

CHITO-RYU KARATE



Chito-Ryu Karate was founded in Japan by the Okinawan master Dr. Tsuyoshi Chitose (1898 - 1984). Chitose (O Sensei), based his teachings on extensive study of Okinawan Shorei-ryu and Shorin-ryu karate and his medical knowledge of physiology. He combined the strengths of these two systems and eliminated training elements detrimental to the practitioner's health. The characters in the name Chito-Ryu Karate translate as Chi = 1000 (years), To = Tang Dynasty in China (618 - 907AD), Ryu = Style, Kara = Empty, Te = Hand & Do = Way or Method.

Today, the International Chito-Ryu Karate-Do Federation is under the direction of Chitose Sensei, 2nd generation Soke of Chito-Ryu Karate-Do. Soke Sensei continues to build on the foundation set by his father.



Chito-Ryu is one of the oldest styles of karate in Canada. Chito-Ryu karate offers participants excellent physical conditioning and strong mental discipline, as well as a proven method of self-defense. This Karate style can be practiced by all ages. No special athletic abilities or flexibility is required. Chito-Ryu traditional karate focuses on good manners, self-discipline, physical fitness and self-defense.



Traditional Kata Training



THE RYUSEIKAN CLUB



Provincial Tournament

CHITO-RYU

KARATE



“With harmony, perseverance and hard work we will shall reach our goals”.

www.halifaxryuseikan.com

Chief Instructor

Mitchell German

25 plus years of dedicated Training and Experience.

448-8098



MEANING OF OUR CREST:

Japanese kanji appears in the central part of the crest; the heart of it. Its translation is 'the place where dragons are born'. This is meant to recognize and inspire the 'indomitable spirit' that lies within us all.

A spirit of perseverance that cannot be easily defeated or subdued along with courage and confidence in all that we do. The outer part of the crest design relates to the Halifax Citadel fortress; strength against physical attack. Those training at the Halifax Ryuseikan Karate Club will learn how to fortify themselves. It will develop both physical and morale strength that invigorates and encourages personal growth. The color RED that surrounds the crest, symbolizes the Japanese Rising Sun; the birthplace of Chito Ryu Karate Do.



Chief Instructor, Sensei Mitchell German, formally of Meteghan, has been studying and practicing the art of Chito Ryu karate for over 25 years. He presently holds a fifth degree black belt and the rank of Shihan (Master Instructor).

Along with his traditional training, German Sensei began to compete at 14 years of age. His commitment and dedication brought him many successes as a competitor having competed in fourteen international competitions, including two World Karate Federations (WKF) World Championships. He adds to this, Chito Ryu (SOKE Cup) World Champion in 1995 & 2010.

He presently is the Head Coach of the Nova Scotia Karate Team for the last nine years. German Sensei has been recognized for his outstanding achievements and contributions to karate having been the recipient of many awards from Sport Nova Scotia, the National Karate Association and the Nova Scotia Karate Association. German Sensei was an Instructor at the Atlantic Karate Club for many years and has proven his ability to develop and to motivate all those he comes in contact with. He looks forward to the successful growth of his karate club. He also welcomes all those interested in exploring the many benefits of the study of Chito Ryu karate so that they, too, may experience the profound impact it has in all that they do in life.



Junior Pan American Championships



Kumite (Sparring) Class

Instructors

Head Instructor Mitchell German - 5th degree black belt Chito Ryu Karate

Chris Richards - 3rd Degree Black Belt Chito Ryu Karate
Dr. San Fung-German - 2nd Degree black belt Chito Ryu Karate

Steve Gionet - 2nd Degree Black Belt Chito Ryu Karate

Rick Currie - 2nd Degree Black Belt Chito Ryu Karate

Greg Da Ros - 1st kyu Chito Ryu Karate and 3rd Degree Black Belt Ueichi Ryu Karate

All instructors NCCP certified

Accepting New Members

Benefits of Training at the Halifax Ryuseikan:

- Recognized throughout the province, country and internationally.
- Represented on both the provincial (NSKA) team and National (KC) team with solid performances every year.
- Top athletes from across the province travel to train at the Halifax Ryuseikan every week.
- The Cole Harbour dojo is one of a few fulltime Karate dojo in the province.
- Training aids available such as bags, focus shields and mitts
- Modern and traditional training tools
- Traditional karate weapons
- Competition mats covering all training surfaces
- We offer age and level specific classes, with comfortable numbers for improved teacher/student ratios
- Athlete (junior and adult) Competition Development Programs
- All our instructors are professional, enthusiastic and are committed to your smooth progress towards black belt and beyond

Cole Harbour

1237 Cole Harbour Road

Halifax Ryuseikan Karate club

is a member of:

International Chito-Ryu Karate Federation
National Karate Association
Nova Scotia Karate Association

For more information
please call:

448-8098

Class Schedule @

www.halifaxryuseikan.com