

MARTIAL ARTS FOR EVERYBODY



A Word From Master Farhad

Springtime is here! For those of you that had a chance to get away for a spring break, I trust that you had an enjoyable and restful time. Have you ever thought what "your best" is? At KIKARA we talk about "being the best that you can be". But what does that really mean? As everyone is aware, people have different abilities and potential; therefore it is imperative that individuals focus on their personal goals and improvement. Some of the students may kick higher than others, but others may have better cardio than them. Each of us should focus on improving our skills and ourselves.



KIKARA White Rock
Feature Family: Kim Dias,
Ashley Shelton, and Joshua
Dias

How has your family benefited from training?

Our family's martial art training has had a very positive impact on our lives. The training has brought my daughter Ashley and I closer together because we are able to leave our everyday stresses at home and work together towards a common goal. My son Joshua has benefited from the training through improved listening skills. Joshua is also more focused in other aspects of his life. Joshua and I practice the martial art techniques at home, which has further helped improve our relationship.

Why would you recommend KIKARA to other families considering martial arts?

We would recommend KIKARA to other families for a variety of reasons. In addition to being a great physical activity, training has helped reduce the stress in our household, improving our overall concentration. Martial arts have helped enhance our relationship because we are now sharing a mutual interest and working towards a common goal.

KIKARA Best in Surrey



Its official, KIKARA is the best! According to readers of the NOW newspaper, KIKARA was voted the best martial arts school in Surrey. Thank you to everyone who took the time to nominate us for the Readers Choice Award.

What's Happening?

KIKARA is proud to announce that Sensei Arash Dordar and Mike Sparrow (both from KIKARA Vancouver) will be competing at the North American Challenge at Squamish Nation Rec. Center 100 Capilano Road, North Vancouver on April 16th. Come out and support them. Good luck, Sensei! Tickets for sale at all KIKARA locations.

KIKARA Guildford has crossed an important milestone: over 200 students! Congratulations to the Guildford team for their results to date.

Are you interested in learning more about working with KIKARA? Ever thought about becoming an instructor or a program director? If so, speak to one of the team members at your school; they can help you to get more information.

KIKARA Guildford
Feature Family: Mitra,
Christopher and
Makala Castano

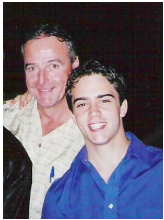


How has your family benefited from training?

Since we started training at Kikara I have noticed huge improvements in my kids and myself. The kids are a lot more passionate towards all of their activities especially Sport Kickboxing, not to mention I have seen a big change in their attitudes. They have really improved their respect towards us and towards adults in general. In terms of my own well being, I have never felt better, physically, mentally and spiritually. I now welcome challenges and enjoy pushing my physical and mental limits in class.

Why would you recommend KIKARA to other families considering martial arts?

I would definitely recommend Kikara to anybody. I always tell my friends how warm and friendly the students and staff members are. They have made us feel welcome from the start and have created a very special sense of family and community here at Kikara, Guildford. We definitely feel closer as a family since we started training together and we're very happy about all the positive things we have seen in our family.



KIKARA Vancouver

Feature Family: Craig and Brandon Cook

How has your family benefited from training?

Craig: My youngest son, Brandon, of 21 joined the academy approximately 8 months ago. He was faced with the typical challenges of a university student on the verge of overwhelm and overload. He asked of me for a suggestion, so I thought of the academy and the benefits it had already provide me. I said, " Try it out, son! You make up your own mind..... I can only lead you to the option, the decision will be entirely yours if you decide to join." He joined and although I don't see him regularly at the academy, he recently boasted that he was testing for his "high yellow" belt and made the declaration in front of his two older brothers while we were at a restaurant outing as a family. It was like we had discovered something that the others were envious of.

Brandon: My father and I now have something in common that we can both do and both talk about. Being a part of the Academy gave me a greater understanding about what he had been talking about over the past two years. We bonded to say the least. We constantly ask each other about our progress and what we should or could do to get better and obtain our belts faster.

Why would you recommend KIKARA to other families considering martial arts?

I would recommend kickboxing to other families because it is something that is goal oriented and anyone can do it. If all the members in a family were a part of a Martial Arts Academy, they would see that it brings them closer because they would all be striving together for the same type of focus. Often a father and a son, mother and daughter or any combination of the four do not have the same goals to share in their daily lives. Kickboxing is that link where all members of the family can share can share one common goal in something they can all participate in.

If all the members of a family have the same goal, to advance themselves in one area, which takes a couple times a week, then it would only make sense that that common personal goal would make them more of a unit. For a teenager who has difficulty relating or talking to his parents because of the generation gap, I think that having something they all can do together and find in common would be a key element in improving their relationship.

Technical Tip

We all know that it is important to breathe. If you stop breathing, you are going to have a serious problem! It is no less crucial when training. Remember to exhale with each kick and punch. This will allow you to become less fatigued during training.

KIKARA Newton

Feature Family: Karol, Kyla, and Bryce Napiorkowski



How has your family benefited from training?

Joining Kikara has given us something in common to talk about as well as spend time together. Having myself join gives the kids the ability to see that even at my age I still have things that I can learn. We all get to watch each other progress and I think that the kids find it very exciting when Dad gets a new strip on his belt or tests for a new belt.

Why would you recommend KIKARA to other families considering martial arts?

I would recommend this program to other families because of the clubs ability to keep it fun and not boring for all members at all ages. The variety of times and classes helps make it accessible to anyone no matter your work schedule or your kids school schedule. The Sensei's seem to have a great ability to deal with the kids and make it fun for them as well as challenging. Everyone in the club is willing to take the time to make you a better martial artist as well as a better person.

SKF Spring Tournament

Another successful tournament for KIKARA as members competed in forms, high jump competitions, ring fights and sparring. A special thanks to all those who came out and supported the participants.

Upcoming Events

NEXT INTERSCHOOL TOURNAMENT:

MAY 14. GET READY FOR THE BEST INTERSCHOOL YET!

Vancouver Location
1727 West Broadway
Phone: (604) 733-9553
Email: vancouver@kikara.ca

Guildford Location
#2-15326 103A Avenue
Phone: (604) 588-4400
Email: guildford@kikara.ca

Newton Location
104-13569 76th Avenue
Phone: (604) 592-5402
Email: newton@kikara.ca

White Rock Location
102-2355 King George Highway
Phone: (604) 541-4229
Email: whiterock@kikara.ca

Langley Location
Opening Soon
Phone: (604) 534-5313
Email: langley@kikara.ca