

# 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](http://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.

He presently is a Canadian National Coach and the Head Coach of the Nova Scotia Karate Team for the last seven 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.

### Instructors

**Head Instructor Mitchell German** - 5<sup>th</sup> degree black belt Chito Ryu Karate

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

**Steve Gionet** - 2<sup>nd</sup> Degree Black Belt Chito Ryu Karate  
**Rick Currie** - 2<sup>nd</sup> Degree Black Belt Chito Ryu Karate

**Steven Kelly** - 2<sup>nd</sup> Degree Black belt Chito Ryu Karate  
**Greg Da Ros** - 1<sup>st</sup> kyu Chito Ryu Karate and 3<sup>rd</sup> Degree Black Belt Ueichi Ryu Karate

**Leo MacDougall** - 1<sup>st</sup> Degree Black Belt Chito Ryu Karate  
**Justine Kelly** - 1<sup>st</sup> Degree Black Belt Chito Ryu Karate

*All instructors NCCP certified*

**Accepting New Members**

**2 LOCATIONS**

**Head Dojo & Office  
Cole Harbour**

**1237 Cole Harbour Road**

**Northcliffe Centre**

**111 Clayton Park Drive,  
Halifax**

**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**



Junior Pan American Championships



Kumite (Sparring) Class