

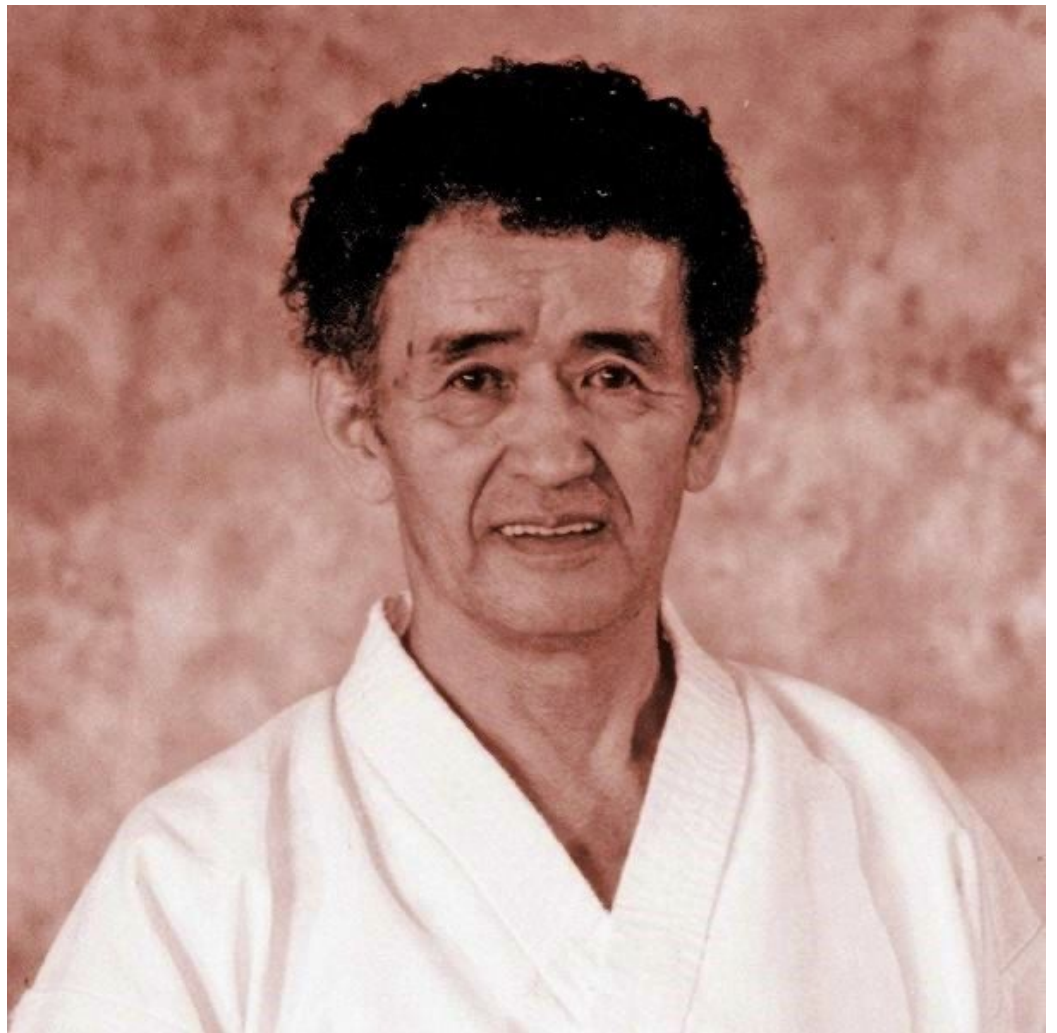
# The Harmonizer

The Official Newsletter of the Shintani Wado-Kai Karate Federation



Volume 29, Issue 1

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# The Harmonizer

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Shintani Sensei

Visit  
our website

[www.shintani.ca](http://www.shintani.ca)

## SWKKF VALUES

• Honour • Excellence • Kindness •  
Humility

"To me, karate is strong, so strong.  
You know it's there. You can react with  
it. It's never, 'is it gonna to be? It's  
gotta be!" – Sensei 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,

Hello SWKKF Members,

This year will mark 20 years of Hanshi Shintani's passing. There is not a day that goes by that I do not think about him, his wisdom, his karate, his shindo, and the SWKKF legacy he left us.

We are into a generation of karateka who never met Hanshi Shintani or had the chance to be on the floor with him. I understand it is difficult for karateka who never had those opportunities to have the same "emotional connection" to him like many of us did. Always remember, in the karate and shindo we continue teach, Hanshi Shintani is there. We continue to try to pass down his technique, his morals, and values to the next generation (and hopefully generations to follow!).

Good luck to all in upcoming events - we hope you get out there!

In Harmony,

Sensei Denis



**Shintani Wado Kai Karate Federation**

## Chief Instructor's Commentary

*Sensei Ron Mattie*



### Here is a recap of the 5 rules when performing a move:

Please remember them to better perform at a grading or tournament.

- 98% of the time, your hips rotate one way or another. The other 2% is a pelvis tilt.
- 99% of the time, your shoulder, elbow, hip and knee follow each other.
- 99.9% of the time, a turn is like a baseball swing, which means a wider stance. The other .1%... never say never.
- When turning, set your foot approximately 45 degrees more than the direction you are going in.
- Show up to class. For Black Belts it means depth of practice.

#### Rule #1 - Hips rotate one way or another



**LEFT** - Wide stance, described as, a baseball swing movement, closed hip or when your back hip moves in the direction of your navel.

**RIGHT** - Narrow stance, described as, a punch, open hip or when your back hip moves away from your navel.

### Rule # 1 2% Pelvis Tilt



### Rule #2 - Shoulder, Elbow, Hip, Knee, follow each other



### Rule #3 - You have 2 different widths for stances:

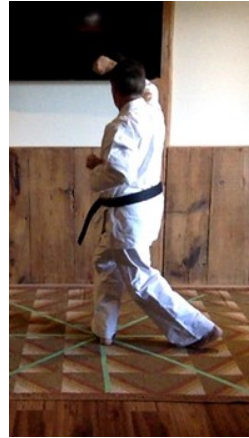
1. Wide stance, described as a baseball swing movement, closed hip or when your back hip moves in the direction of your navel.



2. Narrow stance, described as a punch, open hip or when your back hip moves away from your navel.



**Rule #4 - When turning, set your foot approximately 45 degrees more than the direction you are going in.**



**Regarding the back knee in stances...**



**Wide Zenkutsu Dachi**

Notice the back foot turns in the direction of the back knee.



**Wide Kokutsu Dachi**

Notice the back foot turns in the direction of the back knee.



**Wide Neko Ashi Dachi**

Notice the back foot turns in the direction of the back knee.



### Narrow Zenkutsu Dachi

Notice the back foot turns in the direction of the back knee.



### Narrow Kokutsu Dachi

Notice the back foot turns in the direction of the back knee.



### Narrow Neko Ashi Dachi

Notice the back foot turns in the direction of the back knee.

<http://www.shintani.ca>

BLACK BELTS | NEWS | CONTACT | ASSIST THE SWKKF | NATIONALS 2019 |

"You are not finished when you lose. You are finished when you quit."  
Hanshi Masaru Shintani

SWKKF HISTORY SHINDO EVENTS HARMONIZER STORE CLUBS

SHINTANI WADO KAI KARATE FEDERATION

"Wado, way to harmony and peace the finest quality of human race, a total goal to peace on earth. We the Wado students of Karate must be the leaders of unity and happiness through the universe. And guide our students to an ultimate human alliance with understanding."  
- Hanshi Shintani -

## THE SHINTANI WADO KAI KARATE FEDERATION

The Shintani Wado Kai Karate Federation (SWKKF) was founded by **Hanshi Masaru Shintani** in 1966. The SWKKF is one of the largest martial arts organization of a single style in North America. Current registered membership is approximately 2500 students with 400+ active black belts.

The greatest densities of members are in southern Ontario and Alberta, with continued growth in Saskatchewan, Manitoba, Northwest Territories, British Columbia and the USA. The SWKKF also supports a **national team** to represent the organization at various tournaments both within and outside the organization.





## Shintani R.E.A.C.H. Program

Recognizing Extraordinary Achievement, Contribution and Hard-Work Program

The Shintani Wado Kai Karate Federation will be launching the Culture of Recognition Program at the banquet following the National Memorial Tournament on May 23, 2020 in Simcoe, ON.

The Shintani Culture of Recognition Program will be recognizing some of the organization's leaders, contributors, ambassadors, scholars and karate-ka for their contributions and achievements over the past year.

Nomination period – February 1 through May 1, 2020 at midnight.

Nominations – nominees must be a SWKKF member, must be a SWKKF register member to nominate.

Name of Award	Leadership Award	Contributor Award	Ambassador Award	Karate Athlete Award Male & Female
LINKS	<a href="#">Leadership</a>	<a href="#">Contributor</a>	<a href="#">Ambassador</a>	<a href="#">Karate Athletes</a>
Recognition of:	This award recognizes an individual who demonstrates outstanding leadership and effective mentorship within the SWKKF.	This award recognizes an individual who has truly made a difference to the SWKKF through their contribution to committees, governance, policy development, or financial sustainability within the SWKKF.	This award recognizes an individual with a strong, positive voice, who advocates, raises awareness or enhances the image of the SWKKF in the greater community.	This award recognizes an individual who excels as a karateka through their dedication to training, attending tournament and clinic opportunities and achieving excellence as a result of this dedication.
Key Association Values	Honour, Humility, Community	Excellence, Community, Humility	Community, Kindness	Excellence, Kindness, Humility
Nominated by	Shintani membership	Shintani membership	Shintani membership	Shintani membership
Nomination eligibility	Yudansha only, excluding senate members. Not eligible in consecutive years.	Yudansha only, excluding senate members. Not eligible in consecutive years.	Yudansha only, excluding senate members. Not eligible in consecutive years.	Yudansha only, excluding senate members. Not eligible in consecutive years.



Selected by	The selection is at the full discretion of the Selection committee	The selection is at the full discretion of the Selection committee	The selection is at the full discretion of the Selection committee	The selection is at the full discretion of the Selection committee
Example	Someone who demonstrates leadership and mentorship within a dojo, the SWKKF, with all students, peers, ranking yudansha.	Someone who contributes to committees, policy development, fundraising.	Someone who travels and supports both inside and outside their club. Member recruitment. Raises funds for charitable organizations. Brings the SWKKF to community activities. Promotes the activities of the SWKKF.	Someone who trains karate over and above the usual karate-ka, attends everything possible in their area, contributes to their dojo and the greater SWKKF.

Awards Selection Committee: Each club is asked to submit a person's name to be a part of a selection pool to review the nominations for each of the awards. [Awards Selection Committee Link](#)

Qualifications (preferred):

- Yudansha and not be part of another SWKKF committee
- Be available May 3-15 via email
- Be willing to spend time reviewing the nominations

On May 2 the selection committee will be created from the pool, taking into consideration any potential conflicts of interest.

Year	President's Award	Leadership Award	Contributor Award	Ambassador Award	Karate Athlete Award Male & Female
2018	Sensei Jim Atkinson	Sensei Shelley McGregor	Sensei Marco Reyes	Sensei Kris Reynolds	Sensei Natalie Olson & Sensei Nicolas Gosselin
2019	Sensei Heather Fidyk	Sensei Raye Willms	Sensei Darren Humphries	Sensei Darren Humphries	Sensei Elise Leong-Sit & Sensei Kyle Chambers

Sensei Denis Labbe

President SWKKF



## SHINTANI WADO KAI KARATE FEDERATION

Dear SWKKF membership,

As you are likely aware, the situation with COVID-19 is rapidly changing. At this time, there are no standardized protocols across Canada declaring self-isolation or social distancing however, many organizations and institutions are preparing to move towards this measure. At this time, each club is encouraged to create a plan keeping in mind the safety of students and surrounding communities. As examples, some clubs are stopping classes and events until the spread of the pandemic is minimized while others are ceasing using striking shields, close contact and shared equipment.

An information link is attached below and I would encourage everyone to read and understand the content.

I will update as I acquire more information,

In Harmony,

Sensei Denis



Government  
of Canada

Gouvernement  
du Canada

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

# Shintani Team 2019/2020

**By: Sensei Colin Frans**

## Team Manager

A new year has begun for the Shintani Team. As many know the Shintani Team consists of SWKKF members from across Canada.



The new year

for the Shintani Team kicked off in October with three team evaluation sessions being held to determine the position each member would hold on the team (Elite or Developmental) for this year.

The first evaluation session was held in Calgary, AB the weekend of 06-Oct-2019. The second evaluation session was held in Kawartha Lakes, ON the weekend of 03-Nov-2019 and the third evaluation held the weekend of 10-Nov-2019 in Hearst, ON. Thanks to the South Calgary, Kawartha Lakes and Hearst Karate clubs for hosting evaluations sessions.

With the evaluations completed the 2019/2020 Shintani Team was announced. The team and the position each member will hold on the team for this year are:

Congratulations to all the new and returning Shintani Team members!

This year the team has a number of events and training sessions in the works. The first was to bring the team and coaches together in



Edmonton for a team training. This was the first opportunity for this year for all team members to train together. The weekend was busy and full of kata and kumite drills and exercises with a focus on international competitions. The team also joined the Derrick Karate Club on Saturday morning to help teach the various classes as well as share some of the drills the team works on during the team training. After the Saturday training session the team enjoyed an evening out for a social event.

A big thanks and shout out to the Millwoods Karate Club, The Derrick Karate Club and Bushido Karate Association for arranging and hosting the Shintani Team Training for the weekend.

The next events that the team will have members attending are:

- The South Calgary Tournament the weekend of 06-Mar-2020
- The Junior International Cup (JIC) and US Open in Las Vegas in April 2020

Name	City	Position	Funding
Elise Leong-Sit	Edmonton, AB	Senior Female Kumite - 55kg	Elite
Marlee Cormier	Carlyle, SK	Senior Female Kata and Kumite - 68kg	Elite
Brodie Hicks	Peterborough, ON	Senior Male Kumite - 67kg	Elite
Quinton Brown	Carlyle, SK	Senior Male Kumite - 75kg	Elite
Kyle Chambers	Jarvis, ON	Senior Male Para Kata	Elite
Sophie Sutherland	Thunder Bay, ON	Junior Female Kata	Developmental
Arielle Morissette	Hearst, ON	Junior Female Kata and Kumite	Developmental
Mia Steacey	Edmonton, AB	Junior Female Kata and Kumite	Developmental
Emily Muddle	Edmonton, AB	Junior Female Kata and Kumite	Developmental
Claire Beaudoin	Edmonton, AB	Junior Female Kata and Kumite	Developmental
Erin Couture	Thunder Bay, ON	Senior Female Kata and Kumite	Developmental
Jonas Kazakevicius	Jarvis, ON	Junior Male Kata and Kumite	Developmental
Scott Fleet	Whitecourt, AB	Senior Male Kata and Kumite	Developmental
David Thompson	Edson, AB	Senior Male Kata and Kumite	Developmental
Tayyeb Asif	Edmonton, AB	Senior Male Kata and Kumite	Developmental

- The Hanshi Shintani Memorial Tournament in Simcoe in May 2020 and
- The Commonwealth Karate Championships being held in Birmingham, UK in September 2020

This will be a very busy year for the team and I am looking forward to providing an update on the competitions that the team has entered into.



<http://www.shintaniteam.ca>

# Sidney's Story

**By: Sidney Nistico**

## **Thunder Bay Wado Kai**

Hello, my name is Sidney. I am an orange belt, it took me six years to work up to this point. I am different than the other kids because, instead of starting at five, I started at four. Why you may ask? Well if you know Sensei David, that's my big brother. Well that's how I got in, he asked if it was ok. Some know we are related, and some don't. But... if you have time, you should go practice whatever you want with him, because he is the best big brother and Sensei in the world.



<https://shintani.ca/store/central-purchasing.html>



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# Karate Story

**By: Sensei Jeff McCarthy**

**Regina Saskatchewan**

Greetings Shintani Family

We all have a Karate story, this is mine.

I started Wado Kai Karate when I was close to 11 years old in the late 80's.

My dojo was in Kipling, Saskatchewan (home of the Red Paper Clip - every town has its story too, LOL – google it, then laugh).

My first Sensei was Roland Day, a legend in Wado Kai Karate, and in my eyes, he was a black belt out of a magazine. With celebrity status to all of us, Roland brought Wado Kai to many first class small towns in Saskatchewan and Manitoba! Shortly thereafter, another Sensei that would teach us and inspire my world was Sensei Rathe Mokelky, another true representative of the Art. This is also where I met Sensei Nick Kadash who would earn his Shodan in the following years and go on to proudly instruct the Kipling club. Sensei Nick was always positive and was clearly someone who had a physical advantage yet was fluent and precise.

Karate back in the late 80's was exceptional. Lots of kata, always in stances (the pain was real). Always moving across the dojo floor. And... push ups... knuckle push ups... so many knuckle push ups. No mouth guards either kids, it was real. There was a rich history of every aspect in the art, especially simple yet important ideas like tying one's belt (and never letting your belt fall to the floor), to bowing respectfully each and every time it was required.

Soon after I would meet Sensei Darren Humphries who was clearly on a different level and still is! Sensei Darren has poured his passion and love into Wado Kai and is second to none. We are truly fortunate to have him as one of our representatives within our sport. Kipling dojo



was also fortunate to have Sensei Shintani and Sensei Peter Cioffi grace our community (check out Volume 2 of the Kata videos... Yup, that's Kipling, red paper clip, remember? Google it.)



Some of our club also had an amazing experience in Hamilton ON. as some of us boarded with Sensei Jim Atkinson during a clinic and grading. Sensei Jim Atkinson is another legend who needs no introduction. Thanks for the tobacco farm tour.

Soon after this, I received my Shodan rank in Edson, Alberta after many years of sweat and blisters. It was Truly a moment in time for me.

But then, life took its course. I was off to college in Alberta. After graduating, my life evolved to include 3 kids and a career, and unfortunately karate took a back seat for many years. And I mean many



years... around 28 to be more precise.

And then a miracle... in 2019 my stepson was interested in taekwondo, so we signed him up and went to some introductory classes.

Approximately 3 classes in, I looked at my spouse and said, "We should have put him into karate." Insert typical jokes about not knowing how to use their hands, and lack of discipline here. I mean, seriously, a teenage red belt that had to have his mom tie his belt. Seriously? My spouse said, "You miss those karate days don't you?" I said, "Of course I do." She said, "look into it."

So, I did.

I contacted Regina Sensei Ryan McDonald and I told him my story. A week later I was back in class. Sensei Ryan, Sensei Savanna, and Sensei Cameron welcomed me back without hesitation, and my karate life was reignited.

I have been on the web site so many times to read about our organization. I've connected with many members on Facebook, and met many new friends at our Regina tournament in January of this year.

At our clinic and tournament, I was able to connect with Sensei Denis Labbe, an amazing icon to say the least. Sensei Denis, I wish I could accompany you on all your karate tours and see the true magnitude of our art.

Karate is a true art and we are all fortunate to be within its history, and to carry that rich history forward. When possible, take the opportunity to travel to other clubs, clinics and tournaments. It will change your world. Meet like-minded people who share the passion. Take countless pictures to lock in the memories. Post them, share them and remember them. Embrace every possible moment within the art and make your own memories, so that one day, you can tell "your Karate story."



<https://shintani.ca/events/all-events.html>

For current Tournament information and Registration

SWKKF HISTORY SHINDO EVENTS HARMONIZER STORE CLUBS

**SWKKF MISSION**  
The Shintani Wado Kai Karate Federation is an inclusive organization modelling Shintani Sensei's kindness and humility, through the teaching of his traditional karate and Shindo.

**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.

*"Wado, way to harmony and peace the finest quality of human race, a total goal to peace on earth. We the Wado Karate must be the leaders of unity and happiness through the universe. And guide our students to an ultimate human alliance with the universe." - Sensei Shintani -*

Visit **SHINTANI.CA**

## Did you Know

Did You Know...

That the SWKKF web site contains information and links for every aspect of the organization? For example... If you want information about upcoming tournaments, simply go to the web site and move your mouse over the link on the top of the page for “Events”. A drop-down menu will appear with listings of all approved tournaments, clinics, black belt workouts, shindo events, etc.

Need some follow up information on certification after attending an “Instructor Clinic”? Go to the web site and move your mouse over the link at the top of the page for “SWKKF”. In the drop-down menu you will find links to [“Instructor Certification Program”](#). You will also see links here regarding grading requirements for all levels along with the SWKKF policy manuals, committee listings, and senate information among other things.

It all starts at

[www.shintani.ca](http://www.shintani.ca)





## Breaking Technique

**By: Sensei Ray Poulin**

### **Welland Martial Arts**

The extent to which breaking is practiced in karate clubs varies considerably according to style. It has popular appeal and is often incorporated in a public demonstration to prove that the karate-ka is capable of breaking and does not have inhibition about hitting something hard.

Breaking is the natural outcome of properly executed techniques and need not be given any particular emphasis within the club program. Obviously, it should be practiced only under proper supervision. Improperly executed, it could lead to serious injury.

A stance used in breaking is the Zenkutsu-dachi (forward stance). This very broad-base stance with a low center of gravity is extremely stable and good for launching powerful punches. The way in which one stands obviously influences the actions one can immediately take.

In order to achieve maximum power, the striker maintains muscle relaxation until the point of focus when full tension and kiai are applied at the moment of impact.



It is through the effective application of the skill that karate-ka are able to perform the breaking techniques which are so often viewed by spectators with incredulity and disbelief. The breaking is not a trick. It is simply the application of power-generating technique.

<https://www.facebook.com/SWKKF-Shintani-Wado-Kai-Karate-Federation-341495046696966/>



**SWKKF /Shintani Wado Kai Karate  
Federation**

Page

**Martial Arts School**



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## National Shindo Clinic

**By: Sensei Katrina Marques**

### **Delhi Karate Club**

Even though it was a blustery day outside and the National Shindo Clinic that was to take place on Saturday January 18 2020 at the Delhi High School was cancelled, those fortunate to attend the clinic on the Sunday had a great class. The shindo Kata that was taught was Gensho Shodan no Shindo. This Kata was developed by Sensei Kris Reynolds and it was a great Kata to learn. Had many elements from previous Katas and followed the Karate Kata well with some unique twists.

As always Sensei Kris did an amazing job instructing the

group. Along with assistance from Sensei Craig to help demonstrate some of the moves.

Members of the Shindo Committee such as Sensei Jim Atkinson Sensei Darwin Sherman and Sensei Brian Chmay were also helpful when we broke into smaller groups to go over the Shindo Kata.

Great day of learning with excellent instructors



## Thunder Bay Wado Kai 8th annual tournament

Thunder Bay Wado Kai Karate hosted their 8th annual tournament on Feb 8, 2020 at Gron Morgan public school. Over 100 participants traveled from across Ontario to demonstrate their skills in Shintani Wado Kai and Shotokan karate.

Events included kata (forms), kumite (sparring) and Shindo.

In addition to the tournament on the Feb 8th, the weekend also included seminars that helped karate students sharpen their kumite skills. A special thank you to our guest instructors for the weekend Sensei Denis Labbe, Sensei Michel Gosselin and Sensei Sanford DeWitt.



## From the Harmonizer Committee

The Harmonizer is YOUR newsletter! Its purpose is to celebrate, showcase, and inform all of our members. We want to share your excitement and passion for karate. Please send us articles, and especially pictures, of your journey along the karate “way”. We want to share in your successes and revelations, your special occasions and events, your fund-raisers, fun days, tournaments, and any other aspect of your martial arts that you wish to share with us. Please submit any articles or images to the email address listed below. See you at the dojo!

[hamonizer@shintani.ca](mailto:hamonizer@shintani.ca)

### Committee Members:

Chair - Sensei Kevin Dyck – Moose Mountain Wado Kai - Carlyle, Sk.

Assistant Chair - Sensei Colin Frans – Millwoods Karate Club - Edmonton, Ab.

Sensei Alice Pinto – Nordik Wado Kai - Hearst, On.

Sensei Yvon Lebel – Nordik Wado Kai - Hearst, On.



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