



THE HARMONIZER

OFFICIAL NEWSLETTER OF THE
SHINTANI WADO KAI KARATE FEDERATION



VOLUME 9 ISSUE 1

January 2005

Message from the President

Hope you and your family all had a good holiday. I would like to welcome everyone to 2005. The following are my travels for the next three months.

Jan. 22nd - Tournament in Fort Erie, ON
Jan. 29th - Tournament in Timmins, ON
Feb. 5th - Black Belt Grading in Calgary, AB
Feb. 12th - Black Belt Grading in Welland, ON
Feb. 20th - Tournament in Simcoe, ON
Feb. 26th - Tournament in Virden, MB
Mar. 5th - Tournament in Calgary, AB
Mar. 19th (Tentatively) - Tournament in
Saskatoon, SK
Mar. 31st - Apr. 2nd - Western Championship
Tournament in Stony Plain, AB

I hope to see you at any of these events.

Sensei Denis Labbé

Editor's Thoughts

New Year's Resolutions

As we begin the year 2005 with a heavy heart for those half a world away many of us will be reflecting on how our family and friends are so important and should never be taken for granted. Karate is another family which many of us take pride in belonging to, a family which will make every effort to see you succeed in your every endeavor. While you recite your New Year's resolutions consider how your personal goals and objectives will impact your family and friends. Let's make 2005 a successful year.

Thought: For those of who buy lottery tickets remember that you won the best lottery of all the day you were born into a first world nation.

Sensei Heather Fidyk
Editor

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Reminder

Club Instructors: SWKKF student yearly registration is now past due. Please send your registration information and payment to either Bruce Dunning - Western Canada or June Lebrun - Ontario/Quebec.

The Art of Shindo Origins, Principles and Concepts

by Sensei Jim Atkinson, Godan

The art of Shindo was devised by Masaru Shintani Sensei, 9th Dan, in the early 1970's and he started teaching Shindo to his students in the late 1980's.

Sensei had made the Shindo methods and principles known to Otsuka Sensei who gave it his full endorsement.

Its concept is two-fold.

First, it was to be a supplement to karate training incorporating the fundamentals of the Shintani Karate-method -sudden explosive action, proper body movement as well as combining harmony, peace and humility. These principles were very close to Sensei as they were conducive to real martial arts training.

Second, by being introduced to the law enforcement agencies as a practical method for use by officers in the field, the Shindo method would enhance the abilities and effectiveness of the performance of those using its principles and training.

In essence, it is a gift to his students and to society which showed the true nature of all martial arts.

TO BOOK A SHINDO CLINIC IN YOUR AREA
CONTACT:

Jim Atkinson j.l.atkinson@sympatico.ca or call 1-519-446-3555

The cost of the initial clinic will be set by the host instructor, keeping in mind that the host instructor is responsible for the following:

- facility rental fees
- air fare for two shindo instructors
- meals and accommodations for two shindo instructors
- transportation to and from the airport for the instructors
- instructor fees of \$175.00 each for two shindo instructors

Once all of the expenses have been met, the host instructor will keep 50% of what money remains, the other 50% will be sent to the Shindo Federation for the future promotion and development of shindo.

Canmore Tournament

by Kyle Kamprath, Brown Belt, Canmore Wado Kai



On December 4th, 2004, Sensei Birger Kamprath and Sensei Reed Barrett hosted the second annual tournament in Canmore, Alberta. The main focus was on youth, and was highlighted by a youth-only Bunkai competition. Both the tournament and the Bunkai were a huge success. After the Brown and Black belt pre-grading in the morning, the tournament was set into motion with the Bunkai competition. Clubs were encouraged to enter teams of up to five youths, green and up. Each team picked a kata which they displayed in a realistic fashion. It was very interesting to watch the different interpretations each team came up with in the tournament and we are already looking forward to seeing what everyone has come up with for the next year. Following the Bunkai, the tournament then carried on with the usual Kata and Kumite format. With the emphasis of this tournament being on youths, we, the younger Browns and Blacks, were provided with a great opportunity to gain valuable experience judging. The day finished with a very strong division of mixed youth brown and red belts. All-in-all it was a fun and interesting day, and we are looking forward to seeing everyone again next year.

Gradings

by Sensei Ron Mattie

Please take note:

Prior to a grading, all applicants should have attended a pre-grading to avoid disappointment on the day of the grading.

All applicants must have the minimum time requirements only if they are outstanding at their rank, otherwise, they should wait an extra 6 to 12 months.

You must have attended a minimum of 2 Black Belt Clinics per calendar year and it must be recorded in your passbook.

You must have competed in at least 2 tournaments during your present rank in either kata or kumite and it must be recorded in your passbook.

All applicants **must** have the correct age requirement **on the day** of the grading.

Application **must** be filed out **completely** by the student and then completed by the instructor recommending them. An incomplete application form **will not** be accepted and will be returned which may disqualify the applicant if the application is not returned, completed, a month prior to the grading.

Applicant **must** have been registered with the S.W.K.K.F. for **all the time** required to grade.

Only applications forms downloaded from the S.W.K.K.F. web site will be accepted.

All applications **must** be sent to Sensei Denis Labbe at least **one month** prior to the grading date.

All monies **must** be received at least **one month** prior to the grading.

Please print legibly on the applications. What is read is what will be written on your Grading Certificate.

Your cooperation will greatly be appreciated and will reduce the workload of the grading committee.

Thank You

Dominican Republic Trip

by: Sensei Ron Mattie

On the last week of November, Sensei Denis Labbe and myself traveled to the Dominican Republic to visit Sensei Geovanni Castro's karate group. Training started as early as 6 A.M. for the adults with a 4 hour session on most mornings. At 3 P.M. we would begin a 3 hour session with the kids.

The adults all moved great and some were graded by Sensei Denis and I. Then we had the kids. There were approximately 400 kids on the floor. Wow. Sensei Denis and I ended up sparring every one of them. They all had strong spirit and truly enjoyed the opportunity to fight higher ranks and we enjoyed sparring them. At the end, we handed out all the equipment that the members of the Shintani Wado-Kai Karate Federation had donated. The kids were so pleased, however, we did not have enough. We had about 150 karate gi's, but we could have used more. Before our next trip, we will be asking for donations again to help the children. Your co-operation will be greatly appreciated once more.

We also met high rankings in other organizations, members of their National Karate Federation and their International Olympic Representative. They held a two day tournament which we attended.

On the last two days, they toured us all over the area from poverty to riches.

The Shintani Organization has been a very positive thing for Sensei Geovanni's group. We hope the relationship will continue. Anyone

traveling to the capital city of Santo-Domingo please look them up.



Shindo Workshop in Saskatoon

by Sensei Crystal Johnson

Saskatoon & Warman Wado Kai Karate

On the weekend of December 4th and 5th, the Saskatoon Wado Kai Karate club was thrilled to host a beginner Shindo clinic, the first one in Western Canada and only the second in all of Canada. Sensei Bruce Perkins (Rokudan) and Sensei Jim Atkinson (Godan) were gracious enough to fly out for the weekend to run the event. We were pleased to have a really good turnout for the workshop, having 32 participants from various clubs in the area. The clubs represented were: Saskatoon, Warman, Outlook, Pippen, Chamberlain, and a local Tae Kwon Do club as well as one person with no martial arts training at all. We even had one student with a broken toe and one with a broken heel on the floor giving it everything they had.

The workshop started with basic Shindo history, concepts, and then progressed to basic techniques for working with the Shindo. The structure was set up so that if you had never even seen a Shindo before (like 90% of the participants), you could still follow along and grasp the concepts. Everything was very well explained and easy to catch on to.

After a break for lunch it was time to learn the first Shindo Kata, Shindo Nidan. Senseis Jim and Bruce took things step by step with first explanation of the technique, and then partner work to emphasize the bunkai that was being used, then on to combining the moves to put the kata together. Again, even those with no martial arts training or who train in a style different than Wado were able to get the basics together and come up with the kata in the end.

The workshop was fun and very informative for everyone involved. It was also a ton of information and we all look forward to continuing our training in the monthly workshops to get everything down. We have heard nothing but positive feedback from all of the participants and look forward to having the Sensei's back out in the fall for a grading and hopefully an intermediate workshop. We are also going to have a Shindo Kata competition in our Saskatoon/Warman Tournament (March 19, 2005) as extra exposure for Shindo and fun event for the Shindo participants.



Assessment and “Training to Train” Karate

by Sensei James Freeman, Yodan

On Saturday, November 13, the Bushido Karate Association in Edmonton hosted its first Annual Fitness Clinic at Louis St. Laurent School. We had 52 students from 12 different Alberta clubs attend the different events planned for the 7.5 hour day, which included Fitness Assessment and Base Training, Sports Nutrition, Sports Massage, and Kata and Kumite. In this article, I focus on the presentation given by Paul Plakas, a professional Personal Trainer and owner of a high-end training gym in Edmonton, Custom Fit. Paul's gym has trained professional baseball and hockey players, and recently produced an excellent 45-minute base training video they term the i3 workout. (www.i3workout.com).

Paul's talk focused on how he builds a progressive training program for his clients.

Step 1: Assessment

Before any client embarks on a training program, Paul conducts Assessment. There a number of protocols available as Assessment tools, and they fall into the following broad categories:

1. Health and Lifestyle

This is important for the health and safety of the client as well as for legal protection of the gym. In these questionnaires, personal information about potential medical concerns when working out are evaluated. The baseline level of fitness based on lifestyle choices is also evaluated.

2. Static Assessment: Postural Profile – Anterior, Lateral, Posterior

In this Assessment, a visual inspection of the client occurs. Different areas of the body are viewed from different angles, and observations noted. This is one area Paul discussed in detail, and the framework is copied in the table below. The overall goal of this form of assessment is to identify potential areas of muscular imbalance and tightness or weakness in opposing muscle groups. The Table below is taken from protocols taken from the U.S. National Academy of Sports Medicine (NASM).

3. Static Assessment: Muscle Balance or Flexibility

This is typically done with equipment and was not covered in the clinic. Its goal is to examine Range of Motion of different muscles to see whether there is any tightness or joint restriction.

4. Dynamic Assessment: the Overhead Squat

Feet	Right and Left Foot examined, posterior, anterior and lateral views	Is the foot straight, inverted (pointing in), or everted (pointing out)?
Ankle	Right and left examined, posterior, anterior and lateral views	Is the ankle alignment normal, supinated (weight on outer edge of foot, high arch), or pronated (weight on inner edge of foot, low arch)? Is there slight flexion or extension in the ankle joint?
Bent-Knee alignment	Right and Left, anterior and lateral view	Is the knee aligned with the 2-3 rd toe when moved forward, or is it internally or externally rotated? When standing, is there slight flexion in the knee?
Hips	Right and Left view, posterior, anterior and lateral views	Are the hip points level, or is one higher than the other?
Shoulder	Right and left examined, posterior, anterior and lateral views	Are the shoulders protracted (rolled forward), retracted (rolled back, or in normal alignment with the ear)? Are they at the same height, or is one elevated relative to the other?
Spinal curve	Posterior view, can be done with Wall test	Can only one hand (palm facing wall) be slid between the lower back and the wall, or is more space available?
Head/Neck	Posterior, anterior and lateral views	Is the head protracted, retracted, or tilting in any way?

Paul did cover this Assessment Tool. It requires that the participant move from a standing position with arms straight overhead down into a deep squat. During the movement, tracking and positioning is examined to look for symmetry problems and tightness.

Step 2: Correction

After an Assessment is done and weaknesses are noted, then corrective exercises can be prescribed. The purpose of corrective exercises is to deal with the weaknesses noted in the assessment before they become a potential source of injury. These exercises are typically a combination of stretches and corrective movements. The selection depends on the outcome of the assessment for a given individual, but Paul did stress the importance of stretching for areas in particular, to deal with common problems in athletes:

Calf stretches – Foot dorsiflexed and pushing into wall; downward-facing dog; heel hangs off of a step

Hip Flexors – a three-point planar stretch (essentially a lunge position with knees on the floor) adding shoulder extension above the head on the side being stretched, torso rotation, and slight lateral torso flexion.

Chest – to open up tight chests, Paul uses the arm extended against the wall and external rotated by twisting away while allowing the wall to hold the arm firm.

Latts – Child's Resting pose from Yoga, or latt roll-outs on the stability ball.

This phase of a training program can take up to 6-8 weeks, depending on the assessment and issues noted.

Step 3: Stability

Once the body is ready for strengthening, the place to start is with Core Stability. Core stability is essential to all sports and karate in particular requires good core stability. This is about training the body from the inside out. The importance of stability for karate is that a joint must be stabilized before it can move – stability before mobility. Paul drew another analogy: you cannot fire a cannon from a canoe. Specific exercises for this Phase of Training, which can also run for 6-8 weeks, include plank positions and a variety of exercises that may be done on Stability Balls.

Step 4: Muscular Endurance

Muscular endurance is one of the overall components of fitness. This type of training typically involves a larger number of repetitions (12-20) done with a resistance that causes fatigue at the end of the set i.e. on the 12th or 20th repetition. The purpose of this sort of training is to begin programming muscular recruitment patterns. The longer amount of time under tension helps in this process. At the start of a weight training program, roughly 80% of the gains in strength made are not because of "larger muscles", but rather, better neuromuscular recruitment of dormant muscle fibres. You are gaining skill. Depending on your starting base, it

is possible to increase strength by over 50% at the end of 8 weeks.

Step 5: Muscular Strength

Muscular Strength is another component of overall fitness. This type of training aims to improve force production by training the body to recruit more muscle fibres for a given movement. This type of training follows the Muscular Endurance Phase because the improvements in skill and technique acquired during the earlier phase are important when lifting the heavier weights. A resistance is selected so that fatigue occurs in 4-8 repetitions.

Step 6: Speed/Power/Plyometric Training

The ultimate goal most athletes have is to perform given activities longer and faster. In karate, the ability to react quickly is important to kumite, while the ability to generate force quickly and from a stable platform is particularly important for kata. Paul mentioned that a lot of people begin new activities in this phase, without going through the previous progression, and this is where he most often sees injuries occurring. Stability, posture, and proper movement must be added before attempting sports "hard and fast". If this is not done, then the application of speed and power accentuates dysfunctions in the body.

Implications for Karate

In karate, we take in beginners all the time. We also run group classes where different people of different skill levels train together. As instructors, we need to keep the class challenging and interesting for all our students. So how would we incorporate what we've discussed above into a class?

A minimal commitment to strength training is 30 minutes twice per week. This is exactly what I offer my students in our class. We do this after a 10 minute warm-up. Our main focus is on Step 3: Stability and Step 4: Muscular Endurance training in class, and we do a total of 8 or 9 different endurance exercises with about 15 to 20 repetitions twice in a circuit fashion. The club has invested in Stability Balls, dumbbells, medicine balls and dyna-bands (tubing), and so a large number of different exercises and progressions for a given exercise are possible. We accommodate for the different skill levels of different students by showing progressions of particular training techniques and offering a selection of different weights to add resistance to the exercise.

I am now starting to perform more assessments not only of beginners but also more experienced students. Some are returning from injury gained in other activities, or complain of nagging or chronic injuries. With beginners, I make sure that correct technique is used in all exercises, and I find I have to remind even more experienced students all the time about the correct technique to use when performing a given exercise.

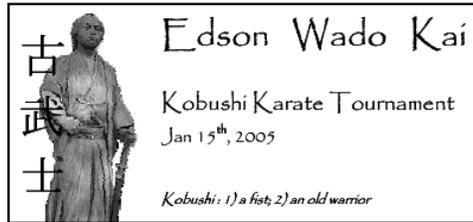
Finally, we all know intuitively that white belts can start performing hard and fast techniques at maximal power without risking injury. They have not developed the skill level to control the technique properly. I am also careful about having students do specific plyometric exercises (see the June Harmonizer Newsletter, where I talked about Plyometric Training), since, as Paul suggests, they really should come at the end of the spectrum once a proper foundation is established.



Above left: Paul Plakas performs a Static Assessment in a lunge position on Sensei Jennifer Cockrall-King. Above right: Paul Plakas performs a Static Assessment on Sensei Heather Fidyk. November 13 2004 Clinic

Edson Wado Kai Kobushi Karate Tournament

by Sensei Troy Sorenson



Parkland Composite High School
4630-12 Ave
Edson, Alberta

Kobushi Tournament
9:30 – 10:30 Registration
10:30 – 4:00 Competition (all ranks, all ages)
Adult karateka are encouraged to assist as corner judges and time keepers.
\$15.00 / Participant, \$3.00 / Spectator
Max of \$30 / Family
All participants should have their own mouth guard and protective gear
We look forward to seeing you there.
Visit us at www.edsonkarate.ca

Yes, you can still eat Turkey

submitted by Maureen McRae, brown belt South Calgary Wado Kai Karate Club

Turkey Parmesan

Serves 4

¼ cup grated Parmesan cheese
¼ teaspoon Italian seasoning
salt and pepper -- to taste
1 tablespoon olive oil
4 turkey breast cutlets
16 ozs spaghetti sauce (your favorite)-heated

In a small bowl, combine cheese, Italian seasoning, salt and pepper and mix well. Place the cheese mixture on plate and coat each turkey cutlet. In a skillet, heat olive oil over medium-high heat. Add cutlets and cook until no longer pink; about 2 minutes per side.

Keep warm and serve with warmed spaghetti sauce on top.

Per Serving: 269 Calories; 7g Fat (21.7% calories from fat); 50g Protein; 5g Carbohydrate; 1g Dietary Fiber; 125mg Cholesterol; 189mg Sodium. Exchanges: 0 Grain (Starch); 1 Vegetable; 6 Lean Meat; 1 Fat.

LC SERVING SUGGESTIONS: Place cutlets on a bed of spaghetti squash and serve with a big green salad on the side.

SERVING SUGGESTIONS: Use angel hair pasta instead of the spaghetti squash.

Condolences to the Farrell Family

Sensei Doug Farrell's daughter, Connie was killed in a tragic car accident early Friday morning in Delhi Ontario. Sensei Doug is an Instructor at the Delhi Karate club.

Our thoughts & prayers are with Doug and his family as they together deal with this very hard time.

A small family service is being arranged. Regrets & messages can be sent to me and will be forwarded to Doug at a fitting time. If anyone would like to make a donation make it to any charity that she chose. Connie just loved everything so much that she could not stay on one thing.

Jim Atkinson
j.l.atkinson@sympatico.ca

Submission deadlines and Publishing dates for the Harmonizer

- December 15th for January 1st publication
- March 15th for April 1st publication
- June 15th for July 1st publication
- September 15th for October 1st publication

Submissions are to be sent to

heather@calgarywadokai.com

Submissions are to be sent as regular text, a word document, adobe acrobat, jpeg (pictures)

****Send your submissions for March ASAP****

Upcoming Events – Western Canada

- January 15th Edson Tournament**
Contact: Troy Sorenson www.edsonkarate.ca
Location: Edson, AB
- January 29th Beginner Shindo Workshop**
Contact: Rathe Mokelky rathe@telusplanet.net
Location: Didsbury, AB
- February 13th Beginner Shindo Workshop**
Contact: Heather Fidyk heather@calgarywadokai.com
Location: Calgary, West Island College
- January 29th Saskatoon Regional Grading**
Contact: Crystal Johnson saskatoonwadokai@shaw.ca
Location: TBA
- February 5th Manitoba Regional Grading**
Contact: Bruce Dunning bdunning@mb.sympatico.ca
Location: TBA
- February 5th Alberta Black Belt Grading**
Contact: Heather Fidyk heather@calgarywadokai.com
Location: Calgary area, actual location TBA
***Note: Workshops on 4th
- February 26th Manitoba Provincial Tournament**
Contact: Bruce Dunning bdunning@mb.sympatico.ca
Location: Virden Collegiate Institute, Virden, Manitoba
***Note: Workshops on 25th
- March 5th South Calgary Tournament**
Contact: Heather Fidyk heather@calgarywadokai.com
Location: West Island College, Calgary, Alberta
***Note: Workshop Friday, March 4th
- March 19th Saskatoon/Warman Tournament**
Contact: Crystal Johnson saskatoonwadokai@shaw.ca
Location: Saskatoon or Warman, actual location TBA
***Note: Workshop Friday, March 18th
- April 2nd Western Canadian Wado Kai Championships**
Contact: Doug Scabar thescabars@shaw.ca
Location: Tri-Leisure Center, Spruce Grove, Alberta
- April 9th Beginner Shindo Workshop**
Contact: Bruce Dunning bdunning@mb.sympatico.ca
Location: Virden, Manitoba