

# AVALON KARATE

## WINTER NEWSLETTER

“THE JOURNEY CONTINUES”



### THE BIG MOVE!

For many of you, the dojo, is the only training space you've ever known. But for others, it seems like only yesterday that we were in **MQP, Roncalli, and Cape St. Francis** Elementary gymnasiums teaching classes from anywhere between *40 and 60 people*. Opening a full-time location offered us the opportunity to run 12 months of the year, avoid class cancellations due to school events, and operate at a smaller class size to give you or your child a better learning experience. All these things were accomplished this past term but not without the help from all of you. Your constant support in the programs we offer and smiles on your faces after class has really made this major move a very successful one. **Thank You!**

### DID YOU KNOW?

1) Did you know “**Kara**” in karate means “**empty**” and “**te**” means “**hand**”. In other words, “**empty hand**”.

2) Did you know that **Elvis Presley** was a black belt in karate and started learning karate in Germany where he was stationed as part of the United States Military.

3) Did you know Avalon Karate works with a variety of **financial funding programs** to help pay for student's karate costs. Feel free to contact us at any time to find out more about what funding may be available to you!!

### AVK CHRISTMAS BREAK!?!

As you all know Christmas is just around the corner and many of you are asking about what classes will be affected. Here's a list of days where there will be no classes:

**December. 24<sup>th</sup> – December. 25<sup>th</sup> - December.26<sup>th</sup>  
December. 31<sup>st</sup> – January. 1<sup>st</sup>**

As always, we try to avoid cancelling classes whenever possible but the above 4 dates are the only classes that will not go ahead over Christmas Break. Happy Holidays!!

### AVK TAKES ON ATLANTIC CANADA!!

This year's edition of the Atlantic Karate Championships was a huge success for **Team NL**. We took the largest team of athletes, coaches, and officials ever!! Team NL took home 14 Gold, 7 Silver, 11 Bronze and 16 other top 5 placements for a total of *32 medals*!!

Avalon Karate alone brought home upwards of 20 medals this year and it was the largest contingent we have ever sent to the championship. The progress made by all our young and older athletes has been extraordinary these past few months. Congratulations and keep up the great work!

### TERM 2 REGISTRATION!!

Just a reminder, if you haven't done so already please ensure you are **fully registered** for this semester.

### SENSEI HIGASHI CLINIC?!?

Avalon Karate is pleased to announce that Sensei Higashi will be making a return to Newfoundland this coming May!! He is the leading world expert on Chito Ryu Karate and travels frequently around the globe. Don't miss out on this amazing opportunity!! More details to be publicized soon!

## AVK IN SOUTH AFRICA!!

A team of 6 athletes, 6 parents, and 1 coach attended the **9<sup>th</sup> Edition of the Commonwealth Karate Championships** this past November. The athletes included *Noah Ryan, Alex Ryan, Noah Whittle, Ryan Crocker, John Shea, and Matthew Whelan*. Along side them was *Sensei Ryan* as coach and head of the delegation! To even reach this level of competition is an accomplishment in itself. With months of training behind them they went and not only represented the dojo, province, and country, but represented themselves as well. We are very proud of these athletes' accomplishments and look forward to seeing them in action again very soon!

A special congratulations however is in order for **Alex Ryan**. He fought in the *12-13 Youth Elite Kumite Division* and took home a **BRONZE** medal!! This is an extraordinary accomplishment and marks only the second time an Avalon Karate athlete has won a medal at the Championships. The other being back in 2013 when Nathaniel Besso took home the gold at the 7<sup>th</sup> Edition of the championships. Its great to see that the next generation of athletes is following in the foot steps of those like Nathaniel Besso, Chris Coady, and all the other athletes who have come before them. Alex you should be very proud of your success and we look forward to cheering you on in your future competitive endeavours!!



## AVK CHRISTMAS PARTIES!!

Avalon Karate will be hosting our annual **Christmas parties** for its students from December 21<sup>st</sup> till December 23<sup>rd</sup>. It is a great time for parents to *drop off your kids and get some last-minute Christmas items done*. It is a party full of **karate-based games, prizes for the students** and we even provide **PIZZA!!** See below for the times and dates your child can attend:

**December 21<sup>st</sup>, 2018** → 7:45pm – 9:30pm (Senior A & Senior B Students)

**December 22<sup>nd</sup>, 2018** → 12:30pm – 2:30pm (Little Dragons Students)

**December 22<sup>nd</sup>, 2018** → 4:30pm – 6:30pm (Junior A Students)

**December 23<sup>rd</sup>, 2018** → 12:30pm – 3:00pm (Junior B & Junior C Students)



*This party is free to attend, and we hope you all can make it!!*

## SOME FINAL NOTES!

Avalon Karate would also like to congratulate **Chris Coady** on his recent success at the *RBC Olympic Training Ground*, **Nathaniel Besso** on his performance in *Santiago, Chile* as part of the *Canadian National Team*, **Derek Ryan** on his re-election as *Karate Canada's Vice President*, and finally to all of **you, our students**, for another successful semester of training, competitions, and gradings. It is because of you all that Avalon Karate is the club that we are today!! We look forward to the future and seeing what it may hold and as always: **"The Journey Continues!!"**