



# THE HARMONIZER

## OFFICIAL NEWSLETTER OF THE SHINTANI WADO KAI KARATE FEDERATION



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### Message from the President

In memory of Master Shintani,  
Denis Labbé

As of February of this year, I became a full time President of the Shintani Wado Kai Karate Federation. Up until then I had been working at John Deere Limited in Welland and fulfilling the role as President with the organization. It has been very busy doing both jobs, to say the least, along with spending quality time with my children. The work I need to do is not new to me, keeping in mind that I have been doing this for the last five years as President and ten years or so as Secretary General.

One of my primary roles as President is to connect with the memberships of this organization. I do that by phone and e-mail but mostly by meeting everyone at clinics and tournaments. For the last three months I have been to clinics, tournaments and black belt grading.

In summary:

January 29th - Tournament in Timmins, ON  
February 5th - Black Belt Grading in Calgary, AB  
February 12th - Black Belt Grading in Welland, ON  
February 20th - Tournament in Simcoe, ON  
February 26th - Clinic and Tournament in Virden, MB  
March 5th - Clinic and Tournament in Calgary, AB  
March 19th - Clinic and Tournament in Saskatoon, SK  
March 31 to April 2nd - Clinic and Western Championship Tournament in Stony Plain, AB

Up coming events:

April 16<sup>th</sup> - Tournament in Welland, ON  
April 23<sup>rd</sup> - Tournament in Wawa, ON  
April 24<sup>th</sup> - Black Belt Grading in Wawa, ON  
May 13<sup>th</sup>-14<sup>th</sup> - Clinic and the Master Shintani Memorial Karate Tournament in St. Catharines, ON

When I am not traveling, I will be fulfilling my administrative responsibilities.

Meeting the junior students and their parents, the adult kyu belts and the black belts has given me a clear understanding of how family oriented karate organization we are.

I will take any opportunity I have to meet with you. For those who do not have a chance to participate in clinics or tournaments, you can write to me or send me an e-mail.

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## Editor's Thoughts

As we are well into tournament season many of will have memories of the time we spend in the ring and at the workshops surrounding the event. My memories are most often of the people I meet, workout with, and compete with during the weekend. The memories in the ring are not usually of winning a medal; in fact those memories are usually preceded by not winning but by how I can learn from my senseis and fellow competitors to become a better competitor.

Sportsmanship and competitiveness: these two qualities are difficult to achieve together but are equally important in achieving a winning competitor both on and off the floor. This is the Shintani way and should be held as two of the most important tenets of competition.

Sensei Heather Fidyk  
Editor

## Loyalty

In harmony,  
Bruce Perkins

After having listened to a few conversations over the last year, I feel the need to address an issue that is the very foundation that our organization is built upon. It is also a trait that Sensei Shintani demonstrated every day of his life. What I'm referring to is called loyalty. In the Webster's dictionary "loyal" is defined as: faithful, constant in devotion or regard. If you think of loyalty in those terms, then it becomes very simple, a person is either loyal to their spouse or they are not, a person is either loyal to their job or they are not, a person is either loyal to their friends or they are not, a student is either loyal to their sensei or they are not.

We all know people who are loyal and people who are not. Take a moment and think about people you know who are loyal and those who are not. Sensei Shintani remained loyal to Sensei Otsuka until the day that he died - even after Sensei Otsuka passed away, Sensei Shintani remained loyal to his memory and his teachings. Sensei Shintani told us on numerous occasions "that's the way Otsuka Sensei would want it done". He believed in Otsuka Sensei while he was alive, and he still believed in him after he had passed away. Watch the Kata Tape Volume 1 and listen to Sensei Shintani talk - you can see the devotion, respect and loyalty Sensei Shintani has for Otsuka Sensei. How could it be any other way? If you are loyal and believe in your sensei when he is alive how can you not be loyal when he is gone?

If all this is true, then how is it we have students that are moving away from their hometown to go to school (some only 2-4 hours away from home) and they are switching their sensei? How is it that we have people that have to relocate because of their jobs and they no longer become their sensei's student? Where is the loyalty? Sensei Shintani taught us "peace and harmony" and yet we create conflict and turmoil by our actions.

If a student comes to your dojo from another club whether it is because of school or a job, they should be welcomed into your dojo to train. However, that does

not mean that they become your student. You don't collect students like you collect hockey cards! You should be honored that this person chose to train at your dojo while he is away from his sensei. If a niece or a nephew comes to stay with you for a while they don't change parents! They stay in your home and abide by your rules, but their parents are always their parents. This should also be true of a sensei / student relationship, unless there are extreme circumstances that cannot be worked out. These extreme circumstances that I'm referring to, do not happen often; especially in our organization.

Loyalty comes from both the instructor and the student. An instructor must be loyal to his students and the students must be loyal to their instructor. If we do not have this loyalty between instructors and students, then the very foundation that the Shintani Wado Kai Karate Federation was built upon is at risk.

Without loyalty to Sensei Shintani and his teachings, what do we have? We must remain loyal to what was dear to Sensei. If we don't we also lose what was dear to Otsuka sensei, and we no longer have a connection to the past.

By staying loyal to sensei and his teachings, I continue to learn from him. At times as I am teaching a class, something sensei said to me 10/15 years ago will finally make sense. That is one of the many rewards of being loyal.

In closing I just want to say that, this article was written not to point fingers, but to provoke thought. If you are reading this and you think that perhaps you have not been as loyal to your sensei / student as you should be, do something about it. Pick up the phone, send an email, arrange a meeting. Remember, the loyalty that you are demonstrating, be it good or bad is being picked up by you students or peers. Set an example for others to follow and it will be very rewarding.

## Alberta Black Belt Grading Calgary, AB



This year's Black belt grading was held on February 5<sup>th</sup> in southern Alberta hosted by the South Calgary Wado Kai karate club. The Friday night workshop was taught by Sensei Denis Labbe and sensei Ron Mattie beginning with a small juniors group. The kid's favorite part was when Sensei Denis and Sensei Ron fought each one of them, this was very special. The adult workshop was focused on basics and sparring combinations. Saturday morning started early with the grading procedure being followed throughout the day.

There were approximately 40 participants on the floor to encourage 19 candidates to successfully achieve their goal. The successful Shodans: Vicki Nguyen, Peter Stocker, Lindsay Oulton, Zachary Johnson, Terry Bratt, Neil Davis, Donald Lougheed, Andy Huerlimann, Kyle Kamprath, Nicole Dale, Jack Maslen, Michael Kutchyera. Those receiving Nidan: Craig Tyler, Clinton McCrea, Cheryl Taschuk, Jennifer Cockrall-King, Glenn Hart. Earning Sandan: Rudi Stocker, Paul Kamprath. The evening's celebration was held in downtown Calgary hosted by the Glammorgan karate club. Speeches were given by newly ranked black belts and their very proud Senseis. There were the Kamprath and Stocker families each with three black belts, the Lougheed family welcoming a new black belt, Vicki Nguyen joining her sister as a new black belt and Jack Maslen the first of his brown belt family to reach black. The rest of individuals gave speeches which also thanked and inspired others. Both Sensei Denis and Sensei Ron spoke about how Sensei Shintani would be proud of the group's achievements. Congratulations to all those who have begun a new adventure at their new rank.



AB Black belt grading, Calgary

## Didsbury Shindo Clinic

by Delaine Seeman

The Didsbury club held its first shindo workshop Saturday January 30. 28 people attended. Sensei Jim Atkinson (godan) led us through the formal shindo bow in. The class was then handed over to Sensei Lawrence Blakemore (rokudan), to begin our 8 hr day.

The morning was spent learning the basic moves of shindo. We reviewed, grip, hand/arm position, different strikes and blocks with offensive and defensive hand positioning, handling the shindo on turns and the importance of "push/pull". Sensei Lawrence taught us to never let your hands leave the shindo, demonstrating the loss of control and clumsiness of poor handling. Thus, the importance of grip and hand position. With a morning of well taught basics, we broke for lunch. Many people traveled to the workshop from as far north as Whitecourt to south of Calgary. The one hour lunch was not only needed but appreciated, as we had time to visit with some familiar faces and an opportunity to meet new ones as well. Lunch was provided and a donation of choice was all that was asked.

The afternoon was spent with Sensei Jim teaching us each sequence of shindo nidan all the while re-iterating sensei Lawrence's prior instruction. Among the many points he stressed were body position (axis), speed verses power, and the angle of the shindo while executing a strike or block. We then broke into groups reviewing the bunkai, giving each person a chance to execute the moves. Having gone through

the kata a number of times the brown/black belts & kyu belts broke into groups. The brown/black belts were lead through the timing of the sequences, ending with 2 people at a time performing the kata for their group.

I went to this workshop expecting to learn something completely new and foreign. While this is true, there were many things that gave me a deeper understanding and a truer knowledge of the Wado I have learned. The shindo became my "lie detector" showing when I was off my "axis" to quote sensei Jim. While I thought the stances to be shallower than traditional Wado, ki was essential, and tai si baki easier understood. A light would go on and immediate recognition of sensei Rathe telling me the very same thing (I won't mention how often) would connect.

All in all the day was a success and lots of fun. A sincere thank you to Sensei Lawrence and Sensei Jim for traveling from Ontario to instruct, to Sensei Walter for organizing and hosting, the lunch volunteers, and of course the participants.

## What Karateka Can Learn From Boxers (And What They Can't)

by Blaine Beemer, Godan

I confess, I watch boxing sometimes. Yes, it is a primitive and often-brutal sport, corrupt in its judging, with big egos and unsavory characters. I wouldn't competing in boxing myself and if I had kids I wouldn't let them do it either: It's not good for the human brain to get a shaking around inside the skull, even a little bit: there is no safe level of head trauma, and people have been killed by a single punch to the head. However, boxing is a martial art, and if two adults both agree to go at it with a pair of gloves on, we can watch and learn. What can we take from boxing to improve our karate, and what doesn't fit?

First, boxers get themselves fit! Nobody works harder than boxers – you would too if somebody was trying to scramble your brains and bash your liver with their fists! Professional boxers train like maniacs, often 4-6 hours a day, five or six days a week. They keep changing their routine to work different body parts, and to keep it fresh. Boxers need more endurance than karateka, strictly speaking, because they fight for up to 45 minutes per match; karateka fight more matches lasting less time, so a mix of endurance and explosiveness is more important for success. Most of us stay in karate for the fitness benefits, not competition, so it reminds us as instructors not to get too technical when we teach. We can look at the work ethic of boxers, get out there and SWEAT.

Second, boxers work drills. They don't just train their muscles by working individual techniques, they train their brain; they train their reaction time. Boxing is part science, and a big part of that science is practicing those split-second decisions about what to throw and when. These drills, especially some of the close-in drills, have another important function: it teaches you how to cope with things coming at you so that you block them – and don't just close your eyes! From the

outside, it looks like elite boxers have great instinct, but to a certain degree this kind of instinct is a learned skill.

Third, boxers believe in the power of human spirit. The famous boxing trainer Cus D'Amato said that he trained his boxers for technical skill up until three months before a big match – then it was all training heart.

Intensity and drive can make a so-so technical fighter a really successful one. What we can learn from this is that technique may never be perfect (definitely in my case!), but that some of the greatest gains from karate come from pushing yourself beyond your limits and learning what lies beyond. Developing indomitable spirit is one of the gifts of training in karate.

Fourth, boxers understand the importance of footwork. As impressive as the upper body muscles of boxers are, they work the legs like crazy. They know that a flat-footed boxer is likely to get knocked out real fast. They know that a strong puncher isn't strong if they don't get themselves in a position to use that power. And, they know that most defense is not about blocking, it's about moving so that you can't get hit. This requires constant attention to footwork. Footwork is even more important for karateka than boxers, because we attack with, and have to defend from, kicks. Because of this, balance is more critical, and balance depends on footwork. At all levels, the karateka with superior footwork has a huge advantage.

So, some things translate well from boxing to karate. What is maybe less useful to us as karateka?

Well, first, the two cultures are very different. In boxing, there is no "pure" form or principle, and you are expected to use all the rules to your advantage: if you can hit low and not get penalized, you do; if another boxer hits you dirty, you hit him dirty back. If you are ahead, you're supposed to run and hide in the ring (or as boxing coaches put it, "get on your bicycle"). In boxing, this isn't considered cheating; this is considered smart use of the grey zone in the rules! In the Shintani Federation competitions, on the other hand, if a competitor is up 2-0 with 20 seconds to go, the leading karateka is expected to get in there and fight - no bicycle ride! This is because the principle behind our competitions tends to be to test ourselves as thoroughly as possible, not just winning a match on points. I think we can't be naïve, though: in international, open competitions, not paying *some* attention to the rules will make it very difficult to prevail and will put our competitors at a real disadvantage – and that's not fair to them. When in Rome, do as the Romans do.

Some technical things also don't translate well between boxing and karate. Karate is supposed to train us for self-defense in a way that boxing is not. For instance, while a lot of forward lean in the upper body can work in boxing, it is deadly in karate. Boxers don't have to defend against getting kneed or elbowed in the body or face, or kicked in the legs, or being swept – we do.

Therefore, we can't afford to lean a lot (or for too long) because of the consequences we could experience. Second, boxers are willing to "take one to get one"

when it comes to punishment, and the boxing gloves make this possible. If we want to be honest about what we are doing, we can't afford to "take" a bare-knuckle punch in the face and realistically expect to do much at all afterwards. For instance, some competitors who like to sweep rely on the non-contact nature of our sparring: since it is hard to both block and sweep at the same time, some of them ignore the incoming attack and just sweep their opponent after the fact, where if that attack had been pushed through, the opponent wouldn't be capable of sweeping anything!

For similar reasons we can't be true to our roots if we use our pads to block: the arm blocks, and the pads are designed to protect the opponent, not act as a shield. These fine points require good judging and keeping a karate culture that preserves a realistic martial art, and doesn't just promote a competitive sport.

In sum, my opinion about boxing is: learn from it – but don't do it if you're going to get hit! There are more old practicing karateka than old practicing boxers, so I think we must be doing a lot right! I look forward to working out with you.

## South Calgary Wado Kai Annual Spring Workshop & Tournament

by Heather Fidyk

To begin with the weather on March 4<sup>th</sup> and 5<sup>th</sup> turned out to be spectacular for the annual workshop and tournament. Thanks to all those who traveled from as far away as Whitecourt, AB and those from Saskatchewan. The gym was full to capacity for the workshop Friday night for both the youth and adult workshops, approximately 120 participants. The workshops were taught by the following senseis Darren Humphries, Darren Fidyk and Dan McKee- the three D's and a few other aiding black belts did a fantastic job getting the youth excited about the tournament the next day. Sensei Heather Fidyk and Sensei Walter Greening taught the adult workshop for the first half and Sensei Denis finished it off only to get started and be cut off due to time, I'm sure we could have gone until midnight or later.

This year's tournament was dedicated to the four RCMP who were gunned down in Northern AB only a couple days prior. This devastating event had a different meaning for the karate-ka attending as many of them had some sort of connection with either the RCMP, the families, or the memories of Sensei Shintani and his work with the police forces in ON.

The tournament was much smaller than in past years, approximately 170 competitors, which gave the black belts more time to spend with the divisions and the competitors. They even had a lunch break this year.

The shindo demonstration by the South Calgary students and sensei Walter Greening, led by Sensei Frank Hagenaars, presented many of the techniques

and applications which have been taught by the shindo group over the last number of months. The black belt divisions were very competitive this year and with the extra time the full double knock out was used in the kumite event which allowed more fights for many of the competitors. Many thanks to Sensei Denis who head judged all the black belt divisions. A few other tournament highlights were the new medals designed by Sensei Ray Muller, the silent auction which raise about \$1500 and the tote bags the competitors received as a souvenir.



## Edmonton meets Ontario

by Kelsey Ross

For those who do not know Sensei Ron Mattie well, he is the Shintani Wado Kai Karate Federation's 7<sup>th</sup> Dan and Chief Instructor. A few weeks ago, I was very fortunate to have had an opportunity to train with Sensei Ron in Welland, Ontario. Throughout the trip, he spent a lot of time teaching, talking and showing me karate the way *he* knows it. If ever any of you get a chance, I would highly recommend a karate trip like that, as it was a very memorable and worthwhile experience! I arrived in Welland on the Thursday. We trained every day from Thursday evening to Monday and I left Tuesday afternoon. When we trained, it was for many hours but only working on a few things in particular. Most of our karate time was focused on basics, timing of kata, and side stepping. Before karate training on Friday and Monday was Sensei Ron's laido class. laido is maybe best translated into "Japanese Swordsmanship." It is a very traditional Budo art that was developed from samurai practicing for combat. I borrowed a sword and followed along with Sensei Ron, the head instructor, and the rest of the class. He was very kind to have taken me aside to show me movement and basic moved. In time, I was taught the first, fourth and sixth katas and spent my classes practicing these katas off to the side. The movement, the art's ideology and even the "simple" task of bowing was unfamiliar and foreign to me. Needless to say, it was a very different martial art experience but also very neat!

After a few days of karate training, Sensei Ron, Sensei Denis Labbe and I headed out to the Simcoe tournament about an hour outside of Welland. Sensei Ron and Sensei Denis have known each other since grade school which made it very entertaining to listen to their stories and friendly bickering for the trip up and back! Judging youth and adult kyu belts took up most of the day so the black belt competition started in the late afternoon. Little did I know there was mandatory kata as well as open kata and kumite. Mandatory kata was done by rolling the dice. The number that came up on the dice corresponded to the Pinan that you were to do. I rolled a five, being Pinan Godan which, secretly, was what I was hoping for! Due to the fact that there was only one other shodan for mandatory kata, we presented our katas and turned our backs while the judges voted. After mandatory kata was open kata. Sensei Ron and I had worked for about two hours



together solely on the timing of TeiSho so the real goal of the tournament was to demonstrate the new timing of the kata. I made it through with the new changes so that in itself was success! The last event was kumite and because there were only about four or five black belts

competing, I only had two matches. Although I won those two rounds, I still came away with the feeling that I had a *lot* of work to do on the side-stepping techniques that Sensei Ron had taught me. Overall, I came home with two golds, one silver and a long list of things to work on for next time!

Looking back, the trip was a great success, not only on the floor but just in general. Sensei Ron was very generous and very accommodating to a student staying with him for almost a week. I learned many things from him and from the experience, some of which he taught and some of which I observed. As I mentioned above, if ever the chance comes around to train with Sensei Ron, take it! In the very least, I can guarantee you a neat experience and tons of laughs!

## National Team - La 4 Coupe Internationale Mohammed VI

by Sensei Rathe Mokelky



Most karateka have experienced the jittery nerves that come along with participating in a tournament. Take a moment to imagine what it would be like to travel to another continent and compete against some of the best karateka in the world. Recently the Shintani Wado Kai Karate National team and a few others had the opportunity to do just that.

Team members Rathe Mokelky, Heather Fidyk, Sanford Dewitt, Scott Hill, Eric Sumbler, Lauren Pankratz and Alex Fast along with team coach Ron Mattie, tournament coach Roger St. Arneault and his wife Suzanne and his students, Lusanne and Isabelle were invited to participate in the *La 4 Coupe Internationale Mohammed VI* (Mohammed VI, 4<sup>th</sup> Annual International Cup) held in Rabat, Morocco in North Africa.

This event attracted participants from all across Europe, Africa and the Middle East. Many of them were National Champions in their own countries. And most were members of their respective national teams. Traveling from different points in Canada, through such places as Buffalo, Detroit, Minneapolis, Newark, Amsterdam and Paris the Canadian group finally assembled in Rabat. They were warmly welcomed by their Moroccan hosts and quickly settled into our accommodations. The tournament organizing committee had most of the teams staying at the same hotel. That made it a wonderful opportunity to meet some of the other karateka and the Canadians were quickly making friends.



With only one day to adjust to the time change and Heather's and Rathe's luggage missing there was a lot of scrambling the first day. Although the search was unsuccessful (it finally showed up after the tournament) the team quickly put the problems behind them and got down to work. Focusing on the tournament the group got together for a workout at the hotel to fine-tune techniques.

They did find a bit of time for a quick tour of Rabat's Medina (market). This was an experience in itself. There were some great opportunities to practice taisabaki as they worked their way through the crowds. Everyone had great fun bartering with the shop owners and seeing some of the Moroccan culture and architecture.

Once back at the hotel Senseis Ron and Roger attended the coaches meeting where they were met with some very disappointing news. The team would only be allowed to enter 2 people in each event. This affected nearly everyone. It meant only 2 men and 2 women would be allowed to compete in kata. This made for some tough choices for the coaches who decided to go with the two female team members, Heather and Lauren and the senior ranks in the men, Rathe and Sanford.

On the men's side of kumite it meant they had one to many heavy weights. Alex would not be able to compete in either individual event. Although the news must have been devastating Alex showed a great deal of character and maturity beyond his years. He put the news in the best possible light, preparing himself for the team kumite. This despite the fact that he knew fighting in the 5<sup>th</sup> position on the team may mean that he would never actually get the chance to compete.

The one most affected was Isabelle. She stepped aside to allow the team members to compete, which meant she would not be able to compete at all. This was very disappointing as Isabelle had paid her own way and traveled so far. She quickly put her own feelings aside and put her energy into supporting the team. Isabelle did a great job helping the rest of the team keep track equipment enabling them to concentrate on their competition. It was a tremendous

help having her along and everyone appreciated her efforts.

Saturday morning and the competition begins with kata. The kata competition was set up in a draw the same way as kumite would be. Competitors perform their katas one at a time but instead of receiving a score they go head to head against an opponent. The winner advances to the next round where they must be prepared to do a different kata. The loser is relegated to the reparache (B side), where they may have to compete again, depending on where the person that beat them ends up placing.

The ladies did well with Heather competing against a hometown Moroccan and the eventual winner. This left her finishing 3<sup>rd</sup> overall and received a bronze medal. Lauren took on the other Moroccan in her first draw and then did a strong Jihon against a Tunisian lady in the reparache. Although both were excellent katas this left her just out of the medals.

Rathe and Sanford represented the men. Going head to head with Bassai-Dai against a Portuguese competitor the judges preferred the European and Rathe was left cheering for Portugal. Sanford, like the ladies also met a host Moroccan. He was unsuccessful in that match up and unfortunately was could not knock off his next opponent when brought back in the reparache.

This now left the kumite competitions. Both team and individual events would be 2 minute, stop time matches for the ladies and 3 minute for the men. Most points wins with an 8-point mercy rule.

The Team event preliminaries were first. This was an exciting event with lots of cheering from the crowd. Due to the efforts of the Canadian team to meet and make new friends the support they received by the crowd was second only to that of the hometown Moroccan's. That despite the fact that both teams met Morocco in the first round. The lady's event was first. With 3 person teams this event was a best out of 3. The Canadian's fought well and aggressively controlled their fights but were unable to adjust their technique enough to give the judges what they were looking for. Fortunately a good showing against the Moroccan's left the Canadian team in 3<sup>rd</sup>.



The men also drew Morocco first. With 5 man teams it became a best out of 5. Sanford had a great match

giving the Canadians their only win in a 3-1 loss. With Morocco making their way to the final the men came back in on the B-side against Sudan.

This was an exciting match-up. After 4 fights it was tied up 2 wins each with Eric fighting last for the Canadian's. It was a hard fought match ending in a tie. But a tie was all he needed. Thanks to Alex's high scoring victory (6-1) and everyone else keeping it close, Canada won the match on points.

To make it into the medals the men would now have to get past their next opponents, Tunisia. Sanford was up first and about the 2 minute mark in the 3 minute round a devastating kick caught him in the face actually knocking him unconscious and giving him a bit of a souvenir around the eye. If you know Sanford that's a hard kick! The judging was excellent and they were quick to disqualify the Tunisian. Unfortunately that was to be the only fight the Canadian's would win and lost the match 3-1 leaving the men just out of the medals. The individual competition was by weight class. So for the ladies that meant Heather and Lauren were together in one division and Suzanne and Lusanne in the other. Heather had two great matches, both against Moroccans, but could advance no further. Lauren also had two hard fought matches, one against a Moroccan and one against an Egyptian but also was stopped there with both her and Heather just out of the medals. Due to the luck of the draw, unfortunately Suzanne and Lusanne were matched up against each other in the first round. It was a great match with Suzanne advancing to the next round where she eventually placed 3<sup>rd</sup> in her division.

On the men's side Rathe fought in the under 70kg. He beat a Sudanese in his first match but couldn't get past a young scrapper from Qatar in the next round losing 5-3. Not to outdone by Sanford and using the same block, Rathe also took a shot to face. A quick look from the doctor and off to the hospital for an x-ray in case the cheek was broken. Everything was fine and he now sported a similar souvenir as Sanford.

Eric fought in the under 80kg division and despite a great effort also finished out of the medals. Sanford and Scott both fought in the heavyweight division and had some terrific fights, explosive and exciting. Like the ladies they both met Moroccan's in the first round. Scott although close, was unfortunately eliminated. Sanford got past his opponent, when the Moroccan was injured as they both went down on an attempted sweep. Sanford then lost his next match leaving him short of the medal round.

With the competition over, all that was left was the good-byes. These were numerous and warm. Many of the countries and fans wanted to get pictures with the Canadians and there were quick scrambles to get photos and exchange emails. The Moroccan team even wanted to swap team jackets. This was a tremendous opportunity for everyone to receive a very special souvenir that wouldn't fade like Sanford's and Rathe's.

When departing for Morocco the team all discussed that their success could not be measured in the number of medals they brought home. Especially considering the

difference in rules and the limited amount of time to prepare. Any medal at all would be a terrific bonus as it was comparable to sending a hardball team to a fastball tournament. The team's main goal was to represent the Shintani organization proudly and give everyone they met a good impression of the SWKKF and Canada.

By any measure that part of the trip was a resounding success. From the young children who cheered the team on, to their opponents, who despite a win or loss always knew they had been in a fight. From the respect of the officials who couldn't help but admire the Canadian's heart and determination to the Hotel staff who proudly wore their Canadian flag pins, every team member made a positive impression on all they met. For that, each of them should be proud of how did, as should the rest of the organization.

It has been a long road for the team and not just this current one. Getting to this point, and competing in an overseas event has always been a goal since its inception. The fact that the team is at this point is due to the hard work and patience of past team members, coaches and other supporters. The future for the team is exciting. This should be the first of many such opportunities for the Shintani organization. The current members as well as future participants can look forward to an exhilarating experience being a member of the Shintani Wado Kai National Team.

## **National Team – Maroc Reflections from the team members**



### ***Sensei Ron Mattie – Coach***

Morocco was a great experience and also opened my eyes to what type of person would and would not want to be on the team. We had one of our team members who got kicked in the head and knocked out. Another who got hit in the eye which then swelled shut and the rest all got hit pretty hard throughout the tournament. Unlike many others at the tournament, our members never reacted to the hits except for the k.o.

With the limited tools I gave them, they did great. The men's team came in 4<sup>th</sup> and the women came in 3<sup>rd</sup>, but what was best, was that our Canadian team was well respected and everyone liked us. They all wanted pictures with our team. Italy gave us their flag with their entire team signature and Morocco traded their team

jackets for ours. We also got invited to Portugal and Italy for a world competition.

What's next? We need to learn their katas and add movement in our now explosive kumite. I'm, looking forward to guiding the team to continuing success with our Shintani image. I was so proud of them all, but special thanks to Sensei Roger St-Arneault for his guidance and Sensei Rathe Mokolky for his energy and for looking out for the team.

Morocco, My Impressions.

### ***Sensei Rathe Mokolky***

I'll be as brief as I can but I want to take this opportunity to not only give you all my thoughts about our incredible experience but also thank all of you for your support that made it possible in the first place.

The trip was wonderful. Even though it's probably the most nervous I have ever been for a competition I was still able to relax enough to enjoy every minute.

I think there are two impressions that stand out the most for me. First is the level of competition, its strengths and its weaknesses. As a whole it was excellent. There were no slouches on that floor. Many of the individuals specialized in either kata or kumite and excelled at their choice.

We as an organization do some wonderful karate. I know that the best of our best can go toe to toe against anyone else's best. That said there are still things we can improve and learn from others.

They in turn can learn much from our examples. No other team showed so much heart while competing and did such a good job of hiding their pain when hurt (we did allow Sanford to lie down for a short time while unconscious). I think this is one of the reasons for the Canadian Team's popularity.

And that's the second and most important impression I'm left with. We will be remembered by a lot of people. Fellow competitors, spectators, tournament organizers, hotel staff, even the police providing security, many of them will have as fond memories of us as we have of them.

To hear Moroccan children and teams from other countries chant CA NA DA, CA NA DA... while our people competed was really wonderful. We made a positive impression with a lot of folks. And that's amazing considering most of us speak very little French and could not even communicate very well. So we know it was how we behaved and what we did on the floor that left that good impression.

For me that was significant. I, like all the other members of the team do not take our positions on the team lightly. I know it's a privilege to be a member of the team and I'm lucky to be there. There are many karateka in the SWKKF that could easily take my place and do an even better job. And down the road there will be those that are children now that will leave me in their dust with their abilities once they're adults. So it's important that whatever I do as a team member, I leave this team stronger and in a better position to do bigger and more grand events all the time.

So I would like to thank Sensei Ron for his leadership and knowledge, Sensei Roger for his assistance and experience, my fellow team mates for their enthusiasm and encouragement, Sensei Dave and Sensei Neil for their assistance, the SWKKF membership for their



support and confidence and most of all my family for their patience and love.  
Thank you all.

### *Sensei Heather Fidyk*

I was a team member traveling to another continent for an experience of a lifetime, I was not disappointed. The competition in the female division was one of the most highly spirited events I have competed in. Reflecting back on one of the best highlights of the tournament; the prelude to the opening ceremony all the teams were gathered in the hall way awaiting the arrival of the monarchy. At first everyone was quiet and teams were sizing each other up. Team Canada broke the ice with a few inviting cheers which spurred the other teams to smile and join in the next thing you know you could hardly hear and the smiles went from ear to ear on the faces of all competitors, the tension was lifted, from then on when ever a Canadian player was in the ring you always had someone in the crowd above cheering for you. Although our Canadian team did not win many medals we won the hearts of those competing and those fans in the stands. This success is the success Sensei Shintani would be very proud of. Thanks to Sensei Ron and Sensei Roger for a job well done and congrats to my team mates for all the support.

### *Sensei Sanford Dewitt*

Hello to all my extended Wado-family...Sensei Sanford here... It has been requested that each team member give a brief summary of their trip on a personal level. Now, for those of you that know me, are no doubt aware that I have a difficult time being brief about most things...let alone personal experiences...If I envision in my minds eye the journey to Maroc even at a brief glanced I am flooded with scenes of most exciting scenarios... From trying to figure out why every one around me on the plane is eating chicken or beef and I'm served up a Hindu Happy meal, or actually witnessing a dude pay off a Moroccan airport police officer and smuggle something, to a guy offering explosives on the streets of Amsterdam tailored to order and all... Being a bit of a behaviouralist, I have a pretty good capacity to ingest much in social settings .... Having said this... Please sit back and allow me to share a most interesting tale about a journey to Maroc (Residents of country term).

The opportunity to compete in Morocco was a very powerful experience. I believe it was a monumental step made by the Shintani Federation, and I cannot even begin to say how thankful I am to all who helped make it happen... It was my 4<sup>th</sup> time abroad representing Canada at a Karate venue, and seeing it was the first time with my Shintani team-mates it was by far the most enjoyable one. I prepared myself for international competition in much the same ways as before, which is mostly mental work the last week or so.

The competitors at internationals differ from the average Shintani player, who finds a high level of commodore based motives within their tournament circles. These cats play a much different game. For many of these athletes it is a full time job for them... having their government pay the tab... I guess what I'm trying to say is that most of these players, play for

keeps... So having already had the pleasure of experiencing the wrath of a 250 pound 6'4" Russian man beat on me for 13mins under my belt, I like to take a week or so and mentally prepare for battle if you will... (I may have over done it a bit here) Well during the week prior to leaving for our trip I kind of isolated myself as much as possible so that I could stay focused at the task at hand... It was during this week that a plot was revealed by sensei Rathe as to some pranking actions of one individual who goes by the initials HEATHER FIDYK. It seems that my most lovely team-mate had tampered with SOME of the meals on our flights... It was caught by sensei Rathe and I believe he pinched her into sending out an e-mail asking if we all were ok with our meals. I missed the email all together and the other victims didn't understand the email and just dismissed it... Her joke was priceless over and over again.... You see in order for the National team to save quite a bit of money we were on a few different flights, and each of these flights has some sort of nourishment provided. So when we caught wind of the scheme on the first flight from buffalo to Newark, we thought that was it...We had the attendants correct the meal selections and thought it a rather lame gag and carried on. Once in Newark we were held over for six hours or so. During this time sensei Ron taught the team a new card game called Hearts (he killed us), which we used to pass the time. At this point sensei Ron leaves us for an air France flight and the remaining members and I hop on our flight.(minus sensei Rathe and of course sensei Heather) We get settled in for our jump over the big water, with only a couple of rows separating us... After a nice film and a spot of tea, the flight attendant asked if I were on a diet.... Now at first I assumed that she had been speaking with the team and wondered if we were on a special training diet. I responded with, "Being the heavy weight I have a little more freedom when it comes to eating". Her response, "so you didn't order a child's portion meal". I says pardon? Then the lights came on!!! Second burn same joke... I pleasantly informed her of my most sweet team-mate and her soon to be rewarded antics...

When we arrived in Holland (5-6hr layover) we decided to split up for a few hours. Some of the team had family to visit and I had friends working not far from central station. I brought Scott with me and left instructions with my younger counterparts to meet us at our departing gate an hour before take-off. Having been to Europe several times(always with KLM) I felt pretty confident using the transit system to and from the airport...I was there five months previous for a competition and told Scott not to worry. (Sensei Scott was the forever watchful eye) So after a brief visit with some old friends I could see Scott growing anxious. He had asked me some questions that indicated that he was a little worried about leaving our youngins to their own devices... So, off we went. Now like I mentioned earlier, I have traveled this system before. So I have Scotty right on my heels all the way to our "destination airport" train platform. Scott-san then took a couple of breaths, apologized profusely for being worried and sat down... I then pointed to the digital monitor which read "shipol with airplane picture". He looked up gave a confirming smile, and then had his jaw drop! I look up to my dismay and see the digital board start to scramble like a

bad computer virus. It then settled with it reading some other destination. (in Dutch of course) Now it's at this point where Scott lost a little color. I'm like OK, Train must be late so we have to go find the new train. I really didn't know that this was the case; in fact, I was convinced that each track had its set route. It turns out that any of the tracks on any given day are all subject to change... We run like lunatics only to find our train leaving! So at this point old Scotty has gone a shade paler on me... So I enlisted the help one of Holland's finest.. The police officer showed me how to follow the train travel board and even walked us to our platform. I thanked her and presented her with a Canadian pin. On the train back my chum regained his color, and again he apologized about stressing. Well it turned out that Scott's worries were not totally without warrant. We, after a fair bit of searching finally find the Air-Maroc check-in counter. Once there we are told that our luggage claim # is not being accepted with our flight. Now this isn't something you want to hear on the last leg of your journey. Scott and I stayed together in the check-in and monopolized the skills a few people in getting our problem resolved. Then after about twenty min. or so one of the ladies discovered the problem made the appropriate adjustments and was about to send us on our way. Just as I gather up my papers my attendant scrunches up her face and raises her eyebrows....I don't know about you but that's not the look you want to see from the person in charge of your safe passage... she then states, this flight cannot accommodate your choices... I says...Pardon... "What is soft bland food sir", she asks. Third burn is the real charmer.... Scott and I get a real laugh this time we have been traveling many hours by this point and we keep forgetting about that sweet Heather Fidyk. Now we have boarding passes an assigned gate and 20min to spare...All should be well right? As we gather our belongings Scott asks one of the ladies if our remaining team members have checked in yet...."Not as of yet", she replies... Scott looks at his watch then to the time of the boarding pass,(20 min) You guess it, back to Casper color for him... He then mentioned that we still have more security checks and they still have to get boarding passes yet, and all the while he was booking it to our gate... I try to relax him by saying that there is a good possibility that our plane may be delayed and the kids are already aware of this allowing them some more time with their cousin. Now this may have had some weight with him if it weren't for our train mishap. Customs was quick, and just inside the gate door we see a screen showing a delayed Moroccan flight by 30-40 min. I assumed the others were aware and would be along shortly...and Scott (aka chameleon) returns to his regular rosy self. So before Scoot could change again the remaining members sprinted to our gate... As we hop on plane for our last leg I causally inquire from Eric how long the delayed flight notice was up.... His response..."dude what delay", seems cousin's watch was real slow...we kept that from poor Scott, he had had enough for one day...

Well the flight to Maroc was mostly uneventful although ive been on fishing boats larger then that plane. Once on the ground we gather up our luggage and proceed to clear customs...(a VERY slow process) For the first hour we took our turn at trying to predict the speediest

line, and we gave up after the 1.5 mark. When we finally made it through to the Moroccan side and the rest of the team, we hang out for another 15min or so and then are greeted by some men who were on the other side the whole time waiting for us.( we could have passed the whole line) Seems that they didn't see our Canadian leaves on the jackets... Well no foul, we were happy to all be together again and a little delay at this point of the journey was child's play... (Even for Scott) We then made our way to a shuttle that was instructed to provide safe passage to our hotel. They say that Moroccan buss drivers are very saintly... Now my French is ok, but it's not great. I assume that they go to church a lot or something to that nature..... NO... they are saintly because they have you praying from the second you get on to the second you get off!!!! Apparently the rules over there are... Always yield to the larger vehicle...( regardless of what side they choose to drive on) The hotel was amazing and the hospitality was overwhelming... The meals were elegant always with five courses served up. The rooms were spacious and airy... Now again for those of you who know me, know that I enjoy my bathroom time on the daily... I have heard all kinds of horror stories about the toilet conditions or lack there of in this country.... So shortly after checking in I thought I would make a little inspection of the provided facilities.... EVERYTHING IN ORDER a very nice piece of porcelain in deed... So the stories of big hole in the ground and bum wiping with ones hands, all delusions (and what kind of person would spread such falsities I wonder?) The next day we all got a little sleep and joined some of the other teams on a day trip to the capital. It was quite an experience really we used police like sweeps to shop as well as kept watch on each other. This was probably my most enjoyable time of the whole trip... It was in these markets that one can truly see the inner workings of the Moroccan culture... Top to bottom, oldest to youngest played their parts. I watched people purchase their house hold dairy products from a man on a moped. Seems normal enough however his portion measurer was a carved out lambs head...and you had to bring your own baggies... I had a conversation with a chap that wanted some money to take the buss home. I said no number of times...(he had nicer shoes then me on) (ok maybe not nicer then mine, but to nice for a beggar) I then asked him how he got here to the market if he lived so far away, he said he walked. I then said well if they got you here then they would get you home. Now this cat was about 22, 5'7" and maybe 120pds... I'm 6'1" 220 yet he still wouldn't take no for an answer. I was finally rescued by the sweeping action of the team... Time to go and no matter who was trying to negotiate with us the group would take turns being the bad guy. Well when I left the side of the little man that was hounding me, I kept looking back.... The psychologist in me told me that something wasn't right about that whole social exchange.... Sure enough, within 20 steps four much bigger and older men were roughing up buddy, emptied all his pockets right there in the street. Most exciting it was, seeing two of the roughians were strapped with pistols... We quickly found another street to search... It was on that street that Heather pointed out that she had a bit of a stocker... Seems a local boy had taken a shying to her and had been

following her for a few blocks... Simple Pimple... I stop and turn around, make eye contact and start to head back towards him.... He was about the size of that other poor bugger, and the kid lost his colour faster than Scott could have. ( He stopped following) The rest of the day was rather relaxing we milled about the resort until dinner. At our evening meal each country was assigned a couple of tables to accommodate numbers. We would take turns mixing up our seating arrangements to be more sociable. On our first super gathering I had the privilege of sitting beside Lauren. I mentioned earlier that all meals were 5-course so at the end of every course there was always something that hit your plate that you may not have been crazy about.... For instance, I am a huge fan of black olives... So I received olives from most of my team mates... Lauren is a big fan of boiled eggs.... So I had eaten the center out of a halved egg.(I like the yolks) I then proceeded to fill it back up with some cooked green peppers (not a big fan of them) Lauren sees this egg on my plate, which she likes, full of green peppers, which she really likes, and quickly asks for it and pops it in her mouth all in one foul gulp. Now sensei Ron witnessed this transaction and states (on about her second chew) EWE... He had those green peppers in his mouth!!! She didn't know what to do... She just froze... It seemed like minutes... I assured her I wouldn't have had any green peppers in my mouth... But still nothing... then finally with a shaky hand she extracts something from her mouth....It appears that some how a freshly chewed olive pit got mixed up with the green pepper waste... It was most amusing, would have been funnier if it had happened to Heather, but hey, it was a freebee... The first day of competition was very stressful for me... We all had to have a numbered patch sown onto our gi tops. It is this number that the players are sorted and recorded... Well when I packed my bag that morning I had somehow put two pair of pants in, and no gi top. STRESS sensei Roger somehow managed to acquire transportation back to the resort grabbed it up for me and returned just in time for me to walk on to the dojo floor. A feat that still baffles me given the distance away and all...Thanks again sensei Roger. The divisions were fun I took a wicked kick in the chops in the last round of the team eliminations. I am told that was out for a sec, and when I came around I tried to mug the doctor. ( gis are white doctors smock white) You would really have to chat up one of my team mates for the rest of that story... it's a little fuzzy for me.. I can still say I left more lumps than I took all and all... Once the competition started it was really all a blur. I was packing up my gear and making my way to the airport shuttle before I knew it. Eric, Sensei Ron and I had to come home sooner than the rest of the team. So when we hopped on the shuttle at 430AM the three of us discussed potentially hooking up in Holland and flying the last few legs together... When we arrive at the airport we hug our coach and wish him safe journey. I then grab Eric and make our way to the Air-Maroc check-in... After checking in we make our way to our gate which involves some security clearance ( they don't look near as hard at you going out as they do coming in) As we make our way in line I watch this sketchy fella ahead of me get stopped by a police officer. It was obvious that he had something in his bag that they didn't like...So they call him over to view the

scanning monitor, and say QU'EST-CEST? Indicating with his finger.... Buddy then as slick as slick could be palmed the cop grabbed his bag and walked on....Just like that... Would you believe that I sat across from this dude on the plane.... I swore as god as my witness if that man had of jumped up out of seat for any reason..... He was in big trouble... So as tried as I was I could not shut my eyes for more than 5min at a time in fear that buddy was one of bin ladden's boys.. However fatigue did get the best of me... I crashed hard about 2/3 of the way to Holland, and was out for maybe twenty mins to a half an hour. When I open my eyes I first look to see if bin's boyfriend is in his seat, he was not, I then look up at the monitor to see the plane is preparing to land in Brussels... Now I know that I took a pretty good kick in the chops a few days ago, but I was convinced that the word Brussels was not on any of my itineraries... Bin's boyfriend is still no where to be seen. Alright what is going on...I got up to find Eric still asleep ( whole flight had not moved) I then meet a guy from Montreal who informed me that Air-Maroc reschedule flights in transit all the time. So as it turned out we were landing in Brussels and were going to stay on the ground long enough to load up some more people going to Morocco, make them travel back to Holland drop off a few of us and then head back to Africa... Shouldn't have been a big deal, however our connecting flight back to North America was leaving without us... When we finally landed there was a very nice lady waiting at the door for us. I guess the king of Morocco was forced to provide food and lodging for the day and we were to leave exactly 24hrs later... Eric and I gathered ourselves up and made our way to the complimentary shuttle to the hotel(which we were told it was all taken care of) Maybe 45min later we arrive at the hotel only to find out that they have no record of us.... Maybe another 45 min and we were bathing...(not together) It was a very swanky place indeed...We ate and rested our weary bones. Latter that night we walked the streets of Amsterdam where we met a couple of charming Egyptians who offered to tailor an explosive order to our specs... (More of Bin's boyfriends) The next morning I got Eric up a little early for I didn't trust our ticket situation... As I predicted, the flight was full and air Maroc had not reserved any seats for us.... I quickly turn on all the charm I could muster as I recount some of our adventures thus far. I beg for some special treatment and witnessed something else quite new and fascinating... One of the ladies picks up a phone, calls a number, as someone answers she changes her voice and states that she must over book our flight by two... gives the person on the other end some code number that one of her associates provided and volla... We were on our way home... The remainder of our journey was non descript, we hit Newark and had just enough time to hop on a flight back to Buffalo... Once we hit buffalo we were as good as home (just as soon as I stopped taking directions from Eric.... Toronto is not west when you are in buffalo) I dropped off Eric in Welland, and proceeded to venture home... It was sad dropping off my team-mate. It represented closure to a most wonderful experience... Thank-you all for allowing me to entertain you with my tale...

It was a very spiritual journey for me and I would be honoured to discuss any portion of this trip with any who wish it... Special thanks to Sensei Ric, for believing in me... With out your wisdom and kindness my karate would still be lifeless....

### ***Sensei Lauren Pankratz***

Morocco is an experience all on its own. From the sights, sounds, culture, and even the karate, it was something I did not expect. In the same vain, I do not think the Moroccan's expected us either.

Over the course of one day the reaction we received from other countries went from mocking our chant, to cheering with us. Everywhere we went people shouted "Canada!" Every on of us handed out Canadian pins to random people we would talk to. Even though for most of us there was a language barrier, it did not stop us from communicating and making friends.

The Kumite competition was fierce and tough. It was not a matter of controlling your techniques, as it was to get there as fast as possible. If that meant punching through someone, then so be it. I am used to being the one to barrel down on my opponents so this was quite the eye-opener as the reverse was happening to me instead. This was definitely not like the point sparring we are used to. It taught me three things: 1) Get in and then out as quickly as possible. 2) Block. 3) Move. These are taught to us in Wado Kai, but for myself was something I was almost forced to do in order not to get hit and at the same time be able to score. Even though not everyone won his or her fights, each team member fought extremely well.

Kata was dealt with almost like a fight. Two opponents go up and perform their kata like a match, and only one person wins and continues. After performing my second kata and not even receiving one flag in my favor, I still felt like I nailed it. I looked up at the stands and saw all of my teammates smiling back at me with encouragement. That is the greatest feeling and is the only thing that matters.

Traveling to other countries to compete is truly a privilege. I feel honored to be able to represent Canada, and especially the Shintani Wado Kai Karate federation. The bonds that the team made with one another and with competitors from other countries are something very special. Competing in Morocco is a huge stepping-stone for the National Shintani Wado Kai Karate team to accomplish. You cannot get that kind of

international exposure any other way. I am proud to be a part of it!

### ***Sensei Scott Hill***

This was one of the greatest experiences of my life. The competitors in the tourney were the best i have ever seen (talent wise). The S.W.K.K.F. Team is the most talented by far. It did not take many tourneys to adapt; it only took watching each other to get better. I want to thank you all for this opportunity. To sum this rather short but truthful piece. "It has been my life's greatest honor to fight for you my Lord"

## **Silent Auction**

The National Team will be holding a silent auction in conjunction with the Master Shintani Memorial Karate Tournament in St. Catharines, ON. Funds raised will go to support the team in their endeavors to continue spreading the teachings of Sensei Shintani. If you or your club would like to make a donation contact Sensei Lauren Pankratz (Fast) at [lpankratz@rogers.com](mailto:lpankratz@rogers.com) for those attending the tournament please find some time to check out the goodies and bid. Thank you in advance for all your support.

## **Scholarship**

There are two \$500 scholarships available. Application forms are available online. Deadline is June 30, 2005. Submit completed forms to Heather Fidyk [heather@calgarywaokai.com](mailto:heather@calgarywaokai.com)

## **Submission deadlines and Publishing dates for the Harmonizer**

- December 15<sup>th</sup> for January 1<sup>st</sup> publication
- March 15<sup>th</sup> for April 1<sup>st</sup> publication
- June 15<sup>th</sup> for July 1<sup>st</sup> publication
- September 15<sup>th</sup> for October 1<sup>st</sup> publication
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Submissions are to be sent to

[heather@calgarywadokai.com](mailto:heather@calgarywadokai.com)

Submissions are to be sent as regular text, a word document, adobe acrobat, jpeg (pictures) tournament results in excel.

***\*Send your submissions for June ASAP\****

## Upcoming Events – Western Canada

**April 2<sup>nd</sup>**      **Western Canadian Wado Kai Championships**  
Contact: Doug Scabar      [thescabars@shaw.ca](mailto:thescabars@shaw.ca)  
Location Tri-Leisure Center, Spruce Grove, Alberta

**April 9<sup>th</sup>**      **Beginner Shindo Workshop**  
Contact:              Bruce Dunning      [bdunning@mb.sympatico.ca](mailto:bdunning@mb.sympatico.ca)  
Location:              Virden, Manitoba

## Upcoming Events – Eastern Canada

### **Peter Ciolfi Memorial Tournament Welland, Ontario**

*Date:*              April 16, 2005

*Contact:*        [Anne Readhead](#)

### **10th Annual Ken Brown Memorial Tournament Wawa, Ontario**

*Date:*              April 23, 2005

*Contact:*        [Duane Wenmann](#)

*Location:*        Michipicoten High School  
Wawa, ON

*Note:*              There will be a 2.5 hr workshop for brown and black belts  
on the evening of Friday, April 22

### **Shintani Memorial Championships St. Catharines, Ontario**

*Date:*              May 14, 2005

*Contact:*        [Anne Readhead](#)

*Location:*        Brock University  
St. Catharines, ON

*Note:*              clinic on Fri evening, May 13, will be  
taught by 8 members of the senate

*Links:*            [\(tournament info\)](#)  
[\(clinic info\)](#)  
[\(registration & schedule\)](#)  
[\(directions & map\)](#)  
[\(accommodation\)](#)  
[\(banquet info\)](#)      \*\*\* NEW \*\*\*

### **Devlin & Ft. Francis 4th Annual Tournament Devlin, Ontario**

*Date:*              May 28, 2005

*Contact:*        [Chris Bazinet](#)  
[Claude Boucher](#)

*Location:*        Crossroads School  
Devlin, ON

*Note:*              registration begins at 08:00  
black-belt meeting at 09:00  
clinic on Fri, May 27, 7 pm - 10 pm

*Links:*            [\(tournament info\)](#)  
[\(registration\)](#)

**MANITOBA PROVINCIAL TOURNAMENT RESULTS  
FEBRUARY 26, 2005**

DIVISION	KATA			KUMITE		
	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
6-7 w-y mixed	Luke Martens Viriden MB	Hannah Coffey Moose Mtn. SK	Hannah Duhaime Moose Mtn. SK	Hannah Duhaime Moose Mtn. SK	Kirk Zacharias Moose Mtn. SK	Vincent Grabowski Hamiota MB
8-9 w-y mixed	Gilles Poirier Viriden MB	MacKenzie Easton Moose Mtn. SK	Grayson Ross Viriden MB	Gilles Poirier Viriden MB	Grayson Ross Viriden MB	Leonard Pappel Viriden MB
9 w-o mixed	Daniel Dennis Fort Frances ON	Jessica Caul Devlin ON	Quinton Heaman Viriden, MB	Grayson Ross Viriden MB	Jessica Caul Devlin ON	Quinton Heaman Viriden MB
10-11 white mixed	Elise Plante Birtle MB	Keely Jolicoeur Fort Frances ON	Kennedy Dupont Birtle MB	Keely Jolicoeur Fort Frances ON	Aaron Tanner Birtle MB	Kennedy Dupont Birtle MB
10-11 yellow mixed	Brittany Forsyth Hamiota MB	Kaitlyn Moffatt Moose Mtn SK	Justin Darr Shoal Lake MB	Kaitlyn Moffatt Moose Mtn SK	Nicole Andrew Moose Mtn. SK	Jeremy Miller Hamiota MB
11 orange boys	Jordie Baird Hamiota MB	Andrew Coffey Moose Mtn SK	Nicholas Brunoro Saskatoon SK	Nicholas Brunoro Saskatoon SK	Andrew Coffey Moose Mtn SK	Jordie Baird Hamiota MB
12-13 w-y boys	Carl Hyde Shoal Lake MB	Dylan Baily Viriden MB	Gregory Schnell Viriden MB	Gregory Schnell Viriden MB	Dylan Baily Viriden MB	Willem Venter Shoal Lake MB
12-13 yellow girls	Chantel Puhach Birtle MB	Brittany Heaman Viriden MB	Ashley Lacelle Moose Mtn SK	Ashley Lacelle Moose Mtn SK	Chantel Puhach Birtle MB	Brittany Heaman Viriden MB
12-13 orange boys	Zane Puhach Birtle MB	Justin Easton Moose Mtn. SK	Jonathan George Moose Mtn. SK	Zane Puhach Birtle MB	Justin Easton Moose Mtn. SK	Jonathan George Moose Mtn. SK
12 o-bl mixed	Brayanne Lamontagne Moose Mtn. SK	Tamlyn Sabados Weyburn SK	Joseph Pappel Viriden MB	Brayanne Lamontagne Moose Mtn. SK	Tamlyn Sabados Weyburn SK	Paul Numier Viriden MB
14 yellow mixed	Matthew Johnson Weyburn SK	Louise Poirier Viriden MB	Ryan Panamaroff Warman SK	Matthew Johnson Weyburn SK	Louise Poirier Viriden MB	Ryan Panamaroff Warman SK
14-15 o-g boys	Matthew Jolicoeur Fort Frances ON	Jeremy Caul Devlin ON	Ben King Fort Frances ON	Jeremy Caul Devlin ON	Ben King Fort Frances ON	Tory Ross Shoal Lake MB
14 brown boys	Kieren Baird Hamiota MB	Evan Overand Viriden MB	Ben Schneider Weyburn SK	Kieren Baird Hamiota MB	Evan Overand Viriden MB	Ben Schneider Weyburn SK
Adult w-y men	Michael Caul Devlin ON	Casey Grant Devlin ON	Fred Dennis Fort Frances ON	Michael Caul Devlin ON	Fred Dennis Fort Frances ON	Murray Dennis Fort Frances ON
Adult y-o female	Melanie Lamontagne Moose Mtn. SK	Cara McNair Moose Mtn. SK	Tracy Pappel Viriden MB	Tracy Pappel Viriden MB	Melanie Lamontagne Moose Mtn. SK	Cara McNair Moose Mtn. SK
Adult o-g male	Lane Easton Moose Mtn. SK	Edward Barker Devlin ON	Philip Benson Saskatoon SK	Edward Barker Devlin ON	Keith Overand Viriden MB	Lane Easton Moose Mtn. SK
Adult green female	Kylie Sobados Weyburn SK	Cheryl Brunoro Saskatoon SK	Jamie Plante Birtle MB	Cheryl Brunoro Saskatoon SK	Kylie Sobados Weyburn SK	Jamie Plante Birtle MB
Adult blue male				Jason Duhaime Moose Mtn. SK	Robert Heiser Weyburn SK	Scott Wachter Fort Francis ON
Adult blue mixed	Andrew Benson Saskatoon SK	Robert Hein Weyburn SK	Scott Wachter Fort Frances			
Adult bl-br female				Gay Madill Viriden MB	Diana King Fort Frances ON	Paige Sabados Weyburn SK
Adult brown mixed	Kevin Linnen Weyburn SK	Erin Sabados Weyburn SK	Dawn Lewis Moose Mtn. SK			
Adult brown men				Shannon Klatt Moose Mtn. SK	Kevin Linnen Weyburn SK	Alex Arndt Melita MB
Shodan-Nidan Men	Ross Keeler Fort Frances ON	Claude Boucher Devlin ON	Ron Cole Viriden MB	Scott Bax Weyburn SK	Ron Cole Viriden MB	Claude Boucher Devlin ON
Shodan-Nidan Ladies	Joan Adams Moose Mnt. SK	Crystal Johnson Saskatoon SK	Suzanne Schneider Viriden MB	Crystal Johnson Saskatoon SK	Joan Adams Moose Mnt. SK	Anne Poirier Viriden MB
Sandan-Godan men				Rathe Mokolky Calgary AB	Chris Bazinet Fort Frances ON	Mark Forsyth Winnipeg MB

### South Calgary Wado Kai Spring Tournament March 5, 2005

Event	Division	Age	M/F/B	Event	Gold	Silver	Bronze
1	White/White Stripe	9 to 11	B	Kata	David L.	Kennedy K.	Michaela B.
	White/White Stripe	9 to 11	B	Kumite	David L.	Kennedy K.	Zachary R.
	White/White Stripe	9 to 11	B	Pad Kumite	Zachary R.	David L.	Kirk M.
2	White/White Stripe	7 to 8G1	B	Kata	George N.	Tapanga G.	Devon M.
	White/White Stripe	7 to 8G1	B	Kumite	Justin T.	Erik T.	Layton B.
	White/White Stripe	7 to 8G1	B	Pad Kumite	George N.	Devon M.	Justin T.
3	White/White Stripe	7 to 8G2	B	Kata	Nicholas R.	Andrew R.	Cooper N.
	White/White Stripe	7 to 8G2	B	Kumite	Tait F.	Andrew R.	Xavier B.
	White/White Stripe	7 to 8G2	B	Pad Kumite	Hope P.	Nicholas R.	Cooper N.
4	White/White Stripe	5 to 6	B	Kata	Jason T.	Mckenna T	Garrett B.
	White/White Stripe	5 to 6	B	Kumite	Garrett B.	Alexandre B.	Jason T.
	White/White Stripe	5 to 6	B	Pad Kumite	Brandon W.	Garrett B.	Jason T.
5	Yellow	7 to 8	B	Kata	Jordan J.	Meagan F.	Aaron P.
	Yellow	7 to 8	B	Kumite	Meagan F.	Aaron P.	Cameron O.
	Yellow	7 to 8	B	Pad Kumite	Cameron O.	Jordan J.	Aaron P.
6	Yellow	Adult	B	Kata	Matt W.	Randy C.	Tammy J.
	Yellow	Adult	B	Kumite	Shaun C.	Kelly M.	Matt W.
7	Yellow/White Stripe	7 to 8	B	Kata	James E.	Kristofer L.	Branden G.
	Yellow/White Stripe	7 to 8	B	Kumite	James E.	Justin B.	Kristofer L.
	Yellow/White Stripe	7 to 8	B	Pad Kumite	Kristofer L.	James E.	Jordan K.
8	Yellow/White Stripe	9	B	Kata	Tyler S	Jordan G.	Miranda B
	Yellow/White Stripe	9	B	Kumite	Tyler S	Alex M.	Miranda B
	Yellow/White Stripe	9	B	Pad Kumite	Tyler S	Alex M.	Gabriel J.
9	Yellow/White Stripe	10	B	Kata	Brandon P.	James S.	Hailey T.
	Yellow/White Stripe	10	B	Kumite	Patrick C.	Hailey T.	James S.
	Yellow/White Stripe	10	B	Pad Kumite	Patrick C.	James S.	Hailey T.
10	Yellow/White Stripe	11	B	Kata	Jesse P.	Ryan B.	Claire B.
	Yellow/White Stripe	11	B	Kumite	Ryan B.	Joshua J.	Jesse P.
	Yellow/White Stripe	11	B	Pad Kumite	Ryan B.	Claire B.	Jesse. C.
11	Yellow/White Stripe	11 to 12	B	Kata	William L.	Daniel C.	James G.
	Yellow/White Stripe	11 to 12	B	Kumite	William L.	Daniel C.	James G.
	Yellow/White Stripe	11 to 12	B	Pad Kumite	Daniel C.	James G.	William L.
12	Orange	Adult	B	Kata	Cindy L	Chris J.	Robin S.
	Orange	Adult	M	Kumite	Chris J.	Alex B.	John B.
13	Orange/Green	Adult	F	Kumite	Donna	Jennifer	Nicole
14	Orange/Orange Stripe	10 to 11	B	Kata	Madison L.	Jesse L.	Erin C.
	Orange/Orange Stripe	10 to 11	B	Kumite	Jesse L.	Madison L.	Axton M.
	Orange/Orange Stripe	10 to 11	B	Pad Kumite	Madison L.	Erin C.	Jesse L.
15	Orange/Orange Stripe	12 to 14	B	Kata	Benjamin W.	Marie O.	Tyrel P.
	Orange/Orange Stripe	12 to 14	B	Kumite	Alex K.	Benjamin W.	Morgan P.
	Orange/Orange Stripe	12 to 14	B	Pad Kumite	Shawn G.	Morgan P.	Alex K.
16	Orange/Orange Stripe	8 to 9	B	Kata	Ryan K.	Cameron M.	Thomas K.
	Orange/Orange Stripe	8 to 9	B	Kumite	Ryan K.	Cameron M.	Thomas K.
	Orange/Orange Stripe	8 to 9	B	Pad Kumite	Ryan K.	Thomas K.	Janelle D.
17	Green	9 to 11	B	Kata	Miranda W.	Dylan R.	Rebecca L.
	Green	9 to 11	B	Kumite	Conrad L.	Miranda W.	Joshua S.
	Green	9 to 11	B	Pad Kumite	Rebecca L.	Miranda W.	Jacky N.
18	Green Stripe	14 to 15	B	Kata	Franky H.	Christian B.	Patrick P.
	Green Stripe	14 to 15	B	Kumite	Holly R.	Stephan J.	Patrick P.
	Green Stripe	14 to 15	B	Pad Kumite	Franky H.	Patrick P.	Stephan J.

19	Green/Blue	Adult	B	Kata	Brent M.	Frank D.	Gary L.
	Green/Blue	Adult	M	Kumite	Brian B.	Clemens V.	Brent M.
20	Green/Blue	10 to 11	B	Kata	Keegan G.	Jordan G.	Alex D.
	Green/Blue	10 to 11	B	Kumite	Alex D.	Gabe G.	Keegan G.
	Green/Blue	10 to 11	B	Pad Kumite	Jordan G.	Zachary R.	Leah G.
21	Green/Green Stripe/Blue	12 to 13	B	Kata	Kurtis A.	Drew R.	Addison D.
	Green/Green Stripe/Blue	12 to 13	B	Kumite	Tyler D.	Drew R.	Addison D.
	Green/Green Stripe/Blue	12 to 13	B	Pad Kumite	Kurtis A.	Drew R.	Sydney W.
22	Blue/Blue Stripe	14 to 15	B	Kata	Brock B.	Chris H.	Jannah H.
	Blue/Blue Stripe	14 to 15	B	Kumite	Chris H.	Jonathan F.	Dylan G.
	Blue/Blue Stripe	14 to 15	B	Pad Kumite	Chris H.	Brock B.	Dylan G.
23	Brown	Adult	B	Kata	John M.	John E.	Eric M.
	Brown	Adult	B	Kumite	John M.	John E.	Carlie R.
24	Brown	13 to 15	B	Kata	TC R.	Taylor R.	Kevin T.
	Brown	13 to 15	B	Kumite	TC R.	Kevin T.	Thariq B.
25	Shodan	Adult	B	Kata	Michael K	Vicki N	Stephanie H
	Shodan	Adult	B	Kumite	Michael K	Frank Ha	Nicki D
26	Nidan/Sandan	Adult	B	Kata	Kevin	Shelley Mc	Crystal
27	Nidan +	Adult	F	Kumite	Heather F	Shelley Mc	Crystal J
28	Nidan +	Adult	M	Kumite	Dan M	Kevin	Blaine
29	Yodan +	Adult	B	Kata	Reed B.	Dan M	Rathe

Please submit your tournament results in excel.