



Kaigan Korner

The Delta Kaigan Judo Club Newsletter

June 2010

Important Dates for the Club

- **12 June, 2010 (08H30 to 16H30)**
 - Delta Kaigan is hosting an Emergency First Aid course (through Select First Aid). We have 10 to 16 spaces, so if you would like to join us, see Sensei Bruce. The cost will be \$90 or less (depending on the number to sign up)
- **19 June, 2010**
 - Dojo Assistant's course for members who would like to become a coach. The course is in Kamloops, but Sense Bruce will be travelling up to help instruct. You need to be 16 to be a certified coach, but can take some of the courses prior to that age.
- **26 June, 2010 (11H00 to 16H00)**
 - Year end BBQ. Plan to have lots of fun! **Sign up now so you will be sure to count you in.**
- **17 June, 2010 (changed)**
 - last night of regular judo classes. Please note this change. Delta is re-finishing the floor the following week so we have to finish a little early this year.
- **Date TBA**
 - Year end party for the instructors
- **11 July, 2010 (18H30 to 20H00)**
 - DKJ AGM, venue to be determined
- **28, 29 Aug., 2010**
 - Scottsdale mall information "booth". If you can help out, please let us know.
- **Date TBA (in the summer)**
 - Instructor seminar to prepare for the next judo year.

Help wanted!

May, 2009

April, May and June dues are now due! It is important to keep your dues up to date. Please ensure to get a receipt from me so we have a record of your payment.

14 June, 2010

Delta Kaigan Judo Club is hosting the first parent and child judo night. This would give those mom's or dad's who watch on the side to get on the mat with their child and have some fun. This is our first trial at this and if it is successful, we will run it again.

You need to understand that the program will be adjusted for all those parents, so don't worry. All you need is minimal fitness, some sweats or loose fitting pants and a t-shirt. No metal or jewellery can be worn (this is a safety issue).

We will be running a modified program to allow all parents to achieve success!

26 June, 2010

We will be hosting our windup BBQ. It will be on the Sat. starting at about 11:00am. If you are a paid up member, this event is free. If you have a friend, brother or sister or parent who would like to participate there is a small fee to cover food costs. We will need you to sign up so we can plan the food. See the sign up today.

www.deltajudo.com

Visit our web site for interesting and new information.

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!