

# May 2026 Newsletter



Congratulations to all students who competed in April at the COMAC tournament in Calgary. Everyone trained hard to prepare and represented our club tremendously. Congratulations Raife, Nicole, Zoey, Nashe, Jaylah, Silas, Kyle and Tendai.

Good luck to everyone in our final tournament in Red Deer May 30!

## Final Bo Staff workshop

We will have a 3<sup>rd</sup> and final bo staff workshop with Sifu Kyle. June 6<sup>th</sup> 11:30-1:30 @ George Freeman. Cost is \$60 or \$25 if this is your 3<sup>rd</sup> session.



## Discussion

Respect is at the heart of everything we teach.

Learning when to listen, how to treat others, and how to carry yourself properly doesn't just shape better students, it shapes good people for life.

## Summer Fun

Our summer classes are not regular karate class. We work on getting stronger for the upcoming karate season. Classes will include strength training, HIIT, cardio classes and more.

Classes are open to anyone interested.

Cost \$150/summer or \$12 drop in  
Tues & Thurs 6:30pm for 1 hr  
@Undisputed boxing gym.  
Ensure you are wearing runners, and comfortable clothing. Remember to bring water!

## What is happening in class?

We will be working in class on a show for all of our family, and friends to come and watch. This will be held during class time for our final class June 25<sup>th</sup>. It will start at 6:30, we will hand out final belt results as well as put on a show for everyone.

