July Newsletter

Our First Year as a Club

As we complete our first year as a club, I find myself reflecting on just how special this journey has been.

I started karate when I was 7 years old, simply because I loved being in the dojo. Since then, karate has taken me on an incredible path, including competing at National and World Championship levels. Those experiences were unforgettable, but this year has shown me something very different about the sport.

Opening my own club has brought me back to that same feeling I had as a child, the excitement of learning, growing, and believing anything was possible. Watching our athletes develop confidence, support one another, and achieve things they once thought were out of reach has been more rewarding than I ever expected. This year has brought me more joy in karate than I can put into words.

None of this would have been possible without the support of so many people. A sincere thank you to Kathleen at Buenos Island Studio and West Kent Elementary School for providing space for us to train, and to April for always welcoming us and helping things run smoothly.

A huge thank you to my assistant instructors, Josh, Evalyn, and Emelie, whose leadership and dedication have made a lasting impact on our younger athletes. I'm also very grateful to our guest instructors, Eamonn and Jeff, for sharing their time, knowledge, and passion with our club.

Special appreciation goes to Heather and Will, our club managers, for their constant behind-the-scenes work that keeps everything running.

As we close this first chapter, I'm incredibly grateful for what we've created together, and excited for everything still to come.

COACH Aoife

We would also like to extend a heartfelt thank you to everyone who helped make our celebration and first year so memorable.

Photography — Adam Perry
Ice Cream Bar — Patricia McPhail and Lori Perry
Bouncy Castle — Chris Boswell
Cookies — Danielle Farrell
Hosting & Organising — Will Ryan and Heather MacLaren
Setup & Clean up — all volunteers who generously gave their time to help prepare before and after the event

Thank you for your generosity, time, and support.

We are incredibly grateful for the kindness within our karate community, and for everyone who continues to contribute to making it such a positive and welcoming place for our athletes.

Congratulations to Our Newly Promoted Athletes

A huge congratulations to all athletes who successfully completed their belt testing at our End-of-Year Celebration.

Testing is an opportunity to demonstrate not only technical skill, but also the discipline, perseverance, focus, and dedication that are developed through consistent training. Each new belt represents countless hours of practice, learning, and personal growth.

Every athlete who stepped onto the floor for testing should be proud of their efforts. Earning a new rank is an important milestone, but it is also a reminder that the journey of martial arts is one of continuous learning and improvement.

We are incredibly proud of the progress each athlete has made this year and look forward to seeing you continue to grow in skill, confidence, and character throughout the coming season.

East Coast Games 2026

What an incredible weekend for Karate with Aoife at the 2026 East Coast Games!

Our athletes demonstrated tremendous dedication, courage, and sportsmanship, bringing home an amazing 12 medals!

🥇 Gold (2)
• Evalyn – U21 Mixed Kata
• Josh – Senior Mixed Kata

🥈 Silver (2)
• Oliver, David & Samson - Team Kata
• Evalyn – Junior Mixed Kata

🥉 Bronze (8)
• Josh – U21 Mixed Kata
• Oliver – Novice Male Kata
• David – Novice Male Kata
• Samson – Youth Male Kata
• David – Youth Male Kumite
• Samson – Youth Male Kumite
• Samson – Novice Male Kumite
• David – Novice Male Kumite

I couldn't be prouder of this group and everything they accomplished.

Congratulations everyone!

Updated Membership Fees

For the upcoming season, we are moving away from the previous term model to an annual membership running from September through May.

2026–2027 Membership Options:

- Once per week (September–May):
  - $445 + $40 annual insurance (KPEI membership)
- Twice per week (September–May):
  - $890 + $40 annual insurance (KPEI membership)

Membership includes:

- 50% off any KWA workshops throughout the year
- Club T-Shirts
- Coaching and support at tournaments
- Additional competition classes leading up to tournaments
- Minimum 2 adult instructors at all sessions (Rule of Two)
- High-Level Coaching Credentials
- Year End Celebration - May 2027

DAY	LOCATION	CLASSES
Tuesday	Spring Park United Church	6:00PM - Tiny Tigers 6:30PM - Little Dragons 7:15PM - Ninjas 8:00PM- Adult
Wednesdays	West Kent Elementary School	6:00PM - Tiny Tigers 6:30PM - Little Dragons 7:15PM - Ninjas 8:00PM- Adult
Sundays	Spring Park United Church	4:00PM - Tiny Tigers 4:30PM - Little Dragons 5:30PM - Youth Para Karate 6:30PM - Self Defence 8:00PM - University/College

Why the Change

This updated structure supports consistent athlete development, stronger technical progression, stable class sizes, and improved coaching ratios. It also reflects the growth of the program, including competition support, structured development pathways, and access to additional training space. All of our coaches are volunteers, this model will also allow the club to provide small honorariums in recognition of their time, dedication, and ongoing commitment to athlete development.

Class Information & Registration Links

We are excited to introduce some new programs:

Tiny Tigers *NEW*
Tiny Tigers is a fun and supportive introduction to movement and karate for **children who are 4 years old or who will turn 4 by December 31 of the fall enrollment year.** This 30-minute class is designed to help young children develop essential physical and social skills in a positive, encouraging environment.
Registration and More Information for Tiny Tigers Here

Little Dragons
Designed for children who are **5 years old, or who will turn 5 by December 31 of the fall enrollment year to age 8**, the Little Dragons program builds on fundamental movement skills while introducing students to more structured karate training.
Registration and More Information for Little Dragons Here

Ninjas
The Ninjas program is a fun and engaging 1-hour karate class designed for students of **age 8 and above** who are ready to progress beyond the Little Dragons program. Younger students may move into Ninjas when they demonstrate the focus, maturity, and foundational skills needed for more structured karate training.
Registration and More Information for Ninjas Here

Adult Karate - Karate for Life
Our Adult Karate Program is designed for adults who want to improve fitness, build confidence, learn self-defence, and enjoy the many benefits of martial arts training. No experience is necessary, and adults with previous karate or martial arts experience are also welcome.
Registration and More Information for Adult Karate Here

Youth Para Karate Program *NEW*
Para Karate provides young athletes with disabilities the opportunity to participate in karate in a supportive, inclusive, and welcoming environment. The program focuses on developing confidence, physical literacy, coordination, fitness, and karate skills while ensuring training is adapted to meet the needs of each athlete.

Registration and More Information for Youth Para Karate Here

University Student Karate Program *NEW*
Designed specifically for post-secondary students, this program offers an affordable and flexible way to stay active, learn practical karate skills, and meet new people while balancing the demands of student life. No experience is necessary, and students with previous karate or martial arts experience are also welcome.
Registration and More Information for University Student Karate Here

Self Defence Program *NEW*
Our Self-Defence program is designed to provide practical skills and strategies for personal safety in real-world situations. Suitable for teens and adults of all experience levels, these classes focus on awareness, prevention, confidence building, and effective self-defence techniques.
More details to come

Summer Classes

Our summer classes are designed to be fun, active, and family-friendly. Please arrive for 6:00 PM. Classes will begin at 6:15 PM and finish at 6:45 PM. **Parents or guardians must remain present during all outdoor summer sessions** and are encouraged to take part in the activities alongside their athletes.

While classes are free, we will be accepting donations in support of the Multiple Sclerosis Society of Canada. Throughout the coming year, our club will be working to raise both funds and awareness for the MS community. Our goal is to have club members, families, and supporters participate together in the MS Walk in May 2027.

We hope you'll join us this summer!

Mark your calendar!

Date & Location	Event
Sunday July 12th, 6PM - 7PM Stanhope Beach	**Karate at the Beach**
Sunday July 26th, 6PM - 7PM Victoria Park	**Karate in the Park**
Sunday August 2nd, 6PM - 7PM Stanhope Beach	**Karate at the Beach**
Sunday August 30th, 6PM - 7PM Victoria Park	**Karate in the Park**

Here is our google calendar with all classes and events
https://calendar.google.com/calendar/u/0?cid=M2JlOGYwZjI3YmNmYjNkYzI3MDUzZTZmYzY4NTFhNTA0MjFlYzljMjMyODU0MTQ0ZTJlOGM4MGEwOGFiOGYzMEBncm91cC5jYWxlbmRhci5nb29nbGUuY29t