



# ***Shito-Ryu Itosu Kai Karate & Kobudo Association Canada***

## **Deep River Karate Club**

### **Head Instructor**

Ken Chaplin, 4<sup>th</sup> Dan Karate, 1<sup>st</sup> Dan Kobudo

### **Chief Instructor**

Ron Rogge, 3<sup>rd</sup> Dan Karate, 1<sup>st</sup> Dan Kobudo

### **Senior Instructor**

Than Do, 2<sup>nd</sup> Dan

### **The Club:**

The club was formed in 1977, and is a member of the Deep River Community Association, as well as a member of the larger karate organization with headquarters in Toronto. This organization in turn, is a member of a worldwide karate organization with headquarters in Japan. All students who attain black belt are registered in Japan and recognized worldwide. The club is also a member of Karate Ontario, which in turn is a member of Karate Canada and ultimately the World Karate Federation.

### **History and Organization:**

Karate means—art of empty hands—and is a Japanese form of martial arts. It originated in Okinawa hundreds of years ago and was derived from several different martial arts learned as a result of trade with China. It was taught in secret and used for self-defense by the Okinawan people who were prohibited, at that time, from the use or possession of weapons. They had to resort to the ‘empty-hand’ techniques. Karate flourished in the Okinawan cities of Shuri, Naha, and Tomari, where it evolved into three distinct styles from which most present-day karate styles are derived—one of which is Shito-Ryu that combines both so-called ‘soft’ and ‘hard’ styles.

We teach both self-defense and competitive karate in a safe and fun environment, learning and performing basic blocks, kicks and strikes until they become reactive movements. Superior physical fitness is achieved through cardiovascular exercises, flexibility and strength development. Strict discipline and traditional teaching methods are integral parts of our style. Students must be willing to work hard and follow instructions with a serious attitude.

### **Basic Operation of the Club:**

We are strictly a non-profit organization; all instructors are volunteers who, after practicing for a number of years, became qualified for teaching. Adult black belts are in charge of teaching, and are assisted by junior black belts or other senior students, who teach as part of their own training.

The general format of the classes is one hour of calisthenics (exercises), stretching and karate drills and one hour of karate instruction that usually includes free-sparring, kata, and self defense.

Classes are held at the Mackenzie school gymnasium, Monday and Thursday evenings. Classes are at 6:30 to 7:30 (youth) and 7:30-9:30 (adults)<sup>1</sup>. Youth class students shall be age 7 to 13 as of 2017 December 31. Adult classes are for ages 14 and up. The first term is from September to December and second term from January to May or June. **When the school is closed for a PA day or other activities, classes are canceled.** Students shall be on time, youth students should not arrive before 6:20 as there is no instructor in the gym to supervise. **Parents should ensure that the school is open and that there is an instructor in attendance before driving away, especially in cold weather.**

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<sup>1</sup> The schedule is modified from time to time for upcoming events. Schedule is subject to change if the number of students is too low to support separate youth and adult classes.

### **Contacts:**

Ron Rogge, 613-584-1956 or Andrew (Than) Do, 613-584-3360

[www.DeepRiverKarate.ca](http://www.DeepRiverKarate.ca)

**Expenses:**

Membership fees are non-refundable, so please be serious about signing up (see registration form for rates). A uniform, called a Gi, is required and it costs *about* \$45. They may be purchased through the club or at sports stores in Ottawa or through Rogge-sensei in September and January. The uniform and a club crest are mandatory for all rankings and tournaments. Club crests are available from the instructors for \$25, the club cost from the parent organization. These costs are approximate and subject to change.

**Grading:**

Up to twice annually, usually November and May/June. Exact dates will be communicated in advance. Note that **junior students are typically graded once a year**. Cost for the grading is subject to change, but is typically about \$90 (\$80+10) if you pass or a fee of \$10 if you fail to cover the cost of the grading. **All grading payments are cash only.**

**Tournaments:**

National tournaments of Shito-Ryu Itosu-Kai—which are often attended by international participants—are usually held in Toronto twice a year (typically November and May). We aim to take a group of students to each tournament and participation is encouraged but not mandatory. The club is not responsible for transportation to and from tournaments, although informal arrangements can usually be made.

**Etiquette:**

The following are the rules of Shito-Ryu Itosu-Kai Karate, and all participants must be familiar with and obey these rules for the safety of everyone and respect to the organization.

1. *Students must face in and bow upon entering and leaving the dojo (workout room or gym) every time.*
2. *Students must adopt a serious attitude at all times during class.*
3. *When spoken to by a black belt or senior students, students must reply with “oohsh”. This means: yes, okay, I understand, etc.*
4. *Black belts must be addressed as SENSEI (black-belt instructor), while for assistant instructor/senior student, SEMPAL.*
5. *Students must ask permission of the Sensei before leaving the dojo for whatever the reason.*
6. *Sensei’s word is the law in the dojo and must be obeyed.*
7. *Do not criticize other karate-ka (karate students)*
8. *Profanity and loud talking is not permitted any time during practice*
9. *Chewing of gum, eating candy or any other food is not allowed. Jewelry of any kind including watches and earrings are strictly prohibited. This is for the safety of everyone.*
10. *Students should practice good hygiene, i.e. clean Gi (uniform), and clean, short finger and toe nails. Remember that this is a contact sport.*
11. *Students will neither provoke violence, nor allow themselves to be provoked, on pain of immediate expulsion from Shito-Ryu Itosu-Kai Karate.*
12. *Students shall endeavour to arrive on time. If circumstances lead to a late arrival, the student shall await conclusion of the ceremonial start of the class before entering the dojo.*

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