



Mission Statement:

To inspire people through Karate-do, to provide the best in all aspects of Karate being Martial Art, Sport, Self Defence and Physical Fitness.

Important Dates

February 19th and 21st

Closed for Family Day Long Weekend

March 5th- Grading

March 5th Adult open training cancelled due to grading

ICKF NEWSLETTER

INTERNATIONAL CHITO RYU
KARATE & FITNESS

FEBRUARY, 2011

UPCOMING GRADING

Grading is an opportunity for a student to challenge themselves. At the grading, students are required to know the required material to progress to the next level. Students should be aware that the quality of their technique is what is important. Students who gained a major belt such as green belt at the last grading should not be in a rush to grade as they need to take enough time to have a solid performance of the next material. Children program students should review their blue pamphlet for the grading requirements; new students who do not have a blue pamphlet should see Sensei. Note: **Adult open training closed on March 5th for the grading.** Sign up sheets will be posted on the notice board.

Pee-Wee Program - Stripe Grading - When: Saturday, March 5th - During class time

Fee: Stripe is no charge. Pee-wee yellow belt fee: \$40.

*Pee-wee gradings are different from the regular gradings and are done as a means of teaching what a grading is and building confidence

Children's Program Grading - When: Saturday, March 5th

White and Yellow Belt Including Stripes - 1:30 to 2:15

Yellow Belt and Up Including Stripes - 2:15-3:00

Fee: \$20 for Stripe and \$40 for Full Belt.

This grading is for white through orange belt and stripe's on all belt levels

Adult program - When: Saturday, March 5th

White, Yellow and Orange Belt - 3:00 Fee: See notice board

Children and Adult Program - Intermediate Green through Brown Full Belt Gradings

When: Saturday March 5th - Start time 4:00 Fee: Children: \$40 Adults: See notice board

CHITO RYU TOURNAMENT proposed for June 11th

Every year the Chito Ryu Association of Ontario hosts two karate tournaments one in the fall and one in the spring. The next Chito Ryu tournament is scheduled for June. I have been informed that this competition will be significantly different from the regular Ontario Chito Ryu Karate tournament as it will have competitors coming from Quebec and the East coast. I would like to encourage those who have an interest in competition to train diligently as this tournament will be a great opportunity to compete against Chito Ryu Karate students from other Provinces. This tournament is said to be a dry run for an even bigger championship which has been tentatively scheduled for next year which may include international involvement. To compete in this tournament you must have at least one yellow stripe on your white belt and know at least two kata. Competitors will require a mouthguard, gloves (specific kind available at our Dojo) and groin protection. A signup sheet will be placed on the notice board.

Please note: This update acts as a heads up to ICKF students wishing to compete in the tournament. More information regarding fees and location will be provided as soon as we are notified by the organization.

I.C.K.F. is a member of Canadian Chito Ryu Karate Do Association, World Karate Federation, National Karate Association, Karate Ontario and Sport Canada.

Safety Rules & Housekeeping Reminders:

1. Children are not allowed to enter the change room while classes are in session. The change room is not a play room. Students must treat their dojo with respect.
2. No gum can be brought into the Dojo.
3. When picking up children please ensure that the adult enters the dojo to collect them. Also, all students must remain in the dojo until the adult picking them up comes in.
4. ICKF is a nut free environment. Please refrain from bringing nuts or products containing nuts into the Dojo.
5. Sparring is only to be done in the Dojo and only when the Instructor allows it. Students are not to spar at home (or anywhere else) with their siblings or friends.

Brown Belts Grading to Black Belt

We wanted to inform ICKF students what is involved for Brown Belt students looking to grade to Black Belt so that they are aware of what is involved when going for this important Belt.

All Black Belt tests in Canada are graded by Sensei Shane Higashi 9th Dan and head of the Canadian Chito Ryu Karate Do Association. In order to grade, Brown Belt students must be a minimum of 16 years old and attend clinics which are held the first Sunday of every month at Higashi Sensei's Dojo in Toronto. These clinics are meant to assist Brown Belts in their preparation to grade for Sho Dan (black belt). These clinics are \$15 and run from 10:00-12:00. Each Brown Belt must also purchase a PTR personal training record which is where they record their attendance at clinics.

In addition, in order to grade Brown Belt students must pass a pre test which is organized by a panel of Master instructors. Brown belt students must also prepare an essay with the topic normally being, 'how I prepared for black belt'.

The fees for the pre test and full black belt grading are set by the Ontario and Canadian Chito Ryu Karate Associations and are not handled by individual Dojo's.

Housekeeping Reminder: Please remember to check the Membership Renewal Book for the renewal dates for yourself or your child's membership. All memberships must be paid on time.