



The

HARMONIZER

The Official Newsletter of the Shintani Wado-Kai Karate Federation

Volume 11, Issue 1

January 2007

In this issue:

Message from the President

Message from the National Coach

From the Editor's Desk

21st Annual Saskatchewan Wado-Kai Provincial Tournament

25th Anniversary of the SWKKF in Saskatchewan, Manitoba

Training with the Shintani National Team

Snapshots from the Welland dojo

Errors and Omissions

Message from the President

In Memory of Master Shintani

Sensei Denis Labbé

Happy New Year 2007. I hope you and your family had a good Christmas. My upcoming travel events for this year are:

Jan 20th: Fort Erie Wado-Kai 24th Annual Friendship Tournament in Fort Erie, Ontario

Jan 27th: Timmins Wado-Kai Tournament in Timmins, Ontario

Feb 10th: Black Belt Grading in Welland, Ontario

Feb 18th: Simcoe South Wado-Kai Tournament in Port Dover, Ontario

Feb 23rd and 24th: Virden Wado-Kai Karate Tournament and Clinic in Virden, Manitoba

Mar 2nd and 3rd: South Calgary Wado-Kai Tournament and Clinic in Calgary, Alberta

Mar 16th and 17th: Saskatoon and Warman Wado-Kai Karate Tournament and Clinic in Saskatoon, Saskatchewan

Mar 29th-31st: Western Canadian Wado-Kai Championships in Stony Plain, Alberta

April 20th and 21st: 12th Annual Ken Brown Memorial Tournament in Wawa, Ontario

April 22nd: Black Belt Grading in Wawa, Ontario

April 28th: 10th Annual Peter Cioffi Memorial Karate Tournament in Welland, Ontario

May 4th and 5th: Clinic and Black Belt Grading in Calgary, Alberta

May 11th and 12th: National Master Shintani Memorial Karate Tournament and Clinic in St. Catharines, Ontario

I welcome everyone back to the New Year and hope to see you soon in the upcoming clinics and tournaments.

Message from the National Coach

By Sensei Ron Mattie

To all Instructors and Black Belts:

As the Chief Instructor for the Shintani Wado-Kai Karate Federation I have spent time with many talented instructors, conducted clinics, and coached our National

Team. I would like now to conduct special clinics for just our instructors and the black belts in their areas.

The objective is to enhance the curriculum of our instructors and to keep consistency within the organization. I want to develop and/or enhance the teaching skills of our instructors. Sensei Shintani was a brilliant

man. He passed on his teaching skills directly to many of his students, me included. When Sensei Shintani found weaknesses in a student he developed techniques to strengthen the weak areas, both physically and mentally. I would like the higher ranks and senate

(Continued on page 7)

From the Editor's Desk

On New Year's Resolutions and Personal Growth

The three months since October's Harmonizer have flown by! I hope you all have had a wonderful holiday season. May 2007 be all that you wish it to be.

The arrival of a new year often prompts us to set some goals and focus our lives somewhat. We call this "making resolutions". This activity is dismissed by many, but in my opinion, should be considered carefully. Why not take stock of your life and try to make improvements? In karate, we preach the virtues of humility. One of the major tenets of humility in karate-do is that nothing is perfect; there is always room for physical,

technical, tactical, mental, or spiritual improvement. Not only does this apply to karate-do, but also to other sports and to daily life. Be open and willing to accept the polite criticisms of others. Just as importantly, be willing to give honest but polite evaluations of the performance of your peers. At a recent workshop, I observed as Sensei Ron Mattie asked a group of assembled black belt karateka to evaluate his performance of a section of Pinan Shodan. It might seem ironic for the seventh dan SWKKF Chief Instructor and National Team Coach to ask a relatively inexperienced black belt member to evaluate his kata. In most martial arts associations, a person in Sensei Mattie's position would be considered to be

above this type of scrutiny. I would suggest that Sensei Mattie possesses his remarkable skills in part because he regularly submits himself to the critical evaluations of others, and makes improvements based on these criticisms. In spite of his elevated status within the SWKKF, he has retained his status as a **student** of karate-do. The lesson is obvious: never stop learning. Be a student of karate and of life. Learn from your mistakes, plan for the future, and strive for continual self-improvement.

Good luck with those resolutions!
Jeff Gervin

"Be open and willing to accept the polite criticisms of others. Just as importantly, be willing to give honest but polite evaluations of the performance of your peers."



"Just for Kicks" Kumite action at Saskatchewan tournament

21st Annual Saskatchewan Provincial Wado-Kai Tournament

Report submitted by Sensei Doug Waldner

The twenty-first annual Saskatchewan Provincial Wado-Kai Karate Tournament took place on Saturday, November 25th, 2006. One hundred and thirty-five entrants competed in twenty-six kata divisions and twenty-

seven kumite divisions. There were twenty-two black belts in attendance.

Notable attendees included Sensei Denis Labbe, Hachidan (8th dan black belt and Head of the Shintani Wado-Kai Karate Federation), Sensei Rathe

Mokelky, Rokudan (6th dan black belt), Sensei Jeff Gervin, Godan (5th dan black belt), Sensei Darren Humphries, Yodan (4th dan black belt) and Sensei Mark Forsyth, Sandan (3rd dan black belt).

In addition to the conventional kata and kumite competitions, a new competition was included this year for those competitors possessing the rank of green belt or above. After the regular kumite competitions were complete, the karateka in first and second place in each kumite division were invited to compete in a one minute, continuous match. The winner of the contest was decided by hantei after the minute had elapsed. All competitors found this challenging.

Another new addition this year was a pancake breakfast held by Sensei Jayson Humphries at his place of business on the morning of November 25. By all reports, this was a well attended and fun event with great food.

On Friday November 24, Senseis Denis and Rathe conducted a very interesting and challenging workout.

The Clinton MacFarlane Memorial trophy is awarded at our annual tournament to memorialize Clinton MacFarlane, a local karateka who passed away in an industrial accident. The trophy is awarded to the karateka who best exemplifies the spirit and heart of a true karate student. This year, the award was given to the Coffey family, which includes Mike, Julianna, Andrew and Hannah Coffey. Andrew and Hannah are working out

and competing. Their father, Mike, suffered a knee injury, and has had to postpone his training and competing. The entire family contributes to the welfare of the Moose Mountain Wado Kai Karate club by competing, fundraising, scorekeeping, and performing other duties that are necessary to ensure that our organization succeeds. This award was well deserved. Thanks to you all.

Our club competition was fun, as always, and the final scores for each club were as follows:

Just for Kicks (7 and under) division:

Didsbury - 43 points
Synthesis Martial Arts,
Boissevain - 51 points
Moose Mountain Wado Kai - 174 points

In the 8 and over divisions (all the way to Sandan and up)

Turner Valley - 19 points
Melita - 38 points
Winnipeg - 44 points
South Calgary - 56 points
Virden - 82 points
Synthesis Martial Arts,
Boissevain - 118 points
Saskatoon - 150 points
Didsbury (all of Sensei Rathe's clubs) - 263 points
Moose Mountain Wado Kai - 269 points

This was a very successful tournament, and we would like to thank all the participants, those who travelled, and all who

worked at the tournament so that it could be as much fun as possible.

Editor's note: The annual Saskatchewan Tournament, which takes place in the town of Carlyle, is always a fun event. A relatively new facet of the tournament is the demonstration of other martial arts styles. Last year, Sensei Ron Mattie demonstrated some of the kata of iado (the art of drawing the sword). This year, Sensei Darren Humphries showed aspects of shindo, atemi jiu-jitsu, and hapkido. In addition, a local Brazilian jiu-jitsu club displayed their art. I find these demonstrations to be tremendously interesting, and feel that they enhance the tournament experience for spectators and competitors alike. I thank Sensei Doug for his tournament report. If you would like to see a report of your tournament in the Harmonizer, feel free to contact me at jhgervin@mts.net. Remember that pictures can be included as well... --Ed.



David Walker of Boissevain, Manitoba performs Power Kata at Saskatchewan tournament



Two young competitors at Saskatchewan tournament

25th Anniversary of SWKKF in Saskatchewan, Manitoba

“Sensei Roland Day is single handedly responsible for the spread of the SWKKF into Manitoba, Saskatchewan, and the Northwest Territories. He was a true karate pioneer.”

2007 represents a significant anniversary for Saskatchewan and Manitoba SWKKF clubs. Twenty-five years ago, third-dan Sensei Roland Day moved from Fort Erie, Ontario to Redvers, Saskatchewan. This man founded numerous karate clubs in the area before eventually moving to Hay River, Northwest Territories, and establishing a Wado club

there. He would eventually return to Saskatchewan. Sensei Roland is single handedly responsible for the spread of the SWKKF into Manitoba, Saskatchewan, and the Northwest Territories. He was a true karate pioneer, eventually earning the rank of Rokudan. Unfortunately, Sensei Roland suffered an extremely debilitating

stroke that prematurely claimed his life. In honor of him, I invite you to submit stories and pictures detailing his life and involvement in the SWKKF. A tribute to him will be published in the April 2007 Harmonizer. --Ed.

Training with the Shintani National Team

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

Editor's note: This is the third installment of Dr. Brunarski's training advice column. The previous two articles were published in the July and October 2006 issues of the Harmonizer, respectively. --Ed

Part 3: Preparations Six Weeks Before an Event

In previous articles, I discussed stretching before rest, developing a training schedule and

performance nutrition. If you have been following my recommendations or have a good plan of your own then you should possess great endurance, speed and strength balanced by flexibility. If you are competitive in kata and kumite or due for promotion then the effectiveness of your training will be challenged. Too many of us try to take shortcuts or cram our training at the last minute which can leave us exhausted, hurt or sick at a time when we are expected to demonstrate our best skills and techniques. This article outlines the preparations

that will help you arrive at a tournament or grading in peak condition.

	6 weeks before the scheduled event	5 weeks to go	4 weeks left
For fast twitch strength	WEIGHTS 1 hour every other day as the first workout Monday, Wednesday & Friday. Do sets of 5 exercises: 15, 15, 12,12, 10 reps in a typical pyramid of increasing weight for each subsequent set. Vary each workout by emphasizing a different body part. eg. Biceps, triceps, chest, shoulders & legs. Work abdominals after every session. (note: if you have not been working with weights it would be counter-productive to start now. Wait until after the event)	Increase weight Decrease reps 15,12,12,10,8	Increase weight Decrease reps 12,10,10,8,6
For endurance	RUN, CYCLE or SWIM for 1 hour Continuously @ 60 to 70 % max effort as the second workout on Monday, Wednesday & Friday.	Increase to 90 minutes but only twice this week.	One, 2 hour session only.
For fast twitch speed	RANDORI for 1 hour as interval training @ 80 % effort as the first workout of the day on non weight lifting days; preferably at least 3 days apart. eg. Tuesday & Saturday.	1 hour randori maintaining 80% effort but doubling rest intervals eg. 2 minutes of kumite followed by 4 minutes rest.	Warm-up with 20 minutes of randori switching to 40 minutes of kumite emphasizing explosiveness & precise techniques
For muscle memory	KATA as the second workout for 2 hours on Tuesday, Thursday & Saturday. Concentrate on perfecting techniques in flowing sequences with minimal power or speed	Warm –up with basics then work kata speed through transitions while maintaining technique & focus.	Introduce more speed through full hip action & focused techniques.
For flexibility	STRETCH after workouts and for at least 15-20 minutes just before bed.	Emphasis is on quadriceps, calves & hamstrings.	Same emphasis but include massage & trigger/ acupuncture points of arms & shoulders.
Nutritional component	Maintain fluid balance, minerals & multi-vitamins. Eat 5 to 6 small (300 – 500 cal) meals; choosing lean protein, moderate carbs & low fat. Restrict alcohol.	Same as before	Increase carbohydrates as fresh fruit & vegetables. Include lean protein with all meals to build stronger muscles and for immune system support.

	3 weeks to go	2 weeks left	1 week	3 days before	The day before
For Fast Twitch strength	This should be your heaviest & final week of weights until after the event.	NO WEIGHTS	NO WEIGHTS	REST	REST
For endurance	One, 2 hour session.	1 hour easy	1 hour easy	REST	REST
For fast Twitch speed	Two, 1 hour sessions of kumite at least 3 days apart. Take enough rest between matches to deliver full effort. Pulse rate should reach 85 % max.	2 hours of kumite as in previous week.	30 – 45 minutes of intense kumite with full rest intervals.	REST plus visualization.	REST
For muscle memory	2 hours of kata every other day as in previous week.	1 hour kata every other day.	1 hour of kata every day.	REST plus Visualization.	REST
For flexibility	With fewer, more intense workouts, make sure your stretching is more frequent & effective. Use swimming and tub baths to stay loose.	Ramp up the stretching with meditation.	Maintain the Stretching routine.	Intense stretching, massage, chiropractic treatment.	Hot tub followed by light stretching only.
Nutritional component	Keep your energy up with balanced meals and energy bars every 3 hours. Fluid intake becomes critical with more intense training. Continue to take vitamins & minerals.	Same routine as previous week. Discipline really counts at this stage. No fried food, alcohol or pastries.	Increase fluid intake to 30 mL of fluid per pound of body weight.	Increase fluid Intake to 35 mL of fluid per pound of body weight. Eat small, light meals. Include pasta and fish. No fried foods or candy.	This is the day to completely rest and build confidence. Eat sensibly but what you want. Get psyched! Have fun.

This is the final installment of this series so as usual, adapt this advice to suit your personal situation and if you require additional help please send me an email.

In harmony,

Sensei Dave

MESSAGE FROM THE NATIONAL COACH
(continued from page one)

members in the areas where I will be conducting these clinics to assist in the teaching and development of the participants.

The agenda will start with an intense workshop on Friday, for black belts only. On Saturday, we will hold a six hour kyu Belt and black belt workshop. In this workshop, the black belts who will have attended the Friday

workshop will be able to apply the skills they have learned on Friday to help develop better students. On Sunday we will have another three hour workshop, for black belts only, to fine-tune these skills.

I would hope that the three clinics would generate enough income to cover the cost of the gymnasium rental and my costs.

Help yourself and your students become more effective in karate and

everyday life. I have a limited amount of time so please book early so I can make arrangements. I can be reached at rmattie@vaxxine.com.

In Shintani Sensei's spirit;

Sensei Ron Mattie

"The objective is to enhance the curriculum of our instructors and to keep consistency within the organization"

Snapshots from the Welland dojo

Submitted by Sensei Eddy Poulin
(With captions by the Editor)



Sensei Darren Humphries throws Justin Timberlake?



Sensei Gosselin: Did I remember to wash my feet this morning?

Snapshots from the Welland dojo (continued)

Intermediate Shindo DVD now available!

For more information or to place an order, contact Marco at

<http://www.norfolkwadokai.com/shindodvd.html>

Do you have an upcoming event that you would like to advertise in the Harmonizer? Why not publish a story or photo from your last tournament or workshop? Perhaps you could tell all SWKKF karateka about your dojo, provide some training advice, or give congratulations to a student for a job well-done. Contact me, Jeff Gervin, at jhgervin@mts.net. I would be happy to hear from you. The submission deadline for the April 2007 Harmonizer is March 2nd.

The Senate Interview feature will resume in the April 2007 issue when I will feature Sensei Peter Ruch.

I hope that you all are enjoying the Harmonizer. I appreciate the kind comments that I have received on my efforts to date.

Jeff Gervin

For a detailed listing of upcoming tournaments and workshops, check out the website at www.shintani.ca



Sept 2/06: Mr. and Mrs. Mattie



The bride-to-be makes her entrance



Senseis Kyla Gould and Diane Mattie

Errors and Omissions

1) *I received this email from Sensei Jessica Azzopardi:*

Hi Jeff

I was just reading up on the harmonizer and under the National Memorial Tournament of 2006 in St. Catherines, the names of the girls orange/green belt kata 10-11yrs was not posted. The reason why I noticed is because one of my students (Melissa Usik) place third in kata and I couldn't find her name. I also noticed that in the women's kata white/yellow and the women's kumite orange/green my other student Kathy Usik's last

name was spelled with a "V" instead of a "U". Would it please be possible to have these fixed; it would greatly be appreciated.

Thank you.

Humbly yours,

Sensei Jessica Azzopardi (Paris Wado-Kai)

Dear Sensei Jessica;

I apologize to you and your students for the errors, and to anyone else that was overlooked. --Ed

2) *Please note that Sensei Bruce Dunning's correct email address is bdunning@mts.net, not the address that was reported in the October Harmonizer. --Ed*

THE HARMONIZER IS PUBLISHED UNDER THE MANDATE OF THE SENATE OF THE SHINTANI WADO-KAI KARATE FEDERATION (SWKKF). THE SWKKF DOES NOT ACCEPT RESPONSIBILITY FOR STATEMENTS OF FACT OR OPINION MADE BY ANY CONTRIBUTOR. STATEMENTS MADE BY INDIVIDUALS MAY NOT REFLECT THE OFFICIAL POSITION OF THE SWKKF. ACCEPTANCE AND PUBLICATION OF ARTICLES, ADVERTISEMENTS, PRODUCTS AND SERVICES DOES NOT INDICATE ENDORSEMENT OF SAME BY THE SWKKF AND THE SWKKF ASSUMES NO RESPONSIBILITY FOR THE ACCURACY.