



NOVA SCOTIA CHITO-RYU ASSOCIATION
Provincial Clinic
Saturday - 15 May 2010

Open to: Nova Scotia Chito-Ryu Association Members and Instructors

Location: North Nova Education Centre, 343 Park Street, New Glasgow, NS

Schedule: 8:30 to 9:00 – Registration

9:00 to 10:30 – Children’s Class

10:30 to 10:45 - Signing of belts and picture taking of all present

10:45 to 12:00 – Adult Class, Chito-Ryu Bo

12:00 to 13:30 – Lunch (Various restaurants in area)

13:30 to 14:15 – Kata: Shime no Dosa, Ni Sei Shi, and Sanchin Kata

14:15 to 16:00 – Bunkai Training: Tehodoki no waza and Ju Ni Ko

Fees: Juniors \$5.00

Kyu belts \$15.00

Black Belts \$20.00

Directions: From Highway 104 east, take exit 25. Turn left at the lights at the bottom on the exit, going under the overpass continue up East River Road up to the top of the hill, turning right at Park Street (Shoppers Drug Mart on the corner) and continue down Park Street. North Nova Education Centre will be on the right.