

AVALON KARATE

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Avalon Karate is the Headquarters for World Chito Ryu Karate in Newfoundland & Labrador.

We are one of the biggest karate schools in the city and offer a variety of programs for all ages.

When you join Avalon Karate the opportunities are endless. So join us today and start your journey!

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, Karate Canada, Canadian Chito Ryu Karate-do Association. World Karate Federation.

Our Vision Statement. Our priority is and always has been to provide the best possible martial arts education for our community. We use martial arts to teach life skill principles. Our program develops the mind, the body, and the spirit. We aim to provide an environment that promotes discipline in one's self, teaches respect toward others, creates a sense of community and encourages a healthy lifestyle.

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 world renowned guest instructors.
- Access to Olympic Qualification Processes.

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

Tuesday & Sunday

6:00pm-6:45pm Little Dragons (*1 class/week, your choice of night, ages 4yrs-7yrs)
6:45pm-7:30pm Chito Ryu Karate - Children A (beginners -*2 classes/week)
7:30pm-8:15pm Chito Ryu Karate - Children B (experienced -*2 classes/week)
8:15pm-9:30pm Chito Ryu Karate - Teens & Adults (*2 classes /week)

St. John's West AVK-RON

Roncalli Elementary School – 130 Airport Heights Drive

Wednesday & Friday

6:00pm-6:45pm Little Dragons (*1 class/week, your choice of night, ages 4yrs-7yrs)
6:45pm-7:30pm Chito Ryu Karate - Children A (beginners -*2 classes/week)
7:30pm-8:15pm Chito Ryu Karate - Children B (experienced -*2 classes/week)
8:15pm-9:30pm Chito Ryu Karate - Teens & Adults (*2 classes /week)



Related Costs:

- Uniform – average price for child \$65, for adult \$85.
- Training Passport (record of training & promotions) \$25.
- Karate sparring (kumite) gloves \$50.
- Karate shin guards (kumite) \$65
- 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)



Special Offer!!

Try a one-month trial for 50\$ and if you choose to continue, you will receive a 50\$ credit towards your registration fee!! (Applies to any Chito Ryu Karate Program)

The Decision to Begin. Once you have decided to "begin", the most challenging moment is perhaps the "first class". New students are most often shy and somewhat intimidated when they begin. However, this is usually very short lived as they realize this is fun and stimulating. They discover that this "challenge" is within their grasp; they "can" do this. Children adapt quickly and look forward to the excitement. Adults find "regular life and its responsibilities" often interfere with their training schedule; their greatest challenge --- getting to the dojo on a regular basis. If they make their training one of their priorities, they discover that it is well worth it. Taking the first step is difficult. Keeping a regular training regime is often a greater challenge. You can all do it!

OUR KARATE PROGRAMS

Little Dragons

Ages 4 - 6 years

Class - 1 per week

WHO: Young children desiring to learn something about "Karate" and enjoy fun physical activities with new friends.

WHEN: One evening per week from the location of your choice.

TIME: 6:00pm-6:45pm

COSTS:

Term 1 is September - January.

Term 2 is February - June.

*Registration per Term (1 or 2) is \$200.

Chito Ryu -Beginners

Ages 6 - 11 years

Classes - 2 per week

WHO: Children of minimum 6 years or in Grade One. No previous martial arts experience.

WHEN: Twice per week from the location of your choice.

TIME: 6:45pm-7:30pm

COSTS:

Term 1 is September - January.

Term 2 is February - June.

*Registration per Term (1 or 2) is \$300.

Chito Ryu - Experienced

Ages 6 - 11 years

Classes - 2 per week

WHO: Children of minimum 6 years or in Grade One. With a minimum of one year in our program.

WHEN: Twice per week from the location of your choice.

TIME: 7:30pm-8:15pm

COSTS:

Term 1 is September - January.

Term 2 is February - June.

*Registration per Term (1 or 2) is \$300.

Chito Ryu - Experienced

Ages 12 - Adult

Classes - 2 per week

WHO: This class is for anyone 12 years and older with any level of experience

WHEN: Twice per week from the location of your choice.

TIME: 8:15pm-9:30pm

COSTS:

Term 1 is September - January.

Term 2 is February - June.

*Registration per Term (1 or 2) is \$320.