

# THE HARMONIZER



**THE OFFICIAL NEWSLETTER OF THE SHINTANI WADO-KAI KARATE FEDERATION**



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**THE HARMONIZER**  
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Leveille performs Nai-  
hanchin kata at the  
Kawartha Lakes Karate  
Championships (*photo  
submitted by Sensei  
Kris Reynolds*)

**Message From the President**

In memory of Master Shintani  
Sensei Denis Labbé

One of the objectives this year is to implement the celebration of Sensei's 60<sup>th</sup> Anniversary in Karate. The opening ceremony was launched on May 29<sup>th</sup>, 2010, at the National Master Shintani Memorial Karate Tournament. Let's continue as clubs return to full operation with clinics and tournaments. Thus the celebration and active promotion of Sensei's organization will run for a full year ending at the Master Shintani Tournament in May 2011.

The following is the calendar of clinic/tournament events for this year 2010-2011.

Western Canada

**November 13<sup>th</sup>, 2010** - Glamorgan Wado Kai (Calgary) - Kevin Bowes

**November 26-27<sup>th</sup>, 2010** - Carlyle Wado Kai - Joan Adam

**January 14<sup>th</sup> - 16<sup>th</sup>, 2011** - Edson Wado Kai Karate - Chris Marler

**March 4-5<sup>th</sup> 2011** - South Calgary Wado Kai - Heather Fidyk

**March 26<sup>th</sup>, 2011** - Saskatoon/Warman Wado Kai - Crystal Johnson

**April 1<sup>st</sup> - 2<sup>nd</sup>, 2011** - Whitecourt Wado Kai - Alberta Provincial Tournament - Shelly McGregor

**April 30<sup>th</sup> - May 1<sup>st</sup>, 2011** - Riverbend Karate - Doug Wiltshire

Eastern Canada

**November 18, 19, 20<sup>th</sup>, 2010** - Delhi Wado Kai - Spring Kaye

**December 4<sup>th</sup>, 2010** - Tillsonberg Wado Kai - Scott Hill

**January 22<sup>nd</sup>, 2011** - Fort Erie Wado Kai - Gary Bird

**January 29<sup>th</sup>, 2011** - Timmins Wado Kai - Willie Lebrun/June Lebrun

**February 18<sup>th</sup>, 2011** - Simcoe South Wado Kai - Tom Foster

**March 4-5<sup>th</sup>, 2011** - Hanmer Wado Kai - Gilles Dupuis

**March 25<sup>th</sup> /26<sup>th</sup>, 2011** - Nordik (Hearst) Wado Kai - Michel Gosslin

**March 26<sup>th</sup>, 2011** - SWOR Wado Kai - Roger Frigault

**April 15<sup>th</sup> - 17<sup>th</sup>, 2011** - Michipicoten Wado Kai/Wawa Wado Kai - D. Wenmann and Larry Laforge

**April 23<sup>rd</sup>, 2011** - Welland Wado Kai - Anne Readhead

**May 27<sup>th</sup> - 28<sup>th</sup>, 2011** - National Master Shintani Memorial Tournament - St. Catharines, ON

**June 2011(TBA)** - Fort Frances Wado Kai Karate Club - Chris Bazinet

**Shintani Wado Kai Karate Conference** - March 4-5<sup>th</sup>, 2011 - Calgary Tournament  
- May 27-28<sup>th</sup>, 2011 - Closing Ceremony



## Message From the National Coach

Sensei Ron Mattie

### WTKA CLINIC HELD IN WELLAND

The World Traditional Karate Association, Canadian sector, held a clinic at the Welland dojo on November 6<sup>th</sup>. It was well attended and received.

Among the instructors were: Scott Hill, 4<sup>th</sup> dan Wado-Kai, 5<sup>th</sup> dan WTKA; Bob Ursacki, 4<sup>th</sup> dan Ju-jitsu; Rocco lafallo, 5<sup>th</sup> dan Wado-Kai & Isshin Ryu; Doug Meagher, 5<sup>th</sup> dan Goju Ryu; Carmelo Marchese, 6<sup>th</sup> dan Shotokan and President of WTKA Canadian chapter; Ron Mattie, 7<sup>th</sup> dan Wado -Kai, 3<sup>rd</sup> dan laido and Vice-President WTKA Canadian chapter.

Things got started with opening statements from all instructors. The main message was to keep an open mind. All martial arts can be beneficial, and you should take what you can from each. From there we ran ten one-hour sessions with a short lunch break. There were two sessions running at once. All participants were free to partake in the art of their choice.

In the end, participants left with a better understanding of various arts. It enlightened them and gave them a better understanding of other arts as well as their own. We are looking at organizing another clinic in the spring of 2011. We will be looking at possibly adding Shorinji-ryu, Taekwondo, Shindo, Kendo, Judo and weapons to the existing agenda.

I appreciate all the support we received and look forward to training with all again soon.

Sensei Mattie



Sensei lafatto demonstrating Isshin-Ryu's inside moves



Sensei Ursacki (in blue gi above, and at right) supervises jiu-jitsu class.



Sensei Marchese captivating the class with Shotokan



Sensei Mattie works laido (above) and Wado Kai (at left).



Sensei Meagher working precise Goju Ryu moves

**Blackbelt Grading held in Delhi, Ontario**

By Sensei Shannon Kaye

June 5<sup>th</sup>, 2010: It was hot, it was muggy, it was sticky. Whatever word you use to describe it, it doesn't change the fact that, like every day, it was a great day for karate. What follows is my account of this day, from the floor as a participant in the grading held at my home club of Delhi.

One thing you must realize is that my club doesn't have a giant practice area and cannot therefore accommodate a large number of students easily. So, when 28 students from all over showed up to be graded and more just for the workout, it was a bit overwhelming. To me, the two most important members on the floor were the two leading ladies in my life. I was able to work out this day with both my mother, Spring, and my girlfriend, Cassey. This was very meaningful to me. More impressive and more intimidating was the fact that there must have been about 15 joseki board members, possibly more. We couldn't fit them all on the stage. I haven't seen a board that large before, though quite possibly my memory isn't serving correctly. The members were from all over Ontario: Lindsay, Hanmer, Toronto, Fort Erie, Welland, St. Catharines, Tillsonburg, Simcoe, and the hometown Delhi.

As usual, the day started with a quiz regarding the history of the federation and some Japanese terms and translations, as well as some personal philosophies regarding karate in general. I find this important for all blackbelts. The answers to these questions should be a part of our working knowledge. At the same time, I always find it amusing to recall how during my first grading I studied long and hard to know the answers, and the nerves I was feeling when writing them down. What if I was wrong? The atmosphere in the room was much the same as always: a group effort. The family was growing together already.

I love the energy in the room on these days, and it is always my goal to be one of the students providing the energy for others to draw on. This day, however, combining a number of factors, I felt ill and unsteady. No excuses. This is the day we were all waiting for: a validating step in the right direction. There would be no giving

up, or giving a half effort. It was, quite simply, the energy of the other students on the floor that got me through the day. I simply couldn't let them all work hard, and not follow suit.

Following the regular schedule we begin on the floor with the basic techniques. Everybody was working hard, showing what they could do, and by all accounts, everybody did well. The fact that everyone's basics were strong is a good sign that we are moving collectively in the right direction in my opinion. It bodes well for the organization's future.

Combinations of techniques followed and many of the board members took a turn teaching. Again, the strong basics provided the many participants with the skills to perform well during this section of the grading. Lunch followed, and despite the many short water breaks we were provided with, I know that I had to change my gi during lunchtime. In fact, I was even able to wring sweat out of the 'morning' gi: what a great visual! A light lunch, of fruits, juices and water are all that was needed to give the energy to finish the advanced techniques and kumite.

More board members provided the instruction for this portion of the grading, and the grading students really started to bring it all out here. This is where all of those basics are put to good use in combinations meant to bridge the (sometimes perceived) gap between kata and kumite. Randori preceded the kumite. This gives the students an opportunity to show the board that the techniques they have taught have been learned, and an attempt is being made to apply them in a live situation. Lastly, the kumite was done. Almost there! With just handful of matches left, everyone could 'taste' the finish line. But there was no letting up. The kumite part was very spirited, and everyone gave one last blast of energy to make it. There were some great fights, but more importantly, everyone respected each other, and there were no injuries. Everybody was still smiling and this I liked to see.

Finally, we were done. We had made it at last! Now it was just a matter of waiting to find out who was successful. It didn't take long. The joseki board was finished with their decisions in very little time, usually a good thing I would suggest. And the verdict was? Success! Everyone

*(Continued on page 5)*

(Continued from page 4)

passed with flying colors. All 28 participants were granted their next belt!

I would like to extend my congratulations to everyone who participated. This is a big day and not one that comes often. Maybe a few years between each grading, but it's always well worth the effort. Everyone shined this day, despite the heat, despite the long trip to Delhi, despite the early morning and the long day. Don't forget to thank those responsible for helping you to get where you are today. Remember, the work is just beginning. Your work today prepares you for tomorrow.

## Six Steps to Tournament-Winning Katas

By Sensei Bob Palmer

Katas are beautiful, passionate and powerful movements of the human body. Or, rather, they can be. Here are six steps to creating a tournament-winning one.

- 1. Practice your kata over and over until you know it unconsciously.** There is a test for this. Before you start your kata, visualize yourself doing the breaststroke for a minute or two. With this visualization in place, start your kata. If you can maintain the breaststroke visualization throughout the whole kata, you have learned your kata at the unconscious level.
- 2. Practice and perfect small components of the kata—over and over.** There are always weak areas in your kata that you can improve. Take your kata apart, move by move, sequence by sequence. Work on each sequence until you can produce the desired power and speed. And then incorporate it back into the whole kata.
- 3. Add passion to your kata—ki.** One idea to create passion in your kata is to pretend that you are fighting a real fight as you do your kata. Another way is to build up your ki before you start your kata by kicking a punching bag and screaming loud kiais. Both approaches produce adrenaline. The ki YOU feel is what the judges will feel as they watch you. Simply, your ki ignites theirs—and ups your score.
- 4. Maintain your ki.** Too often karatekas will have incredible ki at the start of their kata and it fades the further they get into it. If you are fit, your ki should actually intensify over the duration of your kata. Have your sensei or other karatekas watch your kata to help you identify where you lose it. Then, strive to build passion into that part.

**5. Extend yourself.** Far too many katas are performed as though the fight were three feet in front of the karateka's nose. Instead, karatekas need to be fighting their kata as though they are fighting many people, all around them, at various depths of vision. The worse case is the yellow belt that is looking at the floor. The second worse case is the black belt who is looking at the head judge. Karatekas NEED to be looking right thought the senseis toward the far wall of the gym, as though they are looking at some distance mountain. This vision stays the same with every move and turn, never straying from that distant mountain. It makes ones eyes look a bit wild, but it's powerful, and the judges feel that the power.

**6. And last, never try to change your kata in the week before a tournament.** Virtually no change can take place, as your kata should be ingrained at the unconscious level by then. If you try to make changes at this point, it creates doubt and, in some cases, panic. Just go with the flow and make any changes after the tournament.

Building a tournament winning kata is a lot of hard work, but it can be lot of fun to figure out how to refine you kata, and there is no feeling quite as enjoyable as having an explosive kata performance at a competition—whether it is at the regional, national or international level.

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## Southeast Ontario Regional Kawartha Lakes Karate Championships

By Beverly Beuermann-King

*“There were so many black belts, they were everywhere. It was fun to watch them fight and see how they move.”*

Nine year old, Megan McCleary, quoted above, was one of the many youth who participated in the first annual **Southeast Ontario Regional Kawartha Lakes Karate Championships** in Lindsay, on October 16, 2010. This sentiment was echoed by brown-belt Jim Campbell, *“Being able to watch the Senate members compete like that was truly inspiring”*.

A karate tournament, especially the first karate tournament, is very difficult to organize. There are many details that need to be looked after and the Kawartha Lakes Wado Kai Karate Club did an amazing job advocating, advertising and organizing this event, as well as the clinic held the evening before.

*“It was great to spend time learning from each of the senior black-belts at the clinic. Each one showed us different techniques and they made it fun to learn from them,”* said blue-belt, Nick King.

This tournament had a few surprises for the participants and guests who took in Saturday’s events. After the bow-in, there was the video presentation by Sensei Kris Reynolds that honoured the 15<sup>th</sup> anniversary of Kawartha Lakes Wado Kai Karate and the 60<sup>th</sup> anniversary of Shintani Wado Kai Karate. (I think I even saw a tear in a couple of people’s eyes - though not mentioning any names.)

Next was the amazing demonstration by the Senate members and senior black belts in attendance. They performed various katas and then competed against each other in kumite. For many of us, this was a truly awesome experience. Having never witnessed Sensei Shintani in person, this allowed us to experience his passion and energy through his direct students, who are now our mentors.

Senate member, Sensei Brad Cosby, felt that Sensei Shintani would have been very proud to see this demonstration take place. *“I enjoyed our event and being in the ring with these people again. Sensei Rick and I competed last in 2000. Sensei Ron was in the late 90s and Sensei Denis and Sensei Carlos was back in the late 80s early 90s. ...This organization has managed to keep alive the spirit of its founder... When I watched all the levels (it was) GREAT and the Sandan and up (it was) wonderful and that only means the next generation will be better yet. So we must keep this going.”*

Finally, there was a group lai-do demonstration which included Sensei Ron Mattie and Sensei Kris. This art of drawing the Japanese sword was a true demonstration in control and focus.

In addition to these special events, there were some tough



competitions in the kyu and black-belt kata and kumite divisions as well as in Shindo, which participants and guests had a chance to watch. A tournament like this wouldn't be possible without the long-hours put in by the black-belts in judging these competitions, but especially appreciated is the advice that they share after the competitions are over. That advice helps participants to improve; it picks up their spirits; and it keeps them grounded in what they are learning.

Kawartha Lakes Wado Kai Karate Club is a family-oriented club whose goal it is to develop confident individuals who will be positive role models within their community. Tournaments reinforce that goal through competition and learning.

There were many family members competing and learning together at this tournament. Megan McCleary was also quoted saying that she especially, "liked kumite with others, including my sister."

Senate member, Sensei Rick Leveille, came from BC to participate in the Kawartha tournament. *"I enjoyed visiting with everyone in Lindsay...If there is one thing I focused on in your tournament and in my class as well, it would be the importance of family and leading by example. There were several generations of karateka participating in your event. It shows the young student that even the older members are still active and have something to contribute. Karate can be practiced for a lifetime. Our bodies grow older but our spirits last forever."*

This spirit could be felt from the beginning through to the end of the tournament. Club member, Sensei Paul McGriskin echoed that feeling, *"It was a weekend to remember. Everyone had a fantastic showing and I am honoured to have trained with the members from our Senate. I cannot wait for next year."*

Nick King shared his final thoughts regarding this first tournament in Lindsay. *"I always enjoy going to a tournament, but it is even more fun when you are competing in a tournament that your Club is putting on for others. One of the best memories I have is receiving the first Grand Champion Award from my Sensei Kris and sharing it with his sensei, Sensei Sanford, though I got a little nervous when Sensei Sanford said we had to fight for it."*

The first annual **Southeast Ontario Regional Kawartha Lakes Karate Championships** in Lindsay was a success and it was thanks to all of the members, volunteers, participants, and special guests. I, for one, can't wait to see what the second annual tournament has in store for us.

*"Let's grow. Let's promote. Let's make REAL KARATE live, so magical events like this keep on. If it is strong and real it will survive. - Sensei Brad Cosby"*

Respectfully Submitted,  
Beverly Beuermann-King  
Orange-Belt, KL Wado Kai



## Getting Beyond Coping

By Sensei Bob Palmer

Why is it that we get nervous when we step into the ring? What could possibly happen to us that would over-engage are sweat glands, churn up our stomachs, fire multiple thoughts, erase large chunks of memory regarding basic routines, etc. The ring is the ring. It is little different from spot we stand to brush our teeth, shower, flick on light switches, etc. These spots are all just clearly defined GPS points, nothing more. Yet we cope as we step into the ring...tell ourselves to breathe, encourage positive self-talk, try to stay upbeat.

Why do we wreck our possibility of success at a competition by suddenly making the ring so special and important that some of us feel we are going to be physically sick? What has happened in our lives to make us associate that chunk of planet earth with fear?

An anchor, that's what. An anchor is a connection between emotions—sweaty palms—and a past experience—an embarrassing situation, for example. It is an unconscious process that gets deeply wired into our psyche. Several years ago I worked with a ten-year old girl who had developed a fear of giving speeches in front of her class. The problem got increasingly worse to the point that she would get weak in the knees, stop breathing and become queasy. It began when she had been giving a talk to her classmates and a boy threw up all over his desk and the surrounding floor.

Now, we've all witnessed someone getting sick—the notion of a sickening sight. The girl in this case had FELT the boy's distress (a process called mirroring). She then—in an unconscious, instantaneous process—anchored the sickening feeling to being in front people. With no intervention, there was a good chance of the girl retaining this unconscious association for the rest of her life. And there would be good chance that it would get a lot worse. And there would be an even greater chance that at some point in her life she would take up a sport like karate and be puzzled as to why she felt so nervous in front of the judges during a competition.

This is the manner with which we attach (anchor) all kinds of emotions to locations, not

always at the front of an audience, but many of them in locations such as the dentist's chair, a school hallway, a court room, etc. There are many positive connections as well—sitting in a high-priced car or a movie theatre (and smelling the leather and popcorn, respectively), canoeing on a northern lake, standing at the summit of a mountain, etc. However, the same location can affect people differently. The ring is a good example; it can be downright incapacitating for some and positively exhilarating for others.

We need to gain control of these memories and the physical effects they trigger if we are ever going to get our performance beyond coping and into our Zone. For those of us with nervousness to the point of pre-tournament runs to the toilet or extreme underarm sweat, this may sound like “pie in the sky.” And it is, unless you have specific strategies that allow you to detach negative memories from the ring.

### A DE-ANCHORING STRATEGY:

1. **Establish the feeling of the problem:** Take a moment before getting out of bed each morning to think about your upcoming competition. Pick an element of your competition that typically triggers a nervous or uncomfortable feeling.
2. **Anchor the negative emotion of the problem:** The instant you get this uncomfortable feeling, press your thumb and index finger of the **RIGHT** hand together to capture (anchor) the negative emotion. Whereas most other emotions are anchored unconsciously (a gesture, a tone of voice, an advertising jiggle, etc), by pinching your thumb and index finger together you engage the anchoring process “artificially.” (It is still an anchor, like artificial ice is still ice.)
3. **Anchor some great experiences:** Now think of a fantastic karate (or other) experience and “artificially” capture it with the **LEFT** hand thumb and index finger. Enjoy the feeling of the fantastic experience and hold the pinch as long as the good feeling is evident. Then repeat this a second and third time with two other wonderful karate experiences, and similarly pinch the **LEFT** hand thumb and index fingers together. Now you have three very powerful memories attached to this second (artificial) anchor. (There is no particular reason for having three, except that I call it “stacking the deck” in favour of the exercise working.)



4. **Fix the problem:** Next, pinch both RIGHT and LEFT finger pinches at the same time. The idea here is to trigger the three positive memories and the one negative memory *at the same time* in order to neutralize the negative FEELING. Since brains like pleasure, the positive experiences win over.

5. **Test it out:** After a few moments, notice how you feel. Think through the problem (nervous) situation and notice the difference. Repeat the exercise if necessary. After only a few repetitions you should feel an incredible, wild and passionate joy at the thought of stepping into the ring.

When you repeat this process every day (along with other visualizations), you have the opportunity to resolve just about every one of your blocks to achieving the Zone. The next step, of course, will be to test your new Zone in a competition to find out what you might still have to work on.

Having a nervous feeling in the ring during an earthquake might be expected; having it on an ordinary day when you know your stuff is not. Getting nervous is your equivalent to having had some kid throw up in class. Maybe it was a parent or little league coach who was intolerant of your mistakes. It doesn't really matter. If you are anything like me, I'm tired of simply coping. I use anchoring to clean up everything from nerves to repetitive strain injuries in my quest to own the Zone.

*Sensei Bob Palmer is the High Performance Coach for the Shintani National Team. He also provides peak performance training for amateur, professional and Olympic level coaches and athletes in person and by telephone. Please contact [bpalmer@sportexcel.ca](mailto:bpalmer@sportexcel.ca) / 877-967-5747 if you would like more information. For more articles go to Bob's blog <http://sportexcelblog.blogspot.com/>*



## From the Editor's Desk By Jeff Gervin

*This is my final issue as editor of the Harmonizer. I am pleased to announce that Jodi Lebrun has volunteered to take over the editorship. Jodi is keen about the job, writes well, and hopefully will bring a fresh perspective to the task.*

*I have thoroughly enjoyed serving as editor of the Harmonizer, and wish Jodi well in her new role.*

*I received the following for publication from Sensei Labbe:*

*I would sincerely like to thank Sensei Jeff Gervin for the many hours of work he has committed voluntarily, as editor of the Harmonizer. Sensei Jeff's dedication and excellent writing skills, made each issue of the Harmonizer a pleasure to read and many members, including myself, waited with anticipation for the release of the next issue.*

*Sensei Jeff has stepped down as editor to pursue other areas in helping with the Federation.*

*We welcome Jodi Lebrun as our new editor of the Harmonizer. Jodi is married to Sensei Jim Lebrun and has been assisting Sensei Jim in their club (Personal Best) for over twenty years. They have 4 children and she runs a home daycare. We are very excited to have Jodi on board as editor of the Harmonizer and look forward to receiving her first issue.*

*I encourage all members to help assist our editor by submitting articles for her to publish.*

*In Harmony  
Sensei Denis Labbe*

*I would like to thank the membership of the SWKKF for your support over the past five years. It has been a pleasure.*

*Best wishes,*

*Jeff Gervin*

Under the direction of the **SWKKF The Shindo Federation of North America** welcomes all members of the SWKKF to the first annual National Shindo Clinics.

Clinics will provide instruction to all levels of Shindo knowledge from basic to advanced including 5 katas.

All members are encouraged to attend and share in **SENSEI SHINTANI'S DREAM**.



### Who can train in Shindo?

- 13 years of age and older
- 10 years of age and a minimum of Orange Belt
- Discretion of the student's instructor

\$20 per person · (both clinics)

# 1<sup>st</sup> Annual National Shindo Clinic

## Itinerary – Saturday January 29, 2011

### Delhi District Secondary School

393 James Street · Delhi, Ontario

#### New to Shindo – Basic Shindo Curriculum

9:00am to 12:00pm	Basic Level Shindo
12:00pm to 1:00pm	Lunch
1:00pm - 4:00pm	Continue Basic/Intermediate Level

#### Experience in Shindo – Intermediate/Advanced Curriculum

9:00am to 12:00pm	Basic review /Intermediate Level
12:00pm to 1:00pm	Lunch
1:00pm - 4:00pm	Advanced Level Shindo

## Itinerary – Sunday January 30, 2011

### Delhi Public School

227 Queen Street, Delhi, Ontario

10:00am to 12:00pm	Kushanku no Shindo
12:30pm - 2:30pm	Taisei no Shindo

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## Advanced Shindo DVD - Now Available!

The long anticipated third installment of the Shindo series is now available.

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