

South Calgary Karate Club

CHALLENGE COINS



We are pleased to announce our 30th Anniversary SCKC Challenge Coin Challenge! These coins have been customized for our Club and have a limited number available so make sure you get your hands on one to cherish for years to come.

These Challenge Coins are a way for you, our South Calgary KarateKa, to show your pride in our club. These coins represent the hard work you put in every class and embody the spirit and enthusiasm shown to us on a constant basis. While you will need to complete some specific tasks to earn these coins, we Senseis feel each of you are up to the challenge!

The Details and the Rules

- The challenge runs for each of our 3 (three) sessions in 2025 and must be attained during a single session.
- Each KarateKa may earn a maximum of 1 (one) Challenge Coin due to the limited number available.
- If a Challenge Coin is lost, you may purchase a new one at the end of the year if there are any extras.
- Challenges are specific to each Belt rank and each rank has 3 available options to choose from.
- Adults are assigned to a minimum of Orange Belt rank.
- You must have a Sensei sign-off on **this** card for each challenge you complete, on the day completed.
- Completed cards are to be verified by your Head Sensei.

CHALLENGES

HELPER

LEADER

SPECIAL

WHITE (UNDER 8)

- ✔ Attend 9 classes
- ✔ Present your Kata to a group
- ✔ Help a Sensei when requested

- ✔ Attend EVERY class
- ✔ Demonstrate your character by listening and following instructions
- ✔ Explain what Karate means to YOU

- ✔ Have a parent of sibling join a class
- ✔ Post a Karate photo and tag SCKC
- ✔ Attend any of our three SCKC tournaments

YELLOW (UNDER 12)

- ✔ Attend 10 classes
- ✔ Sweep dojo before class
- ✔ Assist in set-up OR take-down (2 times)

- ✔ Assist a Sensei with breaking students out into groups
- ✔ Lead a game
- ✔ Lead a group in cool down

- ✔ Bring a friend to class to participate
- ✔ Attend our main tournament and compete in an event
- ✔ Attend a class you don't usually go to

ORANGE & GREEN

- ✔ Sweep dojo before class 3 times
- ✔ Organize set-up OR take-down (2 times)
- ✔ Lead a 10 min warm-up (count in Japanese)
- ✔ Assist a Sensei in a group setting

- ✔ Lead a group in Kata
- ✔ Provide constructive feedback to students
- ✔ Explain one bunkai move
- ✔ Explain tournament rules around Kata

- ✔ Attend 15 Karate classes
- ✔ Attend 3 Kumite classes
- ✔ Attend a Shindo class
- ✔ Attend a Clinic

BLUE & BROWN

- ✔ Lead 10 min of basics
- ✔ Teach a 3 move sequence
- ✔ Assist a Sensei in a group setting for an entire class
- ✔ Assist in Tournament setup

- ✔ Lead a group in Randori
- ✔ Explain tournament rules around Kumite
- ✔ Run a mini Kumite ring as center judge

- ✔ Attend a clinic outside of South Calgary Karate Club
- ✔ Attend tournament and participate in both Kata & Kumite
- ✔ Attend a Judging clinic