

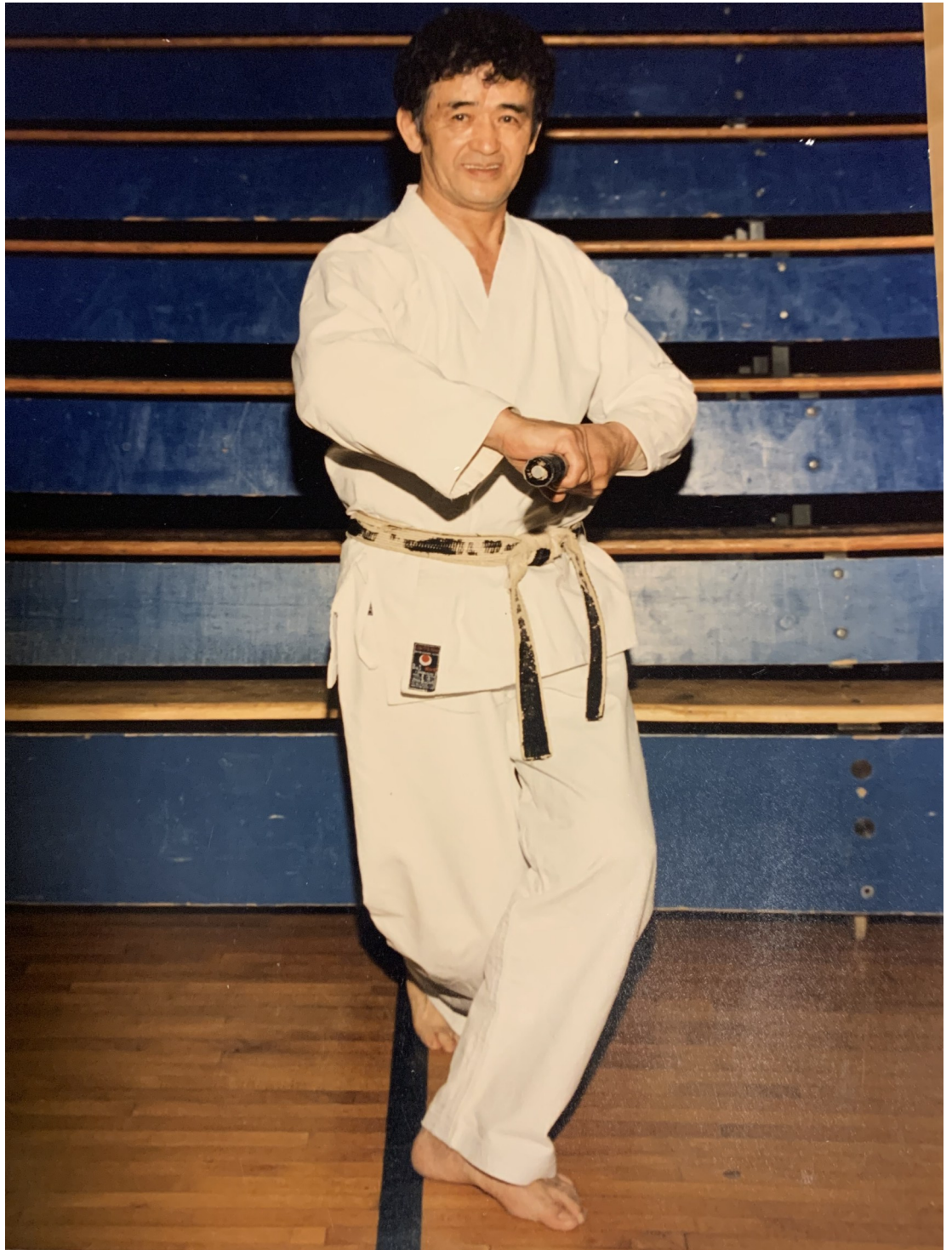
The Harmonizer

The Official Newsletter of the Shintani Wado Kai Karate Federation



Volume 34, Issue 1

新谷和道会空手道



The Harmonizer

Current Issue:	
Message from the President	3
Internal Announcement	4
Going for a Black Belt	5
Shindo Workshop in Edmonton, Alberta	6
Returning to Karate	7
The Challenges of Expanding a Club	8
Sensei Jim Atkinson visits Thunder Bay Shintani Wado Kai Karate	9
Shintani Wado Kai Regina Kick Off 2025!	10
I Love Karate	12
The Pinan Kata	13
Thunder Bay Wado Kai Karate Tournament	16
Black Belt Grading Techniques	18
From Your Harmonizer Committee	19

On the Cover
In memory of Hanshi
Masaru Shintani
Judan (10th Dan)
February 3rd 1928-
May 7th 2000

Visit
our website
www.shintani.ca



“This is my Life”
Hanshi Masaru Shintani
<https://www.shintani.ca/shindohistory>

SWKKF VISION

The Shintani Wado Kai Karate Federation will be the premiere traditional karate and Shindo organization in North America, through the work of our highly skilled and dedicated instructors in developing unparalleled character, skill and pride in our students.

Message from the President

This issue is dedicated in memory of
Master Shintani,

Hello SWKKF members,

I hope you enjoy this edition of the Harmonizer. As with every issue there is a lot of work which takes place, personally I would like to thank the committee for their hard work and countless hours.

In this message I would like to take the opportunity to thank all our event coordinators across the country. Your continued dedication, support and organization for the various events across the federation is appreciated (clinics, workouts, tournaments, etc.). You can find the current schedule on the website, shintani.ca, list under the "Event" column. These events are a great way to come together and grow as a community. Hope to see you soon.

The Shintani Memorial National Tournament and Symposium will be on May 24th-2025. The clinics, starting on Wednesday night, May 21st and ending on Friday night, May 23rd and the tournament on Saturday. Visit the website for further information. I encourage all to attend!

As with every event we are looking for individuals who are willing to take photos and share with the SWKKF. Often, we investigate the past for our archive and history, we forget that right here, right now we are making history. Let's all try to capture this. If you are interested (black belts, members, active spectators) feel free to contact me.

Train with passion, be true to the basics and I look forward to seeing you in my travels.

In Harmony,
Sensei Denis



Shintani Wado Kai Karate Federation



Shintani Wado Kai Karate Federation

Internal Announcement

2025-January 20

Dear Members,

The Shintani Wado Kai Federation Senate is pleased to announce the Dan ranking advancement. At our senate meetings held in June 2024 and December 2024, rank presentations were completed to advance to Shichidan (7th Dan).

I am happy to announce ranking advancement for the following members:

Sensei Shelley McGregor was graded to Shichidan during our Senate meeting held in June 2024. Sensei McGregor has been a long-time member of the SWKKF. She runs her club in Whitecourt, AB. Her technical presentation showcased her karate talent and highlighted Sensei Shintani's philosophy and techniques. Please join me in congratulating Sensei Shelley McGregor on her promotion to Shichidan.

Sensei James Freeman was graded to Shichidan during our Senate meeting in December 2024. Sensei Freeman has also been a long-time member of the SWKKF. Throughout 2024, he hosted several events to celebrate the 30-year anniversary for the Bushido Karate Association. Sensei Freeman is a bunkai specialist and brings a lot of history to our karate training. Please join me in congratulating Sensei James Freeman on his promotion to Shichidan.

Certificates will be presented to Sensei McGregor and Sensei Freeman at one of our events in the coming months.

Sincerely,
Sensei Denis Labbé
President

email: dlabbe@shintani.ca

Senate Members: Denis Labbé, Ron Mattie, Jim Atkinson, Neil Prime, Michel Gosselin, Darren Humphries, Shelley McGregor, Brian Julien, Kris Reynolds

Senate Advisors: Brad Cosby, Bruce Perkins, Brian Chmay, Danial McCoy, Rick Leveille, Peter Avino



**SWKKF/Shintani Wado Kai
Karate Federation**

www.shintani.ca



Going for a Black Belt

By: Sensei Owen Day

Weyburn Wado Kai Karate

Going for a black belt grading is never easy, but going for one that you've had flagged as a major accomplishment for the majority of your life makes it a bit more daunting. Ever since I was five years old and just started karate, I always told my mom (who was a Nidan and my own Sensei) that I would pass her in rank.

As I went up through my ranks and got a little more experience and wisdom with each belt, I was determined to make myself into a fine black belt with my own two hands. Now that I've arrived at the major moment of reaching



Sandan after the grading, I've grown to understand that this achievement is far from only my own. So many other people throughout my life and my time in karate played such a major role in guiding me here. Many Senseis are probably tired of hearing me asking them "How should I do this?" or "What's the best way to do that?" and yet each answer they gave me helped build my karate into what it is today.

With Sensei Ron Mattie working on fixing my technique, Sensei Sanford de Witt improving my strikes, Sensei Denis Labbé helping adjust my blocks, Sensei Scott Lints modifying my katas, Sensei Kevin Bowes tuning my timing, and Sensei Jeff Gervin teaching my almost everything I know in regards to sparring, it feels like the odds of success were ever in my corner. And that's not even mentioning the countless other Senseis and friends that I've worked out alongside as well as my students pushing me ever forward and challenging me to improve. I could write a five-thousand-word essay about all of the people who have impacted my karate in some way.

There are a couple of my best friends, though, who have impacted my karate greatly. Sensei Ryan Macdonald and Sensei Alex Arndt. Sensei Ryan has helped me with my club, giving me sage advice on how to reach students I'm struggling with and helping improve my teaching skills. He's also taught me I need to block my head better. And Sensei Alex has pushed me beyond the limits I thought I had. His continual improvement

and rivalry against me keep me improving my karate so I don't fall behind.

On the day of the grading, I was filled with dread being lined up right beside Sensei Alex. I've seen



him in action before and I knew that he'd be going a hundred and fifty percent right out of the gate. But the more techniques we went through, the more my desire to beat him in everything pushed me. Eventually the dread had turned to competition, and eventually thankfulness. I truly believe that the energy Sensei Alex brought to the floor not only raised my level to new heights, but affected everyone on the floor. All of the instructors for the grading noticed it too, since they chose Sensei Alex to pick on for every demonstration.

Getting the opportunity to work out with so many people from so many different dojos and areas, some which were new faces to me, some who were recently met friends, and faces of friends I've known for years was a fantastic experience. Seeing how far everyone has come and watching all of their work come to fruition was an inspiration that made me feel if I took a break to rest after grading, I would definitely fall behind.

I understand that it's a monumental task putting everything together and a lot of the Joseki Board sacrificed their own



personal time in order to be there to see the applicants through the grading. I'm thankful for each of them and for all of the instructors who commit so much into their students. It's those instructors who keep the lifeblood of this organization flowing. Many of us don't say it enough, so I will say it here: Thank you. Thank you so very much.

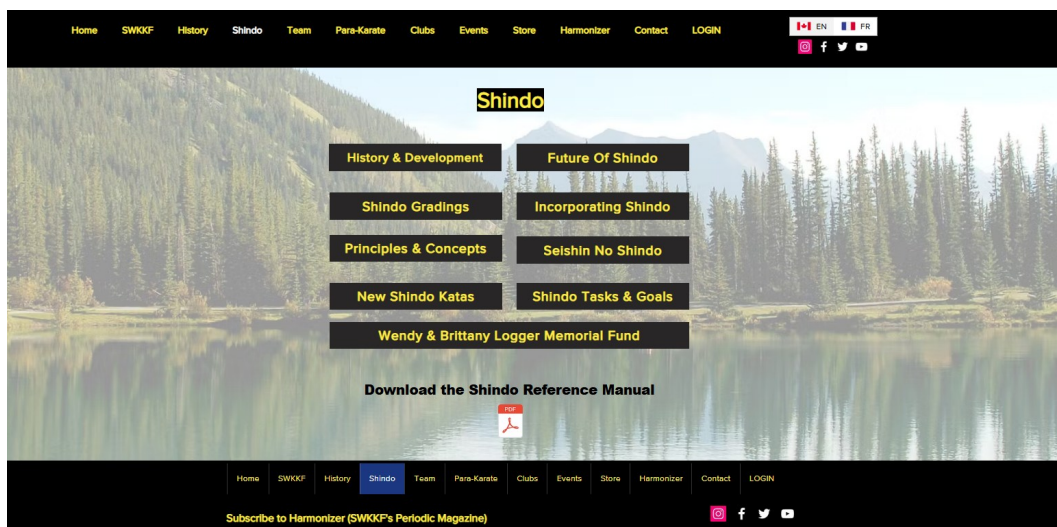
Shindo Workshop in Edmonton, Alberta

By: **Sensei Samantha Marler**

Whitemud Karate Club

In November 2024, the Whitemud Karate Club was proud to host Sensei Chris Marler as he led a session on Shindo basics. While this session introduced Shindo at a beginner level, all levels of experience were in attendance. Starting off the session with basics such as how to hold a Shindo, target areas, and transitions in grips, the group was eager to learn more and towards the end of the session the group dove into kata work. For any, this class was an opportunity to learn what Shindo is about and its history, and for some was a transition from virtual to in person training. An important lesson from the day was that

Shindos can substitute with many other objects; you may not have a Shindo on you when you are out, but if you are familiar with the movements of the Shindo, and especially having trained with it, you may be able to use any long object as a force multiplier of the body's natural movements to be quite effective. The interest in learning the art of Shindo is clear as we had students from 5 different clubs joining us on that day, all with eager minds. While this lesson was 2 hours long, the consensus was that we were all hungry to learn more and could have been practicing all day. Special thanks to Sensei Chris and all those who came out to support us. It is a privilege to learn from those who have dedicated themselves to the art and those who are excited to share their knowledge with students.



Returning to Karate

By: Chris Daoust

P.O.P. Wado Kai

In 2012, I had been a member of a Wado Kai karate club for 5 years, in Timmins, before the club underwent some big changes. We lost some great instructors, and our group started to dwindle as people parted ways over the next few months, myself included. Life got busy and during the next 10 years of being absent from karate, I always missed it; I tried to keep a connection to the SWKKF through social media and shintani.ca. Even though I was still watching from the sidelines, I could never push myself enough to go back and start to train again. There were days that I would argue with myself at the fact that I quit while I had a brown belt. I was disappointed that I didn't push myself ahead and achieve that black belt that was potentially so near. Other days, I would tell myself that I was ok with just having a brown belt and that I should be happy with that and all the hard work that lead up to it. Fast forward to this past year. My wife had been saying how she would like to try something like kickboxing or boxing. I joked that she should try karate, and that I'd go with her. Shortly after, a chance meeting with Sensei Mel (who was one of my original Sensei's) and her husband at Home Depot, where we chatted and caught up. It felt like no time had passed since our last time training together. My wife and Sensei Mel talked, and she told my wife that we should come out to her club and that she could try out a class and see if she liked it. Well, I guess my wife had been really reflecting on that conversation and a few weeks later, unexpectedly, I got a text message from her that said we were both going to karate tomorrow and that she had

already told Sensei Mel. I had no excuses, nor did I have a choice – happy wife happy life, and I was completely fine with that. The next night, I bowed upon entering the dojo and immediately I felt at home and welcomed back into a comfortable environment. Even though the dojo was esthetically different and held many unfamiliar faces, than my old one, I still felt like I was walking back into an old familiar place that I had missed. Seeing Sensei Mel and Sensei Brian on the floor was like no time had passed since 2013. P.O.P Wado Kai welcomed us both in right away. Sensei's Mel and Brian have made my return a smooth transition and have pushed me to get caught up and back to the level that I needed to be at again. Over the past half a year, since joining P.O.P Wado Kai, it has been great reconnecting with all the familiar members and meeting lots of the new members of the SWKKF. A substantial change, that I have noticed since I've returned, is the introduction of virtual training session opportunities. It took me a couple sessions to get used to it, and now I encourage everyone to take advantage of them. It is remarkable what technology allows us to do now and how we can expand and connect with other Shintani members easily and learn even more. My karate journey continues forward as I train to earn my black belt and watch my wife climb her way to the same level one day and to earn hers. I look forward to many more years of training, moving up ranks and potentially having the chance of meeting some of you reading this story. I hope that I have encouraged you to embrace this journey and know that we are all part of a great team with great people. I hope you keep going, striving, and learning from some of the best Sensei's for years to come. I know I will.



Masaru Shintani Legacy

@masarushintanilegacy1318



The Challenges of Expanding a Club

By: Sensei Megan Bond

Westcoast Wado Kai Karate Club

At the Cordova Bay Elementary School, in the evenings when the students and teachers have all gone home and the school is quiet, our small karate club gets together two evenings a week and practices together in the school gym. We've been practicing at Cordova Bay Elementary for 3 years now. And we're hoping to expand our numbers.

We're an average group of people. There's often a misconception that people who practice martial arts are extraordinary or 'hard core'. We're parents, we work (most of us full-time) and we have busy lives. A lucky few are retired. But everyone needs exercise – both for your physical and mental health – and what better way to get it than with a bunch of nice people who share your interests. And as a family-oriented club, most of us have kids in the club. It's a lot of fun to practice

martial arts with your kids. Friendly sparring is exciting and good exercise. It helps with building good reflexes and hand-eye coordination. Practicing exercises or kata (a series of moves to represent an imaginary fight) helps your memory, plus it looks and feels very cool when people move together in unison.

The physical and cognitive benefits of martial arts are apparent in our karate organization as we have many members across the country still practicing in their 60's+, even if they started practicing martial arts later in life. The development of discipline and opportunities for vigorous exercise are especially beneficial for our young students. Anyone can benefit from practicing martial arts. We all certainly have, and we're happy to share our benefits and our karate community with other families in Cordova Bay and throughout our beautiful city.



Sensei Jim Atkinson visits Thunder Bay Shintani Wado Kai Karate

By: Sensei Erin Couture

Thunder Bay Shintani Wado Kai Karate

Last January, we had the privilege of welcoming Sensei Jim Atkinson to Thunder Bay for a two-day clinic. This clinic provided all participants of all skill levels the opportunity to deepen their knowledge of Shintani techniques, explore the Shindo weapon system, and challenge themselves by learning a new kata.

One of the most exciting parts of the clinic was the opportunity to learn a new kata. Having previously learned this kata over Zoom, I greatly appreciated the chance to relearn and refine it in person. Step by step, Sensei Atkinson broke down the sequences, emphasizing proper form, timing, and the meaning behind each movement.

Sunday began with another session for the younger students, where they were introduced to traditional Shindo techniques. Sensei Atkinson taught different ways to help our younger students practice basic techniques while ensuring they always had fun. They learned the fundamentals of handling a Shindo, progressing to applications in both offensive and defensive scenarios.

This clinic provided an incredible opportunity for all participants to train side by side, encourage one another, and share insights. It served as a reminder that karate is not just about mastering techniques but also about continuous learning, discipline, and mutual respect.

We extend our heartfelt gratitude to Sensei Atkinson for providing us with this opportunity to train, grow, and strengthen our skills together!



Saturday began with our younger students focusing on fundamental skills such as stances, punching and kicking, while also engaging in collaborative drills. They also participated in speed drills and fun activities using props that Sensei Atkinson had brought along, making the learning experience both engaging and interactive.

The day continued with a focus on Shintani techniques, emphasizing precision and fluidity. Participants refined their stances and strikes, working with partners to ensure each movement was executed with intention and efficiency. This segment reinforced the importance of balance, speed and control- the foundational elements of Shintani Wado Kai.



Shintani Wado Kai Regina Kick Off 2025!

By: **Sensei Ryan McDonald**

Regina Shintani Wado Kai

Hello everyone from Regina!

What a way too, "kick off".. the 2025 year!



techniques he shared.

I am grateful Sensei Kevin arrived safely from 3 Elements Glenmorgan. Your direct influence with our students Friday and Saturday was inspirational to watch.



I would personally like to thank the Shintani organization for the support!

Big thank-you to Sensei Denis Labbe for your continued guidance to our students from Melfort, Saskatoon, Weyburn, Carlyle, Ceylon, Hamiota, Calgary, and finally Regina, what a turn out!



When "The 3 MuskAmego's", are involved Sensei Kevin is looking to say; "catch me if you can!"

The day of the tournament the skies cleared for our competitors, a safe day of travel.

No wonder why they call the prairies, "The land of living skies".



Mother nature had other plans...

The weather Friday turned to blowing snow, and near zero visibility! Sensei Denis & myself literally "blown way", as the clinic came around as to who fought the storm and walked through the entrance of our dojo for the night of the clinic. Sensei Denis's clinic paid homage to Sensei Peter Ciolfi with

The students brought to life Sensei Shintani's vision the day of tournament.

It was a joy to see students reconnect, continued strengthening bonds.

A big thank-you goes out to all the parents and volunteers that make this event possible.

Planning for 2026 is underway.

Can't wait to see you all soon at the next event!

Stay tuned for news from Manitoba!

Sensei Scott and Sensei Alex have big news!

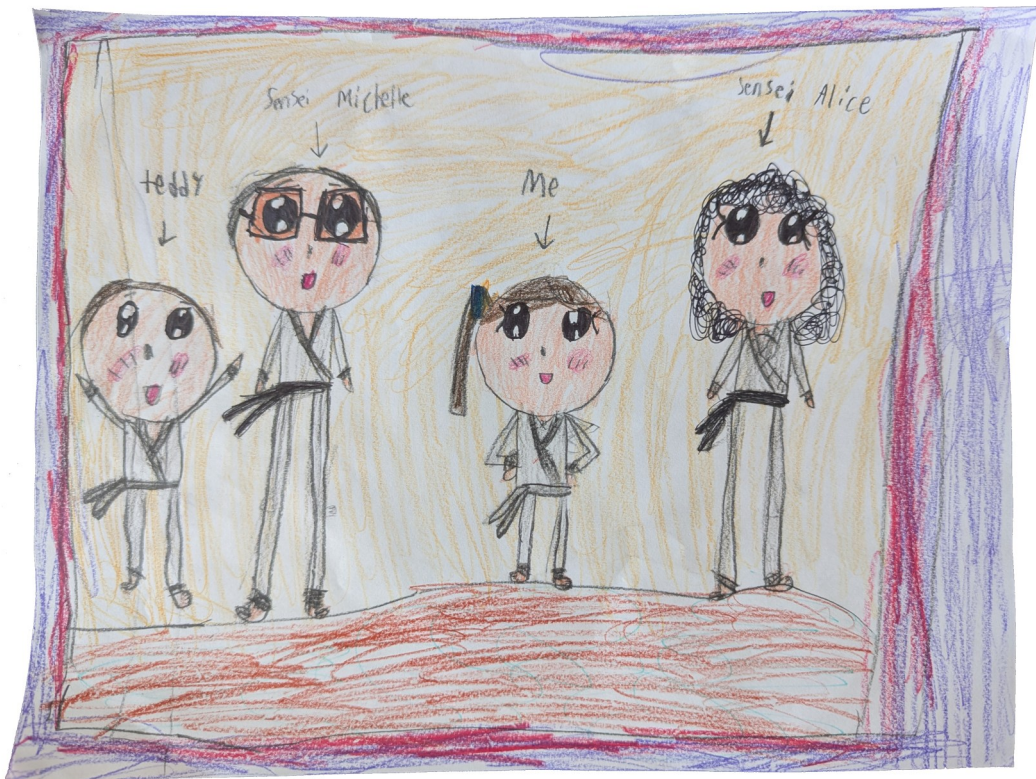


I Love Karate

By: Matilda Case

Nordik Wado Kai

Hi! My name is Matilda. I love
karate because it's fun to
learn new katas, I also love
my senseis because they make
it fun to learn. It is
also really funny to do the
kiais. It's the karate Wado-
kai I like the best,
I also like the play
time because it starts.
I love
karate! ♥



The Pinan Kata

By: Sensei James Freeman

Bushido Karate Association, Edmonton, AB

Introduction

The Pinan kata we study in the SWKKF form an important body of knowledge and legacy for martial artists. They are known as the Heians in Shotokan and the Pyung An in Korea and form the core part of the Kata syllabus for students of Wado, Shotokan, and Goju karate styles.

Given their importance to our organization, it is useful to understand the history of the kata, how and why the kata were created, and the applications of the kata techniques.

The Creator of the Pinans - Anko Itosu

Anko Itosu (1830-1915) is credited with creating the Pinan kata around 1900. Given his dates, it is safe to say the kata were the culmination of a life-time of study and his legacy project. Itosu is a key figure in the development of modern karate, as he is one bridge between the old Okinawan kingdom, its fighting traditions and links to China, and the emergence of modern Japanese karate, which incorporated Okinawa as a prefecture in 1879. In 1901, Itosu introduced karate to the Shuri Jinjo elementary school with the Pinan a key part of this program. In 1905, Itosu was appointed to the Prefectural Dai Ichi College and Teacher's College where his work continued. These experiences led him to write one of the most important letters in karate history to the Japanese Ministry of Education and the Ministry of War in October 1908, which has come to be known as the "Ten Precepts of Itosu". The response to this letter further set the stage for the study of the Pinans and the spread of karate, a job that fell to Itosu's students Gichin Funakoshi, Kenwa Mabuni, Choki Motobu, and Chotoku Kyan among others. Consideration of the Ten Precepts would be a good subject for a future article, as would a more detailed discussion of Itosu's amazing life.

The Pinan Kata

The name "Pinan" has for a long-time been said to mean "Peaceful Mind". However, as Sensei Iain Abernethy points out, that is based on a Japanese reading of the kanji. Given that Itosu was based in Okinawa and well-trained in Chinese, Abernethy argues instead for a Chinese or Okinawan translation which translates as "Safe from Harm". See the link at the end of the

article to explore deeper.

It should be noted that the original sequence created by Itosu is generally trained in Wado and Goju. In Shotokan, the first two kata are reversed. We know it was Funakoshi who did this. In Karate-do Kyohan (1935 version), Funakoshi writes *"There are five kata in Heian - Heian shodan (peace first) up to Heian godan (peace fifth). They are the easiest to learn; they are a full variety and include nearly all of the basic postures and techniques. Therefore, I recommend that the beginner start with this kata. These five kata, once you've become proficient in them, will become very useful for ordinary self-defence. Therefore, you can have peace of mind, which is the reason this group of kata is called Heian, peace. Also, the name of the kata which has traditionally been called nidan, second, is changed in this book to shodan, first. The name of the kata that has been traditionally called shodan is changed in this book to nidan. I made these changes based on the relative difficulty of the kata and the teaching sequence."* It should be noted that the timing of Funakoshi's words come at a time on increasing Japanese militarism and was 4 years after Japan had invaded Manchuria (China). Anti-Chinese sentiment was very high in Japan, and to sustain the growth of karate in Japan, Funakoshi had to change many names to hide their Chinese-Okinawan origins. This is how the Pinan became the Heian katas, and other kata names were changed by Funakoshi too, including Kushanku (Kanku), Chinto (Gankaku), Wansu (Enpi)). In Wado, we retain the original Chinese-Okinawan names.

Go to Youtube and search for Wado Pinan Shodan. You will recognize it as Pinan Nidan in our system. It is not clear to me why we in the SWKKF follow the Shotokan sequence, where all other Wado organizations I've trained with or reviewed follow Itosu's original sequence. As we'll discuss later, for students of Bunkai, the original sequence provides a very logical lesson plan.

Oyo for the Pinan Kata

Funakoshi's contention that the kata are "very useful for self-defence" is interesting and I believe a fair statement. No kata should be interpreted for use in kumite; this was not the problem kata set out to solve, as the kata pre-date the formalized kumite with its rules of today. As Itosu said in his first Precept" Karate is not merely practiced for your own benefit; it can be used to protect one's family or master. It is not intended to be used against a single assailant but instead as a way of

avoiding injury by using the hands and feet should one by any chance be confronted by a villain or ruffian.” This sort of confrontation would have no rules, would be generally unwanted and the goal would be to end the confrontation as quickly as possible, through either strikes or a submission.

Bunkai is a process used to dissect and study kata for their combative principles and what results are **Oyo** (applications). Historically, there was no need for Bunkai. Martial training focused on combative scenarios that kick-off in various ways, and you’d train responses to deal with those problems. Kata could be used to summarize what you already knew. This link was lost when Itosu introduced the Pinans to elementary school students, and where the techniques and their intent needed to be obscured for safety purposes. Okinawan parents in 1901 loved their elementary school-age kids just as we do, and would not have tolerated some of the brutality possible in the techniques. It also turned kata practice from partner work to a solo training tool, further divorcing kata from their true intent.

Some members of the organization will remember an experiment my students and I conducted in 2020. We trained Motobu’s 12 two-person drills, and then, to remember them, created a kata we called Motobu. This process mirrors the historical purpose for kata: learn the combative principles first, pressure test them against an opponent and then create a kata to transmit this knowledge.

With this in mind, one study of the Pinan Kata can group them into the following set of lesson plans:

1. **Pinan Shodan** (what we call Nidan): How to clear limbs in the chaos of a fight and strike the head and neck. How to use kicks to break an opponent’s posture by attacking the knees.
2. **Pinan Nidan** (what we call Shodan): How to deal with a variety of grabs. Basics of kazushi (unbalancing an opponent) through turning and basic kansetsu (joint locking).
3. **Pinan Sandan**: Further study of joint locking, and introduction to throws and strangles.
4. **Pinan Yodan**: More advanced methods to break posture (primarily) through leg strikes and joint locks.
5. **Pinan Godan**: Primarily, a study in throws and takedowns and additional joint locks.

There is a progression within any given Pinan from simple to complex, and there is a similar progression as you move through the Pinans, with Godan the most complex despite its shortness.

In creating these kata, Itosu was clearly influenced by earlier kata he learned from one of his instructors Bushi Matsumura, from whom he would have learned the kata Kushanku and a kata Matsumura himself created, Chinto. We clearly see the influence of Kushanku in Pinan Shodan (our Nidan) and Pinan Yodan, while subtle influences are present in Pinan Sandan. The kata Chinto (and Passai) have clearly influenced Pinan Godan. It is often said a third kata, Chang-an, now seemingly lost to history, also influenced Itosu’s efforts.

To prepare students for Bunkai and close-range fighting, see the Bunkai Level 2 clinic being led by Sensei Kris Reynolds on March 23.

For students looking to better understand the applications of Pinan Godan, consider the SWKKF Bunkai clinic planned for March 30, where my senior Instructors and I will examine the applications of the kata Chinto. For information on both, see here: [Events | shintani.ca](https://shintani.ca)

Summary

Knowing the history and applications of the Pinan kata makes the study of kata much more satisfying. The kata gain personality and can (and should) be trained with partners, deepening understanding of how the techniques need to be executed when you are under pressure.

In closing, Funakoshi says in *Karate-do Kyohan*: “Because it used to take three years to learn one kata in the old days, even people who were called advanced masters knew only three, or at most, five kata. Such was normal. This means that even if you know many kata, they are useless if you only half-know them. It should be better for you to know only a limited number of kata but to know each of them deeply. It took me ten years to learn (Naihanchi)”.

References

1. Karate-do Kyohan, Gichin Funakoshi, Neptune Publishing version 2005. This version retains the original 1935 text and is of great historical interest as it also shows Funakoshi's nine throws demonstrated by Funakoshi with Ohtsuka as his uke.
2. Itosu's Legacy: The mysteries of the Pinan and Naihanchi Katas Revealed, Dan Anderson, 2012
3. Hidden Karate: The true Bunkai for the Heian kata and Naihanchi: Gennosuke Higaki, 2005
4. Hidden Karate: Itosu's Ten Precepts and Bunkai for the Shotokan katas, Gennosuke Higaki, 2007
5. Here, for example, is Hironori Ohtsuka doing Pinan Shodan: www.karatecraiova.ro - [Hironori Ohtsuka - Pinan Shodan \(Wado Ryu Karate\)](#). This series of videos is said to have been filmed in the 1960s, possibly on a trip to North America.
6. [There is nothing "Peaceful" about the Pinans! | Iain Abernethy](#) As a note of interest, the photos of Sensei Iain in civilian clothes doing poses from the Pinans were taken by me on trips to Banff and Jasper in 2008.
7. [The 10 Precepts of Anko Itosu | Iain Abernethy](#)

Figure 1: Anko Itosu. There is some debate over what Itosu looked like, and while the first photo is most often cited as being Itosu, others disagree and put forward a second photo (the older gentleman).



or



Figure 2: Kanji for Pinan or Pin-an

平安



**SWKKF/Shintani Wado Kai
Karate Federation**

@swkkf



Thunder Bay Wado Kai Karate Tournament

By: Sensei Gary Nicholls

Thunder Bay Shintani Wado Kai Karate

Thunder Bay Shintani Wado Kai Karate hosted an amazing tournament the weekend of February 7-8, 2025, as part of our the 25th year of Shintani Wado Kai Karate in Thunder Bay.

up to black belts, the competitors all did amazing and demonstrated excellent karate. A special thank you to our karate friends from Shotokan and Isshin Ryu that attended. Your involvement made the tournament and karate stronger.

We are so appreciative to everyone who travelled to Thunder Bay and showed us such great karate and support.



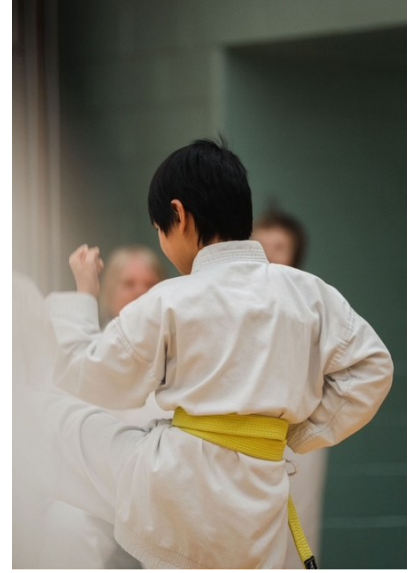
The weekend was filled with friendships and camaraderie between karate-ka from across the country. We were honoured to have attendees from Alberta, Saskatchewan, Southern Ontario, as well as, from throughout both Northwestern and Northeastern Ontario.



Friday night we hosted a clinic that was expertly taught by 3 of our Senate members and we offer a huge thank you to Sensei Denis Labbé, Sensei Michel Gosselin and Sensei Kris Reynolds for sharing your wisdom, talent and karate with us.

Saturday was our tournament and from the newest white belts





Black Belt Grading Techniques

of the

SWKKF



新
谷
和
道
会
空
手
道



Section 2

of the

Grading Requirements



From the Harmonizer Committee

We appreciate you supporting the SWKKF newsletter.

It is always a pleasure to read each article and take in the pictures.

Thank you!

Continue to send in your stories to harmonizer@shintani.ca

Until the next issue

Committee Members:

Chair - Sensei Alice Pinto – Nordik Wado Kai - Hearst, ON

Sensei Kevin Dyck – Moose Mountain Wado Kai - Carlyle, SK

Sensei Yvon Lebel – Nordik Wado Kai - Hearst, ON



**SWKKF/Shintani Wado Kai
Karate Federation**

@swkkf2834



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 THE SAME BY THE SWKKF AND THE SWKKF ASSUMES NO RESPONSIBILITY FOR THE ACCURACY.