



Shito-Ryu Itosu Kai Karate & Kobudo Association Canada

Deep River Karate Club

Chief Instructor
Ron Rogge
4th Dan Karate, 1st Dan Kobudo

Senior Instructor
Than Do
3rd Dan Karate

Senior Instructor
Audrey Hagberg
3rd Dan Karate

Senior Instructor
Chad Boyer
2nd Dan Karate

The Club:

The club was formed in 1977 and is a member of the Deep River Community Association, as well as a member of the larger karate organization with headquarters in Toronto. This organization in turn, is a member of a worldwide karate organization with headquarters in Japan. All students who attain black belt are registered in Japan and recognized worldwide.

History and Organization:

Karate means—art of empty hands—and is a Japanese form of martial arts. It originated in Okinawa hundreds of years ago and was derived from several different martial arts learned as a result of trade with China. It was taught in secret and used for self defense by the Okinawan people who were prohibited, at that time, from the use or possession of weapons. They had to resort to the ‘empty-hand’ techniques. Karate flourished in the Okinawan cities of Shuri, Naha, and Tomari, where it evolved into three distinct styles from which most present-day karate styles are derived—one of which is Shito-Ryu that combines both so-called ‘soft’ and ‘hard’ styles.

We teach both self defense and competitive karate in a safe and fun environment, learning and performing basic blocks, kicks and strikes until they become reactive movements. Superior physical fitness is achieved through cardiovascular exercises, flexibility and strength development. Strict discipline and traditional teaching methods are integral parts of our style. Students must be willing to work hard and follow instructions with a serious attitude.

Basic Operation of the Club:

We are strictly a non-profit organization; all instructors are volunteers who, after practicing for many years, became qualified for teaching. Adult black belts oversee teaching and are assisted by junior black belts or other senior students, who teach as part of their own training. The classes are combination of calisthenics (exercises), stretching, karate drills, predefined partner techniques, free-sparring, kata and self defense.

Currently there are no restrictions in place due to COVID-19, allowing classes to be held at the Mackenzie school small gymnasium. The format of classes is subject to restrictions imposed by the pandemic, and may be in-person, Zoom, or a combination¹. See the website for details. Students shall be age 7 (as of 2024 December 31) or older. The first term is from September to December and second term from January to May or June. Students shall be on time; for in-person classes youth students should not arrive for in-person classes before 6:20 PM as there may be no instructor to supervise. **Parents should ensure that the venue is open and that there is an instructor in attendance before driving away, especially in cold weather.**

¹ The schedule is modified from time to time for upcoming events. Schedule is subject to change if the number of students is too low to support separate youth and adult classes.

Contact Information:

Ron.Rogge@DeepRiverKarate.ca

www.DeepRiverKarate.ca

Times & Expenses:

6:30 – 7:30 PM for ages 7-13 (as of 2024 Dec. 31)

7:30 – 9:30 PM for ages 14 and up and blue belt and up

Membership fees are non-refundable, so please be serious about signing up (see registration & website form for rates). A uniform, called a Gi, is required and it costs *about* \$50². They may be purchased through the club in September and January. The uniform and an association crest are mandatory for all rankings and tournaments. Association crests are available from the club for \$25.

Grading:

Up to twice annually, usually November and May/June. Exact dates will be communicated in advance. Note that young students are typically graded once a year. Cost for the grading is subject to change but is typically about \$90 (details provided before grading). **All grading payments are cash only.**

Tournaments:

National tournaments of Shito-Ryu Itosu-Kai—which are often attended by international participants—are usually held in Toronto twice a year (typically November and May). We aim to take a group of students to each tournament and participation is encouraged though not mandatory. The club is not responsible for transportation to and from tournaments, although informal arrangements can usually be made. It is exciting to note that depending on developments with COVID-19, the spring tournament might be hosted in Deep River.

Etiquette:

The following are the rules of Shito-Ryu Itosu-Kai Karate & Kobudo, and all participants must be familiar with and obey these rules for the safety of everyone and respect to the organization.

1. *Students must face in and bow upon entering and leaving the dojo (workout room or gym) every time.*
2. *Students must adopt a serious attitude at all times during class.*
3. *When spoken to by a black belt or senior students, students must reply with “oohsh”. This means: yes, okay, I understand, etc.*
4. *Black belts must be addressed as Sensei (black-belt instructor), while for assistant instructor/senior student, Sempai.*
5. *Students must ask permission of the Sensei before leaving the dojo for whatever the reason.*
6. *Sensei’s word is the law in the dojo and must be obeyed.*
7. *Do not criticize other karate-ka (karate students).*
8. *Profanity and loud talking are not permitted any time during practice.*
9. *Chewing of gum, eating candy or any other food is not allowed. Jewelry of any kind including watches and earrings are strictly prohibited. This is for the safety of everyone.*
10. *Students should practice good hygiene, i.e. clean Gi (uniform), and clean, short finger and toe nails. Remember that this is a contact sport.*
11. *Students will neither provoke violence, nor allow themselves to be provoked, on pain of immediate expulsion from Shito-Ryu Itosu-Kai Karate.*
12. *Students shall endeavour to arrive on time. If circumstances lead to a late arrival, the student shall await conclusion of the ceremonial start of the class before entering the dojo.*

² These costs are approximate and subject to change.

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