

19<sup>th</sup> January 2012

Dear Parents and Karateka

## NEWSLETTER 1 - FIRST TERM 2012

We would like to welcome all karateka back from their respective holidays and we trust that you are well rested and ready to train hard again. We would also like to welcome all our new members and hope that you will soon feel at home.

### NEW BLACK BELTS

Congratulations to our karateka who have been graded successfully to 1<sup>st</sup> Dan in December 2011 **Well done!!!**. The grading was of a high standard and the karateka were well prepared. Lets make 2012 an even better year.

<b>1<sup>st</sup> DAN</b> -	STIAAN ALBERTYN (EV)	TIMOTHY ERASMUS (WJ)	TIAAN THERON (WS)
	LE SUEUR FISCHER (WJ)	ALMA GELDENHUYS (WS)	BRUCE V.D. SLUIS (PH)
	MICHELLE JOUBERT (WJ)	CHARL MARAIS (GL)	DANIELLE VAN LEEUWEN (WJ)
	ALEXANDER MARITZ (GL)	THEO POTGIETER (WJ)	PHILIP VAN SCHALKWYK (KEN)
	AHMED SONDAY (WS)	ELWIN STEMMET (PH)	JASON VILJOEN (WJ)
			ETTIENE WIUM (WJ)

### FEES 2012:

We understand that everybody is experiencing financial difficulties, therefore we increasing our fees by only 8% as from January 2012. Please note that the fees **are strictly payable in advance**. Fees for the 1<sup>st</sup> term to be paid by the end of January 2012.

<b>1 Adult</b>	- R1 030.00	<b>1 scholar</b>	- R 930.00	<b>Pre Primary (1x p week)</b>	- R500.00
<b>2 Adults</b>	- R1 545.00	<b>2 scholars</b>	- R1 395.00	<b>Pre Primary (2x p week)</b>	- R840.00
		<b>3 scholars</b>	- R1 860.00		

Please note that the fees as set out above are applicable per family. A discount of 10% on the yearly fee is offered, if the full amount is paid on or before the 17<sup>th</sup> February 2012. Please enquire with your instructor.

**All fees are payable to KYOKUSHIN-KAN HOLDINGS (PTY) LTD. For any direct /internet payments please use the following banking detail: ABSA Cheque Account Nr. 4061885831. Branch code: 632005. Reference: Name/Surname of student and Dojo where he/she trains. \*\* Please fax proof of payment to our offices at 021 – 9135192 or hand in at instructor.**

### KARATE UNIFORM

Karateka should train in their karate uniform at all times. This helps to ensure discipline in class and create a sense of belonging. Only our uniforms may be used, as they are designed and cut to suit our style of karate. Karate uniforms for pre-primary children will be R330.00 per suit and sizes 1 – 7 from R340.00 – R400.00. All karate uniforms are available from our Fighting Spirit Martial Art shop in Welgemoed. We have a big variety of Kyokushin protection gear and clothing. For more information, please call during office hours from Monday to Friday : 08h00 - 17h00. Please notice that all karateka should have their gloves and shin pads present at every class. Cost for the set is R250.00. New karateka must also acquire it as soon as possible.

### IMPORTANT DATES:

Important dates to help you to plan this term:

Friday (see dates below)	Instructors Course	16h00 - 18h00	Welgemoed Dojo
28 January 2012	Beach Training	08h00 - 10h00	Blouberg Beach
23 February 2012	<b>*** Special Grading</b>	18h00	Welgemoed Dojo
21 April 2012	WP Karate tournament	8h00	UCT, Cape Town
4 – 6 May 2012	International Karate Camp	Friday 18h00 to Sunday 18h00	Okkie Jooste camp site, Stellenbosch

### INSTRUCTORS COURSE:

Dates for the last 6 months of the course: 27<sup>th</sup> January 2012, 24<sup>th</sup> February 2012, 9<sup>th</sup> March 2012, 20<sup>th</sup> April, 18<sup>th</sup> May and 15<sup>th</sup> June 2012

### BEACH TRAINING – SATURDAY 28<sup>th</sup> JANUARY 2012 at 08H00

We want **ALL** our Karateka including pre-scholars to come for the fun training session at Blouberg beach. We will train on the beach at the end of Table View Boulevard opposite Primi Piate from 8h00 till 10h00. All Karateka must please bring a black refuge bag, as we will have a beach clean up afterwards. There will be **NO** 8h30 class at the Dojo – only the normal class at 10h30.

### SPECIAL GRADING:

Karateka (white to green belts) who were ready for their grading in November/December 2011 but were injured or could not attend must now prepare for the special grading that will take place at **WELGEMOED DOJO** on **Thursday 23<sup>rd</sup> February 2012** at **18H00**.

### CLASS TIMES - GRADE 1's:

The grade 1's will start with the other karateka, but will be dismissed after the first 45 minutes. After dismissal they can either remain in the training hall for the remainder of the class or be fetched by their parents. We have decided to shorten the time of training due to the shorter concentration span of the children of this age. From July they will train for the full hour.

### DISCIPLINE IN THE KARATE CLASSES

We ask that parents, when possible, NOT to attend these training classes, as we have learned from past experiences that parents distract the children. We do not mind if parents watch for 10 minutes to show their interest, but we do not want parents sitting there day after day for the full length of the class. Parents are also requested to be quiet.

### INTERNATIONAL REGISTRATION - COMPULSORY

Karateka from Grade 1 must be registered in Japan. All students must please pay R100 and bring 1 passport size photo as soon as possible. We also need their full name and date of birth.

### WE OFFER MORE THAN JUST KARATE : - No extra cost!!

#### We urge all higher belts to join these classes:

KATA'S	Wednesday evenings at 19h00
WEAPON CLASSES	Tuesday Evenings from 17h45 – 18h45 and Thursday afternoons from 15h45 – 16h45 (Juniors) and 17h15 (Seniors) - (minimum Age 10) -
FIGHTING CLASSES	Wednesday evenings at 19h00 & Saturday mornings at 8h30

### INTERNATIONAL TRAINING CAMP: 4 – 6<sup>th</sup> MAY 2012 & SENIOR TRAINING CAMP 7 – 9<sup>th</sup> SEPTEMBER 2012

These camps are now compulsory for karateka who want to grade in December 2012 for their brown and black belts. During the International camp we will learn new and interesting techniques from our Japanese Instructors, while we will use the September camp to prepare the karateka for their grading. Other karateka of lower grades are more than welcome to attend.

### MIXED MARTIAL ARTS

We started Mixed martial Arts classes at the Welgemoed Dojo as this sport has grown tremendously in popularity. Classes will be conducted by Graham Turner a specialist in Brazilian Jiu Jitsu. His classes will be for Persons from 13 years and older and will be on a Tuesday and Thursday from 18h00 - 19h30. For enquiries, Graham can be reached at 071 9023351.

### EXTERNAL ACTIVITIES AT WELGEMOED DOJO

For the past few years other external activities like Ballet and Pilates classes are presented at Welgemoed Dojo. Their contact numbers are as follows:

Ballet - Tamryn Carstens - Cell number: 082 7450016  
Pilates classes - Sandra Weyers Telephone Number : (021) 913 1363

***PLEASE CONTACT THEM DIRECTLY IF YOU NEED ANY FURTHER INFORMATION.***

Karate Greetings

**HENNIE BOSMAN - 7<sup>th</sup> DAN**  
**CHAIRMAN: KYOKUSHIN-KAN AFRICA**

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**2 KENRIDGE AVENUE, KENRIDGE.**

**CONTACT NO: 021 976 0059**