

NEWSLETTER

SOUTH CALGARY KARATE



FALL REGISTRATION

Fall registration is now open!
[Register here!](#)

Register with Karate Alberta if you haven't yet.
This registration must be done annually.

Karate Alberta
South Calgary Karate



ANNUAL GENERAL MEETING

South Calgary Karate Club AGM will be taking place

7pm September 25, 2026
Deer Run Community Centre



CASINO FUNDRAISER

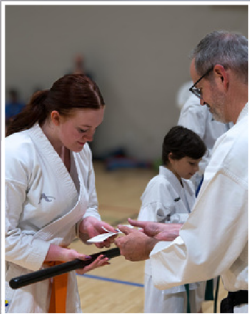
Success! Thank you to our students, friends and family who helped out and contributed to our casino fundraiser, we couldn't have done it without you.



KARATE ALBERTA FALL TOURNAMENT - EDMONTON

KA Fall Tournament (Selection for U21 and Senior Team) – Edmonton

October 3rd, 2026
Location: NAIT



SHINDO DAN GRADING

Brown Stripe Shindo students will have the opportunity to move to the next rank, earning their gold stripes.

Date and Location TBD



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SOUTH CALGARY KARATE CLUB

NEWSLETTER

2026

SUMMER TRAINING 2026



Our Core Values

- Respect** – For self, others, and the art of karate.
- Discipline** – Commitment to continuous improvement of character and karate.
- Community** – Building strong relationships and local engagement.
- Perseverance** – Striving for the highest standards while developing resilience in teaching and training.
- Inclusion** – Welcoming of all backgrounds and abilities.

Legacy Karate

Legacy Karate is designed for individuals who want to experience the benefits of Karate: body, mind, and spirit, without the fear of injury or high-impact sparring. This program is ideal for: People recovering from illness or injury Those with physical movement challenges or balance issues Seniors or anyone seeking safe, purposeful activity.



Para-Karate

This program focuses on individuals with intellectual disabilities, providing a fun, supportive, and inclusive environment to build physical skills, confidence, and social connections.

The Para-Karate Program focuses on developing fundamental movement and Karate skills, training from beginner to Black Belt.



SOUTH CALGARY KARATE

BUILDING CONFIDENCE • BUILDING CHARACTER • FOR LIFE

PRESCHOOL 3-5
Fun, active classes that build confidence and coordination.

BEGINNERS ALL AGES
Start your karate journey! Develop focus, discipline, and self-defence in a welcoming environment.

PARA-KARATE
Inclusive karate programs for persons with intellectual disabilities.

LEGACY KARATE
Karate for older adults. Improve balance, mobility, strength, and well-being.

KARATE IS FOR EVERYONE

[SOUTHCALGARYKARATE.CA](https://southcalgarykarate.ca) | 403-257-4638

southcalgarykarate.ca

403-257-4638

South Calgary Karate Club has a program for everyone, whether you are looking for a competitive or low intensity training environment, a beginner or have some experience under your belt.

Our wide variety of classes help us to share karate with the community from the age of 3 and up.

SUMMER

We had some great participation over the summer with our summer training and bonus Coin Challenge where athletes had the opportunity to work towards earning a second Challenge Coin.



COIN CHALLENGE

Over the summer, we had a surprise Coin Challenge. KarateKa had the opportunity to earn a Challenge Coin - even the chance to earn a second if they had previously earned one. One challenge per week was sent out via email and included the Challenge, a due date and even bonus points.

Over the summer, there has been a total of 12 challenges with the last one to drop on Sept 8th for the wrap up. Challenges ranged from simple question/responses to a 60 kick challenge, they included Kata videos to Bunkai moves. Participants ranged from White Stripes through our 7th degree Black Belt and the submissions were AMAZING! Video locations of KarateKa ranged from living rooms to weight rooms and from back yards to paddle boards (even some on a speed boat).

I want to offer congratulations to all participants, you were amazing and did a wonderful job! I also wanted to thank all the participants as you truly made this a memorable summer for me - I so enjoyed all your submissions and look forward to sharing in your Karate growth.

Remember to always Challenge yourself and remember, sometimes the "Coin" you earn is called by other names such as Perseverance, Strength, Knowledge or Belief in Yourself.

– Sensei Corey

UPCOMING EVENTS



FALL SEMESTER TRAINING

Welcome back for another great training year!

Don't forget to register for the fall semester and check out all the different programs that we have to offer, including Shindo, Legacy Karate and Para Karate.

southcalgarykarate.ca/programs



KARATE ALBERTA FALL TOURNAMENT

October 3, 2026
Location: NAIT - Edmonton

Selection for U21 and Senior Team

<https://karateab.org/event/ka-fall-tournament-selection-for-u21-and-senior-team/>



SHINDO DAN GRADING

Date and Location TBD

Brown Stripe Shindo students will have the opportunity to move to the next rank, earning their gold stripes.



EQUIPMENT

Need Karate equipment for training or the upcoming tournaments?

Check out our awesome local vendors!

Champ2Champ:
use discount code: **SCK5**
<https://champ2champ.ca/>

Goshindo Sports:
<https://www.goshindosports.com/>



Need a gi? We have a variety of second hand uniforms to choose from and they are all free!

Whether it's your first class or it's time for an upgrade, come check out our second hand gis. Talk to a Sensei to learn more.

FOLLOW US

TO SEE WHATS HAPPENING

SOUTHCALGARYKARATE.CA

@SOUTHCALGARYKARATE

KARATE



Check out our amazing variety of classes for beginner to black belt students

- Just For Kicks - Preschool Program
- Youth & Beginner Program
- Adult & Advanced Program
- Kumite Class - Competitive
- Advanced Training
- Legacy Karate
- Para-Karate Program
- Shindo

SOUTH CALGARY KARATE CLUB

CLASSES

10K

5K

2K

1K

10

1



SOUTH CALGARY KARATE CLUB

at the



OKANAGAN OPEN 2026



LEGACY
KARATE
生き堅



Hosted by: South Calgary Karate & Ch...

PARA-KARATE
FOR BEGINNERS AGES 16+

MONDAYS, 9:30-11AM
IN SE CALGARY

FOCUS ON PERSONS
WITH INTELLECTUAL
DISABILITIES

Coaches: Simon Heather Fitch, Simon Teresa Brown, Simon...

Cost: \$300 for session (Sept 14 - Dec 7, 2026)

NEW
PROGRAMS



SOUTH CALG

BUILDING CONFIDENCE • BUI



PRESCHOOL 3-5
Fun, active classes
that build
confidence and
coordination.



BEGINNERS
ALL AGES
Start your karate
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KARATE IS F

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521 lbs
of donations

VETERANS
FOOD BANK
of ALBERTA