



# NEWSLETTER

## September 2024



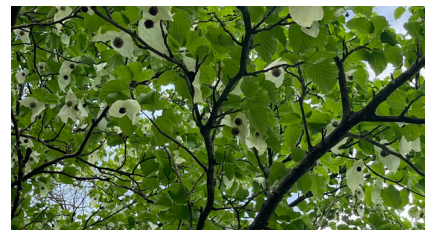
### Osu!

We want to welcome old and new members to a new term. Training is in full swing, and we want to thank all our dedicated instructors for their commitment and efforts that make it possible to keep the activities running every day of the week.

You can find the club's schedule here:

[Autumn Schedule 2024 – IF Lunds Karate Kyokushinkai](#)

We have planned several events and activities during the autumn, don't miss these.



**Sunday, October 13:** Term's Fix Day. As every semester is time for the members to get together for fix and clean the dojo: we need to help clean the spaces that we live in and fix broken/improvable things in the club, so we can have a pleasant and functional training environment. Registration: [fixardag.kyokushinlund.se](http://fixardag.kyokushinlund.se)

**October 19:** Kumite Day with 100 rounds of fighting. After the successful 50 fights event during spring, Sensei Nadia challenged those who train on Fridays (and all who feel can join) to a new goal, stretching it further to 100.



**October 24:** 100-Kata Day will be held this year during an extended regular kata session. This is an international event that we have participated in for the past few years. All dojos in the world are encouraged to perform 100 katas in a row. It's fun, challenging, and strenuous. Join and contribute to 100 rounds of different katas at different levels



Read more about the international event at:  
<https://challengeokinawa.com/100katachallenges/>

**November 8-9:** Shihan Collins from Gothenburg will come to the club and hold a camp. More information and registration will come later.  
November 16-17

November 16-17: Many of our instructors will be away for training in Löddeköpinge. We do not yet know if this will affect the sessions that weekend.





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**November 23:** Kata Competition. Last autumn, we held a fun competition for all members. It was possible to compete in several categories. We plan to repeat this in November.

### Lost and Found

Throughout the year, items are forgotten during training from time to time. Many things, usually clothes and protections, are placed in a plastic box near the entrance. Earrings, car keys, etc., we put aside for pickup. We have now posted a form on our website where you can report that you have forgotten something. <https://kyokushinlund.se/lost-and-found/>

### Economy

For all sports clubs, the economy is an important factor. The two largest sources of income we have are training fees and grants. The invoices for the autumn term have just been sent out. If you have any questions or if something looks strange, please contact [kassor@kyokushinlund.se](mailto:kassor@kyokushinlund.se). Keep in mind that many companies give wellness grants (friskvårdsbidrag) to their employees, and our training fee qualifies for that benefit.

We receive grants based on our activity. The more people train, the more sessions, the higher the grants we receive. This means that if you train more, the association receives more grants from the state and Lund municipality.

