

## Chito Kai NL – Soke Sensei’s Atlantic Region Visit 2005

page 1 of 2

To: Canadian Chito Kai Members  
 From: Derek J. Ryan, President, Chito Kai NL  
 Date: 30 June 2005

Re: **Training Schedule:** Soke Sensei – Atlantic Visit – St. John’s, NL – Nov.3-10, 2005

Location(s): Senior Gradings – Holiday Inn (room t.b.a.); Training / Clinics – Mary Queen of Peace Elem School 137 Torbay Rd, St. John’s, NL

<b>Soke Sensei - Atlantic Canada Visit</b>							
Date	Day	Time	Item	Group	Location	Lesson/Topic	Description
3-Nov-2005	Thu	PM	Arrival		St.John's	-----	Soke sensei arrives & rests at hotel.
		6:30pm - 8:30pm	Clinic#1	Yudansha #1	MQP dojo	Kihon basics	Yudansha only
4-Nov-2005	Fri	9:30am-1:00pm	Senior Gradings	Candidates-grading	Hotel -trg rm?	Grading/Eval	Dan & title gradings;
		<b>Break</b>					
		3:00pm-5:30pm	Senior Gradings	Candidates-grading	MQP dojo	Grading/Eval	Gradings continue.
		<b>Break</b>					
		7:30pm-9:30pm	Clinic #2	All Ranks (senior) #1	MQP dojo	Kihon basics	Senior grp (teens & adults) - kyu+ , yudanasha
5-Nov-2005	Sat	9:30am-12:30pm	Clinic #3	Yudansha #2	MQP dojo	Yudansha Kata	Yudansha only
		<b>Break</b>					
		2:30pm-4:00pm	Clinic#4	Juniors (8yrs & under) #1	MQP dojo	Juniors -Kihon	8yrs &under mudansha
		<b>Break</b>					
		4:30pm-7:00pm	Clinic#5	All Ranks (senior) #2	MQP dojo	Kata	Ni Sei Shi / Seisan / Bassai / Chinto
6-Nov-2005	Sun	9:30am-12:00pm	Clinic#6	All Ranks (senior) #3	MQP dojo	Kata & Bunkai	Ni Sei Shi / Seisan / Bassai / Chinto
		<b>Break</b>					
		2:30pm-4:00pm	Clinic#7	Juniors (9-12yrs) #1	MQP dojo	Juniors-Kihon	9-12yrs mudansha
		<b>Break</b>					
		4:30pm-7:00pm	Clinic#8	Yudansha #3	MQP dojo	Henshuho	Yudansha only

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page 2 of 2

<b>7-Nov-2005</b>	<b>Mon</b>	<i>9:00am</i>	<b>School Visit</b>	<b>St. Paul's Jr. High</b>	<b>St. Paul's</b>	Assembly -- Demo -- Q/A, Social ... <b>1hr.</b>		
		<i>10:30am</i>	<b>School Visit</b>	<b>Mary Queen of Peace</b>	<b>MQP</b>	Assembly -- Demo -- Q/A, Social ... <b>1hr.</b>		
		<i>12:00PM</i>	lunch & tour	St. John's area				
		<b>3:30pm-5:00pm</b>	Clinic#9	<b>Juniors (9-12yrs) #2</b>	MQP dojo	Ni-sei-shi bunkai	Demonstration	
		<b>Break</b>						
		<i>6:00pm-7:30pm</i>	Clinic#10	<b>Ranks (senior) -GR+ #1</b>	MQP dojo	<b>Nage-no-kata</b>	13yrs+	3rd kyu (gr) & higher
		<i>7:30pm-8:30pm</i>	<b>Special Session</b>	<b>Senior Titles (Shihan +...)</b>	MQP dojo	<b>Nage-no-kata &amp; Sanchin kata</b>	Discussion of finer points	Shihan & higher only
<b>8-Nov-2005</b>	<b>Tue</b>	<i>9:00am</i>	<b>School Visit</b>	<b>HT H.S. gr.7-12</b>	HT H.S	Assembly -- Demo -- Q/A, Social ... <b>1hr.</b>		
		<i>10:30am</i>	<b>School visit</b>	<b>Holy Trinity Elem K-6</b>	HT Elm	Assembly -- Demo -- Q/A, Social ... <b>1hr.</b>		
		<i>12:00pm</i>	lunch & tour	St. John's area				
		<b>3:30pm-4:30pm</b>	Clinic#11	<b>Juniors (8yrs &amp; under) #2</b>	MQP dojo	<b>Kihon / Ukemi / Kata</b>		Demonstration
		<b>Break</b>						
		<i>6:30pm-8:00pm</i>	Clinic#12	<b>Ranks (senior) -GR+ #2</b>	MQP dojo	<b>Henshuho #1-10</b>		
<b>9-Nov-2005</b>	<b>Wed</b>	<b>Tour Day</b>						
<b>10-Nov-2005</b>	<b>Thu</b>	<b>Travel Day</b>						
<b>Special Notes:</b> <ol style="list-style-type: none"> <li>1. MQP = Mary Queen of Peace Elementary School, 137 Torbay Road, St. John's, NL.</li> <li>2. St. Paul's = St. Paul's Jr High, Newfoundland Drive (East), St. John's, NL.</li> <li>3. Hotel = Holiday Inn, Portugal Cove Road, St. John's, NL.</li> <li>4. HT H.S. = Holy Trinity High School, 23 Lynch's Lane, Torbay, NL.</li> <li>5. HT Elm = Holy Trinity Elementary (K-6), Torbay Road, Torbay, NL</li> <li>6. Yudansha = <b>black belts</b></li> <li>7. All Ranks (senior) = 13 yrs &amp; older teens and adults, kyu &amp; yudansha (colour belts &amp; black belts)..</li> <li>8. Ranks (senior) - Gr+ = 3rd kyu (green belt) and higher (including black belts)</li> <li>9. Juniors (9-12yrs) = Children aged 9-1yrs old (majority yellow; some white &amp; orange &amp; green).</li> <li>10. Juniors (8yrs &amp; under) = Children 5-8yrs old --majority 7yrs with White/Stripe2, (some White/Stripe1 &amp; 3).</li> </ol>								