



**NOVA SCOTIA CHITO-RYU ASSOCIATION
Provincial Clinic
Saturday – March 20, 2010**

Open to: Nova Scotia Chito-Ryu Association Dojo, Members, & Instructors

Location: East Hants Karate Club, Nine Mile River Community Hall, Nine Mile River. NS.

Schedule: **09:00 - 10:30 Hrs** - Children Approx Ages 8-13, All Ranks
- Ukemi, Kihon, Kata, Kumite

10:30 - 11:30 Hrs - Adult Class, Kihon

11:30 - 12:30 Hrs - Adult Class Kata Review

12:30 – 14:00 Hrs – Lunch Break

14:00 - 14:30 Hrs – Bunkai Practise Te Ho Doki No Waza (10)

14:30 - 15:00 Hrs - Bunkai Practise Hanten (3), Rinten,(5) Ju-Ni Shi (12)

15:00 - 15:30 Hrs - Bunkai Practise Naga No Kata (15)

15:30 - 15:45 Hrs – NSCRA President’s address

Note: Examinations will be conducted by our Shidojin Members. Examination Time will be during the Lunch Break

Lunch: If you **need** a Coffee etc., shops and stores are located minutes from the dojo.

If members wish to attend the Examination for Blue to Brown, Dojo Instructors are responsible to submit Candidates Names to NSCRA President as soon as possible.

Cost:	Black Belts	\$20.00
	Kyu Adults	15.00
	Juniors 14 under	5.00