

NEWSLETTER

SOUTH CALGARY KARATE



SPRING REGISTRATION

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

And don't forget to register for Karate Alberta if you haven't yet.



CHALLENGE COINS

JANUARY TO JUNE 2026 This will be your last opportunity to continue earning a Limited Edition "Challenge Coin" Ask a Sensei for a card.

Presentations: May 5 & 9, June 9 & 13



SHINDO: REVENGE OF THE FIFTH

May 5, 2026 7:15-8:30pm

Orange belts and up have the opportunity to try shindo! Come on out to train and learn a super cool new skill!



SUMMER TRAINING

Summer training begins June 16th

Tuesdays:

Youth ages 8+ 6-7pm

Adults 7-8:30pm



CASINO VOLUNTEERS

[Sign up](#) to volunteer for our casino!

Deerfoot Inn & Casino

September 4 & 5, 2026



SOUTH CALGARY KARATE CLUB

NEWSLETTER

@SOUTHCALGARYKARATE

MAY 4, 2026

May 2nd 2026 South Calgary Karate Club had athletes participate in the Shintani Black Belt Grading. Grading candidates and participants did an amazing job at showcasing their skills and earning their new ranks.

- Sensei Jonathan - Yondan
- Sensei Dene - Yondan

Thank you Senseis for all of your contributions to the club and the effort put into personal training as well. You all make the dojo the great community that it is.

YUDANSHA: BLACK BELT

The SWKKF dan grading evaluation includes 6 hours of intense training in front of a panel of judges who inspect and consider the candidates skills.

During this time, they go through everything they have learned, starting with the very same basics that they have been practicing since white belt.

Throughout the day they also present advanced combinations of techniques, kihon kumite, and katas from their training.

Congratulation to all of our grading candidates for a job well done!

CONGRATULATIONS!



SHINTANI BLACK BELT GRADING



GRADING

End of the year is approaching fast and so is our Grading and Club Tournament!

Grading - June 6th
Tournament - June 13th

CLUB TOURNAMENT

Belt evaluations and presentation. Come have some karate fun! Present and demonstrate your skills while working towards your next rank. And of year mini tournament and social; show off what you've been working on this semester and have some friendly competition.

We are accepting food bank donations for the Veteran Food Bank of Calgary! Continuing from the Spring Tournament, South Calgary Karate Club will match the weight of the donations collected at our end of year tournament!

Thank you for your support and we will see you there!



UPCOMING EVENTS



BROWN BELT GRADING

7pm May 8th, 2026

Brown Belt Grading is here!

Blue belts will be undergoing their grading evaluation for the rank of Brown Belt. Come on out to support your peers!



SOUTH CALGARY INNAGURAL BLACK BELT GRADING



June 5 & 12, 2026

Grading featuring special guests and intense training, where students will be evaluated for their black belts.



OKANAGAN OPEN

2026 Okanagan Open Karate Championships "The OO" - July 5, 2026

Our club will support our competitors by paying for tournament entry via a code (ask a Sensei) to apply when registering.

Deadline to register is **June 14, 2026**
[TOURNAMENT PACKAGE HERE](#)



EQUIPMENT

Need Karate equipment for training or the upcoming tournaments?

Check out our awesome vendors!

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

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