



# ICKF NEWSLETTER

INTERNATIONAL CHITO RYU  
KARATE & FITNESS

JUNE, 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

**Sat June 13th**

Higashi Sensei Clinic

**Wed June 24th**

Green through Brown Belt Grading

**Sat June 27th**

White through Orange & Pee Wee Gradings

**Wed July 1st**

Dojo Closed for Canada Day

**Mon Aug 3rd**

Dojo Closed for Civic Holiday

**Sat Sept 5th & Mon Sept 7th**

Dojo Closed for Labour Day Long Weekend

## HIGASHI SENSEI VISIT

On Saturday, June 13th Sensei Shane Higashi 9th Dan Hanshi (Grand Master) and Supreme Instructor of the Canadian Chito Ryu Karate Do Association will be visiting ICKF Karate School to provide ICKF students with special instruction.

Sensei Higashi has been studying Chito Ryu Karate Do for over 45 years. Sensei is 69 years old and holds a 9th degree black belt (one of only 4 Chito Ryu practitioners in the world), as well as a special martial arts title of Hanshi (Grand Master). Sensei is a direct student of O'Sensei Dr Tsuyoshi Chitose 10th Dan founder of Chito Ryu Karate Do. Sensei Higashi is a true gentleman with Dojo affiliates across Canada.

To put the importance of the special class in Canadian terms, Sensei Higashi's visit to our school would be equivalent to Wayne Gretzky visiting your hockey camp. So don't miss out on this great experience! For these special classes only, regular scheduled classes will be cancelled on Saturday, June 13th. Please note that there is a small fee for Sensei Higashi's special class. Please sign up on the notice board and pay fees to the front office prior to the start of the special class.

Special Class Times	Fee
Pee-Wee (all pee-wee classes together) 10:00-10:45	\$10
Children white and yellow belt 11:00-11:50	\$20
Children yellow belt and up 12:00-12:50	\$20
Lunch Break 1:00-2:30	
Adult All Belt 2:45-4:15	\$30
Question period 4:15-4:30	

\*Adults please note the schedule change for the adult clinic  
Family Max is \$60

We are extremely lucky to have Sensei Higashi teach at our school!

Please don't miss out on this great opportunity.

## 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!

### Chito Ryu Tournament

On Sunday May 24<sup>th</sup> the Chito Ryu Association of Ontario hosted a Spring tournament. This competition brought together Chito Ryu Dojo's from across southern Ontario. 24 ICKF students picked up 42 medals (15 gold, 11 silver, 11 bronze, & 5 4<sup>th</sup> place bronze). ICKF had the most medals at this competition with 19 more medals than the dojo in second position. Congratulations to everyone! Every ICKF student that competed in this competition earned a medal but more importantly behaved appropriately in a respectful manner. Great Job ICKF!

### Iwata Cup

On Sunday April 25<sup>th</sup> ICKF students competed at the 9<sup>th</sup> annual Iwata Cup. The Iwata Cup is an all styles Karate tournament that attracts Dojo's from across Ontario and Quebec. 20 ICKF students picked up 25 medals (9 gold, 8 silver and 8 bronze). ICKF students not only demonstrated the results of their hard work, but also the classy attitude which has become commonplace within our Dojo. Well Done!

All listings of the results will be placed on the office door.

## Gradings

Please read the following closely for the upcoming grading times.

### **Programs**

PeeWee Program - Grading will be held on Sat June 27<sup>th</sup> during class time.

Children Program - Gradings for white through orange belt and stripe gradings will be held on June 27<sup>th</sup> at 1:30

Adult White through Orange Belt - Gradings will be held on Sat June 27<sup>th</sup> at 2:30

Children and Adult Green through Brown - Gradings will be held on Wed June 24<sup>th</sup> at 7:30

### **Grading Fees**

Pee wee - No charge for stripe, \$40 for yellow belt

Children Program - \$20 for stripe & \$40 for belt

Adult - See notice board for fees

Signup sheets will be posted on the notice board. In order to grade you must sign up in advance and fees must be in to the front office prior to grading. Each student must know their required material if they wish to grade.

\*Please note that the adult open training on Sat June 27<sup>th</sup> will be cancelled due to the grading\*