

INTERNATIONAL CHITO  
RYU KARATE & FITNESS



**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**

**May 16th &  
18th**

**Dojo Closed for  
the May Long  
Weekend**

# ICKF NEWSLETTER

INTERNATIONAL CHITO RYU  
KARATE & FITNESS

MAY, 2009

## NEW ICKF WEBSITE LAUNCH

We are happy to announce that we have created a brand new website for the Dojo. Please take a look at our new website at [www.ickf.com](http://www.ickf.com). The ICKF newsletter will also be available online. Our new website will launch any day now so check it out on a regular basis!

## ICKF PROVINCIAL & INTERNATIONAL RESULTS

### PROVINCIAL

ICKF students recently competed in the Ontario grand prix; a series of four provincial tournaments organized by Karate Ontario. 14 of our members picked up 29 medals this year in these provincial competitions. Some of our students competed in every grand prix while others picked up experience in just one or two. Our competitors worked very hard and are proud to represent ICKF Dojo and Chito Ryu. Our competitors were Marika Gumienny, Nicholas Gumienny, Morgan Martin, Liam Martin, James Ferry, Chris Burke, Rachel Deadman, Jordan Naterer, Sami Iannuzzi, Julia Oliver, Dylan Laval, Dylan Creaney, Joshua Dunand and Diego Varela.

In addition to the 29 provincial medals, ICKF was able to qualify two of our members to the provincial team. Sami Iannuzzi is in the girls 14-15 -47kg Kumite (Sami qualified by finishing first overall in the province) and is the 6<sup>th</sup> ICKF student to qualify for the nationals. In addition, Chris Burke qualified in the Jr men 18-20 +76kg kumite (this will be Chris's fourth National Championship in a row). Sensei Ed Docherty will be joining Sami and Chris at the Nationals as an assistant coach for the Ontario Provincial Team. The 2009 Canadian National Championship will be held in Calgary this coming July.

### INTERNATIONAL

Over the Easter long weekend two International tournaments took place in Las Vegas, USA; the USA Junior Olympics and the US Open Karate Championship. The US Open is a very prestigious Karate tournament with participation from many competitors from across the world. Representing ICKF was Chris Burke who picked up a bronze medal in the USA Junior Olympics and a gold medal in the more prestigious US Open, both medals were in the 16-17 heavyweight advanced division. Chris defeated competitors from Ecuador, USA, Venezuela and Mexico. "Way to go Chris!" Sensei Ed Docherty also made the trip to Coach Chris in the competition.

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.

## SENSEI BELLHOUSE CLINIC

On Saturday, April 4<sup>th</sup> Sensei Art Bellhouse 5<sup>th</sup> Dan Renshi (expert teacher) and Lori Bellhouse 4<sup>th</sup> Dan Shihan (master Instructor) put on three great classes for the children, adult novice and adult advanced students at ICKF. Sensei Art and Lori Bellhouse have been Sensei Docherty's instructors since 1985.

Each class worked on different themes focusing on important elements required for that level. Each class was high energy and fun, as well as being a good workout. Everyone had a great time and had a great learning experience.

## NEW ADULT BEGINNER CLASS A SUCCESS!

Recently due to popular demand we started a new adult Beginner (novice) class. This class has had an amazing response and is a great class for any adult who has the thought of trying karate. If you have an interest in karate and have never had the opportunity to try a karate class, don't hesitate to set up an appointment to try out this class that is held on Monday from 7:15 to 8:10pm.