



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

June 19th

Last date for submitting T-Shirt payment

June 26th

Children and Adults Grading

July 1st—10th & Aug 21

Dojo Summer Closure

ICKF NEWSLETTER

INTERNATIONAL CHITO RYU
KARATE & FITNESS

JUNE, 2010

ICKF 10th Anniversary - Thank You

On May 1st ICKF Karate School celebrated our 10th anniversary with a big demonstration held at Father Austin High school. The majority of the Dojo participated demonstrating their skills to an audience of over 400 people. I would like to take this opportunity to thank all of the volunteers who helped make this event such a success. I would also like to thank all of the student body for putting on such a great display of Chito Ryu Karate. I am looking forward to what the next decade of ICKF Karate may bring. Ganbatte! (keep striving)

ICKF Picks Up 57 Medals!

On Sunday, May 16th, the Chito Ryu Association of Ontario hosted a tournament for Chito Ryu Karate Dojo's from across southern Ontario. ICKF had 35 competitors and ended up with the most medals overall with 57 (the second highest club had 27). Every ICKF athlete put their best foot forward. Most importantly, ICKF students represented themselves in a courteous and respectful manner. Everyone who competed in the competition had a great time. Congratulations to everyone for their efforts! The results will be posted on the notice board.

ICKF Shirts

Since the weather has been so nice lately I have received many requests for ICKF T-Shirts. Our ICKF T-shirt design is one of a kind, look great and are just \$20. An order form will be posted on the office door, payments must be given in advance to the front desk by June 19th. Sizes are available for children and adults.

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.**

Toshin Cup Winner For 2010 is ICKF's Cameron Martin!

The Toshin Cup is a trophy that is awarded to the top Junior competitor over the course of the two Chito Ryu tournaments each season. This trophy is not easy to get as a competitor has to win gold in both kata and kumite in two tournaments back to back. ICKF has been fortunate to have more than ten athletes receive this trophy. We are happy to announce that the Toshin Cup winner for 2010 is ICKF's Cameron Martin. Cameron has had a great season, congratulations Cameron way to go! The Toshin Cup is awarded by the Chito Ryu Association of Ontario.

GRADINGS

A grading will be held on Saturday, June 26th. The children's grading will be held at 2:30 and the adult grading will begin at approximately 3:30. A signup sheet will be posted on the notice board. Children's grading fees are \$20 for stripe test and \$40 for full belt examination. Adult grading fees are posted on the notice board.

Students please be advised that you must know your grading requirements in order to grade. In addition, if you have recently passed a major full belt test you must give yourself ample time to challenge the next grading. All grading fees must be paid to the front desk prior to grading. The last day to sign up will be Tuesday June 22nd.

Dojo Summer Closure

As you are aware ICKF has two short closures a year one; at Christmas and one in the Summer. These short closures are factored into membership costs and help to keep fees down. The Dojo will have a short closure from July 1st –10th (reopening on July 12th). The Dojo will also be closed on Saturday, Aug 21st. On this date, long time ICKF student Chris Burke will be representing Canada at the Junior Pan American Championships in Montreal and as his instructor I will be in attendance at this special event.