



THE HARMONIZER

OFFICIAL NEWSLETTER OF THE SHINTANI WADO KAI KARATE FEDERATION



VOLUME 10 ISSUE 1

January 2006

Message from the President

In memory of Master Shintani,
Denis Labbé

I would first like to wish everyone and their families a Merry Christmas and all the best in 2006.

I have been very busy over the past few months, I was in Simcoe to celebrate their 25th anniversary tournament, in Carlyle, SK, celebrating their 20th anniversary tournament and in Seba Beach, AB, participating in their 3rd Christmas Classic tournament.

The November 18th weekend in Simcoe I participated in clinics with Sensei Rick Leveille, Sensei Ron Mattie, Sensei Brad Cosby and the Shintani Team. It was great working out with the kids again. Their tournament weekend was a huge success.

On the November 25th weekend, in Carlyle, Sensei Ron Mattie, Sensei Rathe Mokolky and I conducted the Friday night clinic. What a turn out. Great tournament! On this trip, I traveled two days early and flew into Saskatoon, where I conducted a clinic at Sensei Crystal Johnson's club and traveled by van with their students to the Carlyle tournament. Thank you to Sensei Nick Kadash and Sensei Jayson Humphries for your hospitality.

The December 1st weekend, Sensei Dan McCoy and I conducted a two day clinic in Stony Plain and participated in the Seba Beach Christmas Classic tournament. The clinics and tournament was great. Thank you to Sensei Doug Scabar for the hospitality.

Upcoming Travels

Jan. 21st - 23rd annual Friendship Tournament in Fort Erie, Sensei Peter Ruch and Sensei Gary Bird

Jan 28th – Tournament in Timmins
Sensei June and Willie Lebrun

Feb. 18th - Tournament in Port Dover
Sensei Tom Foster

Feb. 24th and 25th – Clinic and Tournament in Virden, MB, Sensei Bruce Dunning

Mar. 3rd and 4th - Clinic and Spring Tournament in Calgary, AB, Sensei Heather Fidyk

Mar. 17th and 18th - Clinic and Tournament in Saskatoon, SK, Sensei Crystal Johnson

Mar. 30th – Apr. 1st – Clinic and Tournament - Western Canadian Championships, Sensei Doug Scabar

Have a great holiday and see you all next year!
Sensei Denis Labbé
e-mail dldlabbe@sympatico.ca

Editor's Thoughts

As we are starting a New Year with resolutions to eat better and exercise more, we should remember that although it is about the improvement of oneself along with that comes the opportunity to assist others in their improvements. In karate this could be the instructor setting good examples on the floor and for the students who are working hard on the floor. I have always found that if I have someone working hard beside me that I am inspired to work harder myself... So thank you to all the Jims, Darrens and Rathes (well only one of him) who are on the floor making me a better karate-ka.

Sensei Heather Fidyk, Editor

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Reminder:

SWKKF registration for 2006

Yearly registrations for 2005-2006 are now due.

Western Canada - submit registration to Sensei Bruce Dunning
PO BOX 963 Virden, MB R0M 2C0

Ontario & Quebec - submit registration to Sensei June Lebrun
195 Camille St. Timmins, ON P4K 1K2

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) tournament results in excel (first name and initial)

Send your submissions for March ASAP

The Bow

by Sensei Ron Mattie

In karate, all classes should start with a kneeling bow to the Shinzen, (place of honour or our predecessors) then a kneeling bow to the Shomen (front of the class) where the Sensei (teacher) is.

Ending the class is done in the reverse order. First the kneeling bow to the Sensei, then the kneeling bow to the Shinzen. If there is any Godan rank or higher they should be lined up at the front, it would be polite to bow to each one at a time prior to bowing to the Shinzen.

There is an Etiquette Manual that should be printed soon and available to all members which explains the technical way to bow for different situations and the procedure of when and where to bow.

Now, the reason for this article was because I was asked to explain the reason for the bow. I will try my best to clarify the etiquette. The bow may represent different things to different people and for different reasons. In karate, it represents a show of respect to our predecessors. It is NOT a bow to a God. You are only acknowledging their dedication to the art that lead you to this art. Without their dedication and years of commitment to the art, you wouldn't be there. You may consider that you are thanking them, acknowledging them, and or feeling their spirit in you in your practice.

Having said this, we do have people of different religions and faiths in our classes. The bow to them may represent different things than what the dojo calls for. In this case, you may want to make accommodations. I do have a few students who are Muslim. I'm told they are not allowed to bow to the Shinzen while kneeling, but can bow while standing. The standing bow represents something different while the kneeling bow is reserved for their God. The option I have given them is, while kneeling don't bow or stay standing and bow from a standing position. They understand our view point of what is important to us and I understand theirs, so therefore I accommodate them. I have heard other reasons for not doing the "standing bow" from other clubs and all I can suggest is to try to understand each other.

A standing bow to an opponent is like shaking hands and showing respect to your opponent - acknowledging the phrase "let us practice together."
Another issue that may arise is the gender issue. Some students are not allowed to touch the opposite sex. In my club, all the students are aware so that when we pair up, they know to respect that commitment.

What I have found that really works great is to have a sit down after class with all the students and get educated on the beliefs of the different religions practiced in your dojo. Once you understand and they understand the dojo philosophy, practice becomes less tense for everyone. I hope I have helped those who have asked me for some direction. If not, feel free to email me at rmattie@vaxxine.com

There and Back Again . . .

A Karate Tournament Story

by Joanne Peters

"I can't believe we're doing this!" was a comment I heard many times as I stood shivering in the cold outside the Didsbury Arena at 4:00 a.m. on Friday, November 25. I was surrounded by almost 50 members of the Olds / Didsbury Karate Club and a few "imports" from the Calgary Glamorgan Club. We were waiting to load our gear into the local community bus and then hit the road for an obscure destination known only as "Carlyle" for the Saskatchewan Provincial Wado-Kai Karate Tournament. Even at that unbelievably early hour, the energy level and enthusiasm of the club members was amazing. However, within a few minutes of boarding the bus, the energy level settled to a slow simmer as most of us attempted to catch a couple more hours of sleep.

Except for a couple of hurried coffee stops and a quick photo session at "Dog River" (home of the hit TV show "Corner Gas") we drove steadily for almost 12 hours before arriving in the mighty metropolis of Carlyle. We unloaded our sleeping bags and belongings into the Manor High School before heading off to the Carlyle School for an evening workout with Sensei Denis Labe (President of the Canadian Shintani Wado-Kai Federation) and Sensei Ron Mattie (Coach of the National Wado-Kai Team). It's amazing how a two-hour workout helps to loosen up those tired traveling muscles! Sensei Denis and Sensei Ron led a great workout and it truly was a privilege to see them in action and to learn from them.

Saturday's tournament began with the black-belt (Shodan/Nidan) competition. It was incredible to watch and very inspiring. It was also reassuring to realize that even the black-belt competitors get nervous! Every person in our club competed extremely well and, even if they didn't place in their division, they helped earn points in kata (individual routine) and kumite (sparring) which counted towards the overall team standings. Our club results were:

Suzanne Baril – 2nd Kumite; Amy Brazzale – 2nd Kumite & 3rd Kata; Miranda Brazzale – 3rd Kumite; John Brazzale – 3rd Kumite; Desiré Hoare – 1st Kata & 3rd Kumite; Allie Tkach – 3rd Kata; Pam Tkach – 3rd Kata & 2nd Kumite; Jesse Janz – 3rd Kata & 2nd Kumite; Josh Janz – 3rd Kumite; Tammy Janz – 3rd Kumite; Michelle Lysohirka – 1st Kumite; Calista Perison – 3rd Kata; Hal Perison – 1st Kata & 1st Kumite; Kyla Peters – 1st Kata & 3rd Kumite; Stacy Peters – 2nd Kata & 1st Kumite; Joanne Peters – 1st Kata & 1st Kumite; Jayden Rutschke – 2nd Kata; Jessica Rutschke – 3rd Kata; Sensei Delaine – 2nd Kata & 3rd Kumite; McKenna Tyson – 2nd Kata & 3rd Kumite; Martine Van Besouw – 3rd Kumite; Clem Van Besouw – 3rd Kumite; Dee Van Besouw – 2nd Kata & 3rd Kumite; Sheila Warkentin – 3rd Kumite; Kevin Vink – 2nd Kumite & 3rd Kata; Bethany Vink – 1st Kata / 2nd Kumite; Jordan Vink – 3rd Kata & 1st Kumite; Sharon Vink – 2nd Kata & 3rd Kumite.

Although we didn't win the team trophy, we came oh-so-close to taking it away from the Carlyle team for the first time in many years! We definitely served notice that we are a club to be reckoned with and that trophy may very well have a new home next year.

After another day-long bus ride, we arrived back in Didsbury at about 5:00 p.m. Sunday evening – exhausted, but already talking about the next class, the next tournament and the next road trip. Who knew that such a long bus ride combined with so little sleep and such fierce competition would be counted among my all-time favorite memories?! Special thanks to our bus driver for getting us “there and back again” at all hours of the day & night, the Manor High School for the use of their fine facilities, the parents who came along to keep us all in line and especially to Sensei Rathe Mokelky, Sensei Walter Greening and Sensei Delaine for their incredible leadership and dedication to our club.

Club Biographies

In an effort to connect the many clubs and organizations from across Canada and United States Sensei Denis has asked clubs to submit a short biographical article about their club or organization. Last issue included the Welland clubs, the St. Catharines group, the South Calgary clubs, the Bushido organization and Millwoods club in Edmonton, and Hay River club. This issue highlights one of our clubs from south of the border.

Northwest Arkansas Wado Kai

Northwest Arkansas is one of the fastest growing metropolitan areas in the United States of America. It contains the cities of Fayetteville, Springdale, Lowell, Rogers, and Bentonville, plus many smaller towns that all run together in a continuous cityscape starting at the Missouri border.

After moving to Arkansas in 1998 from Olds, Alberta, Joanne and Dave took a while to get back into martial arts training. The local clubs all seemed to be lacking the qualities that we had come to expect from our time in the Wado system. Rather than accept second best, we took a sabbatical from our training until our daughter Jessica (born 1999) was old enough to start training. We restarted our training training with a local not-for-profit Tae Kwon Do club that a co-worker of Dave's recommended. After we had trained for a year and a half with them, the club was forced to move because the only club member that still attended the church that the club met in was mobilized to Iraq.

While looking for a new location for the club, we found ourselves discussing how to improve that club without stepping on anyone's toes. It was then that we realized that it was not our place to “improve” a club that had been doing quite well for six years, and that we really missed the sense of community and no-compromise approach to quality of training in the Shintani Wado Kai Organization. During the relocation effort, we received permission to use our church as the class venue, as well as another church that was closer to where most of the TKD students lived. Rather than pass up the opportunity, we researched the work that Ken Bakewell was doing in Pennsylvania. We realized that there was a whole network of people in Wado that were doing exactly what we and our church were looking for.

Our club was born in July 2005. Our first meeting was September 1, 2005, with four students, plus Dave and Joanne. As of October 6, we have 28 white belt students registered with an average attendance of 18. Student mix is currently about 30% adult and 70% youth.

Our goals are to offer a place for Christians to practice martial arts without compromising their faith, to reach out to people that would not otherwise hear the message of salvation, and to capitalize on the culture of discipleship inherent in both the martial arts community and the church to help people grow in their walk with God. We meet every Thursday evening from 6:30 PM to 8:00 PM at Rogers First Church of the Nazarene, in Rogers Arkansas.

Y'all come on down now and enjoy some of the area's world-famous southern hospitality!

My Week in Welland

by Dave Pinkerton

My wife has been coaxing me to visit my outlaws in Ontario every year since we got married. I have usually been able to avoid that trip. However, after Sensei Ron visited our club and extended an open invitation to visit the Welland dojo, going to Ontario didn't seem like such a bad idea. While in Ontario this summer I visited the dojo and had a great time, courtesy of Sensei Ron. Now convincing my wife that another visit to Welland for a week without even seeing her family was pushing the envelope. A little groveling and the promise of many chores to be done upon my return and the trip was on. My week started on Sunday with a kata workshop in the morning and a trip to the Gorge with Sensei Ron and Joanne. Very beautiful, the gorge was nice, too. Monday, Tuesday, Wednesday were back to back classes. Karate, laido, kick-boxing in the evenings and working kata with Sensei Dennis in the mornings. On Thursday I met up with Sensei Shelley McGregor and her son Cameron (the trip was his birthday present, lucky boy). We also met up with a contingent of Albertans to numerous to name. We made a trip to see Niagara Falls in the snow and then off to Simcoe. Could you have a better Karate week than that? Only if it's finished off with clinics Thursday, Friday, Saturday, taught by the members of the Senate and the National Team. Then the tournament in Delhi on Sunday and it was back to Alberta.

I made a lot of new friends and had a fabulous time. I'm always impressed by the quality of people I meet in our organization and the hospitality that they show.

Calgary Travels

by Sensei Heather Fidyk

This fall the members of the South Calgary group traveled to three major events outside Calgary beginning with the Second Annual Fitness Seminar hosted by the Bushido Karate club. The seminar was very informative and focused on building the karate student to be strong and fit person who can do karate for a long time. In Mid November the following students traveled to the 25th annual Delhi tournament: Sensei Heather, Sensei Jeremy Olson, Brent Miygashima, the Dean family - Samantha, Addison, Bruce and Susan, Charlene and Jordan Gilroy and David Lalonde. Along with the tournament and workshops we also toured around Toronto, Lake Erie and along with Sensei Ron Mattie and the group from northern AB we saw Niagara Falls. Thanks again to the families who hosted us and to the organizers of the weekend. Less than a week later we were off to the 20th annual Saskatchewan Tournament in Carlyle, SK with the

following student: Sensei Heather, Christian Boivin, Jackie and Nick Norbert (he is still missing his hand pads), Ashleigh and Meagan Fidyk, and Tyler and Steve Sharples. The seminar and tournament were very inspirational. It is wonderful to see so many people supporting the organization out there. We look forward to seeing everyone at coming tournaments. Here are a few pictures captured from the travel, training and competition.



Group from Calgary & Northern AB at Niagara Falls, ON



Sensei Jeremy Olson (left) & Sensei Scott Hill –Delhi, ON

Shindo Federation of North America

by Sensei Marco Reyes



Sensei Denis teaching the youth workshop in Carlyle, SK



Tyler Sharples & Meagan Fidyk in Carlyle, SK

The Shindo Federation of North America is proud to offer their first instructional Shindo DVD. This DVD is based on the Basic Shindo clinic course. The **Basic Shindo** Training DVD is performed and narrated by Bruce Perkins, Rokudan.

The **Basic Shindo** training DVD is the direct result of a request from Sensei Masaru Shintani, Kudan and founder of The Shindo Federation of North America and The World Shintani Shindo Federation.

Sensei began teaching his students in the early 1980's. The roots of these basics and other techniques taught by Sensei can be traced directly back to his extensive Wado Kai training under Otsuka Sensei. Sensei Shintani used the *sabaki* motion and explosiveness that he was renowned for to develop the same effects with the Shindo. After introducing Shindo to his students, Sensei requested that a training and grading process be put in place, based on five katas; SHINDO NIDAN, CHIO BO TE, SEI SHAN NO SHINDO, CHINTO NO SHINDO, and WANSHU NO SHINDO. Sensei had a personal influence on the final outcome of all of these katas.

The basic course is the first of three segments, basic, intermediate and advanced that is designed to build on one another to create a strong basis for the dan level rankings and instructor certification that will follow. The aim of the Shindo committee is to further develop and spread Sensei Shintani's teachings and philosophies across the continent. For those of you who had the privilege of being associated with Sensei Shintani, you knew how important Shindo was to him; he once held the Shindo up in front of a class at a black belt work out and said "*this is my life*". Our aim is to make that life continue to live and prosper.

To order a **Basic Shindo Clinic DVD** you must:

1. Send a cheque made payable to:
The Shindo Federation of North America
2. Include your mailing address.
3. The cost is \$20.00 plus \$3.00 shipping and handling for each DVD. Send your cheques to:

The Shindo Federation of North America
22 Ridgeway Ave.
Pinegrove Subdivision R.R. #1
Simcoe Ontario
N3Y 4J9



Sensei Masaru Shintani teaching Shindo

Shindo Federation of North America September Grading 2005

by Sensei Kris Reynolds

On September 25th, 2005 in Port Dover, Ontario, with the co-ordination and endorsements of Sensei Denis Labbe (Shintani Wado Kai President, 8th dan) and the Shindo Federation of North America's leading yudansha Sensei Ron Matte – 7th dan, Sensei Lawrence Blakemore - 6th dan, Sensei Bruce Perkins – 6th dan, Sensei Brad Cosby – 6th dan, and Sensei Jim Atkinson – 5th dan (I am very sorry if I left anyone out!!!!), the very first National Standardized Novice Level Shindo Grading took place.

This grading came with an absolute sense of elation and celebration for all of us, and the anticipation of the rigours about to come did not in any way take away from the sense of pride I witnessed displayed very humbly by each grading participant. We shared our pride without talking about it, knowing that we select few were the products of many years of preparation, refining, dedicated work, more

preparation, more refining and even more dedication, built in honour, sincerity, and discipline constantly displayed by the Senseis named above. Countless hours have been spent ensuring that Sensei Shintani's unique gift of Shindo will be carried on through the collaborated efforts of these dedicated Sensei, and through them, to us participants and across our North American continent and eventually to the many participants who wish to share in learning Sensei Shintani's unique gift all over the world.

Some facts that are taught during the Basic Shindo curriculum are:

- Shindo was devised by Masaru Shintani Sensei, 9th dan, in the early 1970's
- Shintani Sensei started teaching his students Shindo in the late 1980's
- Shintani Sensei had made the Shindo methods and principles known to Otsuka Sensei who gave the System his full endorsement.
- Shindo is an extension of your arms (supposedly an easy concept, I think most who have practised will agree it is not that easy!).
- All principles applied in Wado Karate are also applicable to Shindo.

Trying to prepare myself I was mentally going over these points before we started. Mental preparation of this sort sets my mood, and I display my conviction and grasp of knowledge with more confidence when I am able to prepare this way. Shindo was first introduced to me by Sensei Shintani at a workshop (I believe in Delhi/Simcoe area in the middle 1990's, but am not sure as I used to get so excited when Sensei Shintani taught seminars I wouldn't remember, or the whole experience was like euphoria and I am sure I missed almost everything!). Today was something special I had anticipated coming for a long time. Hence, it was our celebration as the participants on the floor were paying tribute and sharing in Shintani Sensei's and his dedicated students' efforts. I could see that each individual wanted to share in making the Shindo Grading Committee very proud. This is usually my conviction, my drive and focus at any grading, is to show every individual that this is how we do this technique, this how we do this "right". I was very happy to see this conviction shared by all.

I was looking at each person on the floor trying to burn their memory into my mind, this was very momentous for me, and I had just about reached the focus I need to function well and display my technique to achieve a good grading mark. Sensei Jim Atkinson approached and informed that my grading would be teaching the Basic Curriculum along with Sensei Kris Reynolds.

Unfortunately I cannot report accurately what happened over the next 6 hours or so... except that we made it through, and I remember a celebration of pure and honest effort from everyone in the room. I was like a deer caught in the head lights! Upon reflection, it is was very much just like any time Sensei Shintani was around and I could never remember what he said or taught, being so caught up with elation just having his attention for that briefest of moments, and I really feel that he was there with us select participants.

When Sensei Kris and I finished sharing the Basic content for the grading (and the cloud of elation receded somewhat) we had a short break and had some lunch. That afternoon all participants were subjected to the expertise instruction of the Shindo committee in the introduction of intermediate level techniques and principles.

I am still diligently working on these as are all the participants and our efforts need not be mentioned here. Please stay tuned for the intermediate level grading coming some time in the New Year I am sure.

I can't express enough how much Shindo has helped my karate technique, which only makes sense as that was one of the two core concepts that Shintani Sensei taught about Shindo:

Concept # 1

"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."

Concept # 2

"Introduced to 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 it's principles and training."

Our celebration this day was a hard earned grading, with each and every person there successfully passing that day knowing that we were practising "Sensei's Unique Gift" to our society, and understanding that we were sharing in the true nature of all martial arts.

I urge you to do the same. Shindo helps your karate!

Successful grading participants for Novice Level Shindo grading were:

- Denis Labbe – Welland
- Cornelius Swart - Delhi
- Kris Reynolds – Lindsay/GTA
- Michele Heimbuch – Delhi
- Marco Reyes – Simcoe
- David Brunarski – Simcoe
- Brandon Mallon – Delhi
- Shannon Kaye – Delhi
- Spring Kaye – Delhi
- Terry Hill – Simcoe
- Darren Marshall – GTA
- Dan Mathews – Delhi
- Teaching Authorization for the Novice level training course was also awarded to Sensei Darren Marshall and Sensei Kris Reynolds.

Seba Beach Christmas Classic Tournament

by Sensei Doug McDowell

On December 03, 2005 the Seba Beach Wado Kai Karate club held the third A.S.K.A. Christmas Classic Tournament. The tournament was held at the Seba Beach School in Seba Beach, Alberta. It was attend by 101 kyu belts (colored belts) and 22 Black Belts from Hinton, Whitecourt, St. Albert, Spruce Grove, Stony Plain, Edson, Edmonton, Calgary, Olds Didsbury, Ontario and Seba Beach. The tournament was held to promote the use of Wado Kai Karate in a competitive setting.

The tournament was also used a vehicle to raise funds and food for the local Food Bank. Total amount of cash raised was \$50.00. Total weight of food raised was 75 pounds.



Sensei Peter Stocker presenting to Simone Bouffard

Sensei Denis Labbé President of the Shintani Wado Kai Karate Federation (SWKKF) was honorary tournament coordinator. Also in attendance were sensei Danny McCoy a member of the senate of the SWKKF and sensei Blaine Beemer Calgary and sensei Norm Volk St. Albert. Sensei Peter Stocker recognized an individual whom best demonstrated the true concept of Bushido (Bushido is not unlike the chivalry and the codes of the European knights). "It puts emphasis on loyalty, self sacrifice, justice, sense of shame, refined manners, purity, modesty, frugality, martial spirit, honor and affection". This person was Simone Bouffard from the Stony Plain club. Please find a picture enclosed should you wish to use it.

The highest ranking Black Belt in attendance was Sensei Denis Labbé 8th dan SWKKF.

Representing the Seba Beach Wado Kai Karate:

Jassy Forbes, Chris Howard, Alyssa Lalonde, Melissa Kothke, Maddie King, Jody Kulhawy, Katrina McDowell, Abi Lawson, Justice Lawson, Andrew Sutton, Travis Parish, and Chase Robinson.



Sensei Doug & Simone

Sensei Peter & Simone

The tournament sponsors were
 The Seba Beach Community Association
 The Seba Beach Karate Foundation
 Michael's Amusement Ltd.

Fall Team Report

by Sensei Kris Reynolds

With the S.W.K.K.F. Team is nearing the last months before the change to the 2006-2008 team everyone is training hard, and looking great as they gear up for the next International Tournament in California this February. The International Goodwill Karate Tournament held by Sensei Demura is scheduled for the third weekend in February near Orange County, California, and the Shintani Team will be making its second appearance at the tournament. If anyone is interested in supporting the team at this event, please email kris.reynolds@lindsaybellworld.com re: the tournament information and details.

Recently, at the 25th annual Delhi tournament, Sensei Jim Atkinson was gracious enough to invite the team to the tournament and all the fantastic clinics held for the days previous, as well as add a team event to the tournament. The team competed against 2 teams, one from Welland and a third team made of volunteer black belts attending the event. The competition was phenomenal from all competitors; with our national team winning the event by a 16 point spread...hopefully a small glimpse of what is to come in California. At the end of the competition the team participated in a photo session with a number of students.



Delhi Tournament - Shintani National Team with David Lalonde of Calgary, AB

The team will be launching a website to be released upon its completion. There will be exciting updates about the team, a message board for all members and alternates, some amazing photo and video of current and previous team members, and some bio's and contact links for all team members. Look for the URL and the info in future Harmonizers!!!

To the team... again.... Thank you for being such an amazing bunch to be with. In November I enjoyed every moment available to spend with everyone, and find myself anxious for our next gathering. All of you have made it an unbelievable experience for me to be a part of something so wonderful. I hope you all had a great holiday, and wish you all the best in the New Year.

Upcoming Events – Western Canada

January 14th, 2006 – Edson Wado Kai – Tournament
Troy Sorenson

February 18th /19th, 2006 – Whitecourt Wado Kai – Clinic and Tournament – Shelly McGregor

February 24th /25th, 2006 – Virden Wado Kai – Clinic and Tournament – Bruce Dunning

March 3rd /4th, 2006 – South Calgary Wado Kai – Clinic and Tournament – Heather Fidyk

March 18th 2006 – Saskatoon Wado Kai – Clinic and Tournament – Crystal Johnson

March 30th – April 1st, 2006 – Alberta Shintani Karate Association – Clinics and Tournament - Doug Scabar

May 5th /6th, 2006 – AB Provincial Black Belt Grading & Clinics hosted by the Bushido Karate Association (Edmonton) - James Freeman

Upcoming Events – Eastern Canada

January 21st, 2005 - Fort Erie Wado Kai – Tournament – Peter Ruch

January 28th, 2006 – Timmins Wado Kai – Tournament – Willie Lebrun/June Lebrun

February 12th, 2006 – Welland Wado Kai – Black Belt Grading – Ron Mattie

February 18th, 2006 – Simcoe South Wado Kai – Tournament – Tom Foster

March 2006 – Hanmer Wado Kai – Tournament – Gilles Dupuis

April 2006 – Welland Wado Kai – Tournament – Anne Readhead

April 22nd /23rd, 2006 – Michipicoten Wado Kai/Wawa Wado Kai – Tournament – Duanne Wenmann and Larry Laforge

June 23rd /24th, 2006 – National Master Shintani Memorial Karate Tournament – Clinic and Tournament – Anne Readhead and Jim Atkinson

Shintani Wado Kai Katas

DVD/VHS

PRICE LIST

PRICES LIST

DVD

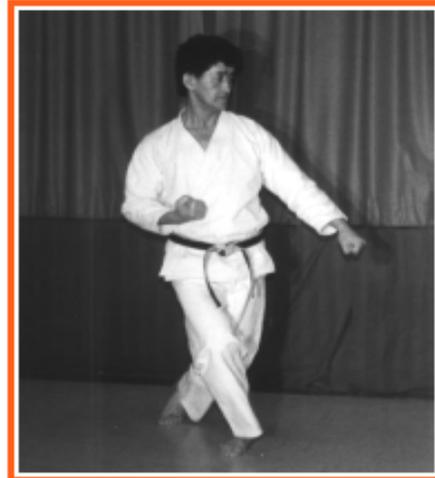
Volume 1	\$25	Pinan Katas
Volume 2	\$25	Black Belt Katas
Volume 3	NEW \$25	Chonan Shodan, Tekki Shodan, Shopai
Any 2 Volumes	\$45	
All 3 Volumes	\$60	

VHS

Volume 1	\$10	Pinan Katas
Volume 2	\$10	Black Belt Katas
Volume 1&2	\$15	

KATAS

Shintani Wado Kai
Karate Federation



TO ORDER CONTACT:

Western Canada: **Bruce Dunning** bdunning@mts.net
PO BOX 963 Virden, MB 204-748-3547

Eastern Canada: **Jim Atkinson** j.l.atkinson@sympatico.ca
RR2 Vanessa ON, N0E 1V0 519-446-3555
OR your club head instructor

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Seba Beach Christmas Classic Tournament Results

Summary Of Results	Division	Summary Of Results	Division	Summary Of Results	Division
Kata		Kata		Kumite	
Eric P	White Belt Junior	Philip M	Yellow Belt Junior	Boyd W	White/Yellow Belt Adult
Parker G	White Belt Junior	Cole P	Yellow Belt Junior	Alan S	White/Yellow Belt Adult
Chase R	White Belt Junior	Curtis S	Yellow Belt Junior	Jamie H	White/Yellow Belt Adult
Kumite		Kumite		Kata	
Tristan S	White Belt Junior	Philip M	Yellow Belt Junior	Nial F	Orange Adults
Parker G	White Belt Junior	Andreas J	Yellow Belt Junior	Ed M	Orange Adults
Eric P	White Belt Junior	Jan M	Yellow Belt Junior	Grant C	Orange Adults
Kata		Kata		Kumite	
Brandon S	White Belt Junior	Hope P	Yellow Belt Junior	Nial F	Orange Adults
Shawn M.	White Belt Junior	Julie B	Yellow Belt Junior	Grant C	Orange Adults
Jeff K	White Belt Junior	Nicole S	Yellow Belt Junior	Ed M	Orange Adults
Kumite		Kumite		Kata	
Brandon S	White Belt Junior	Hope P	Yellow Belt Junior	Jennifer H	Green/ Blue Belt Male/Female Adult
Shawn M.	White Belt Junior	Nicole S	Yellow Belt Junior	Paul W	Green/ Blue Belt Male/Female Adult
Mohammed S	White Belt Junior	Julie B	Yellow Belt Junior	Jassy F	Green/ Blue Belt Male/Female Adult
Kata		Kata		Kumite	
Renee B	White Belt Junior	Brendon M	Orange Junior	Travis P	Green/ Blue Belt Male/Female Adult
Dorrie R	White Belt Junior	Tyrel B	Orange Junior	Alyssa L	Green/ Blue Belt Male/Female Adult
Kaitlynn S	White Belt Junior	Simone B	Orange Junior	Jassy F	Green/ Blue Belt Male/Female Adult
Kumite		Kumite		Kata	
Natalie B	White Belt Junior	Brayden J	Orange Junior	Dave P	Blue/Brown Male Adult
Dorrie R	White Belt Junior	Brendon M	Orange Junior	Kevin T	Blue/Brown Male Adult
Erika E	White Belt Junior	Simone B	Orange Junior	Cary S	Blue/Brown Male Adult
Kata		Kata		Kumite	
Kennedi M	White Belt Junior	Luke G	Orange Belt Junior	Andrew S	Blue/Brown Male Adult
Tyler S	White Belt Junior	Dallin H	Orange Belt Junior	Cary S	Blue/Brown Male Adult
Derek K	White Belt Junior	Reiv F	Orange Belt Junior	Dave P	Blue/Brown Male Adult
Kumite		Kumite		Kata	
Joey F	White Belt Junior	Reiv F	Orange Belt Junior	Hiromi H	Blue/Brown Female Adult
Derek K	White Belt Junior	Luke G	Orange Belt Junior	Dee G	Blue/Brown Female Adult
Bennett R	White Belt Junior	Dallin H	Orange Belt Junior	Joleen G	Blue/Brown Female Adult
Kata		Kata		Kumite	
Collin G	White Belt Junior	Sam F	Green Belt Male/Female Junior	Dee G	Blue/Brown Female Adult
Nicholas M	White Belt Junior	Cameron M	Green Belt Male/Female Junior	Katrina M	Blue/Brown Female Adult
Adam M	White Belt Junior	Max H	Green Belt Male/Female Junior	Joleen G	Blue/Brown Female Adult
Kumite		Kumite		Kata	
Collin G	White Belt Junior	Sam F	Green Belt Male/Female Junior	Kelsey R	BB
Nicholas M	White Belt Junior	Max H	Green Belt Male/Female Junior	Lindsay O	BB
Adam M	White Belt Junior	Tamara T	Green Belt Male/Female Junior	Tim V	BB
Kata		Kata		Kumite	
Jude W	Yellow Belt Junior	Heather B	White/Yellow Belt Adult	Kelsey R	BB Women
Darnell H	Yellow Belt Junior	Jamie H	White/Yellow Belt Adult	Denise L	BB Women
Jaxon K	Yellow Belt Junior	Alan S	White/Yellow Belt Adult	Lindsay O	BB Women
Kumite		Kumite		Kumite	
Trevor C	Yellow Belt Junior	Heather B	White/Yellow Belt Adult	Tim V	BB Mens
Darnell H	Yellow Belt Junior	Nadine L	White/Yellow Belt Adult		

