



**NOVA SCOTIA CHITO-RYU ASSOCIATION**  
**Provincial Clinic – Atlantic Karate Club**  
**Saturday – February 04, 2012**

**Open To:** Nova Scotia Chito-Ryu Association Dojos, Members & Instructors

**Hosted by:** Atlantic Karate Club (Chief Instructor Randall MacLean)

**Location:** Chocolate Lake Recreation Centre, 14 Purcell's Cove Road, Halifax

**Schedule:**

9:00 – 10:30 Children's Class (Adults - ***All Ranks*** - Class at back of dojo)

10:30 – 11:30 hrs – Kata and Seisan Kata Related Bunkai

11:30 – 12:00 hrs - Kihon Review

12:00 – 12:30 Hrs – **Lunch Break** (*Suggested to bring your own lunch*)

12:30 - 13:30 – Chito-Bo (Kumi Bo, Sakagawa no Kon)

13:30 – 14:00 – Tournament Concepts (R. Whitaker NSCRA Tournament Coordinator)

14:00 – 15:00 – Kumite (A. Swiber NSCRA Assistant Kumite Coach)

*Please Bring Your Own Equipment – Children may attend this session as well.*

15:00– 16:00 – Bunkai (Hanten, Rinten, Ju Ni Shi Waza)

**Lunch:** *Restaurants are located minutes from the dojo.*

**Location Directions:** Chocolate Lake Recreation Centre, 14 Purcell's Cove Road, Halifax NS.

**Cost:** Black Belts - \$20.00

Adult Kyu Belts – \$15.00

Karateka under 14 – \$5.00

Note: Schedule above subject to change without notice