



ICKF NEWSLETTER

INTERNATIONAL CHITO RYU
KARATE & FITNESS

OCTOBER, 2009

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

Wed Nov 11

Children's Green Through Brown Belt Grading

Sat Nov 14th

Children and Adult White Through Orange Belt Grading

-Last day for Chito Ryu tournament sign up

Sun Nov 29th

Chito Ryu Tournament

Sat Nov 21st

Last Date to Place your ICKF Hooded Zip Up Order

ICKF KARATE SCHOOL VOTED #1 FAVOURITE MARTIAL ARTS CLUB!

We are very happy to announce that ICKF Karate School has been voted the #1 Favourite Martial Arts Club in the Oshawa/Whitby This Week Readers Choice Awards. We would like to sincerely thank everyone who voted for our Dojo. Since 2000, we have been building our Dojo and it is nice to be recognized for our efforts in creating a truly world class karate dojo. The atmosphere in the Dojo is fantastic and we will continue to provide the best in all aspects of Karate. We would like to thank all of our students and their families for all of their support.

ONTARIO KARATE CHAMPIONSHIP

GRAND PRIX #1

On Sunday, September 27th Karate Ontario held their first grand prix tournament of the season. The Karate Ontario grand prix is the selection process for the Ontario Provincial Karate team. Athletes aged 14 and up and Green belt and up are eligible for making the provincial team. ICKF had 10 students compete in the championship and picked up 8 medals in the Elite divisions. Our medalists were: Dylan Laval 14-15 +70kg kumite silver, Jarrett Booth 16-17 +76kg kumite silver, Jonathan Kondziolka 14-15-63kg kumite gold, Julia Oliver 14-15 +54kg kumite bronze, Sami Iannuzzi 16-17-48kg kumite bronze, Dylan Creaney 14-15 -57kg kumite bronze, Morgan Martin 14-15-54kg kumite silver, Rachel Deadman 14-15 -54kg kumite gold. Liam Martin and Marika Gumienny also put on strong performances. All are to be congratulated on their strong showing.

ICKF HOODED ZIP UPS

Many people have been inquiring about ICKF wear. Since we are moving into the colder season we have decided to create an order for ICKF zip up hoodies. This black zip up with ICKF DOJO on the front and back will be great to wear to tournaments or just out and about! We have done our best to research items and bring to you a quality product that looks great but is not too expensive. Children and Adult samples are available to try on. The zip ups will be \$40 tax included and the order form will be on the office door. All order fees must be paid to the front office by November 21st or they will not be put forward. We want to ensure that everyone will receive their zip up before Christmas.

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.

Tournament Updates!

Ontario Chito Ryu Fall Tournament

On Sunday, November 29th the Chito Ryu Association of Ontario will be hosting a tournament. This tournament consists of Chito Ryu Clubs from across southern Ontario. ICKF Karate School always sends large squads to this tournament; everyone enjoys themselves and has a great time. The tournament is being held at Senator O'Connor College School, 60 Rowina Dr North York Ontario M3A 3R2. Registration fees are \$35 per person, \$60 for family of 2 or \$80 for a family (4 people max). In order to compete you must have at least one yellow stripe on a white belt and know two katas. All competitors must have mouth guard, gloves and groin protector. Signup sheets will be posted on the notice board. Any new competitors must have their parent/guardian sign the release form. The deadline for sign up and fees is Saturday, November 14th.

UPCOMING GRADING

The next grading will be held on Saturday November 14th starting at 1:30. These gradings will be for Children White through Orange, Green through Brown and Adult White through Orange. Children's grading fee is \$20 for a stripe and \$40 for belt gradings. Adult grading fees are posted on the notice board. A signup sheet will be posted on the notice board. Students should only sign up if they are confident in the material for their next level. Last day to sign up is Tuesday November 10th.

Note: Pee wee grading and Adult Green through Brown grading will be done at a later date

Saturday November 14th

1:30-2:30 - Children's White through Orange belt, including stripe tests for all levels

2:30 - Adult White through Orange grading.

Wednesday November 11th

7:00-7:30 Children's Green through Brown belt (full belt only) grading