

The Harmonizer

The Official Newsletter of the Shintani Wado Kai Karate Federation



Volume 33, Issue 2

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The Harmonizer

Current Issue:

Message from the President	3
Internal Announcement	4
50 Years of Karate in Wawa	5
The Long Drive to My Black Belt Grading	9
SWKKF National Tournament Para-karate Demonstration: Inclusion through Belonging	12
A Dream Come True!	13
Embracing the Athlete of the Year Award with Gratitude and Honour	14
Youngest Shindo Black Belt	15
First Red Stripe in Shindo	16
The Way of Karate-Do	17
From Your Harmonizer Committee	19

On the Cover

Left: Dahlia Bolgar
Awarded first red stripe
in Shindo,
Center: Sensei Jim
Atkinson, Shindo Head
Instructor,
Right: Mila Bolgar
Youngest Shodan rank
in Shindo.

SWKKF VALUES

• Honour • Excellence • Kindness •
Humility

Visit
our website

www.shintani.ca

He once held the Shindo up in front of a class at a black belt
workout and said,

"This is my life".

Hanshi Masaru Shintani

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,

As we come to the summer break for many clubs, I want to thank each one of you for all your support and dedication. It has been a very productive year with having our provincial & regional elections.

Thank you to the members of the Harmonizer for another great edition. And thank you for everyone who submitted articles. Just a reminder that anyone in the SWKKF can submit articles if they wish – this is not limited to only black belts, instructors, etc... Anyone and everyone are welcome.

The National Tournament & Symposium this year in Simcoe, ON was a great success with a terrific social afterward in which we recognized some individuals with our REACH Award Program. I would like to personally thank everyone who was able to come out and back this event. Hanshi Shintani would have been very proud of the community, respect, competition, and support from all.

Event coordinator (club host) – keep in mind to get your events into me as soon as possible. That way they can be added to the calendar of events, onto the www.shintani.ca website and I can plan my travels for the year. Your continued dedication, support, and organization for the various events across the federation is appreciated (clinics, workouts, tournaments, etc.).

We will be scheduling a Town Hall Meeting with our members sometime at the end of August, beginning of September.

Train with passion and be true to the basics. Enjoy your summer, be safe and I look forward to seeing you.

In Harmony,
Sensei Denis



Shintani Wado Kai Karate Federation



Shintani Wado Kai Karate Federation

Internal Announcement

2024-06-24

For Immediate Release

Internal Announcement

The Shintani Wado Kai Karate Federation is pleased to announce Sensei Kris Reynolds has been appointed by election to become one of our nine Senate Members.

On June 22nd, 2024, Sensei Bruce Perkins retired from his position as a member of our Senate. Sensei Bruce is an original Senate member appointed by Hanshi Shintani. He has been a great mentor to many and will continue to offer his guidance as a Senate adviser.

A few of Sensei Bruce's contributions is being the founder of the SWKKF Scholarship, Central Purchasing store and the development of our Shindo program. I would like to thank Sensei Bruce for his outstanding contributions to the Senate and the SWKKF for so many years. I wish him all the best going into the future.

Sensei Kris Reynolds will start transitioning into his new role as one of nine Senate members immediately as well as continuing his other responsibilities to the SWKKF.

Kris has contributed a great deal to the SWKKF over many years. His professional business knowledge, karate teachings, personality, and his respect on and off the dojo floor will prove to be a great asset to the Senate.

Please join me in wishing Sensei Kris Reynolds every success as he assumes his new responsibilities.

Sensei Denis Labbé 9th dan

President

Shintani Wado Kai Karate Federation



SWKKF/Shintani Wado Kai Karate Federation

@shintani.ca



50 Years of Karate in Wawa

By: Sensei Robert Parent

Wawa Wado Kai

Fifty years. Let that sink in for a minute.

Fifty years of dedication to anything is an amazing milestone.

As I sit here reflecting on the whirlwind that was an amazing three day event, I find myself struggling to express the emotions that have been swirling through me.



It takes a lot of people to make an event like this happen. Every part of this weekend was driven by different motives and personal desires. A large thanks goes out to all the individuals behind the scenes that made this happen. To all the unsung heroes who played a part from making a physical donation to the donation of time and talent. My personal motivation was to acknowledge all those who came before. We have so many new members that have either moved to the community or are too young to remember the roots we came from. There is a need to share those roots and let everyone see the impact our small community has had in the federation.

For those that aren't clear about how things all started, let me give you a brief history. In 1973, Sensei Don Girard came to Wawa and held a karate demonstration. One hundred and forty people signed up. A short time later after some intense workouts, that number dwindled to forty members. Due to circumstances out of his control, Sensei Girard was unable to continue his trips to Wawa. After travelling to see Sensei Girard; Sensei's: Rick Leveille, Danny McCoy, Luigi

Trovarello and Claude Latulippe were given the opportunity to travel back and forth to learn and to continue teaching in Wawa. This was a crucial moment as all of them were Kyu belts at the time. Club membership fell to nine students, however, through hard work, dedication, and drive, they built the club up to around forty members again within the year.

As time went on those Kyu belts were graded to Shodan by Sensei Shintani. Time always has a way of changing things. Sensei Luigi Trovarello took over Wawa Wado Kai as head instructor after Sensei's Leveille, McCoy, and Perkins had moved away.

Sensei Larry Laforge was made head Sensei of Wawa Wado kai after Sensei Trovarello. Twenty one Black belts had come from Wawa Wado Kai at this point. Another six more followed under the instruction of Sensei Laforge.

Sensei Scott Robinson is the current head Sensei of Wawa Wado Kai. Another five Black belts have been added to the roster under Sensei Robinson. Currently, Wawa Wado Kai operates by committee with members handling tasks best suited to their strengths.

Without the dedication of those individuals who had come before, we would be unable to celebrate such a fantastic milestone. To look back and think of all the time spent training, teaching, sweating, bleeding, all for the love of the art and the desire to pass on the knowledge gained to those willing to learn. Humbling; a truly humbling feeling. Every day before class I think about this; I think of all those who came before. I think of my Sensei and my students. This is what drives me; to be part of a legacy, to honour those before and to inspire those who come after. It's my turn to train, teach, sweat, and bleed.







WAWA 50 YEARS of karate

和道会

WAWA WADO KAI FAMILY TREE 1973

Instructors:
Don Girard
Rick Leveille,
Danny McCoy
Claude Latulippe
Luigi Trovarello

Bruce Perkins
 Claude Denomme
 Erica Perkins
 Grainger Burke
 Jack Gingras
 Lillian Roy
 Randy Quarrell
 Ron White

WAWA WADO KAI

Instructor:
Larry Laforge

Jason Corbell
 Maria Dupuis
 Mike Fortin
 Paul Begin
 Rick Ladouceur
 Scott Robinson

WAWA WADO KAI

Instructor:
Scott Robinson
 Robert Parent
 Hunter Schumacher
 James Stewart
 Jean Desgagne
 Dan Beach

SAULT STE. MARIE WADO KAI

Instructors:
Jack Gingras
Victor Apnar
 Jim Barret
 Lorraine Beauoin

MILLBROOK WADO KAI

Instructor:
Sanford De Witt
 Annika De Witt
 Brandon Wade
 Brodie Hicks
 Cindy Leach
 Darcy Shelton
 Evan Junkin
 Jesse Parnell
 Jim Campbell
 Joanne Sokolowski
 Paul McGrinsken
 Phong Ngyuen
 Crystal Johnson (adopted)
 Jeremy Johnson (adopted)
 Ryan Datsi (adopted)

PETERBOROUGH WADO KAI

Instructor:
Brodie Hicks
 Al Fiet
 Cater Fiet

WAWA WADO KAI

Instructor:
Luigi Travarello
 Ben St. Pierre
 John Laroche
 Larry Laforge
 Robert Case
 Robert Johnson
 Robert Turgeon
 Roger Lapointe
 Shane Mills
 Victor Apnar

MICHIPICOTEN WADO KAI

Instructor:
Ron White
 Adam Wenmann
 Aaron Sauve
 Darren Emond
 Darren Marshall
 Dave Blanchet
 James Miller
 Sanford Dewitt
 Stephan Guindon

MANITOUWADGE WADO KAI

Instructor:
Ray O'Conner
 Bruce Fraser
 Don Dumontier
 Elana D'Andrade
 Michel Bealleu
 Patty Westerman
 Sheldon Plummer
 Walter Sencza

Instructor:
Don Dumontier
 Bonnie Baleck
 Jordan Atkins

SUPERIOR WADO KAI

Instructor:
Randy Quarrell
 Duane Wenmann
 Jason Corbell
 Maria Dupuis

LINDSAY WADO KAI

Instructor:
Darren Marshall
David Blanchette
Sanford De Witt

Kris Reynolds
 Jesse Powell
 Timothy Luchies

Instructor:
Kris Reynolds
 Beverly Beuermann-King
 Craig McCleary
 Dave Cuning
 Ethan Bradley
 Gord Seabrooke
 Hunter Peeters
 Jarret Allen
 Jeff Allen
 Kaithlyn McCleary
 Karen Storing
 Maria Dobbs
 Megan McCleary
 Nick King
 Owen MacKiegan
 Seth DeSouza
 Sid MacKiegan

WHITE RIVER WADO KAI

Instructor:
Rick Leveille
 Albert Lebreton
 Brad Lundquist
 Don Lachapelle
 Eric Belanger
 Erin Frasier
 John Hogan
 Laurie Jean
 Natalie Godin
 Raymond O'Connor
 Richard O'Connor
 Tammy Stewart
 Tim Radul
 Tim Swarek
 Willis Constanineau
 Chris Bazinet (adopted)
 Michel Gosselin (adopted)

ALBERTA SHINTANI KARATE ASSOC.

EDSON WADO KAI ENOCH WADO KAI HINTON WADO KAI MERRITT WADO KAI

Instructor:
Danny McCoy
 Bill Kazoleas
 Craig MacMillan
 Daniel Hill
 Dennis Olsen
 Don O'Quinn
 Douglas Scabar
 Hugh Lougheed
 Janet Baglole
 Jethro Ulrich
 John Fleming
 Judy Bouffard
 Karen Murray
 Leroy Roth
 Norm Volk
 Rose Costucci
 Sandy Martel
 Shelley McGregor
 Sylvie Fontaine
 Tim Scott
 Tom Hoffman
 Tom Roth
 Troy Sorensen
 Walter Greening



Wawa Ontario - 1978

DUBREUILVILLE WADO KAI

Instructors:
John Laroche
Clarence Boutin
 Jocelyne Prince
 Louise Perrier

MICHIPICOTEN WADO KAI

Instructor:
Duane Wenmann
 Bryan Gilmarten
 Clarence Boutin
 Daniel McCoy
 Dustin Wenmann
 Erin Davidson
 (Couture)
 Mary Ellen
 Wenmann
 Matt Larret
 Spencer Terris
 Vicki Imbeault

Instructor:
Matt Larret
 James Greer
 Shani Larret

BLUE ROCK WADO KAI

Instructor:
David Blanchette
 Stanley Tumoth
 Xavier Blanchet
 Chris Nakamura

THUNDER BAY WADO KAI

Instructor:
John Laroche
 John Sutherland

Denise Lyn Baxter

David Nistico
 Faith Ling
 Gary Nicholls
 Kris Delodrenzi
 Lorenzo Scimeca
 Saxon Sime

ELK VALLEY WADO KAI

Instructor:
Rick Leveille
 Cameron Thiel
 Dean Tanaka
 Doug Wilde
 Erik Logodi
 Sheldon Thiel

FORT FRANCIS WADO KAI

Instructor:
Chris Bazinet
 Adam Van Ael
 Becky Kupla
 Benjamin King
 Cassandra Jackson
 Claude Boucher
 Dana King
 Henry Van Ael
 John Sutton
 Laureen Mckintyre
 Lew Kempf
 Michael Caul
 Paul Forget
 Ross Keeler

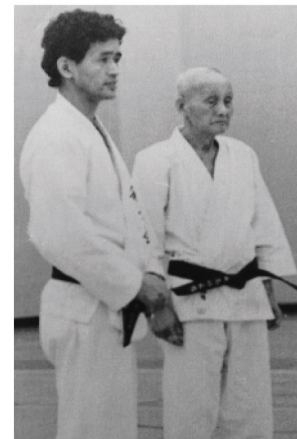
DEVLIN WADO KAI

Instructors:
Claude Boucher

DELHI WADO KAI

JARVIS WADO KAI PORT DOVER WADO KAI SIMCOE SOUTH SIMCOE KARATE KIDS

Instructor:
Bruce Perkins
 Alexander Welden
 Allan Zolaturuk
 Amy Belsey
 Chris Logger
 Graig Besley
 Craig Blake
 Dan Reidy
 Daniel Thorne
 Danny Lavigne
 David Brunarski
 Erica Wilhelmus
 Frank Labonte
 Jacob Kolomaya
 James Atkinson
 Jane-Ann Smith
 Jason Crevits
 John Kuchar
 Josh Shill
 Justin Arnold
 Karen Atkinson
 Landon Hill
 Marco Reyes
 Matthew Kolomaya
 Natalie Godin
 Dan Reidy
 Paul Delauw
 Rebecca Lacroix
 Rob David
 Robert Wingrove
 Sarah Henry
 Thomas Welden
 Tim McCullough
 Tom Foster
 William Dreyer
 William Jacob
 Yancy Eddie



NORDIK WADO KAI

Instructor:
Michel Gosselin

Alice Pinto-Lebel
 Arielle Morrisette
 Denise Baxter
 Dillon Chouinard
 Emillie Gosselin
 Isaac Bedard
 Isabelle Fillion
 Lise Joanis
 Lyne Poliquin
 Miguel Breau
 Nicholas Lebel
 Nicolas Gosselin
 Patrick Levesque
 Victor Granholm
 Rejeanne P. Vaillancourt
 Richard Veilleux
 Sophie Joanis
 Yvon Lebel

TORONTO WADO KAI

Instructor:
Darren Marshall
 Andrea Rathburn
 Kris Reynolds
 Micheal Rust
 Steve Dmytryszyn
 Timothy Luchies

GRANDE PRAIRIE WADO KAI

Instructor:
David Blanchette



Wawa had a big influence on the SWKKF

with Sensei Rick Leveille, Sensei Danny McCoy and Sensei Bruce Perkins.
 All 3 were hand picked by Shintani Sensei for the Original 9 members of the SWKKF Senate.



The Long Drive to My Black Belt Grading

By: Sensei Annika de Witt

Millbrook Wado Kai

My feet slip and I can feel my hands slide down the wall of bricks I'm desperately trying to hold onto. I lose all footing and have no choice but to jump back down onto the rain-streaked pavement of the dark alley I've found myself in. Here they come again. From out of the shadows the silhouettes of those after me. They're back. I swiftly turn and let out a yoko geri to the one behind me, a mae geri to the one in front followed by an empire to my right side. I am surrounded and can barely see through the pouring rain and faint hues of light from the street lamps, but my defences seem to be keeping them at bay for now.

I hear beeping. Is that someone's car alarm? It sounds more like a smoke-detector. It's getting louder and my vision starts to fade. I open my eyes. It's the alarm clock... 2:45am. Time to get up and into the car to start the long drive up north to where this all began. On the other end of this drive is my black belt grading, so close, but what still feels like a Mount Everest of challenges away.

It feels surreal that the date is actually here. For months, hours spent training alone in a quiet room going through all the pinons and Kushanku over and over and over again and travelling to clubs in our region for extra training and input from senseis, it seems the biggest battle has been the one with my own mind. Is that what I was fighting in my dreams? My own demons? Or is it just the complete immersion into karate over the last 6 months that has got the moves now invading my rest. I've been told I've been difficult to sleep beside lately as I don't stop moving all night.

I get out of bed and gather my items neatly-placed and ready from the night before. Within minutes we are on the road and I am nestled back into a cozy spot in the back seat of the car by the window. I look out into the darkness, street lamps illuminating the scenery of trees and fields as we drive by. I drift back to sleep.

I'm in the back yard of my first childhood home in North York, Toronto, just a block from Yonge street. My best friend Stella Rose is over. We're picking flowers from the edges of the fence and carefully placing them in the little ant village we are creating in the sand box. I am completely care-free and happy and she is so pretty, Stella is, her blonde hair and blue eyes with that ear-to-ear smile. But I see something now that I never

noticed when we were five and playing our make-believe games: a sadness that is tucked right behind the surface of her giggle. I can see it now in her big blue eyes.

"Anyone want coffee?". First stop, Parry Sound. I get out of the car, stretch my legs and breathe in the air that is still cool from the night. The early morning daylight has now arrived, though the sun hasn't come up yet.

"How'd you sleep?"

"Ok, I guess", I respond. I'm still feeling groggy from not enough sleep and getting out of bed way too early.

After a quick break and refill on coffee and snacks, we continue on the road. I'm still in the back seat, although sleep doesn't come to me easily anymore.

We're heading north, just like I did when I was eight years old and my parents moved our family from Toronto up to Thunder Bay. The trees are starting to look more familiar now: fewer maples and more evergreens. I remember the drive when I was eight, how excited I was to start a new life and adventure as a northern girl. And as quickly as I remember that, I remember the first day of grade 3 in my new country school, when some kid on the bus asked "Is that a boy or a girl?", as I walked down the aisle to my seat wearing my favourite dress. Within hours the most popular girl in my class would decide that she hated me, thus setting the tone for the next six years of my school experience, being ostracized and bullied.

I find it interesting that 27 years later these are still some of my most painful memories, even though life has brought much greater challenges onto my path in the years that followed. Maybe it's because that's where the shift happened: when I stopped speaking and standing up for myself. In my eight-year-old mind I had become a wretch, not worthy of real friends, so in a fight to survive I blended myself in to avoid being noticed and consequently rejected, and took on a life of being whatever anyone else wanted me to be.

It took a decade to even speak of my experiences of being bullied, and another decade to begin healing the wounds that had resulted from those years. Now I find myself well into the third decade, six years since my first karate class, and I am just now beginning to find my voice. It was only three months ago that my true "kiai" emerged one night in Sensei Brodie's class (the one that came from deep within my belly with a velocity I had not heard come out of my mouth, maybe ever). It startled me. But after the one came another, and another and another, and soon I didn't want to stop the bellowing and

freeing sound that came from the deepest places of me. It was so fierce and so real.

“Lunch break!”, I hear from the front of the car.

We’ve hit Sault Ste. Marie, which to me feels like the beginning of the actual north. The air is now notably crisper with a cold wind blowing as I get out of the car. Others have arrived at the same time and we congregate in the parking lot of Timmies, with the jokes and laughs beginning simultaneously. It’s a happy reunion of senseis and kyu belts alike, and the fondness between all is clearly seen through the hugs and shoulder punches that go around. The energy is electric as the talk shifts to the upcoming “big weekend”. It is not only the first black belt grading held in Wawa since the 90’s, but also the 50th anniversary since Shintani Wado Kai Karate was brought to the town of Wawa. I can’t help but silently reminisce my conversation with Sensei Leveille soon after my karate journey had begun, when he shared with me the history of karate in the north, “bush karate” as he called it.

It’s now my turn to drive, so I get behind the wheel for this last stretch to Wawa, where my lake begins: Lake Superior. On the other end of this lake is my home town, Thunder Bay. And although we are not driving all the way there this time, we are now in the north where everyone holds the same tenacity and will to thrive in the harsh conditions that the north can bring. As I catch a first glimpse of the vast lake that stretches across one-third of our province, I feel at home already. I have always loved the water and the magnificence of this great lake. It feels so strong and open, with the air above it so fresh and freeing to take in. I feel alive.

How have I come this far? Never in a million years would I have imagined I might one day be a black belt, let alone even be taking karate classes... especially as an adult. I was 39 when I started. Life had taken me through a couple big ringers in my 30’s that nearly took me down completely, but as I approached 40 I had found a new determination to finally rise above all the other voices and try finding my own, the one I had lost somewhere a long time ago. Karate seemed like a safe place to start lol. Nothing like being thrown into the



ring, literally. I fumbled my way through the first few ranks, often scarlet-faced and trembling. To be honest I would have been happy remaining a white belt, where there were no expectations and no one to disappoint. It would have been so much easier. But something in me kept pushing me forward.

It’s a bright sunny day with clear skies. The Trans-Canada highway is only two lanes wide in these parts, and twists and weaves along the lake shore and through big rock cuts lined with needled-trees. I can feel my heart beat accelerating as we get closer to our destination. I’ve been on the floor for black belt gradings before... the first time as a white belt. But never with the same pressure I’m feeling now. Have I worked hard enough and long enough? Have I trained sufficiently? In a matter of 48 hours I will know that verdict. Still, I can’t help but look back on my journey, a journey that started long before my first karate class.

I think of my parents who will soon also be en route to Wawa to be a part of this weekend as they have been for every major event of my life. I think of the beautiful childhood they gave me, so safe and full of so much love. I think of my sister, who has been with me since I was 14-months old. The friends who have come and gone through my life in different seasons, and the ones who have been there for the whole thing. So many people who have supported me throughout my life and cheered me to keep going even amidst the greatest adversities. I think of Stella. I think of my own children who’ve fought to give a similar childhood to as I had, and who introduced me to karate in the first place. And of my senseis and fellow karateka in Thunder Bay, who welcomed me with open arms when I was feeling like an orphan. Of my new karate family in Millbrook who have become just that, family. And my beloved husband and sensei who has not wavered in his belief in me. All these people,

whom without I would not be here today.

I turn left onto the narrow gravel road leading to the cabins where we will be staying for the next few nights. We have now arrived in Wawa, to what will be another monumental weekend and milestone in my life’s journey. In a few short hours it will all begin.



I've heard it said that the key to being successful in life is to know and be clear of your purpose: your 'why'.

So what is my why?

For me it's not about a new belt being tied around my waist, especially as I will also have to leave my friends in the kyu belt line (which I am not excited about) to join a new line of ranks. But, maybe, just maybe from my new vantage point at the front of the class it will allow me to see into the eyes of the students in front of me. And maybe I will see a Stella Rose, who if she had had karate in her early life might have found her voice to speak up and be freed from the terror she was living in at home. Or maybe I will see a student who's self-esteem is being crushed by their peers for whom their sensei's voice will be louder and save them from a lot of pain.

That is my 'why'. It's me. It's Stella. It's all those people for whom karate may be the key to finding their voice, for learning to stand up and fight for what's right, for experiencing the value of being a part of a clan through thick and thin. For a black belt is a person of honour, of integrity and of a fierceness determined to follow those who came before and lead those who come after, to find their way to harmony. Harmony in life, in community and in one's self.



SWKKF National Tournament Para-karate Demonstration: Inclusion through Belonging

By: Sensei Steffannie Hancharyk

Welland Martial Arts

Five para-karate athletes attended the SWKKF national tournament and what a success it was! For the first time a seated athlete entered our para-division, and all five of our para-athletes took part in a demonstration to kick-off the tournament.



Para-competitors and ring judges at the National tournament. Back row, from left to right: Sensei Seth, Sensei Jeff, Sensei Dave, Sensei Kyle, Sensei Brandon. Front row: Ashley, Shannon, Mathew Sensei Steff, Sensei Mike

This demonstration was a big deal for the para-students. Some of the students had never competed, and this was their first experience at a tournament. On top of that, there were hundreds of people in attendance, and when it was the para-athletes turn to take the floor for the demonstration, you could hear a pin drop. Shannon, demonstrated some boxing combinations using focus mitts; working reaction time, range of motion and foot work. Mathew demonstrated board breaking, generating force to break through progressively more challenging boards. While Ashley came out of her wheelchair to demonstrate a few kick combinations, working range of motion, balance / stability, transferring and receiving weight and flexion and extension. On the fly, I asked Sensei Kyle Chambers, former SWKKF team member, and Sensei Mike Fulop if they would demonstrate a kata and without hesitation they volunteered, which was exemplary of a true martial artist. What a great experience it was for my students and for their families.

Shintani Wado Kai is highly family oriented, with the ultimate goal of fostering a harmonious community, therefore it means so much to sensei when we see families in the audience beaming with pride, tears flowing down their cheeks after watching their child participate in an activity that brings them so much joy. There are always comments from parents that are thrilled that their child is part of something and belongs. This is so special because our community members experiencing disabilities often do not have access to programs that offer connections and belonging, for them, most programs are short lived, therapeutic or not engaging. In all of my experiences, belonging is the glue that keeps the people training. Let's face it, training is hard, to keep training year after year, birthday after birthday, injury after injury. What keeps us training and disciplined is our karate family, and our involvement in the activities such as tournaments gradings, assisting or teaching classes. It gives us a feeling that we are wanted and have something valuable to offer. For that reason, I am so proud to be part of this organization in all of its support for accessibility in our communities.

Prior to my membership with the SWKKF I was a member of a different international karate organization, and as much as I encouraged the para-program in my own community, I was limited by the organizations resistance or lack of value at the very least. As a result there, was little opportunity for growth within the organization for my students. This was not how the Shintani was, in-fact, before I was a member of the organization, sensei across the organization had already been teaching students with disabilities and had para-athletes competing on the national team. Since then, the para-committee has developed tournament policies and rules, grading standards, webpage content, tips and strategies for targeted marketing, and has piloted a level one para-karate instructor clinic.

As an advocate and ally for individuals experiencing disability, I am proud to observe the inclusive actions of our members. Thanks to the para-students across the entire organization for their continued commitment in their training, and thank you to the sensei who have included people with disabilities into your dojos, taken part in the instructor certification, targeted disability populations, or sought out knowledge about adapting karate or being inclusive. Your efforts continue to make this organization great! And

A Dream Come True!

By: Ashley Dagenais

Welland Martial Arts

I had the absolute pleasure of being in the 2024 National tournament! I know that may not seem like a big deal, but for somebody who faces a lot of adversity, with physical challenges and autism, this was a dream come true. I was not welcomed in karate in the past because I was deemed “too disabled”.



I have never felt so welcomed in a big gathering...ever in my life. I had some nerves due to being the only para-athlete in a wheelchair, in a gym full to the brim of karate students as well as our Sensei. I competed in the para-portion of the tournament, I did the front kick, side kick, back kick in the

demonstration while holding on to two chairs for support, and I

even presented my kata. I was so nervous, but I have an amazing Sensei, who has taught me a lot in the past four months and she taught me not to give up.

Once we were all done with our matches, we were presented with our medals and medals we earned. They were not just given

because someone felt bad for us, that was my worry, but I gave it my all, I have never won anything in my life and this tournament meant the world to me. I wouldn't take off my medals until I went to bed, now they hang proudly on my wall. I am slowly working my way to yellow belt, to the Sensei of our club, thank you for making me feel so welcomed to my new karate family, see you next year with my yellow belt!



Embracing the Athlete of the Year Award with Gratitude and Honour

By: **Sensei Braden Oishi**

Edson Wado Kai

Receiving the 2024 Athlete of the Year award at the REACH ceremony was an incredibly humbling moment that I deeply cherish. I owe this great honor entirely to the unwavering support and guidance of the Shintani National Team and the amazing karateka within our organization.



Starting my first year of Pharmacology at the University of Alberta brought uncertainties about balancing academics and extracurriculars. However, amidst the whirlwind of lectures, assignments and adjusting to campus life, one constant remained: my passion for karate. With encouragement from my senseis, coaches, and peers, I strove to excel both in the dojo and on campus.

Reflecting on the past year, I've made significant progress in my karate journey, thanks to the invaluable insights gained from Shintani Team trainings and local clinics. Not only have these experiences sharpened my technique, but they have also enhanced my ability to pass on my knowledge of this art to new students. Competing in several local tournaments and receiving feedback from esteemed senseis has been incredibly fulfilling, fueling my commitment to continually push myself to improve.

Recent achievements, such as obtaining my



second-degree black belt and winning gold medals at the Shintani National Memorial tournament, stand as memorable achievements in my karate career. However, being named SWKKF Athlete of the Year at the REACH Awards ceremony was an unexpected and humbling honor. I am deeply grateful to represent our organization among so many talented athletes, and I owe this recognition to the support of my senseis and teammates.

In closing, this journey has taught me the importance of dedication, gratitude, and humility. I encourage everyone to pursue their goals wholeheartedly, embracing challenges as opportunities for growth and connection with others.



Youngest Shindo Black Belt

By: Mila Bolgar

Welland Martial Arts

My name is Mila Bolgar, I'm 16 years old, and I've been doing Shindo for about 5 or 6 years now. I started Shindo in 2019 after going to my karate class where my instructor at the time (Sensei Eddy Poulin) decided to teach us a little bit that night. Afterwards, I just remember (in my 11 year old mind) feeling super excited about how I got to do karate, but with a stick. I pretty quickly started going to Shindo classes, and had just gotten my white stripe before Covid happened. During covid, I was lucky enough to be able to join an online Shindo class with Sensei Craig Mcleary, who taught me a lot, and kept my skills sharp.

It's been a journey for sure, and I'm so very grateful to everyone who has taught me Shindo in the past and present; Sensei Ray Poulin, Sensei Brian Chmay, Sensei Michelle, and Sensi Craig Mcleary. I especially want to thank Sensei Eddy Poulin for being the one to get me into the art, Sensei Ray Poulin for being my instructor and teaching me all these years, and Sensei Jim Atkinson for organizing a grading that I could go to, as well as the Joseki Board members who volunteered to help

grade me. I wouldn't be where I am today without the people who have taught me and helped me grow along the way, so thank you from the bottom of my heart.



First Red Stripe in Shindo

By: Dahlia Bolgar

Welland Martial Arts

Hi my name is Dahlia Bolgar and I'm 14 years old. I first tried Shindo when I was much younger around 5 and really didn't understand it. I wanted to focus on my karate. I joined Shindo later on with my sister Mila and was way more interested and eager to learn.

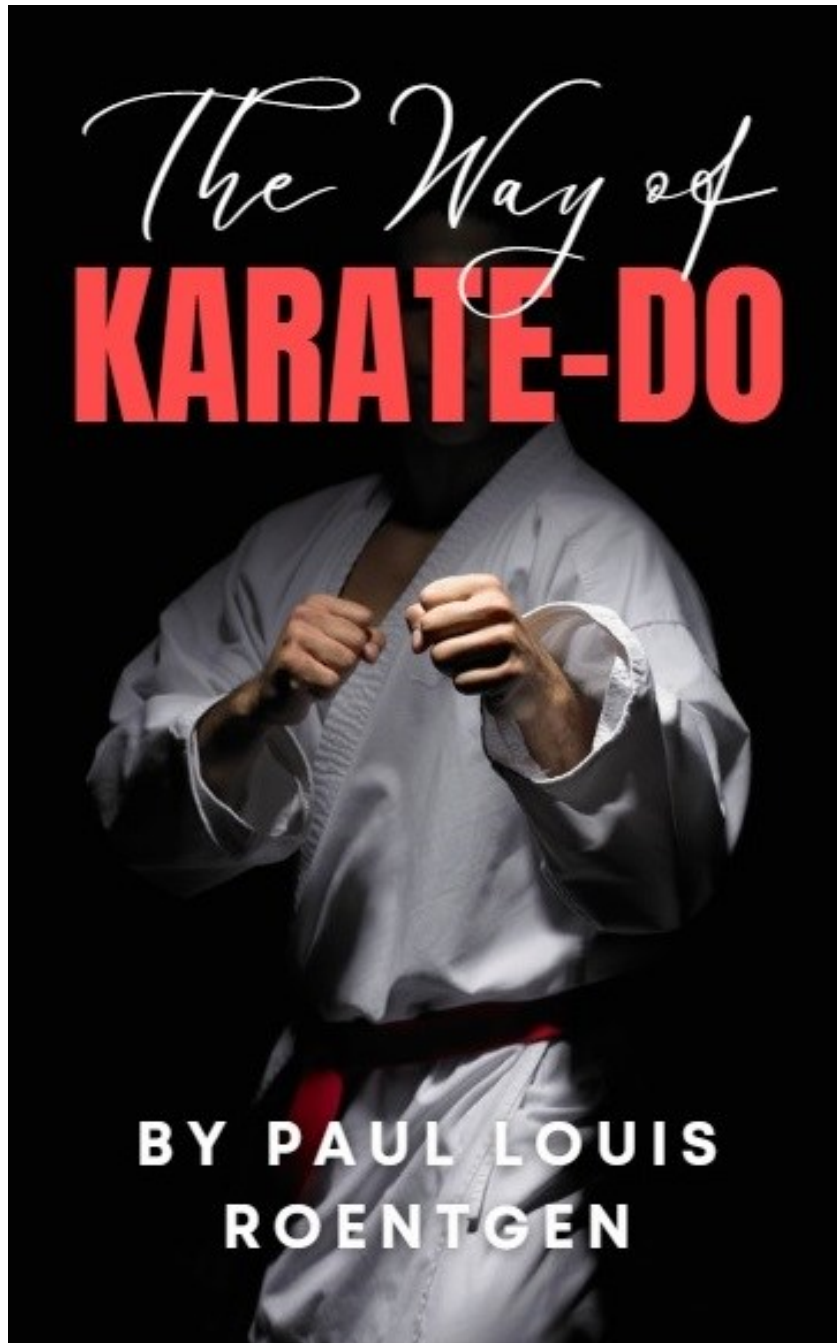
Shindo was a bit faster paced, which I really like. Because I started karate when I was so young I had to learn patience, since I could not move up in rank because of my age. It's a great life lesson (so they say) I have loved every part of my Shindo journey and can't wait to continue on to my gold stripe! I am so grateful to have Sensei Ray Poulin, Sensei Bryan Chmay and Sensei Michelle Chmay as my Sensei's! They have helped me grow so much in Shindo. I would also like to thank Sensei Jim Atkinson for this amazing opportunity to have been presented with the first red stripe in Shindo.

I hope Sensei Shintani would be proud of how much his dream has grown.



The Way of Karate-Do

by Sensei Paul Louis Roentgen is Now Available for purchase on [LULU.COM](https://www.lulu.com)



By Sensei Brad Cosby, Kudan (9th Dan)

I first met Sensei Paul "Lou" Roentgen (who was a brown belt at the time) in October of 1966 at the first ever Shintani karate club in Grimsby, Ontario, Canada. This was the first time I had ever stepped into a karate dojo, which at the time was run by Hanshi Masaru Shintani.

After a couple of years of constant training, I eventually received my blue belt. By then, Sensei Roentgen had earned the rank of Shodan (black belt) and opened his own club in St. Catharines, Ontario. He was looking for an assistant at the time to help him out, so he asked Hanshi Shintani who he should take with him. Hanshi recommended me, and so, I got my first real shot at instructing.

Sensei Roentgen went on to become a very competitive fighter, and had many championships under his belt. Later, under the guidance of Hanshi Shintani, he eventually started his own organization – the North American Wado Karate Association. Over the years, Sensei Roentgen spent a lot of time training and conversing with Hanshi Shintani.

Much of Hanshi Shintani’s philosophies, as seen through the eyes of Sensei Roentgen, can also be seen throughout *The Way of Karate-Do*, which discusses certain attributes of martial arts training, as well as the true meaning of Peace and Harmony.

A novice martial artist might pick up *The Way of Karate-Do* and say to themselves, “I know all of this.” In reality however, *The Way of Karate-Do* is something that is meant to be read, put away, then taken out again throughout your entire personal journey in the martial arts, and then re-read many times over. The content of this book may stay the same, but an individual’s understanding of its contents will constantly evolve.

Sensei Roentgen often compares his journey in the martial arts to a train ride. “Don’t get off the train,” he says, “but if you must get off, make your stop-over short or you’ll miss an amazing journey.”

Sensei Roentgen, now ranked as Hachidan (8th Dan) in the Shintani Wado Kai Karate Federation (SWKKF), has trained in various styles throughout multiple countries over numerous years, but the influence of Hanshi Shintani has been everlasting.

To purchase a copy, please follow the attached QR Code or visit LULU.COM

Any questions can be directed to Sensei James Ryan (editor) via email: jamesryan.writer@outlook.com



Bottom Row: Hanshi Shintani, along with green belt (middle) Sensei Brad Cosby, and black belt (far right) Sensei Paul Lou Roentgen.

Location: Old Peach King Arena Dojo, Grimsby, ON Circa 1968

From the Harmonizer Committee

Thank you SWKKF members, for supporting this newsletter!

Remember that the Harmonizer is your newsletter
and that every member is welcome to submit an article at any time.

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YouTube channel visit [Masaru Shintani Legacy - YouTube](#)



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Video Archive dedicated to Hanshi Masaru Shintani and the Shintani Wado... >

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