

Local karate club delivers the goods

Whitby's Chito Ryu team wins three gold, three silver in Norway

By Brian McNair

WHITBY -- Ed Docherty insists karate is about much more than competition results.

Having said that, he was thrilled with those that came to Whitby's Chito Ryu Karate and Fitness Karate School (ICKF) when it travelled to Norway for the 9th Soke Cup World Chito Ryu Karate Championship.

Docherty, chief instructor of the local club, and brothers Chris and Nick Burke contributed to a haul of three gold and three silver medals.

"We just focus on the training," Docherty said when asked if he anticipated such a strong showing.

"In the back of your mind you're going in to do your best and to hopefully get those kinds of results. For me, I've medalled there before, but I've never won the gold. But I knew it was possible. I definitely believed we could go out there and produce these kinds of results."

The Chito Ryu style of karate includes two divisions, kumite (sparring) and kata (forms). The style calls for protective gear to allow for more contact than other forms of karate.

Docherty, 28, and Chris Burke, 16, both managed to win gold in their respective kumite divisions without getting scored upon.

Burke won gold in kumite and silver in kata of the Junior Men's 16-17 division and also contributed to a gold medal as a member of the Junior Canadian kumite team.

Docherty prevailed in the Men's Black Belt Heavyweight kumite

division and also helped the Canadian men's team win silver in kumite.

The two also took part in the Adult Black Belt team kata event along with Nick Burke, 20, and finished a close second to a team from Japan. Docherty says he "snuck" the younger Burke into that competition, as he is neither a black belt nor old enough to compete in the adult division.

All told, Docherty was thrilled with the event, which is held every three years, this year on Aug. 4-5 in Bergen, Norway.

"It couldn't have gone any sweeter," he says. "Everything just came together on the day. Sometimes you work hard and things don't work out. Sometimes you work hard and things come together perfect. Everything was just timed right. I think we had a peak performance on the day."



Submitted photo
From left, Ed Docherty, Chris Burke and Nick Burke stand together in Norway, where they represented Whitby and Canada at the World Chito Ryu Karate Championships.