



**Where did the summer go?!?**

Can you believe that summer is over already? We hope that everyone had a safe, enjoyable summer. Although we now have winter creeping upon us (say it isn't so!), most of us are now get back into the swing of things with "regular" scheduled karate classes.

Some of us take the summer off to relax or to spend our time doing other activities, but there were quite a few events that took place over the summer. We have gathered a few such recollections of these events to pass along to you. Hopefully, with a good base of communication throughout the organization with our newsletters and our website, (www.shintani.on.ca) more of us will be able to take part in such events in the future... because it sure sounds like a lot of great things were happening!

**In This Issue:**

Summer Camp, Rouyn-Noranda...	PG 1
Karate Konvention.....	PG 2
Canadian Martial Arts Games.....	PG 3
The physics of blocking a kick.....	PG 4
Kata, A New Look.....	PG 5
Learning Process.....	PG 8
Focus.....	PG 9
Japan Trip.....	PG 10
Message From the President.....	PG 11
Announcements.....	PG 12

**Camps d'été destor 2000**

**By Sensei Roger St.Arneault, Rokudan, Rouyn-Noranda Quebec.**

On the weekend of July 21,22 and 23<sup>rd</sup>, there was a summer camp held at Destor beach, close to Rouyn-Noranda. Sensei Roger Deschamps, Godan from the Hearst Wado-Kai, Sensei Léo Davis, Rokudan from the Okinawan Goju-Ryu, Sensei Dnut Nguyen, Sandan also from the Okinawan Goju-Ryu and myself Sensei Roger St-Arneault, Rokudan from the Rouyn-Noranda Wado-Kai were running this summer camp. It was a good success and we really appreciate all the people who took part to make it such a success.



A few pictures were taken during the course of the weekend that you could see on our website:

<http://www3.sympatico.ca/wado.karate>

(link onto "photo du club"). You will see only one picture at first but click on, and you will see a lot of pictures and a few more will be

**www.shintani.on.ca**  
The official web-site of the  
Shintani Karate Federation

coming. Next year we'll do it again but this time we will try to do it bigger. I will let you know the date as soon as I can in advance so that people can plan for it. (It will be in July).

Editor's note:

The Rouyn-Noranda web-site is an excellent site to visit. Even if you are not versed in the French language, don't let that stop you. There is a tool that you can use to translate web-sites from one language to another. It can be found by using this link:

<http://babelfish.altavista.com/translate.dyn>

The instructions are simple... type the address you want to translate into the designated area and click away!

**British Columbia Wado-Kai Karate**  
**Konvention July 13-16**  
**Submitted by Blaine Beemer, Godan**  
**Administrator for BC**



Mid-summer saw the return of Wado-Kai karateka to the high country of the Province's interior for a weekend of martial arts and socializing. As with our similar event two years before, we were again blessed with fine

weather and friendly support by the facility's management.

Douglas Lake Ranch is a 500,000-acre working ranch that boasts thousands of heads of cattle. It is one of the few places where traditional cowboy life can be lived. Once owned by three generations of supermarket magnates, it is now, predictably owned by a dot.com billionaire from the U.S.



We chose this venue to meet a variety of needs. First, we wanted a place where there were a variety of accommodations; cabins, RV sites and tent places are available. We wanted to avoid rustic camping in order to take advantage of amenities like running water, showers, a swimming pool, and a flat grassy area that was set aside and cut specifically so tents could all be together and train on a safe level surface. The Salmon Lake Resort, at the heart of the ranch, had all this plus a very large covered area that we could use in an emergency if it rained. The need never arose.

Having kids and other family members around is a special bonus of an event such as this. For our members, karate isn't a way of life, but rather a way to enhance their life, and as an instructor it is a gift to see into the other facets of the member's world.

Our karate agenda was purposefully kept light: a two-to three-hour workout daily starting in late morning, with plenty of breaks for water and photos. We also held a large

(for us) coloured-belt grading, since we thought it would be a special experience to remember. A variety of black belts, including Sensei Tim Robinson from Salmon Arm and Sensei Stephane Cantin, newly from Vancouver, contributed teaching, along with the stalwart crew of the Vancouver Wado-Kai, including Shane Tom, Sandro Reffo and John Saremba.

Our fishing derby was a bust - nobody caught anything but the thick algae that blanketed the lake! (Truth be told, however, our members spent more time eating and telling tall tales than they did fishing.) We definitely have to go back to solve the mystery of how to fish this lake. Our golf tournament was held on Saturday afternoon about 40 minutes' drive away, was fiercely contested - and modesty prevents the writer from divulging the name of the ultimate winner. John Saremba once again won the Monster Drive competition.



We would encourage others to run such events. They take a certain amount of planning, out not significantly more than a tournament does. Also, people who might be shy to compete seem happy to participate in this format.

I would particularly like to thank Mr. Steve Smith for his organizational efforts. He took time out of a busy business schedule to lend a hand. Also thanks to professional photographer and Salmon Arm Wado-Kai student Craig Pulsifer for the nature photography.



We will definitely return, likely around the same time in early or mid-July. It is a great opportunity to see this amazing province and train with a friendly crew.

CANADIAN MARTIAL ARTS GAMES  
2000, JUNE 24<sup>th</sup>, 2000 HULL QUEBEC  
Submitted by Sensei Peter Ruch, Godan,  
SKF Team Manager.

This is an update on the SWKKF National Team. As you know, the 2000-2002 National Team was formed as a result of a competition held on May 26<sup>th</sup>, 2000 in Fort Erie, Ontario, as part of the National Championships held in St. Catharines on May 27<sup>th</sup>, 2000. The members competed in a Kata and Kumite competition and the seven-member team is as follows; Sensei Rathe Mokolky, Sensei Walt Fast, Sensei Mark Forsyth, Sensei Rachel Deschamps, Sensei Scott Hill, Sensei Michel Gosselin and Sensei Danielle Tardif. Sensei Ron Mattie is the Coach and Sensei Peter Ruch is the Manager.

I would again like to thank Sensei Richard Ouellette for his assistance and Sensei Carl Presland for taking the time to help our members on such short notice. When everyone works and thinks like a team, we are a team.

**The Physics of a Blocking a Kick**  
**By: Nestor Komar, St.Catharines, Ontario.**

During a recent Karate exercise, we were required to block a snapping sidekick. I was intrigued with a fact that is well known to all of us: that is that as we cut down the distance between the kicker and ourselves, the impact felt by the blocker is lessened considerably. As a mathematics prof, I was immediately reminded of a formula for linear velocity as it relates to angular velocity. I shall try to explain, as simply as possible, the relationship between the two.



Angular velocity is simply the speed that a rigid object takes on as it rotates about a fixed point. In Karate, assume that the leg (rigid object) rotates from the hip (the fixed point). The formula for angular velocity (called  $\omega$ ) is defined as follows:

$$\omega = \frac{\theta}{t}$$

where  $\theta$  represents the angle of rotation and  $t$  represents the time taken to rotate through that angle. Thus, the units for angular velocity could be in degrees per minute or rotations per minute or, more appropriately for the kicker, in degrees per second! The angular velocity has a direct relationship with the

angle of rotation; if the kick is allowed to accelerate through a greater rotation, it will hurt more. If the blocker anticipates and can side step into the kicker's path, the angular speed of the leg can be reduced (read as the sting of the kick is lessened considerably).

Linear velocity  $v$ , (as it relates to its angular velocity counterpart), is the speed at any point on the rotating body and is proportional to the radial distance  $r$  from the center to that point. To illustrate this fundamental truth, think of a record turning on a record player. A penny has to travel a greater distance in the same amount of time if placed on the rim of the record as opposed to the same penny placed in the centre of the record. The same principle is at work in playing crack the whip. If you are near the centre of the whip you have little to fear from a rotation but if you are at the end of the whip you are moving at a fairly good clip.

The formula for linear velocity looks like this:

$$v = \omega \times r$$

where  $\omega$  is the angular velocity as before.

So what's the point? If you decrease the distance  $r$  between the attacking, rotating leg the speed with which it hits you is reduced. Cut the distance and cut the pain.

Let's put these ideas together now. If we move *in* the direction of the attacker's hip (pivot point), we cut down the leg's speed. By moving *into* the rotating leg, we cut down the angle of displacement. This also cuts down the leg's speed. By moving *in and into* the path of the leg, we decrease the angle of displacement and the radial distance, thus we can considerably reduce the speed that the leg can hit us with. We all know from experience that a slower leg doesn't hurt as much as a leg that has speed behind it.

Ain't science grand?

## KATA – a New Look At An Old Tradition

By Dudley Driscoll, Yondan, Calgary

“There are no symbolic movements in kata... Every move has a meaning.” Sensei Shintani made this statement at a seminar about 1995, at a time when I was becoming convinced there must be ‘something’ to kata I couldn’t yet comprehend. His words motivated a personal quest for researching the meaning & applications originally intended in kata, and a truly enriching journey. After attending several seminars & reviewing a variety of books & videos, we were most impressed with the research & concepts offered by Kyoshi Patrick McCarthy (translator of **The Bubishi**, International Ryukyu Karate Research Society & Koryu Uchinadi) and I credit him with most of the information to follow.

These ideas only add ‘spokes to the wheel of karate’ for our dojo – it doesn’t take away any of the many excellent practices of Shintani Wado. However, I am often reminded of the fact that I do not ‘own’ any of these kata, neither did Sensei Shintani own them nor Sensei Otsuka before him; all our primary kata (5 Pinan, Kushanku, etc.) were conceived by past masters of Okinawan toudi (China-hand) & we share these kata with literally millions of other karate-ka worldwide. Therefore, I would like to share with my fellow members of the SWKKF some of the ways we are now re-examining kata that allows us to transform its study from a theoretical philosophy into an applied science.

### THE QUESTION of KATA?

Like most Japanese-based karate styles, we tend not to spend much training time on kata

bunkai (practical applications); kata is mostly practiced for its athletic, artistic benefits. Training focuses on the 3 K’s: kihon, kata & kumite, often based on excellent concepts (explosive movement, etc) that are the legacy of Sensei Shintani. When most of us attempt to analyze kata movements in reference to applications we may become frustrated trying to make the often awkward-seeming or complex movements fit our trained attacker’s kumite techniques or reflexes. Often it just seems illogical or we contort the attacks, timing or distance to make it ‘work.’ This creates problems such as attempting illogical responses we would never teach a student to do in kumite and assuming our attacker is a trained karate-ka who initiates his attack from jiyu-dachi (or that any angry thug would use oi-tsuki in an attack).

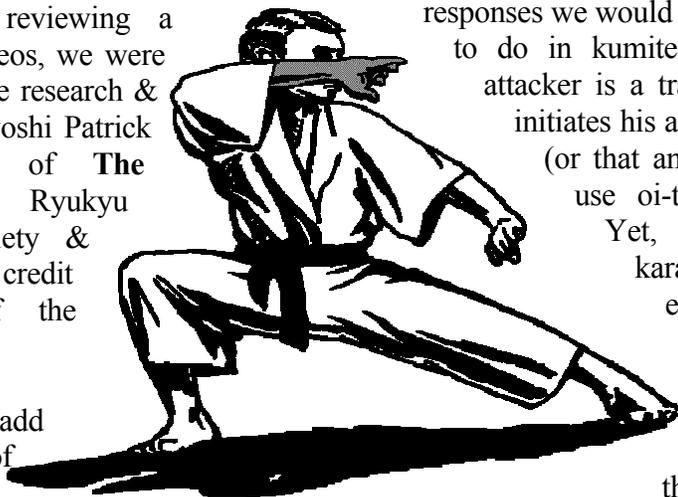
Yet, properly trained karate-ka rarely attack each other & historical accounts revere many original teachers of our kata for their brutal fighting

abilities when forced to defend themselves. So perhaps the difficulty lies not in the kata movement or the variations of older kata that had been introduced by Senseis Funakoshi, Otsuka, etc., but rather in the conceptual tools or mind-set we are using to interpret the kata techniques.

### HISTORICAL FACTORS in KATA:

There are numerous reliable, authentic sources one may access to gain a clearer picture of how karate & kata were practiced in Okinawa during its peak in the mid-1800’s and what significant factors changed during its introduction into Japan during the 1920’s and subsequent global popularity.

Old style Okinawan karate (toudi) was totally based on self-defense applications – there

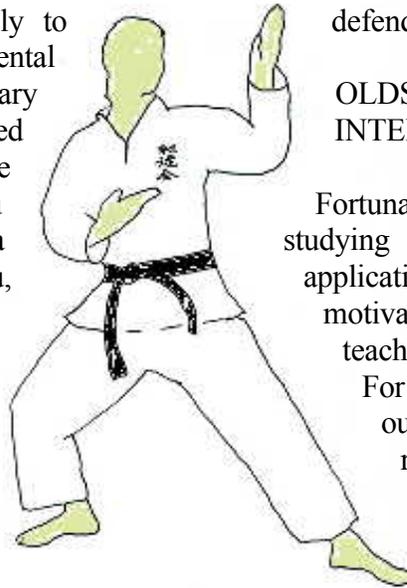


were no tournaments with trophies for long range sparring or a kata performance before judges. Rather a respected master taught small groups brutal, effective & holistic methods of self-defense, primarily through the practice of standardized two-person training drills (tegumi). Kata evolved as a way for an already competent practitioner to remember the principal techniques of the partner drills when practicing alone – kata in & of itself did not teach the application, only preserved its details.

The five Pinan kata were invented in 1907 by Itosu Ankoh specifically to provide physical fitness & mental discipline for the 5 years of primary school Okinawan children attended around the ages 11-16 (much like Judo & Kendo in Japan). Itosu gathered sets of techniques from a variety of older kata (Kushanku, Bassai, Unsu, etc) to remake a more uniform, consistent family of 5 kata, one of which was practiced for each year of school – like aerobics without music. The original applications & two person drills which had trained the defensive themes were never emphasized, although today we can reapply these concepts to the Pinan kata to reveal practical, brutal & effective bunkai. Many researchers have suggested that the more dangerous aspects of karate technique & application were intentionally altered or left out considering to whom (school children) and why (for fitness & discipline only) it was being taught. Of course, small groups under various masters were still practicing classical karate.

Once introduced to Japan during the 1920's, few of the Okinawan karate experts (Funakoshi of Shotokan, Miyagi of Goju & Mabuni of Shito) who likely knew many of the tegumi & application principles for the old kata ever commonly taught them. The nature

of karate as it evolved in Japan had vastly different aims than the classic Okinawan self-defense tradition – Japanese Budo traditions (Judo, Kendo, modern Karate) were modernized & highly simplified to provide rigorous physical training, mental discipline, nationalistic zeal & sporting competition. Thus, the modern Japanese based (and most Okinawan) karate styles were virtually unaware of the older defensive grappling, throwing & striking kata applications, and perfected & promoted karate as a martial art relying mostly on long range, powerful hand & foot attacks (and by default, defending against the same).



#### OLDSTYLE CONCEPTS for KATA INTERPRETATION:

Fortunately for those interested in studying the original, brutally effective applications of our shared kata, motivated learners can find enough teachers & records of the old ways.

For ourselves & the members of our dojo, this new & exciting reinterpretation of kata technique provides a fully developed grappling & striking system that effectively addresses common, realistic self-defense scenarios. Thus, our appreciation for the value of kata & the rich knowledge it contains is raised immensely. How many of us have studied some grappling art such as judo, jiu-jitsu or aikido because we felt such skills were a vital part of real self-defense training. Then we return to our dojo & teach kata-karate, kumite-karate & the special self-defense-karate without ever realizing such skills were a major component of old style Okinawan karate/kata. Many pivotal pioneers of modern karate like our own founder, Otsuka Hironori, felt that this 'new' karate was lacking in such elements & added techniques from his previous expertise in Shindo Yoshin-ryu Jiu-jitsu, reinforcing the theory that such practices

were virtually unknown to the Japanese karate-ka.

There are four primary ‘tools’ or concepts one can use when beginning to reevaluate kata bunkai according to its original practice:

**1) Forced Confrontation** – original kata technique almost always responds to being grabbed or some other unavoidable encounter, unlike a mutual confrontation (i.e. kumite/sparring) wherein the defender has ample opportunity to escape. As we still promote today, a true student of karate would never engage in a fight over mere provocation, challenge, etc. while any option for retreat remained. The mutual confrontation skills must still be practiced in case the attacker continues the assault after the initial engagement (and because sparring is an exhilarating practice).

**2) Habitual Acts of Physical Violence** – after much real-life observation, martial arts experts in those Chinese traditions (White Crane gong fu & Monk Fist Boxing) which greatly influenced Okinawan karate determined that the forced confrontation usually took the form of one of 36 habitual acts of physical violence. As mentioned, this usually involved being seized, cornered or surprised (can’t flee) & includes: lapel grabs, chokes from front/rear, bear hugs front/rear over/under the arms, arm/wrist/clothing grabs, hair grabs front/rear, head butts, tackles, hook punches, simple kicks, etc. The attacker was usually assumed to be relatively unskilled in martial arts, just angry or desperate enough to accost someone.

**3) Common Anatomical Vulnerabilities** – expert practitioners also recognized that, in spite of varying size & strength, the human body has universal weaknesses (pressure points, joints, major blood ways, etc.) which can be exploited through either seizing or impacting. Kata technique relies strongly on exploiting these vulnerabilities in its brutal, effective & simple applications; during a

mutual confrontation it is much less likely you would be able to accurately apply the same technique & would most rely on impact power.

**4) Pre-determined Response** – it was also observed that when these vulnerabilities were seized or struck, certain reactions by the attacker were most likely to occur which then created openings for further debilitating techniques. For example, a common entry (irimi) technique for many of the face to face Habitual Acts of Physical Violence is to simply spit in the eyes, which causes the face to pull back/turn & tilts the pelvis forward where the groin is immediately slapped by the back of the hand, causing the attacker to bend forward ... at which point any number of bunkai applications are feasible.

The primary application of kata technique was usually completed with one of a set number of exit techniques, usually resulting in throwing the attacker to the ground for a restraint or to escape.

#### **SUMMARY:**

In my opinion, we further honor the rich history & tradition of karate if we rediscover & reapply the classical defensive applications of kata. It is an exciting & valuable method of increasing the value of traditional kata practice & enhancing one’s understanding of karate as a complete martial art (including long-range striking, closer trapping & grappling, and some basic throws & ground fighting skills). Did you ever wonder how many throws & arm bars can be found in the Pinan kata? For those interested in maintaining & furthering the self-defense value of kata training, I am more than willing to share the concepts & techniques we currently practice in our dojo (Email “catpaw@telusplanet.net” or phone 403-275-1415). Thank you.

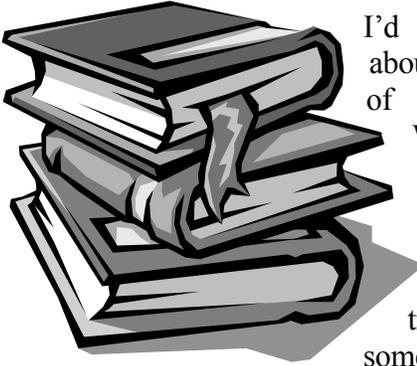
“Martial Art technique is like the cosmos, it is infinite... Know that there is no such thing as limits.” Hironori Otsuka, founder of Wado.

### **LEARNING PROCESS**

By Sensei Ron Mattie, Sichidan

Coach of the Shintani National Team

Senate member of the S.W.K.K.F.



I'd like to talk about the process of learning katas. We have all had students that came from other clubs and when we try to teach them something new in a kata, we hear them say “ that’s not how my sensei taught me”. My analogy of this is as follows.

- 1- When you were a month old, to get from the living room to the kitchen to eat, your mother carried you. Then somewhere, some time later, you learn to crawl.
- 2- Now when it’s time to eat and you want to get from the living room to the kitchen, you crawled. Then again, somewhere, some time later, you learnt to walk.
- 3- Now to get from the living room to the kitchen, you walk. Once more, somewhere, some time later, you learnt to run.
- 4- Now your favorite meal is ready, so to get from the living room to the kitchen, you now run.

Now, let’s take this into our kata learning process. When we first learn a kata, we learn the proper form adding little or no power and no speed. Then sometime during our training in the dojo, we learn to add more power to our techniques while doing drills. Now while practicing our kata, we add more power. And

again during our training drills in the dojo, we learn to add speed in our techniques. Once again, you start to add speed to our kata. As we progress through the ranks, we learn to eliminate the setting of the foot prior to executing the technique by letting our foot just float above the ground. This makes for a more realistic and powerful execution of the move. We also start to change the timing of the kata by combining moves together. When we first learnt the kata, every move was executed singular to develop proper form, maximum power and maximum speed. As this is reinforced, we start to execute our block, punch and maybe our kick as one set. Later at a higher skill level, we start to make our turns really fast. Our set of techniques in one direction is exploded by a fast turn with the next set in a different direction. This process goes on and on, revisiting all our katas from day one and adding all our new knowledge and skills into them.

If as a black belt, you still do your pinan shodan the same way you did when you were a white belt, “because that’s the way my sensei taught it to me”, then you haven’t progress much. It would be like crawling to the kitchen at age 40. Note, the move doesn’t necessarily change, but the way you get into it will as well as the speed and timing. Timing changes from one rank to another depending on your skill level. However, you must always go back to practicing the proper mechanics, power and speed of the singular moves to reinforce the basics.

As a higher rank black belt, your timing should change in all you katas. For example, pinan shodan; when you first learnt it, you paused after every move. Then as a yellow belt, you combined two or three moves together. As a blue or brown belt, you start to add a block and a punch in one direction with a block and a punch in another direction. Then as a black belt you start to make your turns very explosive with the continuation of the next techniques.

These are just a few examples of areas that higher belts should be working on, always improving. Do not make the mistake of progressing before your time. It takes time to perfect each step. ( sort of like wine). You must go through step A, B and C to get to step D.

In closing, these are the things that Sensei Shintani had taught me, but he made me figure it out on my own after many frustrating times arguing with my colleagues about which way Sensei told me to do it. In the learning process, Sensei would make you move different then the next person because your weaknesses were different, but in the end, we all ended up the same. Sensei never tried to mould us into his way. He tried to make us move the best way we were capable of moving. Just as you would have mastered the way he had you moving, he'd make you change it again, always working on your weaknesses. And that is the key. Punching, blocking and kicking, are only tools for improving your character. Through the hard effort of working on your physical weaknesses, you automatically start to eliminate the weaknesses in you character. For Sensei Shintani, it was never about the physical part of karate, although he was very dynamic, it was about peace by way of harmony.

In Sensei Ciolfi and Sensei Shintani's Memory

### **Focus.**

**By Sensei Walt Fast**  
**St.Catharines, Ontario.**

He worked the sequence yet again. From the end of that part, he repositioned himself and did it twice more. Sometimes he wouldn't go over the whole bit, but would catch himself half- way through. The flow didn't feel right. He did it again bearing down with the hips.

The Karateka's techniques snapped with focus on the end, driven by quick, powerful hip movements. " That's better", he thought, and continued till he completed the sequence.

"Do the Kata like you fight and you can't go wrong" he said to himself. He mulled that over for a second, then amended: "Right, as long as you don't get down right sloppy."

"Often when sparring and you get sloppy you get tagged, and you retaliate and it's gone in a second. Sometimes you get lucky and somehow turn the misstep around...sometimes you don't.

That's what makes Kata do hard to do," he thought," every move is so visible.

When you're sparring you are having fun inventing all this stuff. With Kata there are five judges and your whole division watching. They know when you screw up.

The Karateka laughed out loud when he remembered the last time it happened. He'd been doing his Kata and had a momentary lapse in concentration. It was less than one second, and was at the end of a sequence where a pause was called for anyway. He remembered being there, and for a millisecond was not there. Then he remembered how he had exploded into the next sequence like his belt was on fire.

After the kata, some congratulated him. Then there were a couple of guys who started kidding him about "zoning out". "Wow!" he thought "a millisecond of lapsed time and they still picked it up. (The turkeys!)"

The Karateka took a drink of water and thought: "Not this time, man." This time, he would show them how this Kata should be done. He would blast it... with form. This

time he would smoke it, as if he were actually sparring, as if his life were at stake.

His time was up. He strode up confidently, but not with a swagger. The kata would practically do itself, that's how ready he was. He bowed slowly and announced his Kata.

One second passed, then two.

On the third, the Karateka exploded into action. Sequence after sequence flowed like water from his body. There was no tightness in his movements, it was pure energy and technique comes together. It was like he was actually fighting and inventing these techniques and movements in response to an opponent.

The Karateka relished the pure animal thrill of it. He drove the second to last series of moves, realizing that the power in his movements was awesome, yet controlled. This he knew was a culmination of all that hard work. This is what he'd strived for. He'd always loved sparring, and had come to terms with Kata grudgingly. It's only in the last five years that he'd been able to put that sparring feeling into his Katas, and now he was reaping the rewards. "Form and Function" come together at last!

Then there was silence. The Karateka almost wondered why it was so quiet, 'till his eyes slowly focused on an object four feet directly in front of him. That object was the head of the Sensei center judge, his calm eyes staring right back at his own.

The Karateka's head had become a vast blue sky, with not a hint of a cloud on the horizon. He not only did not know the next move, he'd forgotten Power Kata, Pinan Shodan, anything that he desperately tried to conjure up to inject into this awful space.

No use. He stopped, bowed, walked backwards, bowed again, and exited the ring.

He knew that he'd left the Kata mentally to admire what he was doing, thereby losing his focus.

He'd hit the wall called Hubris.

### **Japan Trip July, 2000**

**By Sensei Ron Mattie, Sichidan**  
**Coach of the Shintani National Team**  
**Senate member of the S.W.K.K.F.**

As some of you know, I visited Japan with my friends, Darren Humphries (sandan), Heather and Darren Fidyk (both sandans) in July of this year for 2 weeks. Thanks to our good friend Natasha Cokar from the Calgary club who entertained us prior to taking us to the airport. The flight was about 16 hours at which time the rest of the crew slept. Heather gave me a pill saying it would help me sleep all the way there. I think she lied. I was awake the whole trip there.

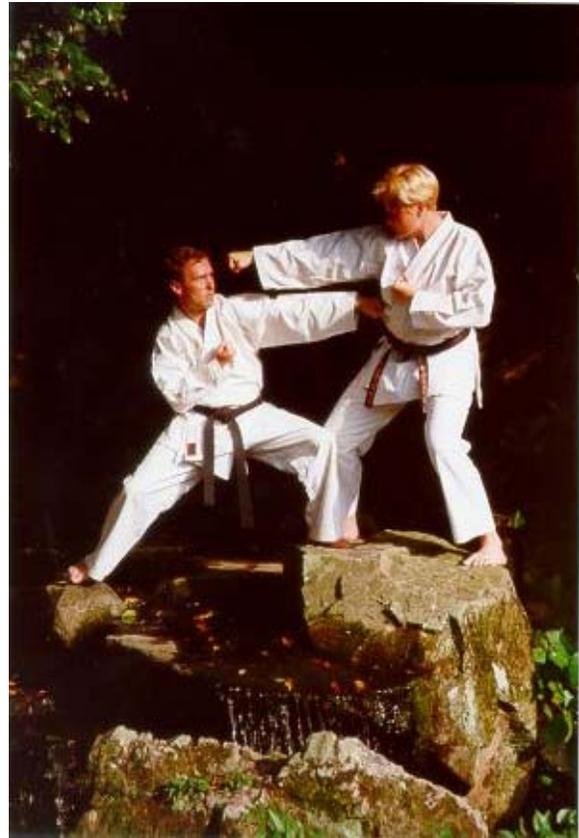


Upon arriving, we were greeted by some friends of the Fidyk's who feed us a late supper and socialized with us. The Fidyks had lived there before for a year teaching English and they had the whole trip planned and accommodation all arranged for us ahead of time. I didn't have to do a thing but walk, eat, walk, drink, walk, visit, walk and walk some more.

We climbed Mount Fuji the second day there. We started at 10 p.m. and made it to the top by 5:30 am just in time to see the sunrise. It was about 24 degrees with about 75% humidity at the bottom and -15 degrees at the top. Good thing we brought our winter jackets and flashlights. We would climb for 20 to 30 minutes then find a crack in the rocks and take a 5 minute nap and then continue. The view of the sunrise was a beautiful sight as the sun came piercing through the clouds.

The down hill climb was the worse. We decided to go down the other side, which had a long slope, but all lava gravel that our feet just sunk in pass the ankle with every step.

The rest of the time was visiting temples, castles, museums, dojos and the beach. We worked out a few times with different dojos and we were very well received. They treated us very well and also feed us. I was very impressed at how our pinans were exactly like theirs except for 1 minor thing in each kata. You would think that going to Japan, you would see as many dojos as we see Tim Horton's donut shops here, but it isn't the case. In fact, some people didn't even know what karate was. You almost had to know someone in karate to find a club. I really enjoyed the people we met and enjoyed working out with them. We also worked out on top of our hotel rooftop and took picture 3 stories high on a 3-inch ledge going Nahanchin kata.



We also stayed at some of the Fidyk friend's home for a few days and were well taken care of. Over all, I couldn't have gone there with better people. We all got along so well and respected each other's privacy (right Heather?) Oh there are stories, but they will stay in Japan where they originated. (right Mr. Humphries?) I respected and cherish the bond that was created with these three people. If anyone is looking at visiting Japan, I highly recommend talking to the Fidyks prior to arranging your travel plans.

**Message from the President,  
Sensei Denis Labbé, Hachidan.**

For the last ten years, I have had an opportunity to contact, either in person or by phone with our members of this organization. Shintani Sensei has given me an opportunity as Secretary General to do so.

The support from all Provinces, States and the regional area within, across Canada and U.S.A. is an indication of the strong organization we have. In reality it is the membership who are the backbone of the Shintani Wado Kai Karate Federation.

As president, I'm hoping to meet through my travels more of our members. Not only the black belts but especially the kyu belts of all ages. They are and will be the future to come. We have a large family and family should always have an open communication. We have Regional Representatives who will volunteer their help and will communicate to you. The goal is to make sure you have the news and information that this organization has and also to receive information from our members.

In closing, I know I could do the job that Shintani Sensei would have wanted for his organization. Now, it's important to know that I have the support from the membership. Thank you for that support. Together we will fill Sensei's wishes and make him proud of us, the Shintani Wado Kai Karate Federation.

In Harmony,  
Denis Labbé  
President, SWKKF

## **Announcements:**

### **Clinic:**

In conjunction with the Delhi Tournament, special guest instructors Sensei Danny McCoy, Sensei Rick Levielle, and Sensei Norm Volk will be running various clinics on Thursday November 16<sup>th</sup> to Saturday November 18<sup>th</sup> in Simcoe.

Contact: [jlatkinson@sympatico.ca](mailto:jlatkinson@sympatico.ca)  
Jim Atkinson (519) 446-3555

### **Tournament:**

Sunday, November 19<sup>th</sup> 2000  
Delhi Ontario.  
Clinics run Thursday through Saturday

Contact: [jlatkinson@sympatico.ca](mailto:jlatkinson@sympatico.ca)  
Jim Atkinson (519) 446-3555

### **Clinic:**

Lindsay, Ontario  
Saturday, November 25th  
The 24/7 clinic, 24 degrees of Black Belt instructors (4 X Rokudans)  
7 hours of workout time, including a judging clinic and shindo workout.  
Contact: [heihosha@hotmail.com](mailto:heihosha@hotmail.com)  
Darren Marshall

### **Tournament:**

Carlyle, Saskatchewan  
Date: Saturday, November 25th, 2000  
Note: Will also feature workshops Friday, Nov 24th and Sunday Nov 26th.  
Guest instructor(s) to be announced

If you would like you event listed on the Shintani Karate Federation Web site, contact Neil Prime [getyourkicks@wadokaikarate.com](mailto:getyourkicks@wadokaikarate.com) or phone (905) 935-5623 with the information to be posted.

The next issue of the Harmonizer will be published in January 2001. Your submissions are greatly appreciated. For the time being send any articles, news, or points of interest to Neil Prime [getyourkicks@wadokaikarate.com](mailto:getyourkicks@wadokaikarate.com) or phone (905) 935-5623

We are still looking for an editor for the Harmonizer. Please contact Sensei Peter Ruch [pruch@vaxxine.com](mailto:pruch@vaxxine.com) (905) 871-1094 or Sensei Denis Labbe [dlabbe@attcanada.net](mailto:dlabbe@attcanada.net) (905) 734-4119

Annual Registration Fees are now due. Please submit your dues to the appropriate contact person for your area.

Western Canada:  
Bruce Dunning at (204) 748-3547

Eastern Canada and the USA:  
June Lebrun at (705) 268-3702.

## CANADIAN MARTIAL ARTS GAMES 2000

JUNE 24<sup>th</sup>, 2000 HULL QUEBEC

Submitted by Sensei Peter Ruch

Shintani Karate Federation Team Manager

This is an update on the SWKKF National Team. As you know, the 2000-2002 National Team was formed as a result of a competition held on May 26<sup>th</sup>, 2000 in Fort Erie, Ontario, as part of the National Championships held in St. Catharines on May 27<sup>th</sup>, 2000. The members competed in a Kata and Kumite competition and the seven-member team is as follows; Sensei Rathe Mokolky, Sensei Walt Fast, Sensei Mark Forsyth, Sensei Rachel Deschamps, Sensei Scott Hill, Sensei Michel Gosselin and Sensei Danielle Tardif. Sensei Ron Mattie is the Coach and Sensei Peter Ruch is the Manager.

Information was received from Sensei Neil Prime concerning the Canadian Martial Arts Games 2000, which were going to be held at the Robert Guertin Arena Hull, Quebec on June 24<sup>th</sup>, 2000. Members of the team able to attend were: Sensei Rachel Deschamps, Sensei Danielle Tardif, Sensei Rathe Mokolky, Sensei Mark Forsyth and Sensei Scott Hill. Unfortunately Sensei Walt Fast and Sensei Michel Gosselin was prior commitments and were unable to attend.

Sensei Rachel and Sensei Danielle drove in from Hearst, Ontario, Sensei Rathe and Mark flew in from Winnipeg to Hamilton where Sensei Ron Mattie and Sensei Scott Hill met up with them and drove to Hull (that must have been some trip).

On our arrival in Hull, I contact Sensei Richard Ouellette who was an outstanding guide and was of great assistance to the Team. Through Sensei Richard we met with Sensei Carl D. Presland who is a Champion in open circuit tournaments and he consented to put on a training session for the team members that night. I know from talking to the team members and watching the instructions that they were very grateful for the information. I hope that in the future we can have Sensei Carl and other members of our organization put on a clinic in open circuit competition for all out members.

On our arrival at the Arena, Sensei Ron only got lost once. But maybe he wasn't lost; he ended up at the Casino in Hull. What Luck!! There were many competitors from several different disciplines all dress in very bright and flashy karate outfits. There were many there in traditional karate gis but not many. Thanks again to Sensei Richard and his students who helped with last minute equipment needs. Sensei Richard told me that he was extremely happy that the SWKKF National Team was there to compete, and he was very proud of that fact.

It was a very successful experience for members of the team. No team member was as disqualified in Kumite. The competition was fierce but well control from where I was sitting. The Kata competition was outstanding, and our team members did very well doing traditional kata. It was a success; members of the team were exposed to an open tournament concept and did very well. Sensei Rathe received 2<sup>nd</sup> place in Kumite, Sensei Rachel received 3<sup>rd</sup> place for Kumite and Sensei Danielle received 2<sup>nd</sup> place Kata.

After the tournament, some of the team members were able to take a tour of the parliament buildings. Believe me everyone, we all know what Sensei Ron is like in a crowd, he never changes. We went to the top of the Peace Tower, had had the panoramic view. It's too bad that the observation platform is now closed in. It would have been neat to see Sensei Ron doing his kata and letting out a kiai as we threw him off the top. But knowing Sensei Ron, he would have done some magic trick and come floating back up to greet us.

I would again like to thank Sensei Richard Ouellette for his assistance and Sensei Carl Presland for taking the time to help our members on such short notice. When everyone works and thinks like a team, we are a team.