



#### 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

Sat Sept 26th

ICKF Open House

Mon Sept 28th

7:15-8:10

Adult Free Class

Sun Oct 4th

CIBC Run for the Cure - ICKF Team

Sat Oct 10th & Mon Oct 12th

Dojo Closed for Thanksgiving

Sun Nov 22nd

Tentative Date for Tournament

# ICKF NEWSLETTER

INTERNATIONAL CHITO RYU  
KARATE & FITNESS

SEPTEMBER, 2009

## SEPTEMBER IS HERE AGAIN...

September is upon us again and we would like to take this opportunity to welcome all new students to ICKF Karate School. We are confident that you will enjoy your Karate experience and we look forward to helping you through your introduction to Chito Ryu Karate Do. We would also like to welcome back any returning students and we look forward to continuing your progress in the martial arts. For all those who have trained diligently throughout the summer great job and keep up the good work!

During September we have some news to share with everyone. Any new student who joins ICKF Karate School during the month of September will receive a free uniform - a \$50 savings! Also, ICKF Karate School will be holding an open house on Saturday September 26<sup>th</sup> from 10:30am -2:00pm. The open house is a great chance for the public to come by the Dojo and check out our school and learn a little about what our Dojo is all about. If you know anyone who is interested please tell them about our open house and free uniform offer.

## CALLING ALL PARENTS!

Over the years I have met many parents who are interested in Karate. However for some reason something stops them from trying a class, maybe it is a fear of looking silly or they are apprehensive to put themselves out there. Well Karate is for everyone and people of all ages enjoy Karate training for many different reasons the world over. We created the adult beginner class in order to create an environment where new adult students would have a forum to try a class. To further encourage all of you, we are inviting any ICKF parent to come out on Monday September 28<sup>th</sup> for a free trial class during our Adult beginner class (7:15-8:10). If you are one of those parents who is always here at the Dojo and has an interest in Karate this is your chance to try a class with other parents such as yourself, you have nothing to lose!

## CONGRATULATIONS SAMI— SECOND IN CANADA!

This past July one of our students, Sami Iannuzzi competed in her first National Karate Championship. Sami qualified to represent Ontario in the 14-15 minus 47 kg category by finishing first in the Province for her category. This was Sami's first National Championships and she had an outstanding performance! She picked up a silver medal in individual kumite and earning a place on the Canadian Junior Karate team, as well as picking up a bronze in team kumite. Sami's adventure didn't stop there, she represented Canada at the Junior Pan American Karate Championships which were held in El Salvador from August 31<sup>st</sup>-September 6<sup>th</sup>. At the Junior Pan Ams Sami finished in 5<sup>th</sup> place and came very close to medaling. Congratulations Sami!

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.

## Tournament Updates!

### Ontario Chito Ryu Fall Tournament

The Chito Ryu Association of Ontario has announced a tentative date for the Fall tournament on November 22<sup>nd</sup> at Senator O'Connor high school. This tournament is for any ICKF Student who has at least one yellow stripe. We always bring a large group to this tournament and everyone has a great time and good experience. To compete each student should know at least two kata's and have the proper equipment (mouthgurad, gloves and groin protection). Keep it posted in your calendars and start practicing!

### CIBC RUN FOR THE CURE

Every year our Dojo put together a team to support the CIBC Run for the Cure, which raises funds for the Canadian Breast Cancer Foundation. This year the run will take place on Sunday October 4<sup>th</sup> at 10:00 am at Lakeview Park in Oshawa. You can walk or run and have a choice between the 5k or 1k. Veronica Varela a mother of one of our students (Diego Varela) has taken the time to organize our Dojo for this event. All you have to do is register online at [www.cbcbf.org](http://www.cbcbf.org) make your donation and sign up for our team ICKF Karate School. We look forward to having a big group represent the Dojo for this noble cause. Special thanks to Mrs Varela for organizing this event for us. Please also sign up on the notice board in the Dojo so we are aware of your attendance.

### READERS CHOICE AWARD

ICKF Karate School has been nominated by the Oshawa-Whitby This Week in the Readers Choice awards section (favourite Martial Arts Club category). We would like to thank those who nominated our school to be included in the contest. The Readers Choice award is basically a popularity contest (who can get the most number of votes), we would appreciate it if you could take the time to vote for our Dojo. The nominee section will appear in the Sept 25 issue of the Oshawa-Whitby This Week, please vote for your Dojo by mail or at [www.durhamregion.com](http://www.durhamregion.com)