Everything Ottawa, ON

News

No news submitted.

New Class:

Sensei Tim is now teaching a Cardio Karate class which sounds like a lot of fun. Anything that includes a hard workout and karate must be a good time.

Classes are at Sensei Tim's. Talk to him if you are interested in a great workout. Plus I hear the music is good.

Continue training and practicing at home to improve your standings and to help ready yourself for promotion.

Recent Promotions

Congratulations to Pat Couperus and Tracesandra McDonald on their recent promotions. After four years of training (with breaks for university) Pat received his nikkyu (purple belt). Pat showed he has got what it takes to show all of ones kata, explain the bunkai (application) of the kata, and the guts to last through five kumite (sparring) matches. Well done! Just over a year ago, Tracesandra had broken both of her ankles. After some considerable rehab, Tracesandra started studying Isshinryu this past spring. She achieved yellow stripes at the end of September and will soon be testing again for rokkyu (yellow belt). Soon a force to be reckoned with!

Upcoming Events

None Provided.

Contents for Ottawa, ON courtesy of Tim Leonard