



Nova Scotia Chito-ryu Association

Higashi Sensei Clinic – Hosted By New Glasgow Karate Club

Contact: Sensei Cherry Whitaker [whitaker@ns.sympatico.ca]

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October 21, 22 & 23, 2011

Day	Time	Event
Friday, Oct., 21st New Glasgow Karate Club 166 Archimedes Street, New Glasgow	18:00 pm – 19:00 pm	- Yudansha Gradings and Review (No spectators. By Appointment only)
	19:00 pm – 21:00 pm	- General Class - Black Belts Only
Saturday, Oct., 22nd North Nova Education Centre 343 Park Street, New Glasgow	9:00 am – 10:30 am	- Children's Class All Ranks All Black Belts to Assist (Group photo before departure)
	10:45 am – 12:00 pm	- Adult Class – Kihon & Kata - All Ranks (Group photo before departure)
Lunch	12:00 pm – 14:00 pm	Lunch
Saturday, Oct 22nd North Nova Education Centre 343 Park Street, New Glasgow	14:00 pm – 15:00 pm	- Adult Class (All Ranks) Chito-Ryu Bo & Sai All Ranks
	15:00 pm – 16:00 pm	Bunkai
Saturday, Oct 22nd (Evening) Crofters Restaurant 565 Stellarton Road, New Glasgow	18:30 pm	Dinner Reservations
Sunday, Oct 23rd North Nova Education Centre 343 Park Street, New Glasgow	9:00 am – 10:30 am	- Black Belt Class (Kata Review)
	10:30 am – 11:30 am	- Blue, Brown & Black Belt Class Naga No Kata (Sabaki / Irimi)

Door Fees - \$10.00 per Child (Children's Class Only) / \$25.00 per Adult / \$40.00 per Black Belt
See Page 2 for Directions to Various Facilities & Recommended Hotel



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Directions to North Nova Education Centre, 343 Park Street, New Glasgow:

Use Highway 104 towards Cape Breton; take Exit 25 at New Glasgow and turn left at the bottom of it, going under the over pass and up the hill to the set of lights at Park Street. You will see a Brick Church on the right across the intersection and a Large PharmaSave to your right hand side. Turn Right at Park Street and travel about 1 km. North Nova Education Center is on the right. There is parking in front and in the back on the left hand side of the school. The front door will be open about 8:30 am on Saturday and Sunday morning.

Directions to Crofters Restaurant, New Glasgow:

Directions to Crofters from Exit 23 on the Westville Road (beside the Country Inn and Suites). From the Country Inn and Suites turn right and stay on this road until Campbell's Lane. Turn right and follow this dippy doodle road until at a T intersection it meets Foord Street. Turn left and within the block on the Left is a Frenchys and Crofters Restaurant.

Recommended Hotel:

The New Glasgow Karate Club has a block of 10 rooms booked at the COUNTRY INN and SUITES. The hotel is located just down the road from Exit 23. At the bottom of the exit, turn left heading towards New Glasgow past the Tim Hortons and Wendy's combo establishment. It is the big blue grey hotel building. More rooms are available if we need them, but will have to be booked early to get them.

The rate on the rooms with two double beds or one king of which the New Glasgow Karate Club has a combination of 7 rooms booked will be \$99.00 and the King suites would be \$109.00. 3 king suites are blocked off to be booked. Please let the hotel know that you are with the karate event to get that rate.

The hotel has a great breakfast.... "Enjoy our complimentary Be Our Guest Breakfast, delicious hot items daily. Make yourself a fluffy golden waffle on our waffle iron, or try a lighter option of fresh fruit salad and yogurt. Our breakfast has something for everyone. "

Country Inn & Suites by Carlson

700 Westville Road, New Glasgow, Nova Scotia, Canada B2H 2J8

Phone (902) 928-1333 Fax (902) 928-1363 www.countryinns.com/newglasgowns