



Avalon Karate

Chief Instructor Derek J. Ryan (5th dan, Renshi)

Style Chito Ryu (traditional Japanese karate)

Affiliations

Provincial: Sport NL, Karate NL, NL Karate Union, Chito Kai NL.

National & International:

Sport Canada, Coaching Association of Canada,
National Coaching Certification Programs,
National Karate Association (*Karate Canada*),
Canadian Chito Ryu Karate-do Association.
World Karate Federation.

Locations

Member of one location may train at all locations.

St. John's East AVK-MQP

Mary Queen of Peace School gym - 137 Torbay Road

Tue & Sun

6:00pm-6:45pm **Little Dragons** (*1 class/wk, your choice of night, ages 4yrs-7yrs)

6:45pm-7:30pm **Chito Ryu Karate** - Children **A** (beginners -*2 classes/wk)

7:30pm-8:15pm **Chito Ryu Karate** - Children **B** (experienced -*2 classes/wk)

8:15pm-9:30pm **Chito Ryu Karate - Teens & Adults**
(beginners & experienced - *2 classes /wk)

Airport Hts AVK-RON

Roncalli Elementary School - 130 Airport Hts Dr.

Wed & Friday

6:00pm-6:45pm **Little Dragons** (*1 class/wk, your choice of night, ages 4yrs-7yrs)

6:45pm-7:30pm **Chito Ryu Karate** - Children **A** (beginners -*2 classes/wk)

7:30pm-8:15pm **Chito Ryu Karate** - Children **B** (experienced -*2 classes/wk)

8:15pm-9:30pm **Chito Ryu Karate - Teens & Adults**
(beginners & experienced - *2 classes /wk)

Information (709) 727-2261 E-mail avalonkarateclub@gmail.com

www.avalonkarate.ca



Chito Ryu Karate-do

“The 1000 Year Old Style” of traditional Japanese karate. The founder of *Chito Ryu* was Dr. Tsuyoshi Chitose of Okinawa, Japan. This martial art traces its origins back 1000 years (CHI) to Okinawa and the TO era (Tang dynasty) of ancient China. *Avalon Karate* is part of this long and rich history of martial arts. *Chito Ryu* promotes peace and harmony through training the body, mind and spirit. Learn to defend against violence without becoming a violent person. Improve physical and mental fitness with karate.

Karate Belt Ranking System

Little Dragons (4-7yrs) - “red” stripe system on white belt;- this program is preparation for full Chito Ryu karate program.

Junior (6-16yrs): 10 kyu (levels) system with colour belts & stripes.

Senior (16yrs-adult): 6 kyu (levels) system with colour belts.

Belts colours: White -Yellow - Orange - Green - Blue - Brown - Black.

The Good Karate-ka

A good karate student learns to develop a strong body and a good character. He or she works hard to become a better person and a positive influence at home, in school or at work and in the community.

Good karate-ka learn to defend themselves against violence but they never act unjustly towards others. Defending oneself is important but it is also important to control oneself. Good karate students do not let their anger control them. They behave with courtesy and politeness. They use their skills only in self-defense and always with care and control.

When practicing in the dojo (club) and when competing in tournaments, good karate-ka take care not to injure their partners.

Good karate-ka help bring peace and harmony to the world in which they live.

Derek J. Ryan

Membership Benefits

- Membership in the *affiliated karate organizations*.
- Insurance coverage for karate participants in case of accident or injury.
- Rank certification is recognized nationally & internationally.
- *Tournaments - club & provincial levels*; advanced students have the possibility of competing nationally and internationally.
- *Clinics*—special training with guest instructors

Training Program

- *Training classes*
Little Dragons train 1 class/wk (45mins).
- *Chito Ryu Karate program* - Students train twice weekly (minimum). Members may train at all locations (no extra cost).
- *Training clothes / uniform*
Karate *gi* (white uniform) is worn by all students. *Uniforms available through the club - contact Sensei Ryan for purchase.
- *Kihon* -- means basic techniques. The basic techniques of karate include punches, strikes, blocks, kicks and body movement (stepping, turning, jumping etc...).
- *Kata* -- is a set series of moves and combinations that practice a pre-arranged imaginary combat with several opponents at the same time. Students learn and use *kata* to develop their karate skills.
- *Bunkai* -- These are the many *applications* possible from the karate techniques studied in the *kata*.
- *Ukemi* -- Falling and recovering without hurting oneself is another essential aspect of Chito Ryu training.
- *Kumite* -- Sport fighting & self-defense fighting.
- *Kobu jutsu* -- Senior students may learn this traditional aspect of Chito Ryu; interested students should ask *Sensei Ryan* for details.

Related Costs:

- Registration per Term: T1 (Sep-Jan) & T2 (Jan-Jun)
- **Little Dragon \$200** per Term & "Free uniform" included for first time members (beginners).
- **Chito Ryu karate -Child** (junior A & B classes) **\$300** per Term & "Free uniform" included for first time members (beginners).
- **Chito Ryu karate -Teen & Adult** (senior class) **\$320** per Term & "Free uniform" included for first time members (beginners).
- *Uniform - average price for child \$65, for adult \$85.
- Karate sparring (kumite) gloves \$50.
- Karate shinguards (kumite) \$65
- Training Passport (record of training & promotions) \$25.
- Training Manual (student text with illustrations & requirements) \$35.
- Grading Fee average price \$40; this test for promotion usually occurs at the end of each Term (cost may vary depending on rank being challenged in the test).

T1 required payments include *full registration, *uniform, *gloves, *passport.

T2 will require "Training Manual".

Grading fees are paid on the day of the test (ex. T1 Dec, or T2 Jun)

Funding is available to help children participate in sports - check to see if you qualify: *KidSport www.kidsport.nl.ca & "JumpStart" www.canadiantire.ca/jumpstart/funding.html.

Instructors:

- Chief Instructor / Sensei - *Derek J Ryan* (Renshi, 5-dan) teaches all classes with assistance from senior students and black belts.

Registration Term 1 September (2017) to January (2018)

Minimum age for **Little Dragons** program is 4 yrs.

Minimum age for full **Chito Ryu karate** program is 6yrs and/or in Grade One (Primary School)

- **Trial Membership \$50 (Sept only).**
- *Airport Hts & Torbay - Roncali School 130 Airport Hts Drive.*
FRI 08 Sept 2017 Registration in gym 7:00pm
- *St. John's East- Mary Queen of Peace School 137 Torbay Road*
SUN10 Sept 2017 Registration in gym 7:00pm
- **Regular classes will commence Tue 12 September as per schedule.**

Regular class training schedule begins

*MQP- Tue 12 Sept *RON-Wed 13 Sept.

Renewal of Registration Term 2 (Jan to June 02)

Payment due by Jan 09 Tue 2018. *Payment due after return to classes following Christmas Break.

Registration is required to be paid on time. Outstanding (unpaid) accounts may result in suspended training privileges and/or cancellation of membership.

Links & References

- *Avalon Karate* www.avalonkarate.ca .
- *Karate NL* www.karatenl.ca
- *Canadian Chito Ryu Karate-so Association* www.chitoryu.ca
- *Karate Canada* www.karatecanada.org

