 20th**. Junior classes are held from 10-11am and Adult from 11am to noon (please see schedule below). *Please note that this is a time change from last season*
- Wednesday adult classes will begin again on **September 3rd** from 7:30-9:30pm

Class Schedule

With the beginning of a new year both at school and here in the dojo, we thought it might be helpful to reiterate the regular class schedule:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*
6:30 to 7:30pm Youth Karate All Ages		6:30 to 7:30pm Kobujutsu Ages 15 and up All Levels	6:30-7:15pm Youth Karate Ages 5-8	6:30-7:30pm Kobujutsu Ages 15 and up All Levels	10:00-11:00am Youth Karate All ages/levels
				7:15 to 8:00pm Youth Karate Ages 9-14	
7:30-9:30pm Adult Karate Ages 15 and up All Levels	7:30-9:30pm Adult Karate Ages 15 and up All Levels	7:30-9:30pm Adult Karate Ages 15 and up All Levels	8:00-9:30pm Adult Karate Ages 15 and up All Levels	<i>* Please note that Saturday classes will be cancelled due to gradings or clinics occurring on the same weekend</i>	

Dojo Rules



1. Greet the Shomen (front) with a bow (rei) upon entering and leaving the dojo
2. Greet the Shomen upon entering or leaving the practice floor
3. All black belts are addressed as Sensei
4. Uniforms (Gi's) are to be kept clean and neat and have tears and holes mended
5. Keep fingernails and toenails trimmed and clean
6. Chito Ryu crest (\$10) and Atlantic Karate Club crest (\$7) are required
7. When late for class the student should retire to the back of the class, kneel and enter seiza (proper seating position) and await the instructors request to join in the session
8. Annual fees must be paid and monthly dues kept up to date.