

SOUTH CALGARY KARATE NEWSLETTER

FEBRUARY 2026



28TH ANNUAL SPRING TOURNAMENT & WORKSHOP

March 6 & 7, 2026

All students are encouraged to participate
Workshop Friday evening
Tournament Saturday

- [Download Tournament Bulletin](#)
- [Tournament Registration](#)
- [Workshop Registration](#)
- [T-Shirt Order \(deadline is Feb 20\)](#)



REGISTRATION

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
Saturdays 11-12:30pm
Feb - June 2026



REGISTRATION

New Para-Karate program for ages 16+
Mondays 9:30-11am
March - June 2026

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KARATE TOURNAMENTS

Okanagan Open Karate Tournament

July 5, 2026

Kelowna, BC

[LINK](#)



Champion Karate Tournament

March 28, 2026

Calgary, AB

Event details will be on SM



REGISTRATION

Spring Registration will be available in a couple weeks

Tuesdays Apr 10 - Jun 12

Fridays Apr 3 - Jun 12

Saturdays Apr 4 - Jun 13 (Apr 18 Deer Run school)

GRADING Jun 6, 2026

CLUB TOURNAMENT Jun 13



Annual Club Photos

March 17 & March 21 during class

Online Order Form Link to be shared in early March.

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CHALLENGE COINS

JANUARY TO JUNE 2026

This will be your last opportunity to earn a Limited Edition "Challenge Coin" Ask a Sensei for a card

Equipment

Hand \$45

Shin/foot \$65

red or blue

Ask at Dojo



Local Suppliers:

<https://champ2champ.ca/>

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

Karate Alberta
South Calgary Karate



If you have not completed your ONLINE Karate Alberta Membership form please complete. All South Calgary Members must complete this annually.

SENIOR NATIONALS 2026



Best of luck to athletes, supporters, coaches

and officials in Halifax

Feb 20-22, 2026

South Calgary Delegation:

Sensei Heather Fidyk

Sensei Dene Young

Sensei Heather MacDonald

Sensei Teresa Graup

Sensei Conrad Graup

Sensei Natalie Olson



southcalgarykarate.ca