



Edmonton J.S.K.F. Newsletter



Letter from Sensei Sean

Being the Dad of three girls, I know that as parents, we don't often get the exact information as was relayed to them, so I thought what better way to keep the parents posted on what we are working on than a Newsletter!

I am so excited about what has transpired in our Dojo over the past three years and even more excited to see where it is headed in the years to come. Which brings me to our upcoming event.

Calgary I.S.K.F. is proudly hosting the I.S.K.F. National Championships this year, which means that athletes and teams from "all over Canada" will descend on Calgary for this very exciting and special event.

What an opportunity to have "NATIONALS" in our own backyard!!!!

To this end, I really want the kids to be able to participate in this event, believe me as I speak from experience, these can be life changing moments for kids!

I also realize that financially, it may not be possible for everyone to support their kids in this initiative and for this reason, I want you to know that if I feel that they can make a valuable contribution to the Dojo, I am prepared to support them in any way possible to make sure that their dreams are realized.

This was done for me as a "Junior" athlete and this is my way of giving back.

In addition, in order to get ourselves prepared for this event, we will be staging additional training sessions.

I'll keep you posted as to times, locations etc through our Newsletter, but please don't hesitate to come and see me if you have any questions.

Respectfully,

Sean Carter, Sensei

**J.S.K.F. National
Championships
Calgary, Alberta
October 9, 10 and 11.
The Westin Hotel, Calgary**



Dojo Kun

**hitotsu, jinkaku kansei ni tsutomuru
koto**

Seek Perfection of Character

**hitotsu, makoto no michi wo mamoru
koto**

Be faithful

**hitotsu, doryōku no seishin wo yashinau
koto**

Endeavour

hitotsu, reigi wo omonzuru koto
Respect others

**hitotsu, kekki no yū wo imashimuru
koto**

Refrain from Violent Behaviour

We've begun to look into the possibility of Alberta Team Jackets. In the attempt to appeal to a wide audience, we've kept the jackets very simple. The jacket will be made by lululemon.

It will be in black, and we're looking at having a small shotokan tiger embroidered on the left side of the jacket

(chest height) and ISKF in Japanese characters embroidered either across the back or horizontally across the front waist band of the jacket.

The jackets will total around the \$100 mark once the embroidery is done. Please advise Sensei Sean if you feel this is something that you would be interested in purchasing.

With regards to sizing, we'll try to get one or two at the dojo to try on, but failing that, you may wish to drop by one of the many lululemon's and try on a jacket for size.



Additional training sessions will be required to get the Athletes ready to compete at a National level, but we will keep you posted.

Thank you in advance for your patience and understanding with this and for the commitment that you already demonstrate in getting your kids to and from the Dojo.

However, if you do experience difficulties with transport for the "extra" training sessions, just let me know and we'll try to get one of the "Seniors" to pick them up!

Thanks again for your amazing support!!!

Sean

COMPETITION RULES

For those of you who plan on competing at Nationals in October, you are strongly advised to pay attention to the following rules that will be applied to all competitors; they may differ from what you have been used to. Questions or concerns should be addressed with Sensei. He'll have no problem explaining them in detail to you!

WHITE, YELLOW, ORANGE BELTS

INDIVIDUAL KATA: (BASE SCORE 6.0)

ALWAYS MAKE SURE BOTH COMPETITORS ARE SURE OF KATA REQUESTED... WHITE BELTS ONLY KNOW HEIAN SHODAN. SO IF THERE IS A WHITE BELT COMPETING AGAINST AN ORANGE BELT, THE KATA CALLED WILL BE HEIAN SHODAN.

INDIVIDUAL KUMITE: (NO TIES)

ONE STEP BASIC SPARRING (JODAN AND CHUDAN) – 2 ATTACKS OF EACH, STARTING WITH LEFT FOOT FORWARD, FOLLOWED BY RIGHT FOOT FORWARD. IN THE CASE OF A TIE, START WITH RIGHT FOOT FORWARD, FOLLOWED BY LEFT.

ABSOLUTELY “NO” CONTACT ALLOWED TO FACE AREA ON COUNTER ATTACK. THIS WILL RESULT IN A WARNING, OR DISQUALIFICATION.

ONE COUNTER-ATTACK HAS TO BE DIFFERENT. IF NOT, THIS WILL BE A BASIS FOR DISQUALIFICATION

TEAM OR INDIVIDUAL KATA:

IF THERE IS A TIE, THE SAME KATA CAN BE PERFORMED.

GREEN AND PURPLE BELTS

INDIVIDUAL KATA: (BASE SCORE 6.0)

ALWAYS MAKE SURE BOTH COMPETITORS ARE SURE OF KATA REQUESTED.

INDIVIDUAL KUMITE: (NO TIES)

ONE STEP BASIC SPARRING (JODAN, CHUDAN, MAE GERI) – 1 OF EACH WITH LEFT FOOT FORWARD.

IN THE CASE OF A TIE, REPEAT WITH RIGHT FOOT FORWARD.

ABSOLUTELY “NO” CONTACT ALLOWED TO FACE AREA ON COUNTER ATTACK. THIS WILL RESULT IN A WARNING, OR DISQUALIFICATION.

ONE COUNTER-ATTACK HAS TO BE DIFFERENT. IF NOT, THIS WILL BE A BASIS FOR DISQUALIFICATION.

**** THERE WILL BE “NO” FAKING ATTACK ** OPPONENT WILL BE WARNED ONCE, UPON SECOND VIOLATION, WILL BE DISQUALIFIED.**

TEAM OR INDIVIDUAL KATA:

IF THERE IS A TIE, THEY MUST PERFORM A DIFFERENT KATA.

BROWN BELTS

INDIVIDUAL KATA: (BASE SCORE 6.0)

ALWAYS MAKE SURE BOTH COMPETITORS ARE SURE OF KATA REQUESTED.

INDIVIDUAL KUMITE: (NO TIES)

JIYU-IPPON (SEMI-FREE) SPARRING (JODAN, CHUDAN, MAE GERI, KEKOMI) - 1 OF EACH, BEGINNING WITH LEFT FOOT FORWARD. IN THE CASE OF A TIE, REPEAT WITH RIGHT FOOT FORWARD.

ABSOLUTELY “NO” CONTACT ALLOWED TO FACE AREA ON COUNTER ATTACK. THIS WILL RESULT IN A WARNING, OR DISQUALIFICATION.

ONE COUNTER-ATTACK HAS TO BE DIFFERENT. IF NOT, THIS WILL BE A BASIS FOR DISQUALIFICATION.

**** THERE WILL BE “NO” FAKING ATTACK ** OPPONENT WILL BE WARNED ONCE, UPON SECOND VIOLATION, WILL BE DISQUALIFIED.**

FINALISTS (LAST TWO OR FOUR COMPETITORS) WILL COMPETE BY JIYU KUMITE (FREE SPARRING). MOUTH GUARDS AND HAND PROTECTORS MUST BE USED.

TEAM AND INDIVIDUAL KATA:

IF THERE IS A TIE, THEY MUST PERFORM A DIFFERENT KATA.

BLACK BELTS

INDIVIDUAL KATA: (BASE SCORE 7.0)

ELIMINATION ROUNDS FOR JUNIORS WILL COMPRISE OF SHITE KATA (EXCLUSIVELY). ELIMINATION ROUND FOR ADULTS WILL COMPRISE OF SHITE AND SENTEI KATA. FINALS CAN BE ANY KATA OF CHOICE.

INDIVIDUAL KUMITE:

SHOBU IPPON (FREE) SPARRING.

IN THE CASE OF A TIE DURING THE ELIMINATION ROUND, AN EXTENTION OF THE MATCH WILL RESULT IN SUDDEN DEATH (SAKI-DORI IPPON).

IN THE FINAL MATCH, IN THE CASE OF A TIE, THE FIRST EXTENTION WILL BE SAI-SHIAI (A FULL TWO MINUTE EXTENSION).

IF STILL A TIE, THEN SUDDEN DEATH WILL APPLY.

MOUTH GUARDS AND HAND PROTECTORS MUST BE USED.

TEAM AND INDIVIDUAL KATA:

IF THERE IS A TIE, THEY MUST PERFORM A DIFFERENT KATA.

Remember, it is **"Your"** responsibility to know the rules that will be applied to your particular category, of course, there will always be "Seniors" there that you can consult with if you are in doubt!

Don't forget, the rules are there for **"YOUR"** protection and safety, so please adhere to them at all times.

Leave it to the Judges and Senseis who are present to apply the rules to "others"!

Let's go, have fun, and showcase what we know and have trained hard for!

