

SASKATCHEWAN KARATE ASSOCIATION NEWSLETTER



February 2025

Message from the President

Greetings to everyone!

With the completion of the 2024 year and looking forward to 2025, we should reflect on our personal achievements for the year, whether it be advancing our levels as Karateka, Officials rankings or various Tournament achievements.

Even though we may not have accomplished our goals; we need to reflect on the lessons learned as we pursue them.

We attempted to host a National event this past year but unfortunately, we had no interest from outside our Province. Covid strikes again as people are still hesitant to travel and mingle outside their norms.

We plan to attempt a National event again in the spring of 2025 and hope to be more successful in way of participation from other provinces.

As you plan for a new training year, I want to remind you of the Athletic Development Program that is held during the year in Regina. The coaches are myself and Sensei Guthrie. The sessions are geared so that all attendees will benefit from the instruction and cover topics suggested by the participants.

This is an excellent way to further your knowledge beyond your basic club training. Occasionally, we cover other areas such as Coaching and Officiating. Requirements to participate are 14 years or over and at least a 6th kyu, however...if recommended by your Club Instructor, these requirements can be waived.

Wishing everyone success in the coming year and I look forward to seeing you at upcoming events.

Sincerely,
Dave Smith
President
Saskatchewan Karate Association



Letter from the Editor

I hope you all had a great 2024 and best wishes in the New Year.

There will be a few changes this year that I want to make you aware of.

SKA Office hours have changed back (for the most part) to what they were previous to January 2024.

Monday: 9:00 am – 4:00 pm
Tuesday: 9:00 am – 3:30 pm
Wednesday: 9:00 am – 3:30 pm
Thursday: Closed
Friday: Closed



Holly who looks after SKA financials, is no longer in the office on Fridays but you can call the office at (306) 374-7333 and leave her a message or email her at sk.karate@shaw.ca and she will reply when she is in the office.

There will also be changes to the format and delivery of our newsletter. You will see this newsletter has less content than in previous years. That being said, we still encourage our members to submit stories, pictures or karate related articles.

It was decided that our yearly newsletter will be mailed to SKA clubs for distribution to our members instead of being mailed to home addresses as was done in the past. For multiple members from one family, it will remain the same as previous with one newsletter per household. The timeline for our newsletter will remain the same and you should see them available at your club each year in January or February

There has also been a change with how gift cards for tournament volunteers are distributed. Due to rules around gift cards, the SKA now requires signatures from volunteers before they receive a gift card. If you volunteer at a tournament, there will be information on the officials tables as to where to sign the necessary form in order to receive the appreciation gift card.

Thank you for your understanding with these changes and please contact me with any questions or concerns that you may have.

I would like to take this time to say the SKA appreciates and thanks all the volunteers who help out at our tournaments. Without your help, these tournaments would not take place and we are very grateful that you volunteer your time.

Sincerely,
Linda Crosson
SKA Executive Director

SKA BOARD OF DIRECTORS



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Saskatoon, SK. S7L 7K7
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E-mail: sk.karate@shaw.ca
Website: saskkarate.ca

The goal of the Saskatchewan Karate Association is to promote and facilitate the development of Traditional Karate as a Martial Art and as a Sport throughout the Province by encouraging participation from as diverse an area and population as possible; standardizing and supervising the quality of karate instruction throughout the province, instruction of "karate-do" (the karate way); examination and registration of student ranking and other technical qualifications; sponsoring seminars and other events, developing qualified coaches, instructors and officials; cooperating with organizations for development of karate; such other activities as may assist in achieving the above goal.

SKA Events

Mark your calendars!

More Information about the following events will be posted at your club closer to the event date.

Traditional Karate Nationals Officials Course

April 4, 2025

Martin Collegiate

1100 McIntosh St. Regina, SK

Traditional Karate National Championships

April 5, 2025

Martin Collegiate

1100 McIntosh St. Regina, SK

SKA Annual General Meeting

Date, Time and Location to be announced

Please watch for details at your club



SKA Kellie Bennett Memorial Scholarship

The SKA Kellie Bennett Memorial Scholarship award for the 2024 year was awarded to Irene Sanish. Congratulations Irene!

The passion and enthusiasm that you show for karate is an inspiration to those around you.



Sensei Guthrie presenting the award to Irene

Kids Coloring Contest

**Color the Karate Cat on page 6
and submit to the SKA to win a prize**

This contest is open to SKA Members who are 12 and under.

Please mail or email your submission to the SKA Office at:

510 Cynthia St. Saskatoon, SK. S7L 7K7 or Email: sk.karate@shaw.ca

NAME: _____ AGE: _____ CLUB: _____



2024 SKA Trophy Recipients

This years SKA Trophies were awarded to:

Male Kumite Champion: **Kelly Watts**

Female Kumite Champion: **Sierra Hartman**

Junior Sportsmanship: **Ethan Thor Pastor**

SUPPORT OUR SPORT - You Can!

Each year the Saskatchewan Karate Association (SKA) receives funding from Sask Lotteries.

In fact, Sask Lotteries is the key funder of the SKA.

In turn, the SKA funds clubs, athletes, seminars, clinics, athletic development, tournaments and much more.

Help us, help you.

Buy a Lottery Ticket today for yourself or for relatives or friends.

Who knows?

You may help yourself in more ways than one!

KARATE GIFTS

The Saskatchewan Karate Association History Books - The Highest Skill - was written by D. DeRyk. This book traces the first ten years of the Saskatchewan Karate Association from its inception in 1977 until 1987. This book of memories sells for \$15.00.

The SKA Lapel Pin - the pin features the SKA logo and sells for \$5.00.

SKA Ball Caps - Black with red SKA embroidered logo and writing. \$15.00

Karate Art Print - 'Spirit of Karate', Limited Edition Print, by Saskatchewan artist Henry Ripplinger. The Spirit of Karate is a print of an original charcoal drawing. Each print is framed in a high-quality silver frame and is double matted. These framed prints sell for \$267.50 plus \$9.95 shipping and handling. The perfect gift idea for the Karate enthusiast.

SKA AUDITED FINANCIAL REPORTS

The Saskatchewan Karate Association (SKA) presents their year-end Audited Financial Report at every Annual General Meeting

These meetings are typically held the day after the Provincial Spring Tournament

Please watch for date and details posted at your club

SKA Members are invited to attend

If you would like a copy, please contact the SKA Office at:

(306) 374-7333 or e-mail sk.karate@shaw.ca

Concussion Education

If you are an SKA member and are interested in Free On-line Concussion Education Training, please contact the SKA Office at
Phone: (306) 374-7333 or E-mail: sk.karate@shaw.ca

Training is available for Coaches, Athletes, Parents/Caregivers and Medical Personnel

Get Concussion Smart Today!

SKA Newsletter Submissions

We invite and encourage all of our members to submit karate related photos, stories, upcoming events, etc. Please e-mail your submission to sk.karate@shaw.ca

SKA ATHLETIC DEVELOPMENT PROGRAM

Increase your karate skills & train with karateka from around the province

Requirements:

- 14 years of age or older
- Green belt or higher in your style or permission from your instructor

Cost:

- Yearly: \$250.00
- Weekend Fee: \$75.00
- Daily Fee: \$50.00

Enhance your current kata performance and learn kumite timing and distance strategies. Want to try team kata? Individuals wishing to compete in this event will be put on a team and taught synchronized kata and bunkai (application) for competition. What about En-Bu? This is a “demonstration of self-defense.” It is a very exciting event and can be performed as a man/woman or a man/man team. For Black belts wishing to develop themselves as a well-rounded karateka, fukugo is the way to go. Fukugo is a combination of kata and kumite and is a national and international event.

NOTE: Session fees must be paid in full for members to be eligible to receive travel or other reimbursements.

COACHES: This program is instructed by Sensei Dave Smith & Sensei Graham Guthrie with approximately 100 years of combined teaching experience.

To register contact: Saskatchewan Karate Association
(306) 374-7333 or E-mail: sk.karate@shaw.ca

Come out and join the team!!!

Sport Science & Medicine Services for SKA Elite Athletes

Sport Science & Medicine Council Services of Saskatchewan (SMSCS) aids in supporting and optimizing competitive sport performance through the delivery of high quality and evidence-based sport medicine and science services.

Financial assistance is available to Saskatchewan Karate Association Elite Member Athletes. Some of the services offered by Sport Medicine & Science Council are massage, acupuncture, physical therapy, athletic therapy & chiropractic care.

If you are an SKA elite athlete and would like more information, please contact the SKA office at: Phone (306) 374-7333 or E-mail: sk.karate@shaw.ca

If you have any questions relating to SMSCS services offered, please contact Sport Science & Medicine Services at their toll-free number: 1-888-350-5558. You can also access information on their website at: <http://www.smscs.ca>. Click on Programs & Services to see what services are offered.

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benefit over 12,000 sport, culture,
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