



THE HARMONIZER

OFFICIAL NEWSLETTER OF THE SHINTANI WADO KAI KARATE FEDERATION



VOLUME 10 ISSUE 2

April 2006

Message from the President

In memory of Master Shintani,
Denis Labbé

Karate season is up and very strong.

I started this year off in Ontario with the 23rd Annual Friendship Tournament in Fort Erie, linking with Sensei Peter Ruch and the tournament co-coordinator, Sensei Gary Bird. Following with a travel to Timmins to the January 28th Karate Invitational Tournament. Great turn out. Thank you Sensei Willie and June Lebrun for your hospitality, finalizing my Ontario travel with the Port Dover Karate Tournament on February 18th. Sensei Tom Foster and his crew did a great job.

On February 23rd and 24th weekend, I conducted a clinic in Virden following with the Manitoba Provincial Tournament the next day. It was a busy weekend for Sensei Bruce Dunning and Sensei Susan Schneider. Thank you both for your hospitality.

March 1st to the 5th was the clinics and the Spring Tournament in Calgary. The first night, I arrived at the Canmore club with Sensei Reed Barrett and Sensei Birger Kamprath, conducting a junior and adult clinic. The next day, I linked with Sensei Chris Ashby in Okotoks for a combined junior and adult clinic. On Friday, in Calgary, I participated in the clinics with Sensei Ron Mattie and Sensei Jim Atkinson. The tournament the next day was a success. On Sunday, I assisted Sensei Ron and Jim with the Basic Shindo grading. Later that night I followed up with a junior and adult clinic at the Glamorgan club with Sensei Dan McKee and Sensei Kevin Bowes. Thank you to Sensei Heather and Darren Fidyk for a great weekend and for your hospitality.

The weekend in Saskatoon with Sensei Crystal and Jeremy Johnson started on Thursday night; March 16th at the YMCA where I conducted a junior and adult clinic. The Friday and Sunday clinic was at the

Warmen club. I had a great time judging the combined junior/adult team competition on Saturday's tournament in Warmen. It was the highlight of the tournament.

Upcoming travels:

Mar. 30th – Apr. 1st - Clinic and Tournament at the Western Canadian Championships in Spruce Grove. Sensei Doug Scabar.

April 21st and 23rd – Clinic, Tournament and Black Belt Grading in Wawa. 11th Ken Brown Memorial Tournament. Sensei Duanne Wenmann.

April 29th – Peter Cioffi Memorial Tournament in Welland. Sensei Anne Readhead.

June 2nd and 3rd – Clinic and Tournament in Devlin and Fort Frances. Sensei Chris Bazinet and Sensei Claude Boucher.

June 23rd and 24th – Clinic and Tournament in St. Catharines. Shintani Memorial Championships. Sensei Anne Readhead and Sensei Jim Atkinson.

There are three more weeks before Easter, counting the last week of March. If you are planning any traveling during that time, be sure to travel safe. Hope to see you at the upcoming clinics and tournaments.

Sensei Denis Labbé

Editor's Note

My apologies on the late publishing of this quarter's Harmonizer, it was a very busy month for our club, me and my family. With that said the tardiness made time for a few more articles to be sent this way. Keep them coming!

Sensei Heather Fidyk
Editor

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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 a either a word document, adobe acrobat, jpeg (pictures)

****Send your submissions for July ASAP****

National Team Update

by Sensei Kris Reynolds

It has been a busy Quarter for the national team, traveling to seminars and a tournament in California, and to the Western Canadian Championships in Spruce Grove Alberta. At both competitions the team preformed well, falling just short of medal placing at the Goodwill Karate Championships in California, and placing 2nd as a team in Alberta. The team is now gearing up for the Sensei Shintani Memorial Tournament in June where they will compete as a team for the last time.

The new team tryouts will be held on the weekend of May 26th, 2006 in Welland Ontario. The application

forms went out last week, are published in the Harmonizer and will be available on the website. Applications must be submitted no later than May 1, 2006. With the exciting new format dividing the team spots by weight class instead of rank, and using a selection committee in place of a tournament it is the perfect time for everybody who is interested in being on the S.W.K.K.F. National Team to try out.

Something New! Glamorgan Women's Wado-Kai Karate – Calgary, Alberta

by Sensei Nancy Stocker, nidan

In some martial arts clubs there seems to be a big difference in the numbers of men and women attending. Ever wonder why that might be? I didn't have to ponder the question very long at all. I have been involved with teaching women in Calgary for many years and have heard a lot of reasons why women sometimes don't tend to show up in co-ed classes in similar numbers to men.

In September 2005, I started my own dojo instructing women out of Pro Bodies Fitness Club in Calgary's southwest area known as Marda Loop. The initial registration totaled 20 students. I was quite surprised when so many women showed up at the first class. Some women don't feel comfortable training with men, especially in the early months when they are learning the basics of karate. Women can be intimidated by aggression – at least until they feel able to fight on a somewhat even playing field. Women typically are not as physically large or strong as men and this appears to make a big difference to women until they realize that the skills one learns in karate can be used successfully on people of any size. It's all about experience and slowly building strength and confidence. I try and gear the warm-up exercises towards women's bodies. We may do fewer push-ups than in a regular Glamorgan Wado adult class but we attend to building upper body strength using other exercises such as bridges and hip dips. We use Randori sparring to introduce new techniques and learn distancing and control.

The women tend to like the individualized teaching approach I employ. However, what seems to really attract students is the gender-specific composition of the class. One of the most exciting aspects of this class is the cohesiveness of the group despite a broad diversity of age and skill level. Students range in age from the early teens to fifty years of age and from beginner to brown belt in karate experience. It's really very satisfying to see generations of women working together and helping one another in a

mutually supportive learning environment. We have a couple of mother-daughter pairs in this class and I see this as a wonderful opportunity for these women to participate in a healthy physical activity together.

This class has been supported whole-heartedly by Glamorgan Wado-Kai founders Sensei Dan McKee and Sensei Kevin Bowes, who recognized the need for a separate class for women and have been extremely helpful and encouraging throughout. Special recognition also goes to Sempai Jennifer Heumann for her frequent assistance with instructing the class, and to Sensei Rudi Stocker, who has received special dispensation from the group to permit him to attend and teach on rare occasions.



**Glamorgan Women's Wado Kai Karate Group
Winter, 2006**

Annual South Calgary Spring Tournament

by Heather Fidyk

March 3rd & 4th the South Calgary Wado Kai Karate Club hosted its annual spring workshop and tournament. The workshop for the youth group had Sensei Jim Atkinson, Sensei Ron Mattie, and Sensei Denis Labbe inspire them with aspects of basics, kata and kumite. The adult workshop followed a similar format with each of the guest instructors focusing on different attributes of kata and kumite. The tournament included 3 events for the youth divisions and 2 events for adult divisions. The kumite was run as a double knockout event for each division. There were over 230 competitors from Alberta and Saskatchewan. See tournament results in this issue of the Harmonizer. The banquet was organized as a potluck dinner at the McKenzie Beach club and proved to be a great success.

The first week of March was very busy for the students in southern AB. Sensei Denis conducted

clinics focusing on basics at the Canmore, Okotoks, and Glamorgan clubs. Included in the weekend was a Shindo basic grading and advanced clinic. Overall the first of March was very busy and exciting. Thank you to everyone who volunteered their time to participate. The following pictures are of eager competitors, girls, boys, beginners to black belts and even one soon to be karate-ka.



Shindo Grading Southern Alberta

by Heather Fidyk

The Didsbury Iwa Yama group hosted the novice grading followed by the intermediate clinic on March 5th. Sensei Ron Mattie, Sensei Jim Atkinson and

Sensei Denis Labbe presided over the event. Thanks to sensei Walter Greening for organizing the day and sensei Frank Hagenaars of the South Calgary club for helping out.

The following students received the rank of novice: Hal Perison, Dylan Greening, Linda Greening, Walter Greening, Neil Walker, Sheila Warkentin, Clem Van Besouw, Delaine Seemann, Dee Greening, Stephen Janostin, Brent Miyagishima, Jordan Gilroy, Cheryl Boivin, Frank Hagenaars, Ray Muller, Darren Humphries, Heather Fidyk, Dave Pinkerton, and Clinton McCrea.



How can I thank you?

by: Shelley Tyson, a grateful parent

How can I thank you? Is a question that I ask myself each week when I pack up my 7 & 4-year-old girls into my van and head to my 7 year old daughters Karate class. This has become a ritual that we all look forward to weekly and I have never heard my daughter complain that she has to go to class.

She looks forward to seeing her friends each week, but most of all she is driven, she has a purpose. Something you seldom see in young people these days, let alone a 7 year old. For this I thank all of the Shintani Wado Kai Karate Federation members for the time that they take each and every week, along with many of their weekends to put on competitions for the members.

In our fast paced lives there are many qualities that have been pushed aside for reasons unknown. Self-discipline, respect for others as well as for oneself and manners. These are qualities that my husband and I strive on a daily basis to instill in our daughters. We find it very difficult when there are so many

outside influences making our job much more difficult.

So on with my thank you. Thank you for providing an environment that upholds my values and dreams for my daughters in every way shape and form. I can think of very few clubs or organizations that help guide young people in a direction that shows them that with perseverance, hard work, ethics, and discipline you can achieve a richness that they will take with them throughout everyday life, school and future careers. Thank you for giving my daughters role models that are approachable and genuine. You have given my daughter a focus she never had before Karate, she now has patient (most days, she is only 7) and she also yearns to pass her knowledge on to others, an achievement that a parent can truly be proud of.

She is an avid competitor and cannot wait till her next competition. One of her favorite things to attend is the workshops where she can spar with her idols and learn a few more moves to help her reach her next goal. These competitions become a family event for us and we have met many great families that take the same pride as we do when watching our children compete. I have been to many sporting events and in my youth was involved in a lot of sports myself and I am so impressed with the level of respect, for lack of a better word, that I see at these events. There is feeling when you attend these competitions that so impressed me, the absence of our right cheering is replaced with a room of parents quietly watching and inwardly bursting with pride. Maybe what our children learn in class each week has rubbed off on us as well! At the end some may walk away smiling ear-to-ear grasping on to a medal that shows them that on this day they achieved another goal. Of course there are others that for them it may have been a missed step in their Kata or a match lost in Kumite and a few tears may flow. What a great opportunity though as a parent to teach our children about sportsmanship and a great way to do that is to turn them towards a ring where higher ranking belts are participating and show them with how a Black Belt behaves after a win or loss and how friendships that they have made throughout the years of competitions comes before "winning."

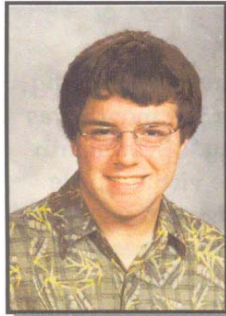
I consider my daughter to be a winner just to belong to such a close-knit community of leaders. Again I thank you for all that you do and you really are helping shape our youngster's lives in a positive way.

Burt Ward to be an American Ambassador to JAPAN

Submitted by: Ken Bakewell

Burt Ward, along with three other students from Warren County, has been chosen as a *People to People Student Ambassador* to Japan for the summer of 2006 as part of the Erie Pennsylvania Delegation of People to People's 50th anniversary.

It was founded during the Cold War Era by Dwight D. Eisenhower to have young people from different cultures come together in peace and friendship. The 14 day exchange consists of meetings with government officials, interaction with other students, educational activities, and home stays with host families. Student ambassadors are nominated, then interviewed and evaluated before being accepted into the program.



Burt is a Blue Belt Karate student with the North Warren Presbyterian Church Club Kids Karate of Warren. He is affiliated with The World Congress of the Shintani Wado-Kai Karate Federation, which is run, by Dr. Robert Graham, Chief Instructor and President and William Sorvelli, Head Administrator of the Pennsylvania Organization. His instructors are Ken Bakewell and Jon Sirianni both of Warren Pennsylvania. Burt has been one of the earliest and most faithful students at Kids Karate of Warren. He was there shortly after the club started about 6 years ago and has missed lessons only for school and church activities or to work at the YMCA as a lifeguard. Burt is the son of Rev. Buddy and Anne Ward of North Warren Presbyterian.

Burt is very excited, as he has had an interest in Japan and its culture for quite some time. In preparation for the trip, he will be attending once a month training sessions and keeping a journal about the experience. Although the program is not Christian per se, it is an opportunity for Burt to experience another culture and be a Christian witness through his life to the people of Japan and the other students in the program.

Most of the funds need to be sent to *People to People* by this spring and fundraisers will continue through till then. Since the monies go to an individual, donations cannot be deducted on taxes.

Burt appreciates all the support from the church members and friends. He will be presenting a program next fall about his trip. **PEOPLE TO PEOPLE**
Please keep Burt and this experience in your prayers.
Thank You!

Upcoming Events –Western Canada

2006 Alberta Regional Black-belt Grading Week-end

The Bushido Karate Association is honoured to be hosting the 2006 Alberta Regional Black-belt Grading Week-end in Edmonton Alberta.

Contact: Sensei James Freeman, Yodan
jfreema@telus.net

Highlights

- Special Guest: Sensei Denis Labbe, 8th Dan, and President of the Shintani Wado-kai Karate Federation
- Informal work-out with Sensei Denis Thursday May 4
- Youth and Adult Clinic on Friday May 5
- AB 2006 Provincial Black-belt Grading on Saturday May 6

Upcoming Events –Eastern Canada

Shintani Canadian National Team Selection Welland, ON May 26 - 28, 2006

Peter Ciolfi Memorial Tournament Welland, ON April 29, 2006

[Anne Readhead a_readhead@hotmail.com](mailto:Anne.Readhead@readhead@hotmail.com)

Devlin & Ft. Francis 5th Annual Tournament Devlin, ON June 3, 2006

[Chris Bazinet chris_bazinet@abicon.com](mailto:Chris.Bazinet@abicon.com)
[Claude Boucher ranch@jam21.net](mailto:Claude.Boucher@jam21.net)

Shintani Memorial Clinic with the Senate Members St. Catharines, ON June 23, 2006

Shintani Memorial Championships St. Catharines, ON June 24, 2006

[Anne Readhead a_readhead@hotmail.com](mailto:Anne.Readhead@readhead@hotmail.com)

Shintani Development Scholarship

The Wado Kai Student Development Fund offers two annual scholarships of \$500 each.

Application forms can be found online at
www.shintani.ca follow events> messages>
index> October 27/04



SWKKF 2006-2008 National Team Selection

May 26-28, 2006
Welland, ON

The following is a short summary of the process by which the 2006-2008 team will be selected. The selection will occur through a weekend of karate events. The candidates will be selected based on various categories, including level of fitness, coach-ability, and an evaluation of kata and kumite in a competition setting. By the end of the weekend the best athletes/competitors will represent the team.

A selection committee will consist of 5 members, the team coach and 4 others which will be appointed by the senate from past team members, ranking yodansha and/or senate members from across the country.

The team will remain at 7 members, 5 men & 2 women. The weight categories will be for men under 60kg, under 80 kg and over 80kg, women would be under 60kg and over 60kg. The two remaining men's positions will be called *wild cards* each will be from different weight category. (These weight categories may change before the selection weekend to best align with the WKF weight classes.)

Alternate team members (2nd place finishers) will also be selected in each weigh category. Alternate team members would be included in all communication sent out to the SWKKF team members. IE training and competition schedules, training and nutritional guidelines and schedules. When training sessions are held in close proximity alternates would be invited and expected to attend.

The **weekend** event is to be held **May 26-28, 2006**, prior to the **National Tournament, (June 24, 2006)** with the retiring national team competing at the Shintani National tournament. Information on accommodations will follow.

A non refundable fee of \$75.00 must accompany all applications by cheque or money order made out to the SWKKF National Team.

Itinerary for the weekend:

Friday, May 26, 2006	– 5pm to 7pm	Fitness evaluation
Friday, May 26, 2006	– 7pm to 10pm	Workshop
Saturday, May 27, 2006	– 9am to 12noon	Advanced basics and kata evaluation - workshop
Saturday, May 27, 2006	– 1:30 to 5pm	Ippon kumite and kumite evaluation – workshop
Saturday, May 27, 2006	– 7:30 to 10pm	R&R time
Sunday, May 28, 2006	– 10am to 1pm	Kata & Kumite competition evaluation
Sunday, May 28, 2006	– 2pm	Awards

(subject to change)

The applications to be mailed to:

Kris Reynolds
229 Kent St W
Lindsay, ON
K9V 2Z1

***For Questions please email kris.reynolds@shintaniteam.ca

Shintani Wado-Kai National Team Tryout Application

I am tryout for the team: I am only participating in the workout:

Name: _____ Rank: _____

Address: _____

Phone #: _____ E-mail address: _____

Passbook No. _____

Club: _____ Sensei: _____

Age: _____ Gender: _____ Weight: _____ Height: _____

*The above information is required for tournament registration

Any disabilities or medical problems: _____

How flexible is your schedule for traveling and working out: _____

This application must be received no later than May 1, 2006 accompanied by a non -refundable \$75 check or money order payable to: SWKKF (National Team)

Mail to: Kris Reynolds, 229 Kent St. W., Lindsay, On., K9V 2Z1

South Calgary Wado Kai Karate Annual Spring Tournament - Results

Division	Age	M/F/B	Event	Gold	Silver	Bronze
White	5/6	B	Kata	Halen D.	Clayton H.	Cody O.
White	5/6	B	Pad Kumite	Robbie H.	Cody O.	Clayton H.
White	5/6	B	Kumite	Halen D.	Robbie H.	Cody O.
White	7	M	Kata	Kade W.	Nolan V.	Max T.
White	7	M	Pad Kumite	Brandon W.	Nolan V.	Jakub M.
White	7	M	Kumite	Kade W.	Brandon W.	Jorey R.
White	7	F	Kata	Lisa S.	Madison B.	Jasmine O.
White	7	F	Pad Kumite	Jasmine O.	Erin S.	Madison B.
White	7	F	Kumite	Erin S.	Sarah E.	Jasmine O.
White	8	M	Kata	Brock A.	Mackenzie B.	Christopher B.
White	8	M	Pad Kumite	Matthew D.	Mackenzie B.	Christopher B.
White	8	M	Kumite	Matthew D.	Brock A.	Mackenzie B.
White	9	B	Kata	Nicholas W.	Connor R.	Kiana T.
White	9	B	Pad Kumite	Connor R.	Nicholas W.	Nicole C.
White	9	B	Kumite	Nicholas W.	Tessa S.	Kiana T.
White	10/11	F	Kata	Jenae V.	Stephanie H.	Rachael B.
White	10/11	F	Pad Kumite	Stephanie H.	Jenae V.	Emily E.
White	10/11	F	Kumite	Stephanie H.	Rachael B.	Jenae V.
White	10/11	M	Kata	James D.	Carson A.	Jesse W.
White	10/11	M	Pad Kumite	Carson A.	Grant S.	James D.
White	10/11	M	Kumite	Jesse W.	Nick S.	Carson A.
White/Yellow	Adult	B	Kata	Michael M.	Fil D.	Marg Q.
White/Yellow	Adult	M	Kumite	Fil D.	Michael M.	
White/Yellow	Adult	F	Kumite	Carmen G.	Vanessa D.	Marg Q.
Yellow	6/7	B	Kata	Danika P.	Thomas S.	Tommy A.
Yellow	6/7	B	Pad Kumite	Annie P.	Raymond R.	Thomas S.
Yellow	6/7	B	Kumite	Eric J.	Annie P.	Jonathon D.
Yellow	8	B	Kata	Heather B.	Justin T.	Linares K.
Yellow	8	B	Pad Kumite	Linares K.	Justin T.	Heather B.
Yellow	8	B	Kumite	Hannah D.	Linares K.	Alexander K.
Yellow	8/9	B	Kata	Eric P.	Andrew R.	Devon M.
Yellow	8/9	B	Pad Kumite	Amy B.	Andrew R.	Jacob D.
Yellow	8/9	B	Kumite	Andrew R.	Amy B.	Eric P.
Yellow	<=12	B	Kata	Paula M.	Daniel C.	Patrick C.
Yellow	<=12	B	Pad Kumite	Patrick C.	Daniel C.	Kyla P.
Yellow	<=12	B	Kumite	Patrick C.	Daniel C.	Justin B.
Orange	9	B	Kata	Alexander S.	Ryan L.	James E.
Orange	9	B	Pad Kumite	James E.	Ben W.	Aaron P.
Orange	9	B	Kumite	James E.	Ryan L.	Alexander S.
Orange	10	B	Kata	Thomas P.	Tyler S.	Alycia F.
Orange	10	B	Pad Kumite	Tyler S.	Gabriel J.	Tyson T.
Orange	10	B	Kumite	Tyson T.	Alycia F.	Tyler S.
Orange	11	B	Kata	James S.	Riley H.	Nicole A.
Orange	11	B	Pad Kumite	Riley H.	James S.	Nicole A.
Orange	11	B	Kumite	Nicole A.	Brandon P.	Hailey T.
Orange	12	B	Kata	David L.	Jesse P.	Jesse C.
Orange	12	B	Pad Kumite	Jesse C.	David L.	James G.
Orange	12	B	Kumite	David L.	James G.	Jesse P.
Orange	13 to 15	B	Kata	Stephan J.	Tyrell P.	Sydney W.
Orange	13 to 15	B	Pad Kumite	Sydney W.	Stephan J.	George D.
Orange	13 to 15	B	Kumite	Stephan J.	Sydney W.	Justin H.
Orange	Adult	B	Kata	Michael D.	Jenni S.	Joanne P.
Orange	Adult	M	Kumite	Michael D.	Alex B.	Blair A.
Orange	Adult	F	Kumite	Joanne P.	Kelly H.	Jenni S.
Green	11	B	Kata	Jacky N.	Miranda W.	Jesse L.
Green	11	B	Pad Kumite	Jesse L.	Jacky N.	Conrad K.
Green	11	B	Kumite	Brittany L.	Jacky N.	Vanessa M.
Green	12	B	Kata	Dylan R.	Andrew C.	Madison L.
Green	12	B	Pad Kumite	Zachary D.	Alex D.	Madison L.
Green	12	B	Kumite	Nick N.	Andrew C.	Zachary R.
Green	Adult	B	Kata	Christina V.	Chris J.	Cindy L.
Green/Blue	Adult	F	Kumite	Cindy L.	Amber D.	Nicole D.
Green/Blue	Adult	M	Kumite	Clem V.	Chris J.	Hal P.
Blue	Adult	B	Kata	Hal P.	Clem V.	Amber D.
Blue/Brown	11 to 15	B	Kata	Sam F.	Kelsey D.	Brock B.
Blue/Brown	11 to 15	M	Pad Kumite	Joey M.	Chris H.	Kurtis A.
Blue/Brown	11 to 15	M	Kumite	Chris H.	Joey M.	Brock B.
Blue/Brown	11 to 15	F	Kumite	Sam F.	Kelsey D.	Taylor R.

Division	Age	M/F/B	Event	Gold	Silver	Bronze
Brown	Adult	B	Kata	Dave Pinkerton	John Maslen	T.C. Rurak
Brown	Adult	F	Kumite	Dee Greening	Cheryl Boivin	Jennifer Heumann
Shodan		M	Kumite	Sensei Frank	Sensei Chris B.	Sensei Peter S.
Nidan/Sandan		M	Kumite	Sensei Alex	Sensei Kevin	Sensei Rudy
Nidan/Sandan		F	Kumite	Sensei Lauren	Sensei Nancy	Sensei Delaine
Nidan/Sandan		B	Kata	Sensei Paul	Sensei Lauren	Sensei Kevin
Yodan/Godan		B	Kumite	Sensei Rathe	Sensei Heather	Sensei Dan
Yodan/Godan		B	Kata	Sensei Rathe	Sensei Heather	Sensei Reed
Black		B	Shindo Kata	Sensei Walter	Sensei Jeremy	Sensei Frank
Kyu-Belt		B	Shindo Kata	Dillan G	Brent M	Hal P.