

The Harmonizer

The Official Newsletter of the Shintani Wado Kai Karate Federation



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The Harmonizer

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On the Cover

Canadian Black Belt
Hall of Fame Inductee,
Sensei Ron Mattie
with
Sensei Denis Labbé

Visit

our website

www.shintani.ca

SWKKF VALUES

• Honour • Excellence • Kindness •
Humility

“In Martial Arts, as in life,
the journey matters more than the destination”

-Unknown

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 that this message is received in good health and that you and your families are doing well.

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.

To start just a couple reminders:

- Please visit our incredible website www.shintani.ca for all updates.
- Instructors - please send in your 2025 student registrations.

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.). These events are a great way to come together and grow as a community.

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

We are also asking you to plan ahead. The Shintani Memorial National Clinic/Tournament is on May 23-24th, 2025. The clinic on Friday night and the tournament on Saturday. Visit the website for further information. I encourage all to attend!

The Senate will be meeting in December to go over all committee work and SWKKF operations. We are very pleased with the work the various committees are doing. At this point the Senate is only there for guidance and advice - these committees are the ones doing the work!

I would like to wish everyone a great holiday. Thank you and please stay safe.

In Harmony,
Sensei Denis



Shintani Wado Kai Karate Federation



Shintani Wado Kai Karate Federation

To: SWKKF Membership

From: Senate

Date: August 14, 2024

Re: Letter to the membership

The SWKKF Senate would like to provide some history on the legacy of Hanshi Shintani, and Shintani Wado Kai Karate Federation. Specifically, the naming of the successor to his organization after his passing in May 2000.

Hanshi Shintani had a very large following of dedicated black belts. Some of those black belts had their own organizations prior to his passing. Hanshi Shintani provided documentation to some of those groups to allow them to continue to use his name, or the name Wado Kai as part of their group if they chose to.

Some of the groups prominent at the time were "The World Congress of Wado Kai" (Sensei Paul Leonard), Roentgen Wado Kai (Sensei Paul "Lou" Roentgen) Wado Kai Karate, USA (Sensei Robert Graham), Toronto Wado Kai (Sensei Dave Manara) CASK (Sensei Greg Reid), and Hanshi's own organization, the SWKKF (Sensei Denis Labbé & the Senate).

Hanshi Shintani wished for those groups to work together in harmony, but certainly did not intend to grant one group authority over the others.

On November 1, 1997, Hanshi Shintani provided a signed and notarized by seal document that outlined his wishes for the SWKKF. On this date he named Sensei Denis Labbé to become his successor as President of his own organization, The SWKKF.

On February 13th 1999 Hanshi Shintani further supported his decision of Sensei Labbé being his successor by providing a signed and notarized by seal document witnessed by his lawyer that along with Sensei Labbé being his successor, Sensei Peter Ruch would become Vice President, and gave the Senate of the SWKKF the authority to promote and award all dan gradings as well the authority to make all decisions under our constitution to govern the SWKKF.

The information makes it quite simple, there was no single entity or person that was given authority over any of the other groups that followed Hanshi Shintani. Any group that was using his name at the time of his passing, was granted permission to do so with the understanding that they were granted this honour in trust and would continue to grow their organization in his name.

The SWKKF Senate continues to use this honour to promote solely Hanshi Shintani's legacy and teachings rather than promoting themselves personally.

As an organization we must feel proud that Hanshi Shintani trusted our Senate with the future of his own organization, which is a great responsibility and honour. We are proud that we have followed his wishes.

We hope this information was useful and educational.

In Harmony,

SWKKF Senate



Shintani Wado Kai Karate Federation

Internal Announcement

With great pride, the SWKKF Senate and membership would like to congratulate Sensei Ron Mattie, for being inducted into the Canadian Black Belt Hall of Fame at Gatineau, Quebec on Saturday, November 2nd, 2024.

Sensei Ron is the chief instructor of the SWKKF and is our first inductee into the Canadian Black Belt Hall of Fame since Hanshi Masaru Shintani , who was inducted in 2007.

It is a great honour for Sensei Ron to be recognized by the Canadian Black Belt Hall of Fame and a proud moment for the SWKKF !

Hanshi John Therien , head of the World Kobudo Federation hosted the Capital Conquest this past weekend in Gatineau . As part of this event there were kyu belt and black belt tournaments, as well as two days of clinics . Each clinic was one hour long with over 25 instructors from around the world , including our own , Sensei Jim Atkinson, Sensei Ron Mattie, Sensei Neil Prime, Sensei Sanford DeWitt and Sensei Kris Reynolds. Capital Conquest is a premiere event to be included in and this is the third year in a row we were invited to instruct.

I would like to thank all who were involved and personally congratulate Sensei Ron.

Sensei Denis



**SWKKF/Shintani Wado Kai
Karate Federation**

www.shintani.ca



Saskatchewan Whirlwind

By: Sensei Ryan McDonald

Regina Wado Kai Karate

It has been a great privilege to share the dojo with so many talented karateka.

All I can say is "Wow". I have had the opportunity to not only visit dojos, but to host, and travel with Sensei Ron over the last portion of September and October.

#1

I will start with my first adventure Regina to Calgary!

Sensei Owen Day and his student Takayuki, knocked on my door, yes it was still dark..

Load and go was the theme, coffee road snacks and anyone that knows me,.. "chocolate"....

The 8 hour drive gave us time to reconnect, talk about family, friends and loved ones past, sharing teachable moments, you can't forget planning for more adventures!

On arrival hugs and hand shakes were flying with Sensei Darren, Sensei Ron Mattie & Sensei Jim Atkinson and one more happy surprise,

"Aryanna" (Sensei Ron's granddaughter)

In moments Sensei Darren Humphries was set up. We split the floor to refine kata, fundamentals ("Sensei Ron Mattie") and of course can't forget shindo! ("Sensei Jim Atkinson")

I need to thank Sensei Blaine Beemer & Sensei Kevin Bowes for rounding out team Calgary. Your attention to detail with our katas, making fluid motions on time and accurate. This greatly reinforces realistic scenarios to share Sensei Shintani's legacy with students.

The last half of the clinic, Sensei Ron would not have it any other way with our group entangled attempting to comprehend and demonstrate a kata "new to us"...



Sensei Ron had multiple students pause, "Ahh Sensei,.. can I see that again..."

It was great fun we all took something home with us!

Sensei Darren thank-you for hosting this amazing annual

event. It's on my calendar for the new year. I will be bringing more with me next time around. You opened your dojo and your home to us, it was awesome to reconnect.

#2

Grading Boissevain MB

This time, Sensei Ron took a back seat to Sensei Savanna Bryce!

Road snacks, navigation, gear loaded, sunglasses on ah yes cruise control..

Bye kids, love you sweetheart call you when I get there!

After four hours driving , one wrong turn, and a gentle reminder from Sensei Darren about time change we arrived in Boissevain MB!

Massive thank-you Sensei Jeff Gervin.

The Manitoba club fundraising efforts went above and beyond to host us. He provided a wonderful dojo, hotel info, banquet, the organization of the Joseki board. A lot of work went into getting this grading of the ground.

Students and Joseki came from far and wide.

Alberta, Saskatchewan, Manitoba, and Ontario.

The clinic that evening was lead by Sensei Ron Mattie.

Time was taken to ease into warm ups.



Top performance was on the minds of many students and black belts alike keeping injuries at bay.

It's was a refreshing reminder to physically see generations of Shintani students on the floor sharing ideas and learning together evolving their skill sets.

Then came....Grading day!

I was able to accompany Sensei Darren Humphries, Sensei Kevin Dyck on the Joseki for brown to shodan and shodan to nidan.

We collectively had alot to take in.

I am currently trying to merge "old school", paper and pen with a laptop. I will eventually put it altogether Sensei Darren! Thank-you Sensei Kevin for the hard "paper copies" for me!

What can I say, "Teachers are awesome!"

Everyone on the floor showed us why they were there. Sensei Ron set the pace for the day.

In the end everyone was successful!

Over the course of the weekend I took the opportunity to reach out a number of instructors and students to hear their personal thoughts on the grading event.

During the banquet a number of heart warming stories as Sensei's shared a variety of experiences regarding overcoming adversities, recognizing and thanking the people that helped the shape the person they are today!



I will take moment to thank Sensei Owen Day of Weyburn and Sensei Alex Arndt of Pierson/Melita MB.

Congratulations on receiving your Sandan.

Here at home we are very fortunate have you in our lives.

Together you have kept Sensei Shintani's fire burning it's been a pleasure to share that fire with you over the years.

The 3 MuskAmego's will be in a dojo or tournament near you soon! Heads Up!

#3

Regina's Sensei Ron Mattie Karate Clinic!

Leaving Boissevain destination home for me.

Sensei Savanna had the task of keeping me pointed in the right direction...



Sensei Ron was eager to share memories of the weekend as well as other past experiences.

Our faces hurt from the smiles and laughs shared.

Upon arrival, I had to peel Sensei Ron out of the back of my truck... he was comfortable.

Then it happened! In the dojo, Sensei Ron had to look twice. He asked me, "Who is that?" Wouldn't you know my very own daughter Ryla could pass as sisters with Sensei Ron's granddaughter, "Aryanna"



Crazy! During the warm up they immediately connected.

I will remember that moment for a long time it will continue to bring a smile to my face.

After introducing everyone.

(Thank-you all Saskatchewan blackbelts that took time to support Regina!)

We got right into it. A number of junior kyu belts were up for the first hour.

Positive reinforcement of stances, basics were on the menu! Sensei Ron introduced entertaining karate based games for the kids and BIG kids alike!

It was a blast!

The last portion of the clinic was geared towards the blackbelts.

Getting everyone to move in relation to your rank. We work extension, targeting, hip rotation and fluidity of motion.



The hard part putting it all together. The best part is you are in good company trying to put it all together.

If you are not frustrated after this you are not trying hard enough. All of us are evolving with time and practice. Making each other better karateka.

Thank-you Sensei Ron for working with us, answering our questions, and finally demonstrating Sensei Shintani's vision.

It was a fantastic weekend, my family and I were delighted to have you with us.



By: Chanelle Tousignant

Nordik Wado Kai

Zack Savoie surprises himself with a gold medal in Timmins

By: Randy Pascal for Sudbury Sports

Submitted by : Sensei Rick Pilon

Hanmer Wado Kai

Over time, the practice of karate will allow 12 year-old Valley East resident Zack Savoie to become increasingly self-aware - but that will take time.

Competing at his very first tournament earlier this fall in Timmins, the grade 7 student at Ecole St Thérèse was likely more surprised than anyone when he captured gold in his kata and bronze in kumite (sparring).

"I really did not know how well I did because I only tend to see it from my eyes, not like those around me," said Savoie, one of four athletes who represented Hanmer Wado Kai at an event that was hosted by P.O.P. Wado Kai in Timmins.

"I didn't know if I did that good, but it turns out that I did."

Now an orange belt and working diligently this winter on mastering the katas that will allow him to jump to green belt, Savoie first started in the sport some three years ago, holding close the pre-conceived notions that so many kids have regarding the martial arts.

"I thought it was going to be like in the movies, but it was totally

different," noted the elder of two boys in the family who was joined on the podium in Timmins by clubmates Kaleb Plante (bronze - kata) and Alex Savoie (bronze - kata).

"It wasn't as fast. We start slow and then progress in small steps. You have to start with the basics: the basic punches and the three different blocks. If you don't learn them, you won't learn katas."

Though his results might suggest otherwise, Zack actually favours kumite to kata, with his focus in that area now largely targetted on a need for quicker punches.

As for the success he enjoyed with his kata, Savoie acknowledged that during his performance, his mind might wander, at times - or might not.

"When I do my kata, I either think of nothing or I think of the next two or three moves, thinking of ways to "perfectionize" the moves," he said. "I might focus on hip movements, getting my hips up, or making sure the turn is

right."

With more competitions planned for later this winter, it sure sounds like the development of a sense of self-awareness has already begun for Zack Savoie.

Sudbury Sports Article:

[Zack Savoie surprises himself with a gold medal in Timmins](#)



**SWKKF/Shintani Wado Kai
Karate Federation**

@swkkf



Shintani International Karate Federation

Dojo Affiliation



On November 2nd 2024, SWKKF Senate member Sensei Brian Julien presented the **SHINTANI INTERNATIONAL KARATE FEDERATION DOJO AFFILIATION** certificate to the Northern Karate Association's President Sensei Lynnea Zuefle and Hanshi Fred Simioniatis

Congratulations and welcome!



**Shintani International
Karate Federation**

www.shintanikarate.com



Kata Workshop

By: Sensei Scott McCallum

Okotoks Wado Kai Karate

On the 29th of October, Okotoks Wado Kai Karate were proud to host a high belt workout where I was able to share my love of the practicality and interpretation of Anko Itosu's Pinan series of Kata.



Joined by numerous students from our sister clubs both on-line and in person we were able to share drills and applications from Pinan Shodan, where we broke down the resolution of the Kata from sequences and patterns into the individual movements and turns within the kata.

By seeing each move and turn as the 'letters and punctuation' of a language, we can learn to become fluent in applying these 'letters' in communicating our intent to our opponent.

By practicing our drills at Randori speed we can teach ourselves to react to our opponent's movements, not the arbitrary count of our instructors. The slower pace of Randori gives us the processing time to learn the movements and develop the proactive muscle memory to respond faster to unanticipated threats and stimulus.

Me must learn to walk before we learn to run.

By breaking down the structure of the kata, Pinan Shodan, and thinking about them as letters in an alphabet, we pave the way for the inclusion of Pinan Nidan, and then in due course, the other katas.

By seeing a language structure rather than distinct katas we build the ground rules for then integrating the movements of Nidan in with Shodan, so we learn to 'express ourselves' freely taking the letters we have learned and building them into words.

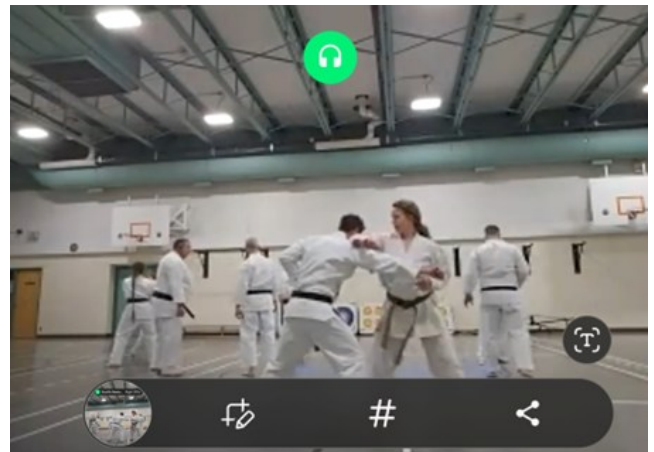
Just as kata, and the combat tools they provide, are



more than just randomly waving our arms in the air while stomping our feet or turning this way and that, there is a grammar to our movements, there is a syntax to our speech and flow to our langue that we learn as we interact with our partner.

But, like a young child learning to read and write, we work through repetition and learn by seeing what works and making mistakes along the way.

If we apply a technique and then find our next move is less effective, we have simply made a spelling mistake, we can go back and introduce a different spelling, apply a different technique, or turn a different way and see if that makes sense. Eventually as we grow fluent, we instinctively know what follows best based on the position and actions of our opponent.



This is not a scripted ballet, our opponents present us with an attack, which is their only requirement. We control the conversation after that.

We look forward to a future class we can start to blend, Pinan Nidan into the mix and learn diverse ways to get our point across and hope to be able to share that with you all.

2024-25 Shintani Team & Capital Conquest

By: Sensei Geoff McDonald

CJCC of Hamilton

The start of a new Karate season is always filled with excitement. It marks the arrival of new white belts to our clubs and the return of students after their summer break. For the Shintani Team, it brings both new faces and familiar ones as we gear up for the many events ahead. I'm pleased to welcome our newest members joining us this year:

- Gary Nichols – Sandan
- Samantha Marler – Shodan
- Jaden Ramundo – Brown Belt
- Caleb Julien – Brown Belt
- Jorge Escalera – Blue Belt

Earlier this month, the Shintani team had the privilege of attending the Capital Conquest and John Therien Invitational Elite Tournament along with the Canadian Black Belt Hall of Fame induction ceremony.

Before I get into the happenings of this event, I would like to extend a huge congratulations to Hanshi Ron Mattie on his induction to the Canadian Black Belt Hall of Fame. Hanshi Mattie has had an immense influence on myself and my karate, along with many of my teammates throughout the years as Hanshi Mattie was formerly the head coach of the Shintani Team. Omedetou!



Beginning on Saturday morning, the Team competed in the John Therien Invitational Elite Tournament. Everyone competed hard

and many came away with a little bit of hardware. This was my second year competing in this competition and it was great to compete against some friends that I had made from the previous year.

Results:

- Brodie Hicks – 1st Kumite
- Steffanie Hancharyk – 3rd Kumite & 2nd Weapons
- Gary Nichols – 4th Kata
- Erin Couture – 2nd Kata & 2nd Kumite
- Geoff McDonald – 2nd Kata & 2nd Kumite
- Seth DeSouza – 4th Kumite & 2nd Weapons
- Jaden Ramundo – 3rd Kumite & 3rd Weapons



The rest of the weekend was filled with seminars put on by experts in a multitude of martial arts and it was a great chance to experience something new. The SWKKF was well represented both in participation and in teaching as many of our great Sensei's hosted some of these seminars.

I would like to express my gratitude to our coaches, Sensei Michel Gosselin and Sensei Brodie Hicks, as well as our team manager, Sensei Colin Frans, for their dedication in preparing and coaching our athletes for this event. A special thank you also goes to Hanshi John Therien for organizing such a remarkable weekend of martial arts. It was an incredible experience to connect with and meet so many talented martial artists.

Ma passion pour le karaté

By: **Amélie Tousignant**

Nordik Wado Kai

J'ai commencé le karaté, parce que je me suis fait demander par ma mère adorée si je voulais faire du karaté et j'ai dit oui. C'est comme cela que j'ai commencé ce magnifique sport.

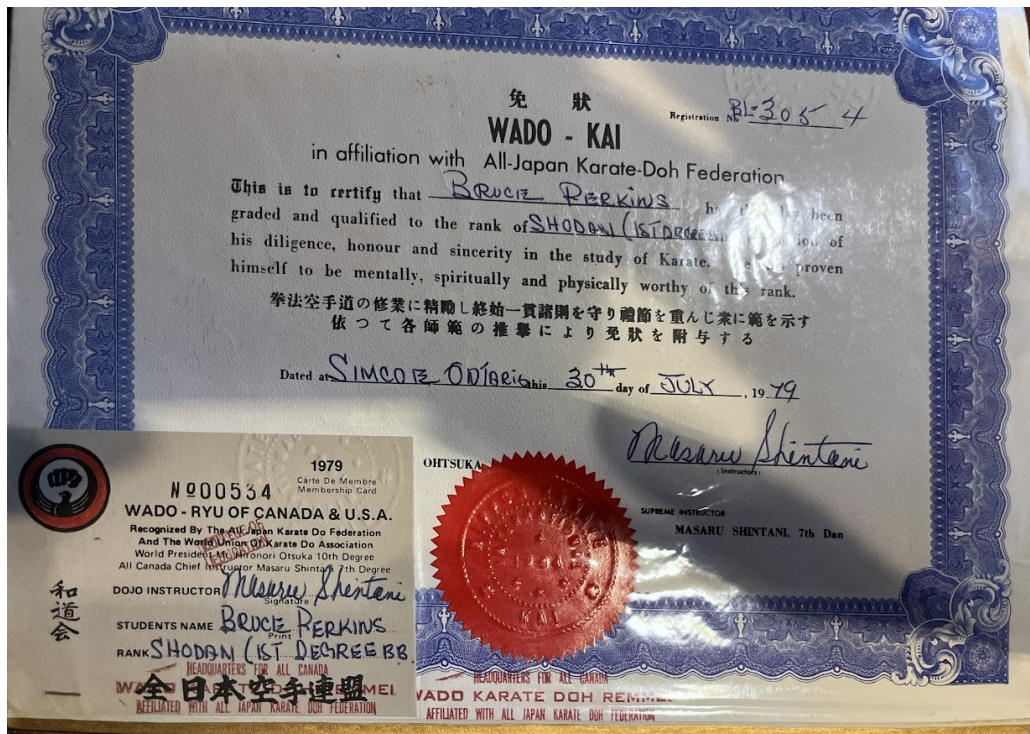
À mon premier jour j'étais un peu stressée, mais vraiment ravie de débiter quelque chose de nouveau. Quand ce fut commencé, j'étais très excitée de faire quelque chose de nouveau avec ma mère.

À mon premier tournoi j'étais très contente d'être là mais, j'étais quand même un peu stressée. Quand ils ont appelé mon groupe j'étais encore plus stressée et quand ce fut mon tour de faire mon kata j'ai surmonté mon énorme stress et je suis allée sur le ring. Je me suis avancée, fait mon salut, et

commencé pinan shodan. À la fin de mon kata, j'étais contente de moi-même et très fière de ce que j'avais fait : une belle 2 e place en kata.

À la fin de la première saison, j'avais hâte de savoir si j'allais changer de ceinture. Quand ce fut mon tour, j'étais contente de voir que j'allais avoir une nouvelle ceinture. Lorsque le sensei a appelé mon nom, je me suis mi à genou, enlever ma ceinture blanche, l'ai mise dans les airs, pendant que mon instructeur me mettait ma nouvelle ceinture. Il m'a aussi remis un certificat pour avoir changé de ceinture, et on m'a prise en photo.

J'aime le karaté parce que c'est individuel, que le respect est le premier règlement, mais surtout parce qu'il faut avoir une bonne mémoire, et que c'est un bon moyen de défense. De plus, le karaté m'a aidé à gérer mon stress lors des présentations orales à l'école.



Masaru Shintani Legacy

@masarushintanilegacy1318



Sensei Ron Mattie inducted into the Canadian Black Belt Hall Of Fame

By: Sensei Ron Mattie

Wainfleet Martial Arts

At age 14, in the early 70's, I was the cool guy, with long hair, bell bottoms, and in a rock band, but most of my friends, were turning to drugs, so I had to look for a new group of friends to hang out with. I have 6 sisters, and though we were poor, we were all raised with, good morals and kindness, so we stayed out of trouble.

About the only person, that wasn't on drugs, was a kid that sat beside me at school, who was nerdy. We started to hang out together, outside of school, and then I found out he took Karate. I told him, "I don't care how much Karate you know, I can still beat you up." He said yeah probably.

Then he talked me into going to watch a class. He was only a greenbelt, and in 10 minutes, I thought, "wow, he would've beat me up bad", and that's the kind of guy I want to be like. His instructor, was Hanshi Shintani, who also carried himself with, humility and kindness, and with strong, powerful explosive Karate. Today that person, Sensei Denis Labbé, is the President, of the SWKKF, and my best friend for over 52 years.

I also need to thank my family, for supporting me, and my kids, for humoring me by taking up Martial arts. They do have ranking in Jujitsu and kickboxing . I even have my granddaughter Aryanna joining me here for the second year in a row.

My loving wife, who is a dressage competitor and coach, is my emotional support. We always bounce our coaching styles back and forth and compare notes.

We also have, a great governing board for the SWKKF, who have encouraged me to challenge my goals, which is to continue Hanshi Shintani's legacy. I was so lucky, to fall under his wings. The late Peter Ciolfi, was also a great guidance to me on

how to keep my karate real.

I think, the greatest gift or accomplishment you can receive as an instructor, is having a student come back to you years later and say "you made a big difference in my life".

It doesn't matter what martial art you teach, as long, as you can give a clear, and positive path, in someone's life, through the Martial arts. And to everyone in this room, that is our challenge.

Again, thank you so much for this award. I don't take it lightly.

Congratulations to all the past recipients, and to those being inducted tonight. Thank you.





Understanding context and mindset

By: Sensei James Freeman, 6th Dan

Bushido Karate Association

I recently shared a series of three articles on understanding context and mindset for my students. I have consolidated and edited them into one article here.

A. The Martial Map

The importance of Context and Objectives

In part one of this article, I'll describe the Martial Map, a model borrowed from internationally-acclaimed instructor Sensei Iain Abernethy. We've had the privilege of hosting Sensei Iain a few times at our club and as a guest of the SWKKF, and four of our instructors are certified in his methods.

As instructors, it is critical that we make clear to students the objectives and context of training any activity. In most sports, the objectives and context are clear. The rules of the game are understood, and the sport can be engaged both at low and high intensity and participants gain live experience in the correct context. The objective of the activity – to score a goal, collect points, to beat the clock – while doing this solo or as a team, creates a context that determines appropriate methods of training. That bears repeating – **the objective creates a context and that determines the best training methods.**

The objectives and context of the fighting arts revolve around violence and this is a challenge to instructors. You simply cannot run a program that invites students to engage in “real” fighting every class, or your program will cease to exist after that first class. Over time, martial arts have evolved to attempt to train people using various proxies for actual fighting. Our goal is to try to find the “best fake stuff out there” to challenge and simulate the context without causing serious or permanent physical or psychological damage after any class.

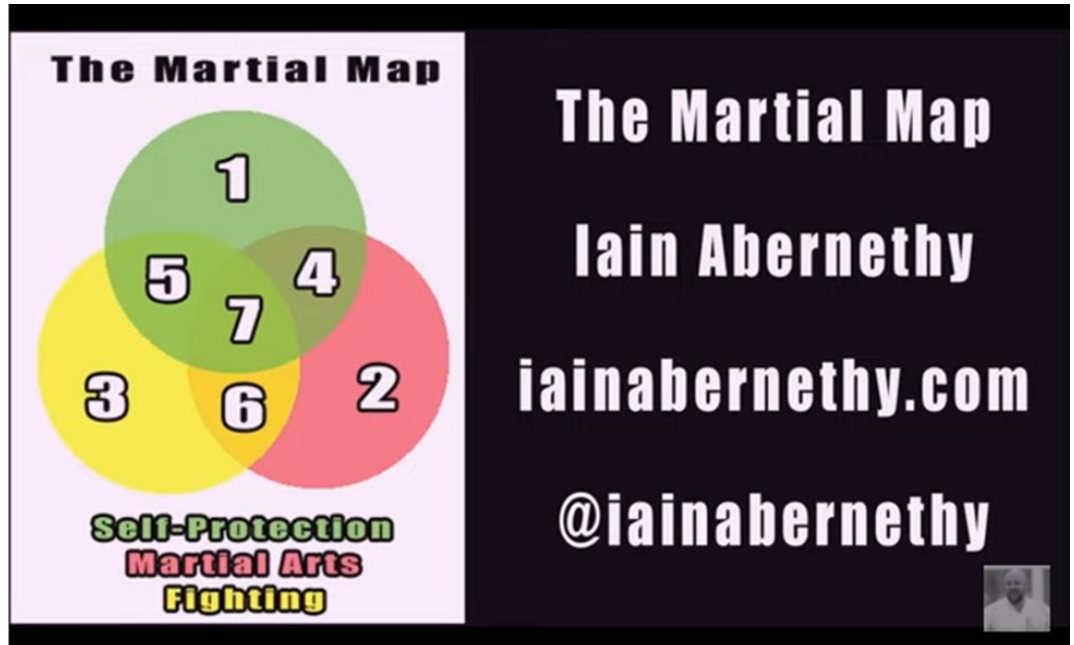
The Map

The Martial Map outlines three different contexts that are

defined by very different objectives, as outlined below:

Definitions

1. **Pure Self-Protection (Section 1)** – (Objective: Avoidance).
 - a. Often overlooked and covers non-physical aspects. This encompasses the activities you do in your daily life to make yourself a “Hard Target” and less likely to be a victim of unwanted violence. Avoiding situations is far



more effective than having to deal with them. Knowledge of the law would also map to this section, as would the Awareness Colour codes – “White, Yellow, Orange” which we discuss below. Developing skills in reading people, detecting deceptions, avoiding distractions, and recognizing hazards in the environment are all skills that map to this domain. “Physical Violence is what happens when Self-Protection goes wrong...”. For the vast majority of people, **skills in Section 1 are far more important than in any other area.**

2. **Pure Martial Arts (Section 2)** – (Objective: Self-Betterment, Self-Esteem).

- a. Martial Arts practice can be divided into two main focus areas: Jutsu and Do. In brief:
 - i. **Jutsu** – refers to a collection of techniques, methods, skills or technical applications that form the body of knowledge of the Art. A subset of Jutsu includes Jiyu-kumite or free sparring, which is a consensual match between two equally-trained (or weighted)

opponents, who are often similarly-trained (same martial art), with a clear set of rules on what is and is not allowed and a context that describes a “win”. These matches occur in a facility design for competition.

- ii. **Do** - is more philosophical, referring to a “way” or “path” to be followed as a lifestyle. It focuses on moral character and development for the benefit of the individual and society.

3. Pure Fighting (Section 3) – (Possible Objectives: Escape, Delay, Survive).

- a. Fighting is the ability to deploy physical violence to achieve a range of possible objectives, which may be to quickly extricate yourself from an unwanted altercation or to create a delay so others you care about can do the same. Police need a different system of fighting where restraint and apprehension is the objective. These are messy, chaotic encounters that happen fast and when participants are subject to natural hormonal or artificial substances that alter their physical and mental skills, and where there are no rules (other than potential legal implications), no weight-classes, and no ranks. These occur in an environment that can present additional hazards or opportunities, and often involve groups of participants on one or both sides.

The curriculum at a club should contain elements to train all three spaces, depending on:

- Time of Year
- Rank of Students
- Age of Students

Generally, when in the dojo, we focus most of our time in Sections 2, 6 and at times 4, while supplementing through Newsletters or in written exams in Sections 1, 4, 5 and 7. In truth, we never spend time truly in Section 3, because the risk to student health and safety is too high.

B. The Martial Mindset – Japanese Ideas

When training different aspects of the Martial Map, Mindset is important. We’ll now look at mindset using both Japanese and Western ideas.

1. Shoshin (“Beginner’s Mind”)

The first idea is of Shoshin, which is written with two characters (初心). The final character, “shin”, is mind, heart, or spirit. The first part, “Sho” can translate as “first”, and taken together, the pair is read as “first/beginner’s mind”, or “original intention”,

the latter being an interesting take on how beginners will view an activity or task. Note that we see the idea of Sho in things like Shodan, which is the first level of the black belt rankings.

It refers to having an attitude of openness, eagerness, and lack of preconceptions when studying a subject, even when studying at an advanced level, just as a beginner would. Always be learning.

2. Mushin (“Empty Mind”)

A second idea is that of Mushin (無心). We discussed that the second character “shin” represents mind, heart, or spirit. The first character represents “not” or “without”, and so taken together, Mushin is “without mind” or “No mind”. This concept links to Buddhist ideas of being in a state of no-mindedness or having a mind without attachment.

There is a lot written about the relationship between Mushin and meditation, but my focus here will be on achieving Mushin in sport and more specifically, karate. Mushin maps nicely into concepts we see in the modern field of positive psychology.

3. Fudoshin (“immovable mind”)

A third idea is Fudoshin (不動心). We already know that the final character, “shin”, is mind, heart, or spirit. The second part is “do”, and while we encounter different kanji that also sounds like “do” a lot in martial arts (Wado, bushido, kendo, karate-do, etc., meaning the “the way” or “the path”), this kanji is different, and means dynamic or movement, a related but different idea.

The first character negates what follows, so taken together, we have a “not moving” or “immovable” mind, and some translators interpret the three taken together as “imperturbability”.

Rather than be seen as rigid and unbending, this mindset should rather be seen as one that is composed under pressure, unperturbed by what is coming at it. In considering the Martial Map, this is easier to do in the controlled environment of a dojo when training martial arts than it is under the pressure of a self-protection or fighting scenario....

4. Zanshin (“Remaining Mind”)

Our final idea is Zanshin (残心). The first or top character translates to “remaining” or “residual”. The second character translates as “heart” or “mind”. In this sense, it is the mental awareness you need to retain after executing a technique. It is to stay mentally and physically prepared so you can adapt to counterattacks or changes in situation. More generally, in karate in particular, we refer to Zanshin as the state of alert mindfulness.

C. The Martial Mindset – A Western Model

The Cooper colour codes are an accessible model for assessing mindset in daily life.

In 1972, ex-USMC Col. Jeff Cooper published a book entitled Principles of Personal Defence to reflect mindset and preparedness: [Cooper's colors: A simple system for situational awareness | PoliceOne.com \(police1.com\)](http://www.policeone.com/police1.com)

Code White – you are unaware and unprepared. Routine, familiarity or distraction can lull you into this state of mind. I often see this state in daily life as I move around the world. The common use of ear-buds and in particular the pure sound noise-cancelling head phones as people move around outside deprives people of the sense of hearing and also provides cognitive distraction (they are listening to something) and makes them vulnerable. People who are asleep are in Code White.

Code Yellow – is where you want to be when moving around in your daily life. You are not paranoid but using all senses and are engaged in the moment and interacting with the environment without judgment.

Code Orange – Something has attracted your attention, and you are assessing it as a potential threat. It is best to take evasive action at this time to avoid escalation if possible.

Code Red – Active violence, which may start as verbal violence and escalate to physical violence. When here, it is best to try to de-escalate when possible, and your goal should be escape.

A fifth state of awareness, **Code Black**, can be added to the model. If you are in Code Black, you are in serious trouble.

Part of why we train is to never allow ourselves to lapse into this state of mind.

Now for a personal anecdote about some training I do to sharpen awareness.

I walk my dog around my neighbourhood three times a day. We have a regular 2 km 20-minute route we take, and for two of the three walks, we are in the dark at this time of year. On these walks, I play an awareness game leveraging my dog's instincts and awareness. I live in the river valley, and in many of my dawn walks done between 6 and 7 am, there will be rabbits, coyotes, or other dogs. I challenge myself to find them before my dog

| | |
|---------------|--------------------------------------------------------|
| White | Unprepared and unready to take action. |
| Yellow | Prepared, alert & relaxed. Good situational awareness. |
| Orange | Alert to probable danger. Ready to take action. |
| Red | Action Mode. Focused on the emergency at hand. |
| Black | Panic. Breakdown of physical & mental performance. |

does. My dog's breed is such that when she sees a rabbit, it kicks off, and her instinct is to chase. Much to my wife's dismay, I allow this to happen, and so I train myself for "ambush" style response, where we go from normal, relaxed awareness to kick-off very fast, and I am running along with my dog at top speed.

It is not possible (normally) to simulate this ambush-style response training in class, because students in class will know the structure of a drill and will be in code orange.

All students should look for opportunities to train awareness skills key to self-preservation in creative ways.



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Sensei Ron Clinic—Oshawa Wado Kai

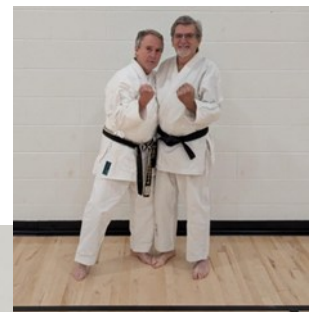
By: **Sensei Ron Mattie**

Wainfleet Martial Arts

I was invited to put a on clinic in Oshawa Ontario for Sensei Carlos Garcia. Sensei Kris Reynolds and Sensei Dave Damude both came to assist me. What a great talented group. One of Sensei Garcia's students was Leslie Hann, Sensei Shintani's sister's daughter. Lovely lady. She is a blue belt. She loves the karate. At the end of the clinic when we were doing recaps, she mentioned how so kind and compassionate



everyone at the clinic was and started to tear up. She was so happy for her uncle's legacy. She also carries herself like Sensei. I took a couple of pictures with her. I have invited her family to our national tournament next year in May.



Mon camp de Karaté (survie)

By: **Annabelle Janssen**

Karaté Hearst

Allo je m'appelle Annabelle Janssen, je viens de Hearst, ON.

J'ai douze ans et j'adore le karaté.

Je vais maintenant vous parler de mon camp je suis allé sur une île appeler Grasshopper Island sur Rice Lake à Toronto.

Je suis allé à ce camp pour m'améliorer et apprendre la survie comme comment faire un feu en nature.

J'ai passé quatre jours sur cet île. Il y avait des chèvres, des alpacas, des poules, des lapins, un cheval et des ânes puis un cochon gourmand.

Je vais maintenant vous parler de ma première journée. On est donc arrivé pour prendre le fairy qui est un petit bateau qui nous a emportés jusqu'à l'île, ensuite on a débarqué nos bagages et on est allé les emporter à nos cabines pour ensuite manger des hot dogs.



d'animaux comme des chèvres puis ou moins. Ensuite, on a mangé de la pizza, puis on a fait un feu de camp et on a fait des smores.

La deuxième journée on s'est levé puis déjeuné, cours de kata, temps libre comme se baigner, lunch et ensuite combat et feu de camp. La même chose tous les jours.

Dernière journée déjeuné, pack et temps libre, puis concours de pêche (Railey) et peinture de roche.

J'ai très aimé mon expérience et je veux y retourner.

Bye et à la prochaine.



Après nous étions en groupe puis on a fait une carte de l'île. J'ai gagné le concours avec une de mes amies. De plus, je suis allé explorer avec mes trois autres amies. On a vu plein





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From the Harmonizer Committee

Best wishes for this holiday season filled with love,
happiness, peace and prosperity.
May 2025 be an outstanding one!

harmonizer@shintani.ca

Committee Members:

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

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

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