



Kaigan Korner

The Delta Kaigan Judo Club Newsletter

March 09

Important Dates for the Club

- **5 Jan., 2009**
 - First class of judo for the new year
- **29 Mar., 2009 (19H00 to 20H00)**
 - Board meeting date changed due to members being away. Agenda to be distributed soon!
- **March and April**
 - judo will be a mix of high energy aerobic and anaerobic work outs with technical. If judoka are close to their next belt this is the time to focus and grade up.
- **9 May, 2009**
 - Inter club shiai (moved due to conflicts)
- **19 April, 2009**
 - Instructor Seminar (NEW)
- **18 May, 2009 to 4 June, 2009**
 - More formal grading
- **6 June, 2009 (19H00 to 21H00)**
 - Instructors Party (venue to be announced)
- **15 June, 2009 (19H00 to 20H00)**
 - Board meeting
- **18 June, 2009**
 - last night of judo
- **21 June, 2009 (15H00 to 18H00)**
 - Year end party for the membership
- **29, 30 Aug., 2009**
 - Scottsdale mall information "booth"
- **29 Aug., 2009 (18H30 to 20H00)**
 - DKJ AGM
- **October, 2009**
 - DKJ will again be hosting an Instructor's Seminar put on by 7th Dan Sensei Huntley. This is a huge opportunity for all judoka, assistant instructors and senseis to brush up on new techniques and to see what is exciting in the judo world. Plan to attend!

Help wanted!

March, 2009

March, April and May dues are now due! It is important to keep your dues up to date. Currently we have 3 helpers willing to collect the dues (Lucy Karnik, Christine Kent and Cindy DeAnna). One of these helpful volunteers will be at the club to ensure your dues are recorded and receipts are given out.

19 April, 2009

Sensei Bruce is again looking to hold a DKJ Instructor Seminar. This will be to go over the upcoming grading and to set the stage for the finish of the judo year. It is really important that all the instructors and assistant instructors attend. Technical yotan of more throws to be discussed. Bring your questions and concerns and let's work on them together.

9 May, 2009

Delta Kaigan Judo Club is hosting an Inter Club shiai. We will need volunteers to help with mat set up and clean up, timing, refereeing, selling KaiganWear, collecting money, signing people in, creating the draw sheets, general clean up, selling refreshments, etc. If you are interested in helping out, please let Sensei Bruce (or one of the other Senseis) know! There will be a timers training course on the Friday night just prior to the shiai.

www.deltajudo.com

Visit our web site for interesting and new information on shiai results, what is planned, upcoming events and member highlights.

You can start Judo any time!

Just think of the mutual benefit; you get to have fun in Judo with a friend, and they get to meet some great new people!