The Harmonizer
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Welcome back! I hope everyone had a good summer and are well rested. See you soon in the upcoming clinics and tournaments.

The following is the SWKKF Calendar of events for 2008-2009.

Western Canada
October 18th, 2008 – Bushido Karate Association – Clinic – James Freeman
October 31st / Nov 1st, 2008 – Virden Wado Kai – Clinic and Black Belt Grading – Mark Forsyth
November 14th / 15th, 2008 – Glanmorgan Wado Kai (Calgary) Tournament – Kevin Bowes
November 28th / 29th, 2008 – Carlyle Wado Kai – Clinic and Tournament – Joan Adams
January 16th / 17th, 2009 – Alberta Provincial Tournament – Troy Sorensen - Sponsor
February 20th / 21st, 2009 – Virden Wado Kai – Clinic and Tournament – Mark Forsyth
March 6th / 7th, 2009 – South Calgary Wado Kai – Clinic and Tournament – Heather Fidyk
March 20th / 21st, 2009 – Saskatoon Wado Kai – Clinic and Tournament – Crystal Johnson
April 18th / 19th, 2009 – Whitecourt Wado Kai – Clinic and Tournament – Shelly McGregor
May 1st / 2nd, 2009 – Alberta Back Belt Grading (Held in Southern Alberta) – Host to be announced

Eastern Canada
November 15th / 16th, 2008 – Delhi Wado Kai – Clinics and Tournament – Spring Kaye
February 7th, 2009 – Welland Wado Kai – Black Belt Grading – Denis Labbé
February 22nd, 2009 – Simcoe South Wado Kai – Tournament – Tom Foster
March 7th, 2009 – Hanmer Wado Kai – Tournament – Gilles Dupuis
March 28th, 2009 – SWOR Wado Kai – Tournament – Roger Frigault
April 25th, 2009 – Welland Wado Kai – Tournament – Anne Readhead
April 17th – 19th, 2009 – Michipicoten Wado Kai/Wawa Wado Kai – Clinic, Tournament and Grading – Duanne Wenmann and Larry Laforge
May 22nd / 23rd, 2009 – National Master Shintani Memorial Karate Tournament – Clinic and Tournament – Anne Readhead and Jim Atkinson
June 5th / 6th, 2009 – Fort Frances Wado Kai Karate Club – Clinic and Tournament – Chris Bazinet
OLYMPIAN VISITS KARATE CLUB
Submitted by Sensei Gary Bird

On Wednesday, September 17th, Melanie Kok paid a visit to the Fort Erie Wado-Kai Karate Club. Melanie spoke to both the beginner’s class and later to the youth and adult class. She talked of her experiences in Beijing where she was part of the women’s pairs lightweight rowing team that took home a bronze medal for Canada. Melanie also talked about pursuing your dreams and setting goals in life. A question and answer session followed in which the class asked some great questions and showed how aware and involved they were with the recent Olympics in China. Following her presentation, the students had an opportunity to show Melanie and her parents a little bit of what we do in Karate. We were very fortunate to be able to welcome such a distinguished guest to our Dojo.

SWKKF SCHOLARSHIP REPORT
Submitted by Sensei Heather Fidyk

The selection committee this year consisted of Senseis Jim Atkinson, James Freeman, Marco Reyes, Mark Forsyth, and Keith Briggeman. I would like to thank these individuals for reading and evaluating the applications. The two scholarship recipients this year are Nathan Kolomaya of Simcoe, Ontario, and Danielle Goodreau of Barrie, Ontario.

A letter from Danielle Goodreau follows:

I would like to thank the Shintani Wado Kai Karate Federation Scholarship Committee for awarding me (though my mother) one of two post-secondary scholarships. I am very excited to receive this scholarship because it will help me to pay for my university education at Dalhousie University. I am entering my first year and will be majoring in honours biology. I am enrolled in the Integrated Science Program which provides more in-depth and hands-on learning. I will be doing a lot of research, field trips, and lab work with the professors which will help me to achieve my goal of becoming a marine conservationist.

I have taken karate since I was 8 years old and am currently at the brown belt level although I had to leave karate in order to focus on my studies. My instructor is Sensei Bob Palmer of Barrie Wado Kai Karate. He is a wonderful mentor and teacher to me. My past involvement in karate included mentoring of our young karatekas as well as entering various tournaments. My mother is a Shodan with Barrie Wado Kai Karate and she is an instructor and the administrator at the club.

Once I get settled in to my home in Halifax, I will be checking out the karate clubs in that area. I have enjoyed my involvement in karate and really appreciate receiving this scholarship through my mother’s involvement in karate. It is an honour.

Sincerely,
Danielle Goodreau

Danielle receiving certificate from Sensei Bob Palmer
SWKKF NATIONAL TEAM MEETS IN WELLAND

The SWKKF National Team gathered in Welland on the last weekend of September for their first group workout since the team selection event in June. The team members and alternates were put through their paces by team coach Sensei Mattie and his assistants, Senseis Rathe Mokelky and Sanford deWitt. The team members had been previously provided with videos of drills and a new kata to practice in advance of this meeting. On Friday evening, these drills were reviewed for two hours, and members were then sent on a run. On Saturday, members went for a run, received instruction in the new kata, practiced kushanku, and again reviewed the video drills. On Saturday evening, the team performed several "bonding" exercises to facilitate learning more about each other and group problem solving skills. In one of these exercises, the members of the team had to work together cross a "web" constructed by Sensei deWitt and his sadistic sidekick, team manager Sensei Kris Reynolds (see photo). Sunday morning involved more running, kata review, learning a second new kata, and lots of freestyle kumite incorporating various elements of international-style competitive techniques. The team was then presented with fitness and nutritional guidelines by trainer Dr. David Brunarski.

Editor's note: As a member of the 2008-2010 SWKKF National Team, I would like to thank the members of our organization for your support of this project. I can assure you that the team is working hard to represent you to the best of our ability. I would also like to thank Senseis Mattie, Mokelky, deWitt, Reynolds, and Brunarski for their efforts. Lastly, I would like to offer my thanks and congratulations to my fellow team members...you people give 110% and never cease in your efforts to improve...to train with you is an inspiration.

Jeff Gervin

2008-2010 National Team, alternates, and coaches

Back row, left to right: Senseis Dave Pinkerton, Shannon Kaye, Jeff Gervin, Michel Gosselin, Scott Hill, Evan Junkin

Middle row, left to right: Senseis Kelsey Ross, Cassie Sumbler, Emilie Gosselin, Sam Fitzel, Mike Rust, Kevin Bowes

Front row: Senseis David Brunarski, Sanford deWitt, Ron Mattie, and Kris Reynolds

Should have shaved my legs for this: Heavyweight Jeff Gervin (complete with duct-taped shorts to avoid web contact) is helped through web by team members Michel Gosselin and Shannon Kaye

Maxin’ and relaxin’: Team member Kelsey Ross nurses her broken toe.
SELF-DEFENSE IN SIXTY SECONDS
Presented by Synthesis Martial Arts Dojo

My partner in this demonstration is Tyler Dyck, who holds orange belts in Wado-Kai and Judo. This judo technique is formally called ude-hishigi-waki-gatame, but is usually referred to as simply waki-gatame. It is a versatile technique that may be applied in a variety of grappling and striking situations. Here, I demonstrate its use against an incoming punch.

In the first photo, Tyler and I are in ready position. He then throws a right gyaku-zuki (second photo). I sidestep to the left and block with o-soto-uke. I simultaneously hook his wrist with my rear hand. His right arm is now trapped between my two arms.

I now must bring Tyler off-balance to his front. To do this, I rotate to my right, pulling his right arm forward as I step in front of him in a kiba-dachi. I must emphasize the locking action against his arm and pull forward strongly. If he is not brought off balance to the front, he will simply retract his arm and my technique will be unsuccessful.
The effectiveness of the armlock is evident in this photo. Tyler is clearly off-balance to the front, his arm is fully extended, and I am controlling the arm tightly with my hands near his wrist and my armpit just above his elbow. To apply pressure, I pull upwards on his wrist, and push downwards on the elbow. Note that I have lowered my center of gravity in a kiba-dachi-like stance to increase my stability and prevent my opponent’s escape.

This is a different view of the armlock action. Note the control afforded by the wrist and elbow grips. If desired, a wristlock can also be added here.

With this technique I have the option of taking my opponent to the mat. To do this, I simply slide out my left leg from the position above and sit down.

Great care must be exercised in the transition to a sitting position; if done carelessly, you might easily cause a hyper-extension injury to your partner’s elbow. Be sure to practice safely.

Tyler is now pinned to the mat on his front with his right arm caught in the armlock. From this position, he can be held indefinitely with little possibility of escape. It is also possible to exert sufficient pressure on the elbow to induce a fracture-dislocation if the situation warrants such drastic measures.
Two of the provincial reps’ substitutes came early (to the provincial reps meeting with the senate) to take advantage of black belt workouts. Leona Dolling from B.C., Cal Pittet from N.W.T., Heather Fidyk from Alberta, and Crystal Johnston from Saskatchewan had a chance to train with Sensei Neil Prime 5th dan from St-Catherine’s, Sensei Brad Cosby 7th dan and Sensei Ron Mattie 7th dan. The Sunday class was focused on refinements of the pinan katas and finished off with advanced bunkai.

It is so great when people from across the country can get on the floor together and share their training. This develops everlasting friendships.

Sensei Dolling and Sensei Pittet arrived a few days early to be toured by Sensei Mattie in Niagara Falls and the Niagara Gorge. It was a great day with temperature at 18c. By the end of the tour, the visitors were a little tired of Sensei Mattie’s humor and decided to kick him over the falls.

The weekend ended with more touring and laughter.

Editor’s note: Too bad about Sensei Mattie—I’m really going to miss him…..but I guess he had it coming.