



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

April 17th

Karate Ontario Grand Prix #1 - Elite Competitors Only

April 25th

Easter Monday- Dojo Closed

April 30th

Official Yudansha Pre Test at Higashi Dojo - Brown Belts Only

May 21st & 23rd

Victoria Day Long Weekend Dojo Closed

June 5th

Karate Ontario Grand Prix #2- Elite Competitors Only

June 11th

CRAO National Spring Tournament - Dojo Closed

June 18th

ICKF Dojo Grading- Adult Open Training Cancelled

June 25th

Yudansha Grading Brown Belts Only- Higashi Dojo

ICKF NEWSLETTER

INTERNATIONAL CHITO RYU
KARATE & FITNESS

APRIL, 2011

ICKF AT THE CANADIAN NATIONAL CHAMPIONSHIPS

Karate Canada hosts the National Karate Championships (recognized by Sport Canada) which are held annually in a different province each year. Each province sends a team made up of only the top two athletes from each elite division. This year ICKF qualified four of our students to the Ontario team which competed at the Nationals between March 18 and 20 in Saint Hyacinthe, Quebec. We are very happy to announce that each of the ICKF students had great performances with each student earning a National medal (results below). Congratulations to these athletes who worked very hard to be on the National podium.

ICKF Results:

Marika Gumienny won Bronze in 14-15 female -54kg kumite and Bronze in 14-15 female team kumite.

Dylan Creaney won Bronze in 16-17 male -68kg kumite.

Jonathan Kondziolka won Silver in 14-15 male team kumite.

Chris Burke won Silver in 18-20 male +78kg kumite and Bronze in Men's +84kg kumite.

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.

SPECIAL EVENT: CRAO NATIONAL SPRING TOURNAMENT

We have been informed by The Chito Ryu Association of Ontario that this competition will have competitors coming from Quebec as well as Nova Scotia. This event will be a great opportunity for students to test their skills against competitors from other provinces. For those interested in competition this is a great opportunity, so don't miss out!

When: Saturday June 11th 8:30am-5:00pm

Where: Crescent School – Field House - 2365 Bayview Ave, North of Lawrence Ave

Entry Fee: \$40

Who Can Enter: Students from ICKF Children's Program and Adult Program. Children's program students must have at least one yellow stripe.

What Do I need: Each student must have two kata prepared, a pair of sparring gloves, groin protection and mouth guard. Students who have never been to a Chito Ryu competition must fill out the waiver form. If under the age of 18 parents must fill out the waiver form.

Rules: Chito Ryu Kata and Kumite. For Kumite the winner is the student first to score three points or whoever has the most points at the end of the match. Students are divided by age and rank. Jodan techniques are allowed in competition. Head gear and chest protector will be provided.

Important Notice:

Since this tournament is a special event the **Dojo will be closed on Saturday June 11th**. However, to make up for this closure we will remain open on Easter Saturday.

In Addition: Higashi Sensei 9th Dan and Head of the Canadian Chito Ryu Karate Do Association will be conducting a **special class** on Sunday June 12th at the Crescent School upper gym from 9:00am-11:00am. As a special to the competitors if you compete in the tournament the fee for the tournament and the special class will be \$50.

Gradings

Saturday June 18th ICKF Dojo grading- Adult open training will be cancelled this day to make room for the grading. A sign up sheet with times and fee information will be posted closer to the grading date. Pee Wee grading will be done during class time.

Saturday June 25th Yudansha Grading - Brown belts only at Higashi Dojo

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.