



ICKF NEWSLETTER

International Chito Ryu Karate & Fitness Inc. Established 2000

Our Mission:

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:

- New Family Class March 23rd-June 23rd
- Dojo Closed on Family Day Monday February 18th
- February 28th last day to order Hoodies
- Bogu Cup training Sunday February 24th at Higashi School of Karate

Safety Rules & Housekeeping

1. Children are not allowed to enter the changeroom while classes are in session. The changeroom is not a playroom. Students must treat the dojo with respect.
2. No gum can be brought in the dojo.
3. When Picking up children, please ensure that an adult enters the dojo to collect them. All students must remain inside the dojo until picked up by an adult.
4. ICKF is a nut and banana free environment. Please refrain from bringing nuts or products containing nuts and bananas into the dojo.
5. Sparring is done only in the dojo and only when instructor allows it. Students are not to spar at home or anywhere else with siblings or friends.

February 2019

New Family Class

- **By popular demand we are introducing a new class!**
- **Parents and children can train together in this class!**
- **Family class trial for 3 months March 23rd-June 23rd**
- **Saturday's from 12:30-1:20**
- **Registration during February-First Five parents will receive a Free Uniform!**

ICKF Hoodies!

We will be doing an advanced order for ICKF Hoodies. Hoodies will be available in children's and adult sizes and available in red or black for \$45 including HST. We will be taking orders until February 28th. In order to place your order the \$45 fee must be paid before February 28th. Looking forward to seeing everyone keeping warm in their ICKF Hoodie! Hoodie order sheets will be posted on the office door.

ICKF Children's & Adult Program Grading

On Saturday March 2nd there will be Children and Adult Program gradings taking place. Children's stripe test will be \$25 and full belt test is \$50. Adult grading fees are posted on the notice board. Our ICKF Black Belt pretest will also take place on March 2nd the fee is \$25. Children and Adult green belt and up full belt grading will be held on Wednesday March 6th at 8:00. Sign-up sheets will be posted on the notice board. The Team training and open training will be cancelled in lieu of the grading. Thank you

Ontario Bogu Cup Training Session

The Bogu Cup is the Canadian Chito Ryu Karate Championships held once every three years. I am happy once again to fill the position of Head Coach for the Ontario Chito Ryu athletes that will be competing in Quebec this June. There will be a training session for Chito Ryu practitioners across the province. My fellow coaches and I will be running this training session for students interested in competing in the Bogu Cup. The session will be held at Higashi School of Karate 89 Curlew Drive Toronto on Sunday February 24th from 10:30-12:00 for ages 8 and up and all levels. The focus will be on having a high energy, fun, team building event. There will be a permission form for parents/guardians to fill out in order to participate in the training session. We have been told that a Bogu Cup website with information about the event will be up shortly.