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THE HARMONIZER

VOLUME 10 ISSUE 3

OFFICIAL NEWSLETTER OF THE
SHINTANI WADO KAI KARATE FEDERATION



July 2006

Message from the President

In memory of Master Shintani,
Denis Labbé

The Western Canadian Championships and clinics on March 30th till April 1st in Spruce Grove was a great success. Sensei Norm Volk and his crew did a great job. The clinics were conducted by Senseis Danial McCoy, Bruce Perkins, Brad Cosby, Rick Leveille, Ron Mattie, Lawrence Blackmore, and myself. I want to thank the Scabar family for their hospitality.

The 11th Ken Brown Memorial Tournament weekend was on April 21st to the 23rd. We had a great clinic on Friday, following with the tournament on Saturday, and finalizing it on Sunday with a black belt grading. The clinic was conducted by Sensei Rick Leveille, Bruce Perkins and myself. Thank you, Sensei Duanne Wenmann and your club members for your hospitality.

On April 29th we had the Peter Ciolfi Memorial Tournament in Welland. There was an Iaido and Kendo demonstration. Sensei Anne Readhead and her crew did a great job at the tournament.

The clinic and tournament in Devlin and Fort Frances was on June 2nd and 3rd. The clinic was conducted in Devlin by Sensei Danial McCoy, Rick Leveille, and myself. The next day was the tournament in Fort Frances. Sensei Claude Boucher and family invited everyone to their place for a get-together. I would like to thank Sensei Claude and Sensei Chris Bazinet for their hospitality.

The Master Shintani Memorial Karate Tournament and clinic was on June 23rd and 24th. The clinic was conducted by Sensei Ron Mattie, Brad Cosby, Rick Leveille, Peter Ruch, and myself. We had a great tournament with no injuries. Thank you Sensei Anne Readhead, Sensei Jim Atkinson and all the team crew members who helped to make the tournament a success.

In conclusion, I would like to wish everyone a great summer. Travel safe and have fun. See you in the fall.

Sensei Denis Labbé

New Editor

Greetings from the hundredth meridian! I have replaced Sensei Heather Fidyk as the fearless editor of your newsletter. My goal is to maintain the same kind of high quality publication to which you have been accustomed. Please remember, the Harmonizer will benefit greatly from your input! You might provide us with insight into your dojo, philosophy of training, aspects of technical execution, or news on karate happenings in your area. If the writing bug strikes, drop me an email at jhgervin@mts.net. If you would prefer to contact me by phone, my daytime number is (204) 534-3212 and my evening number is (204) 534-3769. Finally, for those who wish to support Canada Post, my mailing address is

Jeff Gervin
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Boissevain, MB
R0K 0E0

I consider this editorial position to be an honor, and hope to serve you well. If you have questions or comments, please feel free to contact me. I would like to extend my gratitude and thanks to Sensei Heather Fidyk for a job well-done. May you all have a pleasant and relaxing summer season.

*Sincerely,
Jeff Gervin*

In this Issue

Message from the President
Interview with Sensei Ron Mattie
A Karateka's Guide to Travel in Southern ON
Training with the Shintani National Team
SWKKF Team Tryouts 2006-2008
Alberta Grading May 2006
2006 Master Shintani Memorial National
Tournament
News from Hanmer Wado-Kai
Obituary: Sensei Dominic Morabito

Senate Interview Series

In upcoming editions of the Harmonizer I intend to publish interviews with the members of the SWKKF senate. It behooves us, I think, to hear their stories and ideas. Senate members beware—you never know where I might turn up.—Ed.

Interview with Sensei Ron Mattie

Editor's note: For those of you unfamiliar with Sensei Ron Mattie—well, you just haven't been paying attention. As the 7th Dan chief instructor of the SWKKF, Sensei Mattie is also the coach of the national team, has been extensively involved with production of kata video references, and travels extensively in the name of Wado. He is also a notorious prankster and is no mean magician. I caught up with him in Welland. —Ed.

Harmonizer: *When and where did you begin your study of Wado-Kai?*

Sensei Mattie: I started when I was fifteen years old. A friend of mine, Denis Labbe, got me into it—I thought he was a wimp at the time. *(laughs)* We went to high school together, and he kept trying to get me to go to the dojo. My comment to him was, I don't care how much karate you know, I can always kick the poop out of you. *(laughs again, then becomes serious)* After seeing him on the floor for a half-hour, my jaw dropped. He was so impressive—he was a green belt at the time.

Harmonizer: *So you finally came to the dojo, and that's what changed your mind?*

Sensei Mattie: Oh, yeah. I saw the humbleness in him and thought, "I want to be like that."

Harmonizer: *About ten or fifteen years ago you told me a story of Sensei Shintani's encounter with a boxer during a pre-class warm up. Can you elaborate?*

Sensei Mattie: I was a brown belt at the time, Sensei Denis was a black belt. We were at Brock University in St. Catharines. Before class, Sensei Denis and I were warming up. Sensei Shintani was behind us, just warming up, and a boxer was there. He asked Sensei if he wanted to spar, and Sensei said, "sure". They started, and this guy was trying to take Sensei Shintani's head off. Sensei was relaxed, moving around, ducking, moving around—never struck him (the boxer) once, and never got hit once. It was pretty amazing. Denis and I just thought, "Wow—here's a guy that actually is doing what he's preaching"—he was living his teaching.

Harmonizer: *What do you know of Sensei Shintani's competition days?*

Sensei Mattie: Very little. He competed in judo in the days when there were no weight divisions. One time he fought a really big guy for the championship—he (Sensei Shintani) knew he was going to get killed by this guy—he was just putting everyone away. When he grabbed Sensei Shintani and tried to throw him, Sensei got a choke on him. He was trying to throw Sensei, but he just hung on—he knew that if he could just keep the choke

on, the guy would pass out sooner or later. This guy was trying to throw him all over, and he couldn't. Sensei was hanging in the air, holding on to the choke—finally the guy just dropped, and Sensei won the championship.

Editor's note: Although uncommon, standing chokes and armlocks are occasionally attempted even at the highest levels of judo competition—attacking a much larger competitor with a standing choke would be considered to be a brazen attack, indeed!

Harmonizer: *So Sensei was more competitive in judo than in karate?*

Sensei Ron Mattie: Yeah. I know he entered some (karate) tournaments, but being the humble guy that he was, he never talked much about those kinds of things.

Harmonizer: *When, and why, was the concept of the "Shintani team" developed?*

Sensei Mattie: There was a big tournament in Okinawa one year that we were going to go to, and we had planned to send a team there. We did some fund raising and tried to find some information—only to find that the tournament was for Okinawan styles only. They were going to let us go, but then politics came in, and we didn't end up going. Sensei wanted to keep a National Team out there so that the other organizations could see what we're about. I understand that it's hard for us to win under their rules, just like it would be hard for them to win with the rules that we're under. So...we need to be adaptable to both, which makes our athletes even better. In doing that, we still want to maintain the identity of the SWKKF, the humbleness...we never want to win a tournament on trickery, or by psyching the opponent out... we want to win with pure, clean, karate.

Harmonizer: *Are you satisfied with the progress of the team?*

Yes....it's been a struggle to figure out what direction to take...at first we entered shintani tournaments, then we decided to go into international tournaments. The rules changed, the katas and etiquette changed, so we had to learn that. A lot of the games that are played out there...we refuse to play in this organization. If there is an advantage to win, a lot of teams will use it. People will influence the judge by waving their hand for a score, or feigning injury. If the judge saw the point, they'll call it. If we get hit, we don't show it.

Harmonizer: *Has your personal involvement with the team affected your approach to karate training?*

Sensei Mattie: The SWKKF is more art than competition. The competition we do is only to enhance our art; it has nothing to do with winning, but with improving yourself. Every single member out there is always trying to help their opponents; that way, as their opponents get better and beat them, in turn they get better and beat their opponents. This helps the organization grow. Doing that, the team that we have has really grown to a high caliber. I pull resources from various sources, like Sensei Roger St. Arneault, who competes internationally, to the Senate members, who are highly skilled martial artists.

Harmonizer: What cross training techniques, if any, does the team employ?

Sensei Mattie: We have a trainer, Sensei Dr. Dave Brunarski, who is a Doctor of Chiropractic and also is on the Canadian Chiropractic board. They do a lot of research for Olympic teams. A lot of the research they do goes into their magazine to help all athletes. In the old days, they (coaches) always did major stretches before running, and they (athletes) had injuries. Now, they do a light warm up before running, and major stretches at the end of the workout. These are the kinds of things he has taught us. (He tells us) what to eat before a major training session that is a week long as opposed to what to eat before a tournament. He helps us with development of fast-twitch muscles. Some follow it (the program) and some don't, and you can see how those that do excel by the end of the two years.

Harmonizer: What pearls of wisdom could you share with other karateka wishing to improve their competitive skills?

Sensei Mattie: I would say, you have to get out there. So many people isolate themselves in one club. Get out of your comfort zone. Don't be afraid to go to someone else's club. When you pair up with a partner—the guys that you're afraid of? Those are the guys you pair up with. When you pass that fear one day, then you know your level has improved. There are so many good karate people out there...go out to the other clubs. You can learn something from a shodan running a club somewhere. Be loyal to your instructor, but don't just stick to your home club. Black belt classes are the biggest thing to go to...there is so much sharing of knowledge in those classes, and people just improve so much.

Harmonizer: Getting back to the team for a second...why was the decision made to change the selection process?

Sensei Mattie: I never even stopped to think about it, and neither did the senate; past team members came to us and (suggested that the process should be changed). If you look at other sports, there is a (more extensive) selection process. Those are the kinds of things that we started looking into, and we presented it to the senate. They weren't in favor of it, but their comment was that if I thought it was the best way to go, they would trust me on it. I felt such pride and joy that they had that confidence in me, to vote against what they felt and trust my decision on it.

Harmonizer: What competitive venues are planned for the 2006-2008 team?

Sensei Ron Mattie: In the first year we have to train international and Shintani rules. We support the Shintani tournaments the first year, and hit the international tournaments on the second year. Sensei Roger St. Arneault has a window for us to get in to the international tournaments, he has the connections, so I get him to help me a lot with the coaching of international ways. Roger is trying to get us in this year, but I don't think (the team) is

ready for it and I don't want to spend the money if they're not ready. When push comes to shove, I have a small budget right now. We try to do fundraisers and get grants, and if we get those we can go more places. We are looking at going to Europe; we have been invited to Morocco again. There are possibilities for Portugal, Italy, England, and Japan. We are looking at those options.

This concludes my interview with Sensei Ron Mattie. I would like to thank him for his time, and look forward to conversing with other members of the SWKKF Senate.
--Ed.

A Karetaka's Guide to Travelling in Southern Ontario by Jeff Gervin

- 1) Posted speed limits are guidelines only. Locals become upset if you're not exceeding the limit by at least 40%.
- 2) When driving, your right foot must always be jammed down on the accelerator or the brake. Coasting to a stop light is a sign of weakness.
- 3) Feel free to make left-hand turns into the face of oncoming traffic if the oncoming driver appears timid. He will probably stop. If he doesn't, your ki power will probably protect you from the effects of at least a minor collision.
- 4) When attempting to follow a "karate convoy" from point A to B, remember that the route will always involve multiple unnecessary turns, detours through alleys and parking lots, and a trip through a Tim Horton's drive-through.
- 5) No time for a sit-down breakfast? Not to worry—you will encounter a doughnut shop with drive-through every six to seven seconds.
- 6) If no time for doughnut drive through, roll down your window and eat some smog. Nutritional value is equivalent to the doughnut shop.
- 7) "You's" is translated as "your group".
- 8) Welland is desperately short of hotels with hot tubs. You might want to pack a mixmaster to give your hotel bathtub that "Jacuzzi feel" after a weekend of hard workouts.

Training with the Shintani National Team

By Dr. David Brunarski, Sandan
National Team Trainer
drbrunarski@aol.com

This is the first in a series of articles devoted to personal fitness training as performed by the national team. The purpose is to share this knowledge with the Shintani Federation at large so that all karateka who aspire to compete for a position on the team will have the same tools at their disposal.

Every athlete has strengths and weaknesses. All too often, overtraining, inadequate recovery, faulty nutritional practices, repetitive strain injuries and time management problems sabotage potential success. The Shintani National Team members are expected to develop their already considerable karate talents as well as their personal fitness so that they can handle the stress of international travel and world cup competition. The focus of this so-called cross-training is to further develop the karateka's speed, strength, flexibility, stamina (endurance), and agility (co-ordination). The results need to be relevant to karate and not counter-productive.

Begin tonight. Prepare for a proper rest every night. Take a hot bath or shower to warm up the muscles and flush out any accumulated acids. Allow at least twenty minutes before bed to stretch effectively and meditate. For a basic stretch, lie on the floor and start with the large muscles of your legs and low back. Knee to chest pulls stretch the buttocks; slow sit-ups stretch the low back muscles; touching the toes and holding for at least thirty seconds stretches the hamstrings. Now move to a seiza (kneeling) position and lean backwards to stretch the quadriceps. (*Editor's note: the quadriceps are the large muscles at the front of the thigh*). Always hold for at least thirty seconds to a minute to get a good stretch. Do not bounce or strain. However, if you do overdo it, you have all night to recover. This is why stretching in the morning or before you are warmed up is risky. If you pull something before a workout or competition and try to perform, you will be at risk of serious strain. Next, assume a squat with your feet flat on the floor to stretch your calf muscles. Now stand up and roll your shoulders forward and then backwards eight to ten times. Cross your chest with one arm and then use your other arm to force a stretch of the shoulder muscles by pushing behind the elbow of the arm crossing your chest. Switch and repeat. To stretch the neck muscles use a side to side rolling action but keep the chin near the chest. Go slowly and do not look up. This would pinch the nerves in the neck and compress the discs unnecessarily. From here you can work on any sore or strained muscles with self massage or acupressure techniques. Find the active (motor point, pressure point) in the thickest part of a muscle and press in with your thumb for at least thirty seconds. The most popular (ie. painful) pressure points are located at the junction of the elbow, between the thumb and first finger, and the traps. (*Editor's note: the "traps", or trapezius muscles, originate at the base of the skull and the upper back and travel to the shoulder...they are the muscles used to "shrug" your shoulders*).

The next article will tackle training schedules and performance nutrition. I would appreciate hearing from you about any special training requests or questions.

In harmony,

Sensei Dave

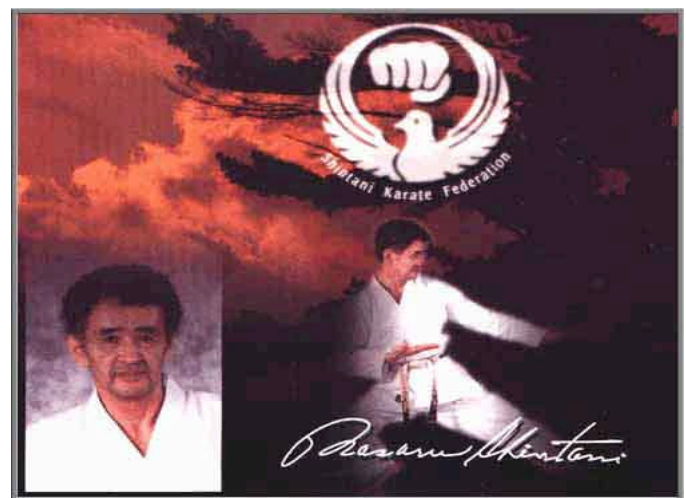
Editor's note: Dr. David Brunarski is a practicing chiropractor who also serves as the trainer of the national team. I approached him at the National Tournament and asked if he would be willing to write a regular column for the Harmonizer detailing the training strategies of the national team. Topics discussed will include aspects of nutrition, recovery, and periodization of athletic activities, to name a few. Any karateka considering taking his or her competitive abilities to the next level will do well to read these articles. I sincerely thank Sensei Dave for his willingness to accept the responsibility of writing an article for the Harmonizer.—Ed.

TELL US YOUR STORY!

Each one of us is on a martial arts quest, of sorts. The Harmonizer would like to hear your story. When and why did you begin your Wado training? Where do you train? What keeps you motivated? You could even tell us about your favorite techniques, kumite strategies, or your types of cross-training. I would be happy to hear from you. -- Ed.

THIS SPACE NEEDS YOUR PICTURES!

Do you travel to tournaments, workshops, and gradings with digital camera in tow? The Harmonizer would love to show your pictures to the entire organization. Email your photos to me, Jeff Gervin, at jhgervin@mts.net. Please be sure to indicate the names of individual(s) in the photos, and where they were taken. I am especially interested in photos with historical interest to the organization.



SWKKF 2006-2008 Team Tryouts Held In Welland

A new SWKKF competition team was chosen on the weekend of May 24-26, 2006. The tournament-style selection process of previous years was replaced by a more extensive competition designed to assess each competitor's competitive ability, adaptability, and level of fitness. The weekend's activities began on Friday evening with several hours of basic techniques. Following this, team trainer Dr. David Brunarski began the first of his athletic assessments with the vertical jump test.

On Saturday morning, team coach Sensei Mattie taught Taisei kata to the group with the expectation that the kata would be performed in competition the following day. Sensei Roger St. Arneault then challenged the competitors by teaching a Shotokan kata called Sochin. The purpose of this test was to evaluate each karateka's ability to adapt to slightly unfamiliar movements and stances.



Sweatin' to the oldies: Sensei Shannon Kaye practices Sochin kata during SWKKF team competition

After this, it was time to hit the track for further athletic assessments. The group completed three heats of 40 m sprints, a 2-mile run, and plyometrics and strength evaluations. Competitors then returned to the dojo for two-step and freestyle kumite drills.

The kata and kumite competition began Sunday morning at 7:30. Each karateka performed Taisei, followed by a kata of his or her choice. A round-robin kumite competition followed. In total, competitors spent approximately twenty hours in the dojo or on the track.



2006-2008 SWKKF Competition Team

On Sunday afternoon, the successful candidates were announced. They are (from left to right):

Female lightweight: Kelly Horvath
Male lightweight: Greg Veltri
Male Heavyweight: Paul Kamprath
Male middleweight: Michel Gosselin
Male Heavyweight: Alex Fast
Male Middleweight: Shannon Kaye
Female lightweight: Delaine Seeman

Congratulations to the successful candidates! I am confident that you will represent us well.



Team spirit: Senseis Alex Fast and Rod Sumblor

Editor's note: As a participant in the 2006-2008 team tryouts, I can vouch for the validity of the new selection process. The weekend's activities were well-organized, relevant, and a lot of fun! I would like to sincerely thank the individuals that made this weekend possible including Senseis Ron Mattie, Kris Reynolds, Dan Mc Coy, Shelley Mac Gregor, Neil Prime, David Brunarski, and Roger St. Arneault. My apologies to anyone I might have missed.

Alberta Grading May 2006

By Jennifer Cockrall-King, Nidan, Bushido Karate Association

The Alberta group was thrilled to have Sensei Dennis out for our grading weekend. We were able to fit in two evenings of clinics on the Thursday and Friday before the big day on Saturday.

In keeping with Sensei Labbe's "back to basics" campaign, we all got a chance to work on refining our basic stances, like zenkutsu-dachi and juji-dachi, as well as basic block-and-counter techniques. In fact, despite a mostly brown and black belt attendance on Friday night, we spent most of our time on the floor on things like getting full extension on our reverse punch while in juji-dachi (worked in groups of three with the striker in the middle and alternating sides). We also revisited blocks – such as a soto-uki-gedan block sequence off of the same arm – to remind ourselves that the non-blocking hand still had a job to do: a pump.

It was an eager crowd on Saturday morning, and the brown belts look suitably terrified as things kicked off. It was especially nice to see all of the other karateka on the floor for moral support of their friends and for a great multi-hour workout!

The joseki board consisted of Doug Scabar, Norm Volk, Bill Hynes, Shelley MacGregor, James Freeman, Alex Pinto, Heather Fidyk, Paul Kamprath, Walter Greening, Dan McKee, Darren Humphries, Chris Ashby, Kevin Bowes and Hugh Loughheed, with Sensei Denis Labbe overseeing the grading.

Afterward, there was a record turnout for the banquet at Maurya Palace restaurant, where the time-honoured tradition of speeches followed an excellent Indian feast. It was fun to hear from so many people on their personal karate backgrounds and their individual takes on these milestones. Sensei Labbe reminded us all about the importance of our karate network, and how lasting and fun those friendships are.

Congratulations to the karateka who advanced to a new rank at this event.

Marc Stocker (Calgary) Shodan
John Eastly (Calgary) Shodan
TC Rurak (Calgary) Shodan
Hiromi Honda-McNeil (Spruce Grove) Shodan
Jake Fleming (Spruce Grove) Shodan
Dave Pinkerton (Whitecourt) Shodan
Cary Stellmach (Stony Plain) Shodan
Dee Dee Greening (Didsbury) Shodan
Timothy Austin (Saskatoon) Shodan
Zack Wiltshire (Edmonton) Shodan
Alan Cliff (Edmonton) Shodan
Emily Cliff (Edmonton) Shodan
Jason Wlodarczyk (Edmonton) Shodan

Shane Shepherd (Whitecourt) Nidan
Kyle Stellmach (Stony Plain) Nidan

Frank Hagenaaers (Calgary) Nidan

Craig Pettie (Edmonton) Yodan
Colin Frans (Mill Woods) Shodan
Vaughn Lasell (Mill Woods) Shodan
Don MacKenzie (Mill Woods) Shodan
Chris Marler (Edson) Shodan



Sensei Rudy Stocker: $x = -b \pm \sqrt{b^2 - 4ac}$ the square root of what? Nobody told me there were going to be quadratics on this test!



Joseki



On the floor

National Tournament, Clinic Held at Brock University

Brock University in St. Catharines, Ontario, was once again the chosen venue for the National Master Shintani Memorial Karate Tournament. The weekend commenced with an excellent clinic on Friday evening. Senate members Denis Labbe, Ron Mattie, Brad Cosby, Peter Ruch, and Rick Leveille directed the attending karateka through basics, kata and two-step kumite techniques from 6:00 -10:00 p.m.

The National Tournament was held on Saturday. Kata, kumite, shindo, and team kumite competitions were held (see appended results). During the opening ceremonies, Sensei Denis Labbe announced some very significant dan grade promotions. Senseis Brad Cosby, Peter Ruch, Bruce Perkins, Lawrence Blakemore, Danny Mc Coy, Willie LeBrun, June LeBrun, and Rick Leveille were promoted to Schichidan (7th dan). Senseis Rathe Mokolky, Blaine Beemer, and Charlotte Martin were promoted to Rokudan (6th dan). Congratulations, senseis, on these remarkable achievements!

On Sunday morning, an open workout was offered at the Welland dojo. Approximately twenty-five brave and hearty souls convened in what was a truly Wado-style learning experience: each participant, regardless of rank, was given five minutes to teach a technique to the group.

I would like to extend my thanks and congratulations to all those who had a role in organizing and running the clinics and tournament. Once again, it was a truly inspiring experience. –Ed.

2006 National Master Shintani Memorial Karate Tournament Results

Kata-Midget 6-7

- 1 Taran L.
- 2 Sarah Mc.
- 3 Drew K.

Kumite-Midget 6-7 girls

- 1 Tyra H.
- 2 Sarah Mc.
- 3 Mandy T.

Kumite-Midget 6-7 Boys

- 1 Drew K.
- 2 Kohl K.
- 3 Taran L.

Kata-8-9 yr. White

- 1 Jonathan T.
- 2 Bill K.
- 3 Nicholas P.

Kumite8-9 yr. White

- 1 Isidora N.
- 2 Bill K.
- 3 Nicholas P.

Kata-8-9 yr. White

- 1 Adam S.

- 2 Andrew L.
 - 3 Bryant J.
- #### Kumite-8-9 yr. Orange-up

- 1 Bryant J.
- 2 Adam S.

Kata-10-11 yr. White

- 1 Taylor G
- 2 Michael B.
- 3 Corwan G.

Kumite-10-11 yr. White

- 1 Meghan S.
- 2 Hunter F.
- 3 Taylor G

Kata-10-11 yr. Yellow

- 1 Meghan S.
- 2 Heather B.
- 3 Makelty St.

Kumite-10-11 yr. Yellow

- 1 Michael B.
- 2 Jeremy P.
- 3 Michael P.

Kata-10-11 yr. Org-Grn

- 1 James C.
- 2 Richard C.
- 3 William H.

Kumite-10-11 yr. Org-Grn Boys

- 1 Davis S.
- 2 Dylan G.
- 3 Eric S.

Kumite-10-11 yr. Org-Grn Girls

- 1 Lauren S.
- 2 Shannon M.
- 3 Colleen M.

Kata-10-11 yrs. Blue-up

- 1 Michael K.
- 2 Bryce L.
- 3 Jason M.

Kumite-10-11 yrs. Blue-up boys

- 1 Michael K.
- 2 Austin W.
- 3 Jason M.

Kumite-10-11 yr. Blue-up girls

- 1 Jesse H.
- 2 Chlae B.
- 3 Diana P.

Kata-12-13 yrs white-yellow

- 1 Geoffrey Mc.
- 2 Roger R.
- 3 Jasmine S.

Kumite-12-13 yrs W-Y Boys

- 1 Geoffrey Mc.
- 2 Jordon V.

Kata-12-13 yrs Orange-Green

- 1 Ember-Lynn S.
- 2 Madeline H.
- 3 Samuel H.

Kumite-12-13 yrs O-G Girls

- 1 Lisa C.
- 2 Madeline H.
- 3 Sarah W.
- Kata-12-13 yrs BI-Brn**
- 1 Dillion C.
- 2 Kathryn K.
- 3 Michelle H.
- Kumite-12-13 yrs BI-Brn Boys**
- 1 Dillion C.
- 2 Micheal B.
- 3 Keith M.
- Kumite-12-13 yrs BI-Brn Girls**
- 1 Jenna D.
- 2 Michelle H.
- 3 Emily K.
- Kumite-14-15 yrs W-YBoys**
- 1 Geoffrey Mc.
- 2 Jordon V.
- 3 Libon M.
- Kumite-14-15 yrs W-Y Girls**
- 1 Laura C.
- 2 Lynn R.
- 3 Jasmine S.
- Kata-14-15 yrs O-G**
- 1 Elizabeth C.
- 2 Breanne M.
- 3 Luise W.
- Kumite-14-15 yrs O-G Girls**
- 1 Ashly K.
- 2 Elizabeth C.
- Kata-14-15 yrs Brn**
- 1 Emily G.
- 2 Sam F.
- 3 Shannon D.
- Kumite-14-15 yrs Brn Girls**
- 1 Sara K.
- 2 Christina B.
- Kumite-14-15 yrs Brn Boys**
- 1 Thomas W.
- 2 Nathan K.
- Kata-Adult White**
- 1 Travis P.
- 2 Lorraine G.
- 3 Ruben R.
- Kumite-Adult White Men**
- 1 Michael P.
- 2 Ruben R.
- 3 Brian S.
- Kata-Adult Yellow**
- 1 Jen C.
- 2 Sheila W.
- 3 Carl C.
- Kumite-Adult W-Y Women**
- 1 Jen C.
- 2 Kathy V.
- 3 Sheila W.
- Kata-Adult Org**
- 1 Doug S.

- 2 Rick T.
- 3 Paul Mc.
- Kumite-Adult Org Men**
- 1 Grant I.
- 2 Doug S.
- 3 Rick T.
- Kata-Adult Grn**
- 1 Christina V.
- 2 John S.
- 3 Brenda R.
- Kumite-Adult Grn Men**
- 1 John S.
- 2 Eric B.
- 3 Hector S.
- Kumite-Adult O-G Women**
- 1 Cathy V.
- 2 Wendy P.
- 3 Christina P.
- Kata-Adult Blue**
- 1 Josh F.
- 2 Catrina C.
- 3 Jordan C.
- Kumite-Adult Blue Men**
- 1 Landon H.
- 2 Josh F.
- 3 Jordan C.
- Kata-Adult Brn**
- 1 Andrew Z.
- 2 Jaleen G.
- 3 Olivia C.
- Kumite-Adult Brn Men**
- 1 Andrew Z.
- 2 Zakk P.
- 3 Gabriel L.
- Kumite-Adult BI-Brn Women**
- 1 Olivia C.
- 2 Jaleen G.
- 3 Kathy A.
- Shindo Kata Kyu Belt**
- 1 Anna G.
- 2 Andrew Z.
- 3 Kathryn K.
- Shindo Kata Black Belt**
- 1 Kris R.
- 2 Shannon K.
- 3 Rod S.
- Kata-Shodan Mandatory**
- 1 Kelly H.
- 2 Patrick S.
- 3 Greg V.
- Kata-Shodan Open**
- 1 Greg V.
- 2 Kelsey R.
- 3 Fortunato S.
- Kumite-Shodan Men**
- 1 Greg V.
- 2 Patrick S.

- 3 Dan R.
Kumite-Shodan Women
- 1 Kelsey R.
- 2 Kelly H.
- 3 Delaine S.
Kata-Nidan Mandatory
- 1 Kris R.
- 2 Lauren P.
- 3 Alex F.
Kata-Nidan Open
- 1 Lauren P.
- 2 Alex F.
- 3 Kris R.
Kumite-Nidan Men
- 1 Art L.
- 2 Kris R.
- 3 Doug F.
Kata-Sandan Mandatory
- 1 Shannon K.
- 2 Scott H.
- 3 Rod S.
Kata-Sandan Open
- 1 Rod S.
- 2 Shannon K.
- 3 Claude B.
Kumite-Sandan Men
- 1 Claude B.
- 2 Scott H.
- 3 Rod S.
Kata-Yodan Mandatory
- 1 Michel G.
- 2 Duanne W.
Sanford D.
- 3
Kata-Yodan Open
- 1 Michel G.
- 2 Heather F.
- 3 Sanford D.
Kumite-Yodan Men
- 1 Sanford D.
- 2 Michel G.
- 3 Duanne W.
Kata-Godan-up Mandatory
- 1 Rathe M.
- 2 Jeff G.
- 3 Randy Q.
Kata-Godan-up Open
- 1 Rathe M.
- 2 Peter A.
- 3 Jeff G.
Kumite-Godan-up
- 1 Randy Q.
- 2 Rathe M.
- 3 Peter A.

News from the Hanmer Wado Kai Club

Sensei Gilles Dupuis Sr. (Sandan) of the Hanmer Wado Kai Club has recently published their official website: www.hanmerwadokai.com. We encourage all members of the Shintani Wado Kai Karate Federation to visit the site to get updates on the club, upcoming events and/or its members.

Please feel free to provide your comments and or suggestions to Laura Trites (Club Rep) via the 'Contact' page which may be posted on a future 'Comment Section' on the website. Should you need to contact Sensei Gilles Dupuis Sr. or forward any information to him or his club, please visit the contact page for a direct email link.

Also, this year at the 6th Annual Hanmer Wado Kai Karate Tournament held on March 4th at College Boréal there was a first time ever event for the S.W.K.K.F. - **an All Women's Ring**. The center ring was reserved for all of the girls/ladies Kata & Kumite events and was judged by a panel of all women senseis: Sensei June LeBrun (Rukudan), Sensei Solange Foucault (Shodan), Sensei Amanda Sullivan (Shodan), Sensei Dara Lavoie (Shodan) & Sensei Melanie Camirand (Shodan).

This women's ring was recognized by all who attended the tournament and viewed as a unique event to see. Sensei June LeBrun was able to participate as center judge for all events and all divisions.

Thank you to all who attended the tournament to support the club and we hope to see you at future events.

Sensei Gilles Dupuis Sr

TELL US ABOUT YOUR CLUB!

We want to hear from you and your club! With your help, upcoming editions of the Harmonizer will go on a cross-Canada tour to identify the Wado clubs out there. Tell us about your club, your senseis, the surrounding area, and be sure to include some pictures. Even if your club is well-established, there are most likely plenty of karateka that know little about it. Send your submissions to Jeff Gervin at jhgervin@mts.net.

Editor's note: I suspect that my daughter, three-year old Gillian Gervin, may well have been the only non-karateka to "win" a medal at the tournament. Sensei Sanford De Witt gave his second-place medal to a very happy Gillian, citing that she was "just so darn cute". Thank-you, Sanford, for making a little girl's day!—ed

OBITUARY: SENSEI DOMINIC MORABITO



It is with profound sadness that the Welland Wado Kai community announces the passing of Sensei Dominic Morabito, who succumbed to cancer on May 17, 2006. Sensei Dominic was a mainstay at the Welland dojo for some thirty-five years. According to Sensei Ron Mattie, Mr. Morabito trained at the dojo nearly every day until his illness was very advanced. It is clear that Sensei Dominic's bravery was an inspiration to those who knew him.

On behalf of the membership of the SWKKF, I extend our condolences to Mr. Morabito's family at this difficult time.



Senseis Ron Mattie, Dominic Morabito, and Denis Labbe



Sensei Dominic spars with Sensei Rathe Mokelky

Shintani Wado Kai Katas

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KATAS

Shintani Wado Kai
Karate Federation



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OR your club head instructor

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