



SIDEKICKS!



Welcome



Welcome to the first edition of the Atlantic Karate Club's new and improved Newsletter! We hope to use this publication to keep our members and potential members and their families informed of what is going on in the Dojo and the Chito Ryu Community. We hope you enjoy it and please feel free to contact us with any ideas for features you would like to see included.

New Class Schedule

In order to better serve the development of our youth members, we have recently changed the configuration of the Thursday youth class by breaking it down by age. The current schedule of classes is:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*
6:30 to 7:30pm Youth Karate All Ages		6:30 to 7:30pm Kobujutsu Ages 15 and up All Levels	6:30-7:15pm Youth Karate Ages 5-8	6:30-7:30pm Kobujutsu Ages 15 and up All Levels	9:00-10:00am Youth Karate All ages/levels
			7:15 to 8:00pm Youth Karate Ages 9-14		10:00-11:00am Adult Karate Ages 15 and up Open Class
7:30-9:30pm Adult Karate Ages 15 and up All Levels	7:30-9:30pm Adult Karate Ages 15 and up All Levels	7:30-9:30pm Adult Karate Ages 15 and up All Levels	8:00-9:30pm Adult Karate Ages 15 and up All Levels	<i>* Please note that Saturday classes will be cancelled due to gradings or clinics occurring on the same weekend</i>	

Coming Events

- **Sensei Golz Clinic** - Sensei Golz will be holding a clinic on **April 19, 2008**. Details will be available on the NS Chito-Ryu website at <http://www.nscra.ca/events.html> in the weeks to come and also posted on the Dojo bulletin board.
- **Future Colour Belt Testing** - Sensei MacLean will be giving a colour belt test on **April 26, 2008**. Children's testing will start at 9am and adults at 10:30am. Please submit your application and payment (as per schedule below) to Kathy Maddelena no later than April 14.
- **Higashi Sensei Clinic** - Sensei Higashi will be holding a clinic at the Rothesay High School in Rothesay, NB from **May 16 to 18, 2008**. For more information and/or accommodation booking, visit the NB Chito Ryu website at <http://www.nbchitoryu.com/events17May08.html>.

Grading Fee Schedule

Due to confusion of the grading fees between the youth and adult divisions, the chief instructor has clarified what the fees are and why. Due to the costs of the belt, certificate and grading surcharges we must pay according to the National Association and the international body. Please note that these fees relate to the belt a student is obtaining and, if a youth is grading more than one step, the full fee is still paid. *Example: if a student who is currently a yellow belt with one stripe grades to an orange belt, the charge would be \$10 for the skipped stripe plus \$25 for the full orange for a total of \$35.*

Level	1st Stripe	2nd Stripe	Full Belt	Adult
Yellow	\$10	\$10	\$25	\$45
Orange	\$10	\$10	\$25	\$45
Green	\$10	\$10	\$25	\$45
Blue	\$10	\$10	\$35	\$55
Brown	\$10	\$10	\$80	\$100

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AKC Executive

- **President**
Stephen Beamish
- **Vice President**
Gerard MacCormack
- **Secretary**
Tabatha Palmer
- **Treasurer**
Kathy Maddalena

Just a reminder for everyone to please remove all footwear before entering the Dojo. Salt & dirt from outdoors can be very hard on bare feet.

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Teaching Chito Ryu Karate
& Ryukyu Kobujutsu

We're on the Web!
www.atlantickarateclub.ca

SHOP AKC !

There are several items available for purchase through the AKC, some of which are required (such as crests).



Item	Price
ACK Club Crest	\$7.00
Chito-Ryu Crest	\$10.00
Chito-Ryu Technical Manual	\$25.00
Chito-Ryu Yudansha Technical Manual	\$75.00
Chito-Ryu History Manual	\$20.00
Chito-Ryu PTR (Personal Training Record)	\$25.00

We are also selling off our current stock of Gi. All sizes up to size 4 currently in stock are \$30 and there is one size 5 available for \$35.

For more information or to place an order, please contact us at 477-4639 or by email at info@atlantickarateclub.ca

AKC CRESTED CLOTHING IS ON SALE NOW !

If you are interested in purchasing a winter jacket, tracksuit jacket and/or pants or a fleece sweater, please contact Gerard MacCormack at 405-0246.

The Threads of Chito Ryu

By Sensei Glenn Euloth

When I was an orange belt I remember Sensei Delaney talking about the "threads of Chito Ryu". These mysterious and mystical threads, or so it seemed to me, were interwoven through Chito Ryu and defined our style of karate. It wasn't until many years later that I began to understand the significance of the information my sensei was sharing with me.

I started practicing Chito Ryu karate when I was in university. Joe Power, sensei now, blue belt then, was a fellow student at university and was training at the Atlantic Karate Club in Halifax, Nova Scotia. A lot of young men like watching action movies filled with martial arts and I was no exception. I had seen Bruce & Brandon Lee, Chuck Norris, Steven Segal and many more on the big and small screen and I wanted to be able to do the things I saw in the movies and now that I had a local connection I decided to try it out. Having someone to support me in my first few classes probably made the difference between me joining the club or not. Thank you, Sensei Power, for having helped me through that experience.

I immediately fell in love with karate. Sensei Delaney was a consummate instructor, though I don't believe I realized it at the time. I practiced and went for my gradings and worked my way to orange belt where I first learned of these magical threads of Chito Ryu. I got married that year and stopped training for a while. When life settled down to normal I went back to the club and Sensei Delaney was still there teaching and talking about those threads. I couldn't see those threads but I went on faith and continued to train. I took another break from my training when my daughter was born and another when my son was born. During one of my breaks, Sensei Delaney passed away after a hard battle with cancer. His dedication to his students never wavered right up to the end and though I was unfortunate to miss his final days of teaching I am sure he still spoke of those threads. Sensei Delaney left me with a valuable gift. The gift of Chito Ryu.



And what of these threads that I've been talking about? Oh, they are there and I have found them. I'm not sure if you can see them until you are ready to see them. They can be found in the waza. They can be found in the kata. They can be found in the bunkai. They can be found in the kumite. The threads that I have seen were but fine wispy strands when I first found them. They are now like a thick yarn that ties everything together. I hope as my training continues and as my understanding grows they will become large ropes encompassing the meaning of Chito Ryu.

Don't feel bad if you can't see them yet; it took a long time for me to see them. Look for them in the fluid movements of ni sei shi sho. Feel them in the strength of seisan. Find them in the softness of nage no kata. I would love to grab them and hold them up for you to see but until you are ready my hands would look empty. They're not really mystical or magical but they do seem that way. I see more of them every time I practice and the ones I see get bigger and thicker the more I look at them. If you continue to practice, you will begin to see them. At first they will confuse you and you will feel entangled by them. You will wonder why you start doing one kata but finish with another or when you first start learning a new kata or bunkai some of the movements feel so familiar. It's those threads tying everything together.