



MARTIAL ARTS FOR EVERYBODY

A Word From Master Farhad

I trust 2004 has been a fulfilling year for you, and that you have achieved the goals that you set out for yourself. If this was your first year or your tenth year in martial arts, I hope you were able to improve both physically or mentally. Even after 30 years as a martial artist, I still find that the benefits from the sport are both practical and invaluable. As you look towards 2005, plan how you will take new strides to increase your self-motivation, perseverance, and discipline. I wish all of you a great holiday season, and look forwards to seeing you again in the New Year.

KIKARA Christmas Promotion



This holiday season why not share the benefits of martial arts. Introduce a friend to KIKARA by December 23rd and receive a free month of training or bag gloves and footpads.



KIKARA White Rock Feature Student: Aiden Young

Mom and dad chose KIKARA because they said it would help me improve my self-discipline and I would gain an overall knowledge of martial arts. I just like training and practicing on Bob. My dad likes the instructor. He says Sensei Ben is patient and understanding and that he provides a great balance of fun and discipline. I want to get my Black belt and I think KIKARA will make me a really good fighter and improve my self-discipline.

What's Happening?

November was a very exciting month as KIKARA successfully launched two new locations, KIKARA Newton and KIKARA White Rock. The launches offered students an opportunity to meet one another while experiencing amazing martial arts demonstrations. The launches featured Cupcake the clown, face painters, and lots of great food.

Martial arts demonstrations were available by donation with all the proceeds going to U.N.I.T.E.D. (United Network of Indo-Canadians for Togetherness through Education and Awareness), through KIKARA's commitment to supporting community initiatives \$500 was added to the donations raised at the launches. U.N.I.T.E.D. focuses on preventing Indo-Canadian gang violence.



KIKARA Newton Feature Student: Rayna Sagness

I chose KIKARA because the business is operated in a professional and stress free manner. I enjoy the physical and mental challenges that training has to offer. By attending martial arts training I would like to improve my physical and mental health, as well as my sense of discipline.

KIKARA Gift Packages



Not sure what you want for Christmas? How about a fresh smelling pair of gloves? Visit your KIKARA for great deals on equipment gift packages. Packages feature t-shirts, gloves, footpads, duffle bags and more.



KIKARA Vancouver
Feature Student: Chris Meier

I have been training in martial arts for the past 17 years. When training I find that I have increased health, stamina and a positive attitude. Even though training occupies several hours during the week, I find that I am consistently more productive in my endeavours during the week. When I train hard I work hard and I give 100% to every aspect of my life. The advantageous of sport kickboxing are inherent in the emphasis on cardio as well as flexibility. I can tell that the instructors are here through a mutual love of training and the art itself. The commonality lends an air of passion and commitment to every single class.

2004 for KIKARA

Over the past year successful tournaments, new locations and team members have all contributed to KIKARA and it's member's growth.

The SKF Spring and Fall tournaments presented students with an opportunity to compete and represent KIKARA. Numerous awards and medals were received in sparring and forms.

May featured the introduction of Intra-school tournaments allowing students to meet and mingle while testing their skills. Students competed in exciting high jump, sparring and forms competitions.

The year was very busy for KIKARA as preparation took place for the launch of two new locations, all the hard work and effort was well worth it as KIKARA successfully launched the White Rock and Newton locations in November.

The addition of new locations and increased memberships introduced many new faces to the KIKARA team, as new instructors, assistants and program directors were added.



KIKARA Guildford
Feature Student: Andrew Fayn

I took Tae Kwon Do (TKD) for four years and really enjoyed it. But then I took time off and did other sports. A co-worker introduced me to KIKARA and I decided it would be a good idea to get back involved with martial arts.

Self-defense and physical conditioning were on the top of my list in terms of benefits and so far I'm really happy with the progress I'm making in both those areas. I found TKD good for technique but not as much of a fighting Style and definitely not as realistic as Sport Kickboxing. With KIKARA I feel like I would actually be able to use the techniques that I am learning if I ever needed to.

The atmosphere in the school is great and I feel really comfortable when I come to class, however Sensei O'Neal always pushes us to give 100%. I look forward to all the training that is coming in the future to obtain my black belt.

SKF Spring Tournament

Want to compete? Why not come out and try the SKF spring tournament. Test your skills, challenge yourself and start training. February's almost here and the SKF spring tournament's not too far behind. KIKARA would like to see everyone come out to BCIT on February 19th to cheer on and support the participants.



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