



More and more, people within our organization are getting out to meet and work out with clubs other than their own home base. This is a great thing that will help in the growth of not only the individual, but also the unity of the organization. Travelling to various clubs within the organization help you to better understand the differences between one instructor to the next... even though we all basically have the same foundation.



Members of various clubs from the Rouyn-Noranda area participate in clinics held this summer.

Partaking in clinics or even cross training with other styles is also a good way to expand your horizons. Although I wouldn't advise trying to learn 2 different styles of any martial art as a beginner, once you earn your 1st black belt you should have strong enough basics that you can compliment what you have already learned and incorporate techniques into wado to make it more personal.

Within this issue of the Harmonizer are some excellent stories about some of these clinics that have been happening over the past couple months.

Summer Camp 2001
By Sensei Roger St.Arneault,
Rokudan, Rouyn-Noranda Quebec

Destor beach, near Rouyn-Noranda Quebec was the site of "Summer Camp 2001" which was held on July 20, 21 and 22. The 2

teachers during this weekend were D'Nut Guyen, 4th dan of the Goju-Ryu school of Rouyn-Noranda and Roger St-Arneault, 6th dan Wado-Kai, regional representative for Quebec for the style of Wado-Kai karate within the SWKKF.

Throughout the weekend about thirty pupils of various ranks benefited from maiming and defensive techniques of the knife by sensei N'Guyen, and techniques of high caliber and fighting strategies by Sensei St-Arneault.

This weekend of training was open to all belt ranks and black belts in attendance were encouraged to contribute instruction time to kata, kumite, ju jitsu, shindo or any other types of karate techniques.

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Attacking and defending – clinics concentrate on new methods for everyone.

The clinics were absolutely free for everybody as it was stated by Sensei Roger “It is just to have the pleasure to practice karate together and have friends”.

The next step for Johnathan Lacombe (Shodan), Suzanne Paquin (Nidan) and Roger St-Arneault (Rokudan) is training for the World Championships, which will be in the Republica Dominica (Dominican Republic) next October.

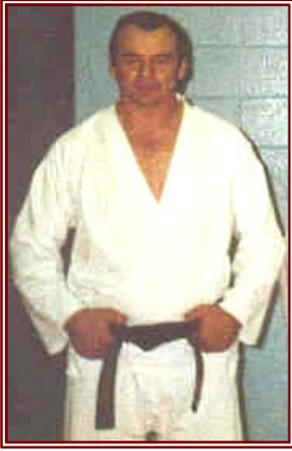
Sensei Paul Leonard
Ottawa Seminar - June 2001
Submitted By Paul Watson,
Ottawa, Ontario

On Saturday June 2nd, karate students from Ottawa Wado-Kai welcomed Sensei Paul Leonard, one of the most senior Wado Kai instructors in Canada, for a special martial arts clinic. Wado students from northern and southern Ontario assembled in Ottawa for the event, where sensei Leonard demonstrated techniques that form the basis of the Wado style and shared the legacy of his mentor, the late sensei Masaru Shintani. In this class, the focus was on osoto/ude uke and the

importance of proper form in applying tai-sabaki, in order to gain speed and more importantly, power. He also explained the principal of blocking in such a manner as to turn your opponent’s back towards you. In this fashion, you can retaliate in any number of ways, such as following the block with a punch to the head and a punch block to the ribs and a leg sweep. The main point was that it is a lot more difficult for your opponent to follow up if you’re at their back and not in their direct line of fire.

Later in the class, sensei Leonard took brown and black belts aside to share





*Sensei Paul Leonard,
Sichidan*

sensei Shintani's advice that 'improvement in the Wado kata starts with the first move of Pinan Shodan,' explaining that every karateka, from white belt to black, must acknowledge that there is room for improvement in their kata and strive to perfect their technique throughout their lives. As the class learned, there were many subtle (and not so subtle) improvements to be made across the board. Sensei then explained to the senior belts that one of the best means to perfect their technique lied in teaching kata to students of lower rank. 'When you're teaching someone else, you are forced to think about the details of every movement and you must have them down clearly in your mind in order to explain them,' said sensei.

The class ended with a grading that resulted with several being promoted to a higher rank, including Ottawa Wado Kai's head instructor, sensei Richard Ouellette, who received his fourth degree black belt. The following black belts also received new ranks at the Ottawa clinic or a similar clinic held the previous week in Toronto: sensei Don Ouellette, 3rd dan; sensei Dave Poleyko 3rd dan; and sensei Mark Cantwell 2nd dan. Ottawa Wado Kai also welcomed new black belts to its fold: sensei Andrew Bell and sensei John Glavind.

The day ended with students sharing a meal and conversation with sensei Leonard. As a token of Ottawa Wado Kai's appreciation, the club offered sensei a gift copy of the Bubishi as well as a decorative wooden box in which to

store some of the keepsakes entrusted to him by sensei Shintani.

Pennsylvania Clinic **Submitted by Bill Sorvelli, Godan**

The Pennsylvania Shintani Wado-Kai Karate Federation held a clinic here in Warren Pa. USA on June 23rd at the Student Union building. Dr. Sensei Robert Graham, the President and Chief Instructor of the U.S. Shintani Wado-Kai Karate Federation, was the guest instructor.

There were students in attendance from the Huntington Pa. Club, the DuBois Pa. Club, the North Warren Pa. club and the Warren Pa. club. Sensei Bob taught basic sparring drills and the proper use of kamae in sparring.



Attending clinics with many clubs represented is a great way to develop consistency within the organization.

There were several belt promotions after the clinic made by Dr. Graham. Toby Wolfe and Ken Bakewell (North Warren club) were promoted to Yodan (4th), Rex Slocum (Warren club) and Dick Brubaker (DuBois club) were promoted to Sandan (3rd), Marshall Fragassi (Huntingdon club) was promoted to Shodan and Tom Wade (Warren club) was recognized as a Shodan and given a certificate of promotion from the U.S. organization. Marshall is 69 years old



Sensei, Doctor Robert Graham demonstrates

and has studied karate since 1984. He came to us down in Huntingdon looking for a school that, as he said, “would take in an old guy”.

Well just let me tell you, when you cross hands with him, he doesn’t seem old at all. Kyu belt promotions at the clinic were, Greg Strunk (Huntingdon club) and Jason Hullihen (DuBois club) to Brown belt, Tawnee Alwine (Warren club) to Blue belt, Bill Wallin (Warren club) to Orange belt.

We gave this clinic the title of “**THE SHINTANI MEMORIAL CLINIC**” last year when we first had it, to honor Sensei Shintani. He was scheduled to come down here and hold the clinic for us to celebrate the growth of Wado here in Pennsylvania, but he passed away in May of last year before he could make it down.

Fort Frances Clinics

Submitted by Elana O’Connor, Nidan Thunder Bay, Ontario.

On August 3rd, 4th, and 5th, 2001 Sensei Chris Bazinet and the Fort Frances club hosted their 4th Annual Summer Time Workout for all ranks on the beautiful shores of Rainy Lake.

Special guests included Sensei’s Rick Leveille (White River), Bruce Dunning

(Manitoba), and Raymond O’Connor (Thunder Bay) who along with Sensei Chris provided everyone who attended with a fun filled and valuable learning experience.



Sensei’s Ray O’Connor, Bruce Dunning, and Rick Leveille

The above-mentioned Sensei’s shared their knowledge and experiences by instructing portions of the clinics. Sensei Chris Bazinet instructed Chinto No Shindo, Sensei Rick Leveille demonstrated advanced fighting techniques, Sensei Bruce Dunning reviewed the kata Chonan Shodan, and Sensei Raymond O’Connor instructed the kata Gensho Shodan.



Sensei’s Denise Baxter & Paul Forget practicing Chinto No Shindo



Sensei Chris Bazinet preparing for Shindo Training



Sensei's Claude Boucher & Elana O'Connor working Shindo

Thank you to all the instructors and karate-ka that took the time this summer to attend Fort Frances and help it become a huge success! A special thank you goes out to Sensei Claude and his wife Ruth for providing a delightful dinner and gathering at their place for all the participants and their families.



Black Belts who attended the 4th Annual Summer Time Workout in Fort Frances, Ontario.

Back row pictured from left to right are: Sensei's Ross Keeler, Paul Forget, Chris Bazinet, Rick Leveille, Elana O'Connor, Sue Schneider, & Bruce Dunning. Front row: Sensei's Raymond O'Connor & Lewis Kempf

Furthermore, a sincere thanks to all those that welcomed and hosted the out of town guests over this memorable weekend. We all look forward to the 5th Annual Summer Time Workout in Fort Frances in August of 2002.

Team Training

By Sensei Ron Mattie, Sichidan
Coach of the SWKKF National Team.

On the weekend of July 21st, we had a 3-day training session in Welland for the Shintani Team. It started on Friday night with each team member teaching the class for 15 minutes each (it says "each" twice?). It was truly amazing to be working out under these talented students. I was very impressed. The rest of my students in the class really enjoyed it and gave them a great opportunity to get a different viewpoint of things.



Back: Senseis Walt Fast, Ron Mattie, Mark Forsythe, Michel Gosselin **Front:** Rathe Mokolky, Ray Poulin, Dominic Morabito

On Saturday we started at 7 am with a quick walk to Tim Horton's and back, then we started rendori. I had invited a few higher rank students from the area to help us as partners for the sparring. This went on till 12:30 p.m. then Sensei (Doctor) Dave Brunarski talked about proper warm ups, weight training, stretching and nutrition. After lunch we worked on katas and refining every move as not to have any unnecessary movement while executing a technique. Also we worked power, speed and spirit. This went on till 8 p.m., and then Sensei Denis invited the team out for supper.

The highlight of the weekend was Sunday. Sensei Ray Poulin, (Yoko Ray)



“My objective with this kind of training is for these members to return to their club and pass on this teaching” says Sensei Ron Mattie, National Team Coach.

6th dan, and Sensei Dominic Morabito, (a.k.a. Mr. Miyagi) 6th dan, who has been in karate way before me, showed up to help with the team. Both Sensei’s ran a portion of the class and then we all did sparring. I guess I should mention that Sensei Morabito is 72 years old with a bum leg. He did sparring with all members of the team and scored on every target these young students left open. It was truly amazing to see. Afterwards, Sensei Morabito told the team and I quote, “Ray and I just do the old Wado stuff from the old days that Sensei Shintani taught us. We’re not up to date like you guys”. And to that, Sensei Rathe (senior member of the team) said, “ well, that old stuff sure kicked our butts on that floor just now.” This was definitely a highlight in my karate career to see a 72 year old karateka and friend still have it and go one on one with our top competitors from our organization. This was truly inspirational and will make me think twice about complaining about my sore joints at 45 years old.

My objective with this kind of training is for these members to return to their club and pass on this teaching. This is the way that the whole organization can improve at a quicker and effective pace. Thank you for giving me the opportunity to coach this team.

The Meaning of Kata:
Sensei Patrick McCarthy Toronto
Seminar - July 2001
Submitted by Richard Ouellette, Yodan,
Ottawa, Ontario

This summer a diverse group of participants who were eager to expand their arsenal of karate techniques and martial arts knowledge attended Sensei Patrick McCarthy’s karate seminar in Toronto. These included Sensei Ron Matte, Chief Instructor for the SWKKF, as well as many other SWKKF practitioners from across Canada.

The seminar featured many great techniques such as a controlling and seizing drill, which is virtually a dictionary of the vulnerabilities of the human body and the various techniques that can be used to take advantage of these weaknesses. Students also learned the applications to the Niseishi kata, which covered defenses against the following attacks.

- Single lapel grab from the front
- Double shoulder grab from behind
- Head-lock
- Single lapel grab from behind
- Straight punch
- Single shoulder grab from behind
- Knee to the lower stomach
- Hook punch

- Under arm bear hug from behind
- Single cross wrist grab
- Double wrist grab
- Single hand shove

Although Niseishi was one of the kata that Ohtsuka sensei included when he registered Wado back in the 1940s, I could not see at first how learning its applications would relate to my current set of Wado kata. It was not until Sensei McCarthy completed his lectures that I could make the link between the applications of a kata that is no longer part of the modern Wado syllabus and the ones that we continue to practice to this very day.

The lectures gave a good historical overview of the evolution of karate and the original use of kata. Sensei McCarthy indicated that



recent research into the history of karate indicated that karate was originally developed as a method of self-defense to address the standard types of attacks that had plagued mankind for thousands of years. In developing karate, its pioneers realized very early that a response to being grabbed by the hair from behind needed to be different than the response to being tackled around the waist. They concluded that in order to defend themselves effectively they needed to develop different defensive strategies to handle different situations. As a result the arts creators categorized the standard forms of attack into 36 different habitual acts of physical violence. Over hundreds of years of trial and error, they developed the brutally effective responses to each type of attack.

In order to teach karate to their students, the pioneers of karate made extensive use of two person drills, where one of the participants re-enacted one of the 36 types of attacks while their partner made use of the most effective defensive techniques. Once a student learned enough of these sequences of defensive techniques, a teacher would create a kata to remind the students of all the defensive techniques that were appropriate for a given set of attack scenarios. The kata was created by first removing the attacker from the two person drills so that the defensive techniques were performed without a partner. Each one of these sequences of defensive techniques was then chained together to form a solo exercise called a kata. Thus kata contains the secrets of





Sensei Patrick McCarthy centre, travels the world teaching his philosophies of traditional karate.

how to defend against the physical attacks that have plagued mankind for centuries.

It was this history lesson that made me realize the connection between the applications of the Niseishi kata and my other Wado kata. Since different instructors taught some of the same defensive applications and placed them within different kata, it explains why we see so many pieces of different kata that contain identical moves. Knowing this, I realized that if I learned the application of a piece of a kata for which the same sequence was found in one of my Wado kata, then I was also learning the meaning of a piece of my Wado kata. In fact over the course of Sensei McCarthy's seminars I learned applications to Kushanku, Chinto, Nihanshi and of course the Niseishi kata. By the end of the seminar its Wado participants agreed that they left the session with a much deeper understanding of their Wado kata heritage and the practical applications that make them up.

Proper workouts
Introduction by Sensei Ron Mattie,
Sichidan, Team Coach, Head
Instructor SWKKF

I have traveled to many places and participated in many classes in many different styles of martial arts. It scares me at my age the different types of exercises that we do that can actually damage your body. A young athlete may be able to take the abuse but the older students can't. I have asked Sensei (doctor) Dave Brunarski of Simcoe and trainer of the Shintani Team to put together some information on the subject to better equip us to develop ourselves and our student in order to be able to practice karate for the rest of our lives without permanent injuries. Looking back, we have all done exercises that were traditionally done like leg raises, which can so easily do damage. There are other exercises that can do what you want without jeopardizing your body. Below is what sensei Brunarski has compiled. If you have any questions I'm sure sensei Dave would be glad to discuss them with you over the phone.

He may be contacted by calling or writing to:

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Stretch Safely

**By Sensei Dr. David J. Brunarski,
Nidan, Simcoe Ontario.**

Muscles, tendons, ligaments and skin make up a significant part of your soft tissues. They should be strong, free of tension and mobile enough to allow easy movement with speed and coordination. They also protect your bones, joints, blood vessels, and nerves.

Stretching is designed to improve the function of your soft tissues by releasing tension, removing waste products and moving nutrients into the tissues for repair and recovery.

The best time to stretch is at the *end* of an exercise session or just before bed. This is the time to relax and begin recovery. Your tissues are warm and your circulation is up and running. Stretching first thing in the morning when your body is cool and your circulation is just waking up is not a good idea. You need to warm up first. If

you did your stretching properly before going to bed, you should be free of tension and ready to warm up.

IMPORTANT NOTE: Warming up and stretching are very different. To warm up you need to move, to stimulate and rev-up. Warming up is not relaxing, it is stimulating. To warm up safely, choose movements that reproduce the same actions of the exercise that you are about to do.

- (a) Before running, walk briskly for a few minutes.
- (b) In karate, perform about twenty minutes of basic movements or kata.
- (c) When weight lifting, warm up by

performing your first two sets of lifts with light weights.

In this way, the muscles that are about to work the hardest get the blood and oxygen. They get warm first because they need it the most.



Sensei Dominic Morabito gets a good stretch!

Make sure that your muscles are warm before you begin stretching. Your skin should be flushed and you should be sweating lightly. Exercise or try taking a hot bath before you stretch. Give yourself plenty of time so that you do not have to rush.

Drink enough fluid each day to keep

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your soft tissues juicy. Juicy tissues absorb shock better and are less likely to bruise. If these tissues dry out, they will tear more easily and the effects of lactic acid will be more concentrated and painful.

Stretch well and drink one ounce of fluid per pound of body weight at least seventy-two hours before strenuous exercise or competition.

Begin stretching with gravity - assisted movements. In other words let your own body weight do most of the work for you. Avoid bouncing movements or over-reaching. You should feel your soft tissues stretching but any pain should be tolerable and never pinching or burning.

Hold maximum stretch positions for at least thirty seconds. This will convince the protective responses of the muscle and tendon connections to back off and release tension.

Stretching is a calming activity. You should feel sleepy when you are done. Go to sleep or at least lie down for ten to fifteen minutes after a good stretch.

Sport Yoga and the Martial Artist

By Jodi Lebrun

Certified Personal Trainer and Nutrition Specialist

Imagine being able to execute the perfect roundhouse kick or throw the perfect double punch! Martial artists are always searching for that 'extra boost' to enhance their practice and more and more are finding it in the area of flexibility. Why is being more flexible such a valuable weapon? The answer is simple; increased flexibility means a greater range of motion in a joint, which directly translates into more power. So how does one increase their flexibility? Yoga! By incorporating the downward

dog and the cobra into your warm-ups and cool-downs, I can guarantee your body and your karate will thank you.

Yoga dates back at least 5000 years ago and has been used by such athletes such as Billy Blanks, Greg Louganis and Oakland Athletics pitcher Barry Zito. By practicing yoga at least three times a week for 45 minutes you will benefit from increased flexibility, stronger muscles, better body tone and improved posture. From a more athletic standpoint, yoga helps prevent injuries by keeping your muscles supple, it balances unevenness of your other workouts by supplying a total body/mind workout that works all muscle groups and it greatly increases your endurance, willpower and discipline by working not only your body but also your mind.

There is no wrong way of practicing yoga. Whether you incorporate into your karate warm-up or you practice it separate from your karate workouts, the benefits are still there. Before you jump into yoga, take the time to familiarize yourself with some concepts. Go slowly through your first few practices, yoga works differently on each person. Stop and take breaks between poses if your body feels funny. Allow yourself at least an hour between eating and practicing a full yoga workout (this allows for digestion), but if it's part of your warm-up, just listen to your body. It will tell you if you are overdoing it. Another important concept of yoga is nose breathing. This means that breathing is done through your nose only. The body is opened up (expanded) on the inhale and fold (contract) the body on the exhale. Your breath should flow naturally with the pose and be connected with the actual movement.

Poses like the downward dog, warrior and the cobra will all improve your

range of motion. Downward facing dog will strengthen your upper body while it stretches your shoulders and hamstrings. To get into the pose - place your palms flat on the floor, shoulder width apart; with your fingers fanned out. Step both your feet back and press your feet into the floor. Now lift your glutes to the sky while you push your palms forward and your heels down. Let your chest, head and neck sink into the floor. Breathe into your back. The warrior pose will strengthen your quadriceps and your glutes while it stretches your chest and inner thighs. To get into the pose - stand with your feet wide apart. Point your front foot straight ahead while you turn in your back foot slightly. Extend your arms straight out at shoulder height and look out over your middle finger. Now bend your front knee and sink forward. Remember to keep your hips level and tighten your abs. Repeat the pose on the other side. Finally, the cobra pose will strengthen your arms, shoulders and back while it stretches your chest and abs. To get into the pose - start by lying on your stomach, bring your elbows under you shoulders (hands point forward) and stretch your chest up to the sky. Now push your palms into the floor and pull your chest higher. Remember, your hips should stay on the floor and your shoulders stay back from your ears.

Yoga integrates mind and body for total performance. As a martial artist this can only help you by dramatically improving your body movements and therefore make your karate practice more meaningful, powerful and enjoyable. Namaste!

If you or your club would like to learn more about yoga, nutrition or any other health and fitness topic you may contact Jim and I at jjlebrun@ntl.sympatico.ca or call us at 1 (705) 268-6865.

Books referenced - *SportYoga textbook (N.E.S.T.A.), Beth Shaw's YogaFit and Yoga Journal (Oct. 2001)*

Bridging the gap.

Submitted by Neil Prime, Yodan St.Catharines, Ontario.



One of the single most difficult components of sparring is getting from the outside range of your opponent (the safe range) to the inside range (where you can hit or be hit). This is what we call “bridging the gap.” If you do a good job moving in, you get to hit. If you do a bad job moving in, you get hit instead.

Bridging the gap is probably one of the most important elements of sparring. You can have great punches and kicks, but if you can't reach your target or your target keeps moving out of the way, then they're not going to do you any good.

The following drills we will discuss are the 3 main approaches that I like to use to get into the fight zone while minimizing the risk of the “counter attack.”

Deceptive Penetration:

(Utilizing Angular Attack)

The worse thing you can do is to be caught flat-footed. This is where you literally get caught with you feet planted so firm that you can't get out of the way of what is coming in, even if you see it coming. This generally happens when you get so focussed on something you miss the big picture... like you opponent setting you up. Deceptive penetration is where we use footwork and body motion

in combination to confuse the angle of attack. This helps get our opponent disoriented and hence, becomes flat-footed.

A simple 3-step footwork drill works quite nicely with a bit of timing.

Take your normal fighting stance at a realistic starting range from your opponent. You will pre-determine your take-off for ease of the drill, although if you are working any striking drill in 3's, then it is simple enough to remember that you will end up striking on the open side of your opponent, which should be the side you lead from. This does not necessarily mean that if you lead right you will strike with your right hand or foot though. This simply determines the side that your opponent will be opening up to attack

If you want to attack to the right, then step on a forward 45-degree angle to the right. If you are convincing, your opponent will follow. Once you have completed your step in this direction you will immediately shift your step to a 45-degree angle to the left. Your opponent will follow and should at this point (because you are now almost at striking range) be anticipating your attack to the new angle of attack.

With a quick shift back to the right you should now be close enough to strike simultaneously. As you make contact you can either follow up with a combination of techniques or if you were in a point tournament you should at this point hear the centre referee crying "matte" and you can complete your shift into that direction and safely clear the zone.

Speed Speed Speed... (Fire your weapon first)

This drill requires the utmost relaxation, and this is sometimes easier said than done. It is also important to have your opponent relaxed. The sleepier the better!

Take your normal fighting stance at a realistic starting range from your opponent. I suggest that you keep your strong side to the back because it is generally faster too. Your front hand will act as a shield. Your front hand is always important in your defense, but in this drill it is going to act for both defense and offense.

To successfully bridge the gap with speed you have to be able to catch your opponent off guard. To do this you want to get your weapon (in this case, your fist) as close to your opponent as you



As described in the first scenario, deceptive penetration, start in a realistic sparring position (1) start your attack by moving slightly forward and on an angle (2), change your angle by shifting your weight and torso (3) then draw back to the opening you have just created (4).

can before he even sees it. Plant your back foot firmly into the ground like a sprinter would in the starting blocks. Without showing *any* movement in your body, including any slight twitch in your face caused by emotion, you are going to simply extend your reverse punch as far out in front of you as you possibly can. Again, nothing moves until you reach this point. The millisecond you reach this point everything else takes off like a rocket. Rotate your body so that your reverse punch now becomes your front punch. At the same instant, blast out of the starting block and push as far forward as you can.

With a bit of control (when point sparring) you will reach your opponent successfully without them being able to clear.

Consider this; this is not a power technique. It is pure speed. You have to follow up with either a combination or a clearing technique to be effective.

Offspeed timing:

(Make them think your going to fire before you do)

To me, this is the ultimate fake. Generally when we fake we lead with one technique and we actually try to score with another. Here, we fake with our intended strike.

For ease of explanation, we'll talk reverse punch again. Unlike the previous drill for speed, it is a good thing if your opponent can see your technique coming at them. So, if this is the case, a bit of over-acting works to your advantage.

Note: As a defender, if I see someone lead with their back shoulder I expect a reverse punch. I think you'll agree.

Take your normal fighting stance at a realistic starting range from your opponent. To convince our opponents that a reverse punch is coming we have to commit to the technique 100%. We want to execute this reverse punch to a target *area* of your opponent either slightly above or below the centre of their body. The reason for this is because a good counter fighter may shift their body and not just their arms to block. If this happens you'll only be punching them in the arms. Once we reach the virtual point of no return we're going to hit the breaks. By stopping suddenly we are forcing the defender to complete the block. At this point in time we are going to continue forward with our punch and reach are target which is now open because the block has gone beyond it's intended zone.

Again, this is not a power technique. It is a deceptive timing technique and although in most cases it won't knock your opponent down, you can certainly startle them. I have actually knocked the wind out of people by aiming at the solar plexus with this technique. The reason being, the defender's ki has been relaxed once they have passed the block zone and they are trying to reposition themselves, thus their mid section is now weak and unprotected.

After you develop this with your punches, practice with your front kick. Shoot the knee forward from your back leg like your going to drive it through your opponent, then instead of following through with a snap with the bottom half of your leg, simply place it on the target at half speed. It's my personal favorite and it's just as simple.

If you develop these principles of "bridging the gap" you'll have newfound confidence in your sparring. Try not to make things difficult, the simpler the

better. Three simple drills with a couple minor adjustments to each (per the situation) soon add up to multiple ways of being able to execute your techniques effectively.

How it all began... for me
By Darren Marshall, Sandan,
Lindsay Wado Kai.

Studying karate has always been second nature to me. My first years were spent in Northern Ontario in a little town called Wawa. My first exposure to karate was when I was five. I was sitting on my front lawn when my friend Billy Peterson told me that his uncle had a friend over. He said that they "play fight" all the time. Being the adventurous

type, I declined to follow Mom's rules about staying in the front yard, and headed to Billy's backyard next door. To see those two men moving so fast and explosively really pushed my mind from inquisitive to a thirst to have that ability. The scolding I received for not listening to mom was worth it. Over the next few years I watched as these karate men developed and became who they are, not knowing that in the years to come, it would be my turn.

I met Sensei Jack first, as he was Billy's "Uncle Jack". Then I met Randy Quarrell. Randy would constantly at any given time of day be found in his yard practicing what I had come to know as kata. Randy always had his dog named Voldes with him. These men always ate, breathed and slept karate for as long as I have known them.

Jack disappeared when I was about nine, and Randy shortly after that. I turned to less positive activities to fill my time for a few years, but the thirst was always there, burning inside me. I applied for a position as a lifeguard when I was seventeen, and was successful. This is how my karate journey began.



I had practiced as a child, but only mimicking the things that I witnessed from watching Jack Gingras, and Randy Quarrell. So I understood how explosive you could be... if you trained hard for it. This one man would faithfully everyday run down the dock I was stationed on, and jump in the lake. I know it seems unremarkable,

but I would always be telling him that he was not allowed to run on the dock. Finally, after about five or six repeat episodes of this same occurrence, I had come to develop some sort of rapport with this man. We eventually started talking every day (after he would run down my dock).

The man was Ron White, and he was training for his Yodan, or fourth degree of black belt. Ron told me of his club in Wawa, which, at the time, I had no idea that people still practiced karate in Wawa. The fire rose in me and in my excitement I blurted out "I know karate, I did it when I was small, I was really good too!" I was so excited to have met someone in karate, a real someone who could teach me to be as good as Jack and Randy was when I was small (although

at this time I didn't remember Jack or Randy's name).

Ron quietly said, " That's funny, I am training for my fourth degree of black belt, and I still don't know karate, but I study it. Do you really know all of karate?"

I started classes in Ron's dojo the following week. Eventually, Randy came back to Wawa and we have developed a good friendship over the years it has taken me to grow into a man. I also re-aquainted with Sensei Jack in 1992 when Sensei Shintani came to Wawa to teach a seminar.

We trained extensively when I moved to Lindsay, and my dream of being included into the explosiveness, the hard work, the dedication, and most of all... the comrade of these two men from my childhood came true.

Well, this is how I came to be who I am. I am a grown man of twenty-nine years and I still hold the same passion these men instilled in me. Although I could write an entire novel about the interesting instructors and fellow karateka who have helped me along through the years, it was these three in my adolescent and teenage years that really helped me develop my mind and body. You can never thank your instructors enough with words. Show them that you understand what they are teaching with hard work and diligence in karate, and that is what makes it worth it for them. They get to see you develop into an adult who stays positive, and is not afraid of hard work.

Sensei Ron used to say, " I hope that when you achieve the degree of black belt I hold, that your skills are better than mine, then I know I have done my job."

It's funny, because I have caught myself wishing the same of my own students. Thank you for your time.

**Northwest Ontario
Clinics and Grading
Submitted by Elana O'Connor, Nidan
Thunder Bay, Ontario.**

On September 8th and 9th, 2001 Northwest Ontario Wado Kai hosted a Black Belt Grading & Workshop in Thunder Bay. Members from Wawa, Michipicoten, White River, Fort Frances, and Hearst drove long hours to make this an extremely successful and delightful day for all the Karateka who participated.



Applicants posing one last time
before the real work begins

Each of the Sensei's involved on the Joseki Board took the lead role in instructing detailed portions of the grading. A sincere thanks for the Sensei's involved with the grading, without their support this would not have been possible.

Congratulations to new Sensei's Annie Brousseau (Hearst), Laureen Pinder (Fort Frances) and Adam Wenmann (Michipicoten) for achieving their rank of Shodan.



Annie Brousseau
Shodan



Adam Wenmann
Shodan



Laureen Pinder
Shodan



Scott Robinson
Nidan



Don Dumontier
Nidan



Michel Gosselin
Sandan

given to Sensei Rick Leveille – “Happy Birthday Sensei!”

The workshop on Sunday consisted of reviewing advanced fighting techniques, rendori, and kata. The weekend was a wonderful learning experience and very much enjoyed by all. Thank you to all whom participated & we look forward to hosting this annual event in September 2002.

Kyla Gould Sykes’s Wedding
Submitted by Sensei Ron Mattie,
Sichidan, Welland Ontario.

Congratulations to Sensei’s Scott Robinson (Wawa), and Don Dumontier (Manitouwadge) for being promoted to the rank of Nidan and to Sensei Michel Gosselin (Hearst) for achieving the rank of Sandan.

This was another stepping stone and memorable day for each one of these students and their Sensei’s.

Following the grading, participants & their families attended a celebration dinner and many stories were shared over fine food & drink. A chocolate cake was brought out and birthday wishes

Well.... Darren Humphries, Cal Pittet and I attended Kyla’s wedding in Manitoba. What a great time and welcoming family. She just doesn’t look the same as in a gi but just as deadly. Kyla returned to England where she lives with her new husband Matt. We got to meet him the night before the wedding. We found him sitting alone at a table in a Manitoba bar. He could not stop talking about how happy he was to marry Kyla. Through the whole ceremony, they had the look of love. Kyla and Matt, on behalf of the S.W.K.K.F., I wish you a long and happy life together and may you always remain friends.

Wado Kai Karate Clinics & Tournament

The 21st annual Delhi tournament will be held on Sunday November 18th, 2001 at the Delhi High School, Delhi Ontario.

In order to facilitate registration I am requesting that as many competitors as possible register by mail in advance. This will prevent long line-ups at the registration table and avoid delays in the tournament start.

The registration is \$15.00 for one or more events, and \$35.00 for families.

In conjunction with the 21st Annual Delhi Karate Tournament four clinics have been scheduled throughout the weekend at Hambleton Hall in Simcoe, Ontario.

Guest Instructors *Sensei Danny McCoy-Rokudan* and *Sensei Norm Volk-Yodan* from Alberta have confirmed that they will be in attendance and instructing at the clinics.

This is a rare opportunity and karateka are encouraged to attend these clinics.

The cost of the Clinics is as follows:
One class \$5.00
Two classes or more \$10.00

If you are interested in attending and require additional details please contact:

Jim Atkinson	1-519-446-3555
Steve Taylor	1-519-426-7473
Rod Philip	1-519-426-1986

Thursday November 15, 2001
South Public School, 8:00pm- 10:00 pm

Friday November 16, 2001
Hambleton Hall, 7:00pm- 9:00 pm

Saturday November 17, 2001
Hambleton Hall, 10:00am- 12:00 pm

Saturday November 17, 2001
Hambleton Hall, 3:00pm- 5:00 pm

Final Note:

Black Belt Grading Requirements:

As chairperson of the grading committee, I need to make it clear what “**minimum requirements**” mean. It has been stated many times and yet we still have a problem. Minimum requirements mean... “**They must not be average but outstanding at their present rank.**” I have only seen a hand full eligible for the minimum requirement. Instructors are sending their student way too early and are forcing the Joseki board to fail them. No one wants to fail anyone, however, when a student is presented in front of a Joseki board with minimum requirements and fails, it’s a reflection on the instructor and not the student. There is no reason to rush. It doesn’t change who you are. Best being a great Shodan than a weak Nidan.

As for ranks above Godan, these ranks are considered honorary ranks and black belts need not apply; they are recommended by the senate only.

As a personal note, people put too much emphasis on rank. It’s not the belt you wear but who you are on and off the dojo floor that makes you that rank. I need your cooperation on reinforcing these guidelines and I appreciate your help.

Thank you
Sensei Ron Mattie