

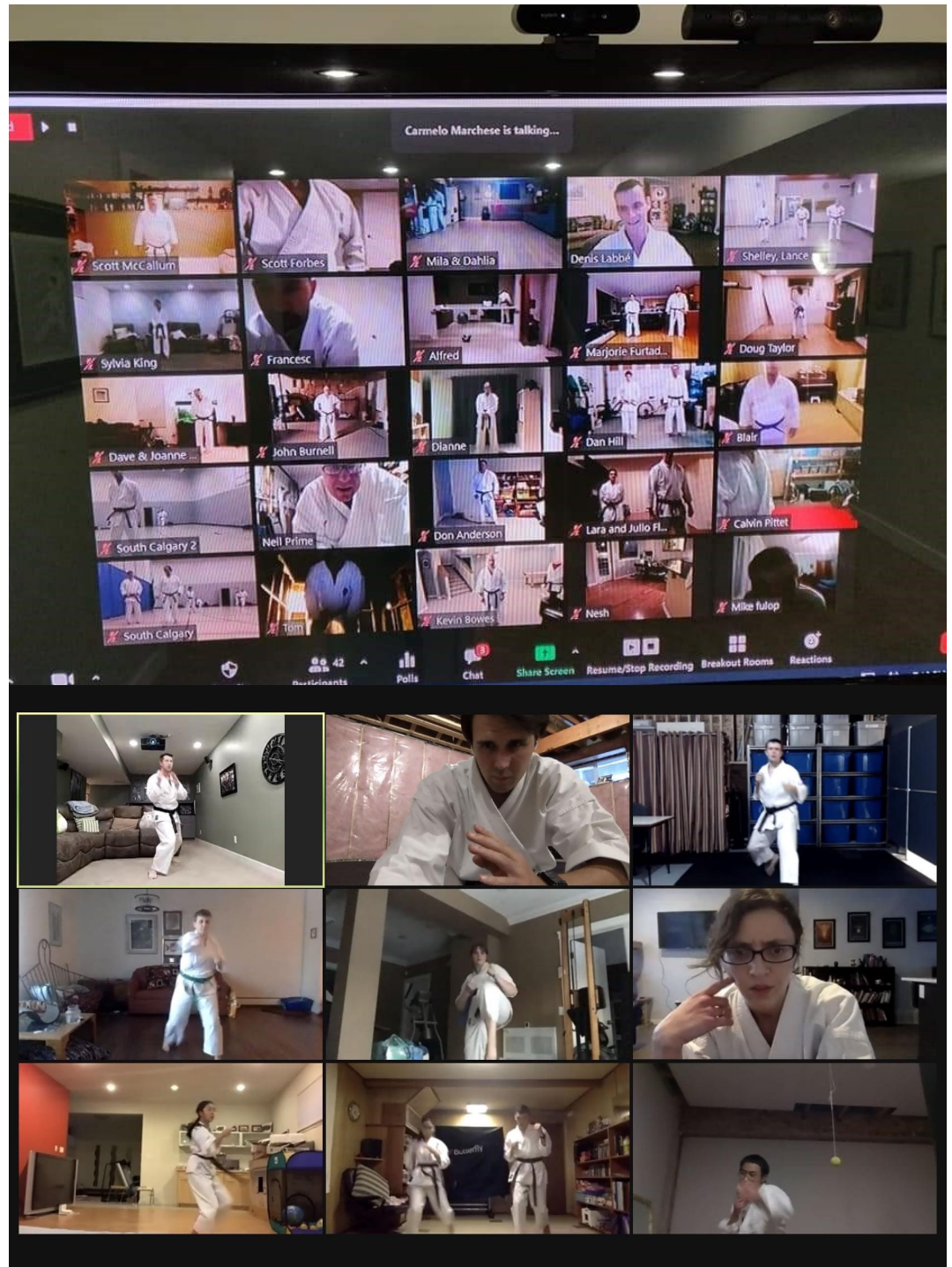
The Harmonizer

The Official Newsletter of the Shintani Wado-Kai Karate Federation



Volume 29, Issue 3

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The Harmonizer

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Zoom Workout
Sensei Scott Knowles

Visit
our website
www.shintani.ca

SWKKF VALUES

• Honour • Excellence • Kindness •
Humility

“Adapt what is useful, reject what
is useless, and add what is
specifically your own.”
— Bruce Lee

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 Everyone,

I hope that this message is received in good health and that you and your families are doing well. I just wanted to check in to wish everyone well during our current situation and to let you know that the SWKKF is here to support you. If anyone has questions, concerns or simply needs to chat, you can contact me directly.

Unfortunately due to the pandemic many clubs have not reopened yet. We are working closely with them to ensure the SWKKF provides the support and resources they need.

Typically, your dojo instructor takes care of your SWKKF membership each year. To continue to be a member in good standing we encourage you to still register. As part of the registration process, you will have access to online workouts in the interim.

Please take advantage of the opportunities to train with amazing instructors across the country! We highly encourage you and your students to participate if you are able. Although it is not the same as being in the dojo, it is still a great way to keep up your skills, release some physical and mental stress, and to keep in touch with your members.

You can find the current schedule here: <https://shintani.ca/events.html>

If any black belt instructor wishes to conduct classes on line and would like to open them up to the rest of the SWKKF community, we will support that and ensure information is posted on the Shintani website.

If you have any questions at all, please feel free to contact Sensei Ron Mattie or myself for guidance.

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

In Harmony,

Sensei Denis



Shintani Wado Kai Karate Federation



June 1st 2020

WENDY & BRITTANY LOGGER MEMORIAL FUND

The Wendy & Brittany Logger Memorial fund was developed by Sensei Jim Atkinson & Sensei Chris Logger on July 27th 2018. The yearly fund is donated to the SWKKF by the Atkinson & Logger family in honor of Wendy & Brittany Logger. Last year's fund was \$2500.00 with the hopes of it growing in the future. Wendy was the wife of Sensei Chris Logger and the sister of Sensei Jim Atkinson. Wendy passed away October 12 2016 after battling leukemia.

Brittany was the daughter of Wendy & Sensei Chris Logger and the niece of Sensei Jim Atkinson. Brittany passed away 9 months after her mother on July 14 2017. Wendy & Brittany lived in a house hold influenced by the SWKKF family for many years. Both involved either on the floor or in helping and planning karate events. Wendy shared the date of her birthday in November with the weekend of the Delhi Karate tournament and hosted several after tournament socials held at her house, celebrating both the tournament and her birthday. Wendy and Brittany are remembered by many family members and friends and it is an honor to have been part of creating this wonderful memorial to benefit the SWKKF, an organization we all love. With great pleasure we are pleased to announce that this year's fund is \$3000.00.

At the request of the family this year's Wendy & Brittany Logger Memorial Fund is to be cared for by the Shindo Committee in the promotion of the Shindo program across North America.

The Atkinson & Logger family is very appreciative for the entire generous donation toward this year's fund and thanks each supporter for helping carry on Wendy & Brittany's memory.

2020 Memorial Fund supporters:

Chris Logger

Nancy & Joe Manning

Ed Atkinson

Jim & Karen Atkinson (Delhi Karate)

Tim McCullough (Port Dover Karate)

Lisa Atkinson

Rudi Atkinson

Sharon Beaulieu

Tom Foster (Simcoe South Karate)

Darwin Sherman (Tillsonburg Karate)

Thank you

Sensei Jim Atkinson

Sensei Chris Logger

Special Thanks to Irene Perkins

I would like to thank Irene for all of her work with Central Purchasing. When we first started the program, she volunteered to help and to get things going.

The program started to grow, and it required more of her time and effort. Irene became the coordinator of Central Purchasing. Taking orders on the phone and through emails, managing the account and many other tasks. Central Purchasing has been active for many years.

Irene has now taken retirement since July of this year.

Thank you, very much, Irene for everything you have done for me and for the Shintani Karate Federation.

We wish you the best!

In Harmony,
Sensei Denis

shintani.ca/store.html



YOU OWN IT, YOU SUPPORT IT

... YOU BENEFIT FROM IT



SHINTANI TEAM VIRTUAL TRAINING

December 6th, 2020

11:00 AM to 1:00 PM ET

Join the **Zoom meeting**

- ✘ The workout is **open to all ranks**, but will be geared to team members who must be 14 years of age and blue belt.
- ✘ If you have **any interest** in the Shintani Team or have ever wanted to train with Shintani Team members, this is your opportunity.

Shintani Team
shintaniteam.ca

SWKKF



Scholarship Recipient

I wish to thank and express my sincere gratitude to the SWKKF Scholarship committee for considering my daughter, Chelsea, as one of the 2020/2021 recipients of the annual awards.

I have been involved in this wonderful organization for many, many years as I also have been able to explore and travel and compare what the SWKKF has to offer as a full "family oriented" package. I can assure you we are truly second to none.

Providing a scholarship was very important to Hanshi Shintani. Through the support of our membership and those who donate generously to the SWKKF, it remains a priority for the SWKKF to ensure it is awarded every year.

It is an honour that is truly appreciated.

Sensei Neil Prime, Sichidan

Technical Advisor - SWKKF Senate.

Dear Sensei Labbé,

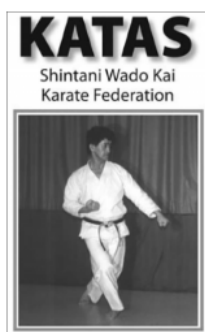
I would like to thank you for choosing me to be a winner of the SWKKF scholarship.

Come September, I will be attending OCAD University in Toronto for Environmental Design with a specialization in Interior Design. My goal coming out of university is to start my own business as an Interior Designer flipping houses. Toronto itself is very expensive and the business I hope to succeed in is a very difficult industry to get started in. This scholarship will aid me in this path and allow me to continue to save my money so I can one day start this dream of mine.

I am very appreciative of this award, thank you again.

Sincerely,

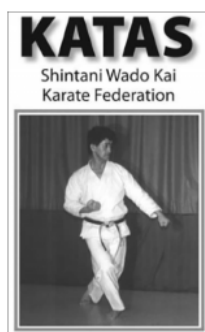
Chelsea Prime



SWKKF Kata DVD - Vol. 1
(Complete)

SWKKF | SWKKFDVD-V1

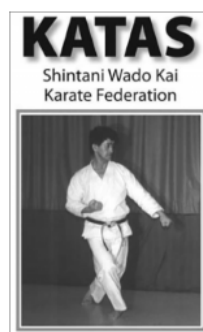
C\$13.27



SWKKF Kata DVD - Vol. 2
(Complete)

SWKKF | SWKKFDVD-V2

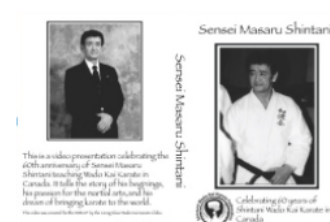
C\$13.27



SWKKF Kata DVD - Vol. 3
(Complete)

SWKKF | SWKKFDVD-V3

C\$8.85



SWKKF 60th Anniversary DVD

SWKKF | SWKKF60

C\$8.85

Memories of Hanshi Shintani

By: Sensei Neil Prime

St. Catharines Wado Kai

I remember seeing and meeting Sensei for the first time. He greeted my friends and I as we came into the dojo, which happened to be a banquet hall, downstairs in the Fairview mall. He hadn't started class just yet but people were warming up. When he started to teach he was at the opposite end of the room and his aura drew me to him. He was all I could really see and hear.

Prior to that meeting, I had no real inclination about joining karate. However, after that meeting I felt compelled.

I quickly felt a bond with Sensei as most people that met him would have felt a unique bond because he treated everyone as a unique individual.

Sensei could talk on any subject and he gave you the opportunity to talk and express yourself too. Being a teenager, my environment was still very influential to my developing personality. Because he gave you a sense of openness, you could ask questions and even confide in him. He never told you what to do but after talking to him, you knew what to do.

There were times when someone would ask a question during a break in class. If it was a subject that he wanted to delve into you knew that the physical part of the class was over and he would talk on that subject or tell stories for the rest of the class. Some of the stories that were particularly interesting were those of his personal experiences in learning karate.

Sensei did not like negative politics. Being one of the founding masters of martial arts in North America, there was plenty of mud slinging but he shrugged most of it off. He even spoke to us about the persona of Asian people and martial arts and how it was in his opinion, a misnomer. As far as the development of karate in the Western World goes, he was adamant that karate was just in good in North America as it was in Japan, even back then.

I had a conversation one evening at a coffee shop with

someone who took karate from another local club. He said that Sensei's rank was bogus and he was self-proclaimed. This was all being fed to him by his instructor. I did not argue because I did not know any better, but it didn't sit well with me.

Being the inquisitive type, I asked Sensei about his rank and if it was true what I was hearing. One of the black belts at the time, Sensei Ernie Jukes was present and I thought he was going to drag me up the stairs and throw me onto the street. Sensei Shintani calmed the situation very quickly and said, "hey Ernie, it's a fair question and it deserves an answer." Sensei, very calmly explained to us about the politics of rank and jealousy between some instructors. He said not to worry about it or argue with people who make these claims.



As part of our regular routine, people would show up to the class early. Often we would work our katas and quite often we would spar lightly (insert little smirky grin here) to warm up. On one particular evening, nobody was in the mood to spar except me. Since there were no takers from my peers, I figured I would ask Sensei to spar. This is where I repeat the part about Sensei Ernie dragging me up the stairs...

Once again, Sensei calmed him down and began to tell me a little bit about etiquette between colour belts and black belts. He said to me, "I'm glad you asked me, Neil, because if you were to ask the wrong black belt that question it could be taken as a challenge and you might not fair very well."

Another lesson learned.

I do recall though, the first opportunity I did have to work sparring techniques with him. He stood in the middle of a circle of students and told us to attack 2 or 3 times and then he would counter attack.

I threw one technique, then two. When he didn't counter on two I knew that after three it was coming, so I was going to be prepared. I was going to move in and block immediately before he even had a chance to catch me. Well, best laid plans as they say... I moved in with some half-lame punch to ensure I got my block up quickly. And got it up I did. He punched my forearm and I proceeded to punch myself in the face with that very hand and knock myself to the ground. I got

up so very quick that not even I was sure what happened. He looked at me (I'm sure he was holding back a laugh) and gave me "the nod" and proceeded like nothing happened.

Sensei was a true Samurai every sense and of the bushido code. Integrity, bravery and courage, kindness, politeness, honesty, honorable, and loyalty. He instilled that in his teachings and in his every day actions. His mother was an

ordained minister and although Sensei was religious, he did not preach. He did say to us one day though, "whether you believe in God or not, you should read the bible. It shows people how to be good to one another."

These are likely the reasons why so many people, including myself, feel we had a unique bond with a very special person.

The Grading

Twas The Night of The Grading
And All Through the Room

For the Night Would Drag On
With Tension in The Air

"Line-up" Was Echoed by The Sensei
In Charge

Not A Student was Idle
For Their Test Was Soon

Sensei Says "Lower Your Stance"
and "Tuck in Your Thumb"

Panic and Fear Swept Through
The Room At Large

They Glanced at Their Sensei
With Looks of Concern

These Are the Things Which,
Into Their Heads He Must Drum

One by One Their Names
Were Called Out

For They Knew that He Knew
They had Yet Much to Learn

They Tried to Remember
And Tried to Perfect

As Many Relieved Their Feelings
Of Doubt

They Lined Up When Called
All Nestled in Their Gis

So Any Mistake, The Black Belts
Wouldn't Detect

Here's Your Belt For
A Job Well Done

And Then in Meditation
They Were Down Upon Their Knees

Techniques and Kata's
Followed by Sparring

My Congratulations
Everyone

Bowing, They Began
The Workout with Care

The Final Judgment Is Near
And All Were Perspiring

Stacey Beauchamp
/87



SWKKF/Shintani Wado Kai Karate Federation

@SWKKFShintaniwadokaikarat federation-
Martial Arts School



My special needs virtual dojo:

Changes in curriculum, instruction and pedagogy

By: Sensei Steffannie Hancharyk

Welland Martial Arts

I have always had a relatively small dojo with a diverse student population including students with autism spectrum disorder, down syndrome, cerebral palsy, attention deficit hyperactivity disorder. Needless to say the dojo has always been a place of learning for me as much as it has been for my students. This is quite a significant truth now more than ever as I manage to adapt from the in person dojo to the virtual dojo.

As an educator I reflect on three aspects of teaching and learning: curriculum, instruction and pedagogy. The curriculum is what you teach, as karate goes, the curriculum typically includes stances, strikes, kata, sparring technique and so forth. The instruction relates to the style in which the curriculum is delivered, again in karate there is a more typical command or military style of instruction that includes blocked practice (same movement pattern, technique or kata practiced over time) and random practice (a variety of movement patterns, skills or kata practiced interchangeably over time) while still remaining in a command style atmosphere. Ultimately, instruction is how the teacher sets up the curricular content for the student population, where pedagogy, the third aspect of teaching, is contextual to the learner, curriculum and instruction. Pedagogical knowledge reflects how teachers respond to the context of learning situations, and involves being able to motivate students according to learning styles and being aware of specific techniques that work in relation to the content being taught.

Since moving to a virtual platform all three aspects of the teaching learning environment have seen significant changes. When teaching in a dojo I took for granted the use of equipment, the use of space, the use of mirrors and the use of extra help. I have to say that the learning curve has been quite interesting for me and I feel for my students as well. Thus for reflective purposes, I will discuss some of the changes that have flourished in my virtual dojo.

Curricular changes

As mentioned previously, the curriculum has seen some changes. Although I continue to teach the same fundamental principles including fitness, stances, strikes, blocks, kata and sparring techniques, I have temporarily let go of some aspects of

my usual curriculum because many activities are not conducive to small spaces, hard floors, and individual training. For example, in person my curriculum would typically include break falls, throws, joint locks, pressure points, self defence, and more robust application of kata and sparring techniques. In the virtual dojo I am reluctant to lead my students through these techniques even if the students were equipped with mats, space and a training partner because there are safety concerns. For example, a parent recently spoke to me about how her daughter had broken both of her wrists taking part in a virtual jujitsu class, because her brother (much larger) was her only training partner and on the instructors command they attempted a technique that had her fall back and break her wrists rather than her fall. I suppose I could teach my students pressure points and wrist locks as they can practice on themselves, however, oftentimes without an instructor on hand these techniques are not practiced effectively enough for the students to really grasp the technique and I feel that time may be better spent on something else.

Additionally, my curriculum has developed in a number of areas that are more conducive to online learning that will likely prove fruitful once my students attend a Shintani grading. For example, my curriculum includes more emphasis on fundamental techniques such as stances, strikes, blocks, kata and sparring technique. This has always been a part of the curricula, however students now are demonstrating a stronger foundation to their movement patterns. Typically, there is often a trade off from general to specialized. I would say that my students were being trained as general martial arts practitioners having a little of this and a little of that, but are now beginning to demonstrate more specialization in their technique. For instance, they are now practicing their technique with much more precision rather than skimming the surface. A challenge for me has been teaching my students to utilize both hands while blocking and to utilize proper stances. In the virtual dojo I find my students are better demonstrating these key aspects of their training without glossing over the important elements. Thus, although the curriculum has been reduced, it is contributing to more distinct training habits and a deeper understanding of kata practice.

Instructional changes

Instruction, remains for the most part command style, utilizing blocked and random practice throughout the lesson.

However, prior to the virtual dojo, my instruction also included partner work and group kata practice, using hand targets and kicking shields, blockers and boards for breaking. Utilizing equipment was paramount for my instruction because it gave my students a target, a purpose and a sense of how hard or light to strike, and sense of distance. Since adopting to the virtual dojo, I have had to develop a new instruction routine that does not include any partner work or equipment. In the dojo I utilized hand target and kick shield drills as a part of the warm up because it was a motivating way to have the students use upper and lower body muscles. Since I do not have this option, I include push-ups and squats to build / maintain strength in their warm-up. It has been received quite well from my students, although because my students tend to kick and punch with more enthusiasm than they do when performing squats and pushups, it appears to be less impactful.

Pedagogical changes

Pedagogy, the how to teach given the context of the learning, curriculum and environment has seen drastic changes. For example, when in person I am able to position myself to the left or right of a student for the best vantage point. I am able to utilize equipment (pads, boards, heavy bag to demonstrate specific techniques that students may not be easily picking up, I am able to utilize partners or physical interventions (moving the arm, markers on the floors) in order to encourage appropriate

movement patterns. Further, I was able to utilize assistants in splitting up the group to work on kata, technique or other activities. My students working from home do not have partners to guide their movement and I feel this has implicated my pedagogy in a new way. In order to combat some of these examples I have had to learn to perform kata mirrored while still using non mirrored verbal cues (for example, while moving my left leg I would say right leg steps forward). I have had to use new cue words and phrases to represent specific direction changes (for instance, sweep across the back), and I have also had to include individual student's space landmarks as a cue (move with the left foot towards your fireplace).

Although there are some constraints with respect to pedagogical practices and the virtual dojo. I have noticed my students have seen significant improvement in their directional awareness rather than depending so rigidly on the mirror and the visual cues. Furthermore, they are beginning to use verbal cues more routinely and this has led to their ability to practice the kata without as much visual aide, and in so doing are better able to practice the kata independently. This has always been a challenge in the dojo since students were reliant on watching the instructor and did not remember the kata independently. I am happy to say that I feel much more comfortable teaching my students the fundamental Shintani basics, and I feel I owe a debt of gratitude to the constraints of the virtual dojo.



SWKKF/Shintani Wado Kai Karate Federation

@swkkf



2020/2021



SHINTANI VIRTUAL TOURNAMENT SERIES

November 1-12, 2020

January 1-12, 2021

March 1-12, 2021

May 1-12, 2021

PARTICIPATION/COMPETITION

Video record the event you want to enter :

Kata / Kumite / Shindo / Bunkai

Register online

Upload and pay (\$10 per event)

Each tournament will recognize SWKKF tournaments which would have been held. Points will be awarded for medallists and participation.

The Tournament series will finalize in May 2021 and Grand Champions will be announced - those who have acquired the most points in the tournament series.

MORE INFORMATION TO COME

FAQ

Online samples of events (Kumite & Bunkai)

Links for registration



KATA*
KUMITE
SHINDO*
BUNKAI

A Pandemic Story

My Martial Arts Journey-Finding Training Gold on Zoom

By: Alison Fraser

Thunder Bay Wado Kai

I started my Martial Arts journey back in September of last year. Although to be fair I did observe from the bench for a year while my daughter attended classes. I was never a parent who just sat there and stared at my phone, I was enthralled by what they were doing. I was so impressed by how skilled all the Senseis were and their clear gifts of teaching these skills that I decided to join the next season. It was a huge step for me entering the Dojo as a student. I'm in my early 40s, was severely overweight, and have issues with arthritis in my shoulders and my hips. But I quickly fell in love with what I was doing and not only was attending the family class with my daughter but would stay and do the adult class afterwards as well. It was a lot of hard work, and I loved every minute of it and I eventually was honoured to receive a yellow belt by mid-February. And then we went into lockdown...

That meant no Karate in the foreseeable future so I had a decision to make - sit on the couch and eat chips or make the most of it and stay active. So I continued training on my own, practicing what I had learned so far and using the video downloads from the SWKKF website. But then I soon found out that the SWKKF had Senseis who would be offering online Zoom classes to members of good standing. These incredible opportunities to train with well respected, highly skilled Senseis were too good to pass up, and I soon found myself attending multiple classes several times a day, several days a week. I found myself training regularly with people I held a deep respect for and would never normally get an opportunity to train with or maybe even meet unless they popped in for a random Dojo Visit or perhaps attended an SWKKF event in my area. In short I had found training gold.

My first experience on Zoom and the first class I started regularly attending was Sensei Darren Marshall's, which I still attend with my daughter. I have found his classes fantastic for many different skills such as Kata, basics and multi step combos with a regular dive into Bunkai applications. His detailed explanations and demonstrations of the Bunkai applications (often enacted with his daughter who holds the rank of green belt) have helped me gain a better understanding of Kata and why we are moving and doing things in a certain manner. And also how these skills can potentially be used in a self defense

situation. His family friendly class combined with easy to understand instructions are always a pleasure and a must to attend.

I was then fortunate to find myself having some One on One sessions with our SWKKF Chief Instructor Sensei Ron Mattie. What other organizations give those kinds of opportunities, especially to a newly minted yellow belt? These sessions were amazing and he taught me the 5 rules and how to improve my stances (I tended to be too narrow and I still catch myself sometimes). I learned so much about the nuances of Pinan Shodan and Pinan Nidan by working with him. I was also attending Sensei Mattie's Thursday adult classes which I affectionately began referring to in my head as Sensei Roulette. You never knew who you would get as a Guest Sensei so you never knew what angle of training might be in store when you logged in. I continued to take this class until they were discontinued this fall. It was in Sensei Mattie's Sensei Roulette class that I first trained with Sensei Kevin Bowes.

I began attending Sensei Kevin Bowes' Glamorgan Club's classes as well. They are a bit later in the evening, as they are in Calgary and that meant starting at 9:30pm and ending at 11pm EST for me. But even though it is late it is 100% worth every second. These wonderful people are intense - not crazy Cobra Kai intense - but they really make you move and make you think. Their warm ups alone could be classified as a class within itself. No matter who is teaching the class - Sensei Kevin, Sensei John, Sensei Silvia or Sensei Danny - I find it always mentally and physically challenges me. No matter what skills we work, on such as basics up to 5 step combos to "Kata in a Box", they pull me from my comfort zone and push me further. And also always in attendance with the Glamorgan Club is Sensei Blaine Beemer, who is there to observe and offer his sage advice on the skills that are being taught. Since I'm always up for and like a challenge I still regularly attend these classes.

I also tried and loved the St. Catherine's Wado Kai classes. This is Sensei Neil Prime's class which at the time always started with Kata (a favourite of mine). Sensei Prime, who is known for his superb kicking skills always conveys clear detailed instructions no matter the skills he or his black belts are teaching. Sensei Prime often talks about the mechanics of movements, and also covers concepts such as power generation vs speed. Whether it's just basics, Kata, his four corner drill, or the finer points of kicking, Sensei Prime, Sensei Ronald and

Sensei Don provide really good, clear feedback on where you were doing well or where you needed to improve. This also became a must for me to attend until the classes were discontinued for the summer. Good news, these Zoom classes reopened again a little over a month ago while they waited to get into their dojo. They will be continuing on Zoom with simultaneous live classes in their dojo due to the current Covid situation. So needless to say I have taken advantage of the opportunity to learn from them again and have been attending these classes. It was also in Sensei Prime's class where I found another unique training opportunity when Martial Arts Legend Bill "Superfoot" Wallace was a Guest Instructor. This is where I found out about what would be later known as Wallace Wednesdays.

I was intrigued by a chance to train with a Legend so with the blessing of my Sensei I signed up for a my first Superfoot Session, 6 weekly 1 hr training sessions with a 30 min question and answer period following on Wednesday evenings via Zoom. I am now on my 4th Session of Wallace Wednesdays. For those of you who don't know who Bill "Superfoot" Wallace is, he is as I mentioned earlier a Martial Arts Legend. Superfoot is an American martial artist who was a Professional Karate Association (PKA) world Middleweight Champion full-contact karate champion for almost six years. His kick-boxing record was 23 wins and 0 losses. He has appeared in many martial arts movies with the likes of Chuck Norris and Jackie Chan as well as training Elvis Presley. He is known to the Karate world as "Superfoot", which refers to his left legged kicks which were once clocked in excess of 60 mph. (He had an injury to his right leg when he was practicing Judo that led to him taking up Shōrin-ryū Karate where he began developing his amazing left kicks). At 74 years old he is still just as impressive, and the skill set he teaches for fighting out of a sideways stance is fantastic for an arthritic girl like me. Just for his stretching for flexibility training alone these sessions have been gold to me as it has helped me gain some much needed flexibility. I like his philosophy of "Take what I taught you and find what works for you. We are all built and move differently." This is something I keep in mind when I get frustrated with myself when I am having trouble with a stance or a movement, or when my arthritis in my hips flares up in the

middle of a class - like when I am practicing Juji Dachi for too long. You may also see some other familiar SWKKF faces if you attend these Sessions as Sensei Neil Prime and also Sensei Gary Nicholls from my home club are usually in attendance.

So now you may be asking what happened to training with your own club? I am happy to report that in September we were able to get back to training together. Unfortunately, where we used to train was in a school gym which we're currently unable to use due to Covid. So we distance trained in a park and pushed it until it got too cold and have now moved to Zoom. We still have a goal of getting together in person once a month at a community centre as Covid restrictions will allow. I am also honoured to say I have received my orange belt thanks to my continued training over Zoom during the lockdown and over the summer. (And I am also happy to report I have lost 65 lbs since I started my first Karate class). See—the pandemic hasn't been all that bad in some ways. It's definitely been a blessing for my journey so far in the Martial Arts.



I have always felt welcome no matter whose class I'm attending. At this point I think I have become part of the furniture for some clubs as I continue to show up and train. Hey isn't that Rule #5? My local Senseis have encouraged us to attend the Zoom classes that are available and take advantage of the unique situation for training that the Pandemic has created. Most of these classes I mentioned are still going on and the Zoom links and schedules can be found under ongoing virtual workouts on the SWKKF Website. So perhaps you'll log in and try to find your own training gold and I will see you there!

Karate in my life

By: Sensei Richard Pilon

Hanmer Wado Kai

To fully understand my story, we need to start from the beginning. I am in grade school and being bullied is a regular occurrence. I am 8 years old and I am the smallest boy in my class. I felt alone. It did not help that I was very timid. Lucky for me, my parents noticed bruising on my arms and with their growing concerns; they decided to do something about it. They contacted my school and had multiple discussions with my teacher and the principle. At last! I was free from my recess bully. Or was I... Fast forward about 2 weeks and I came home one night with a black eye. My mom was furious! "What happened Richard?? Why do you have a black eye?? Are those guys at it again?? I'm calling the school right now!!!" "NO mom! They said it would be worse next time!" My bully was on my case again but this time, his friends got involved and it was a full out fight in the school yard. I guess he felt tough with his friends around. This is where karate comes in but before I get to that, I need to clarify a few things. My dad worked out of town one week at a time. He had also taken Judo when he was younger which made him familiar with the customs of martial arts. My parents are in no way shape or form violent people. They did what any parent would do and that is to protect their child. That weekend when my dad arrived on Friday, almost immediately he suggested martial arts. It was not for me to retaliate but to better defend myself. Not too long after, I had my first karate class and it was Shorin Ryu being taught by sensei Denis Brisson at a local arena hall. He was a 4th degree at that time and an excellent teacher. Sensei Brisson taught me how to be confident and how to be strong. About 6 months later, those bullies tried again but this time, I came home almost untouched. Proud of my achievement, I boasted about it at my next karate class. Sensei Brisson heard about my school fight and boy did I pay for it! I don't remember how many pushups I had to do but while doing them he reminded me that karate was not to be used outside class and that I should act responsibly all the time. That would be my last fight. Let's fast forward again. I am now 16 and have been in karate twice a week for 8 years. I have to thank my mom because for 8 years, rain or shine, she drove me to class. We get in the car and head for class. This class is different however, it's my black belt grading. I graded before sensei Brisson and his sensei, Frank Bheir, a Rokudan at that time. I left that day with what I think was a huge accomplishment, a 1st degree black belt. That certificate still hangs on my wall today. Spring rolls around and a new season of karate begins. Part way through the season,

sensei Brisson pulls me aside and gives me some news. He has accepted a new position in B.C. When he wasn't teaching karate or other self defense seminars, Sensei Brisson was a police officer. There were better prospects for him in British Columbia and so soon after, he would leave. During that conversation, he asked me to become the teacher for the remainder of the year. I gracefully accepted but I was devastated at the same time. Part of me was excited to be a teacher but the other part was sad because for 8 years, sensei Brisson was a friend that I would possibly never see again. The year ended and everything had gone well but unfortunately, that would be the end of Shorin Ryu in Sudbury. It would also be the last time I practice karate for approximately 16 years.

16 years is a long time for anything. Why 16 years? That is a very lengthy answer but here is a short version. After receiving my black belt in Shorin Ryu, I headed off to college in North Bay where I would ultimately graduate with honors as an Aircraft Maintenance Engineer. I would then meet the love of my life Chrissy that I would marry and have two lovely girls with; Gabrielle and Alexie. All this would not allow me to continue teaching karate. Sensei Brisson believed that above all, education was paramount. I worked many different jobs in my field away from home until I would eventually return to North Bay and work locally Monday to Friday. Things were going great until 5 years later as I was laid off and took a job at a Kawasaki dealer in Sturgeon Falls. Since we lived in Surgeon Falls, we made it work. This job would ultimately give me the experience I would need to gain a job back in my home town Sudbury. With life happening, karate was always there in some way. The teachings of sensei Brisson would always make their way in my life one way or another. After moving back to Hanmer(outskirts of Sudbury), I heard about a karate class being taught at the school that my daughters were attending. After some investigation, I would join Wado Kai. At our dojo in Hanmer, I would train under sensei Gilles Dupuis and still do today. Sensei Gilles helped me through some of the toughest years of my life. This story is about to take another turn. Coming into Wado Kai, I was super rusty. Oddly enough, there are many similarities between Wado Kai and Shorin Ryu and because of this, sensei Gilles put me on an accelerated program where I would eventually grade to a black belt. But before that Shodan level would be mine, the most devastating, most destructive and most frustrating event of my life would happen. On a very cold night in March we would be woken up by a relentless banging on the door. It was our neighbor and my garage was on fire. The specifics of the garage fire are not important. What is important

however is the fact that my family was safe and there when I needed them. Karate was also there to help me through that tough time. Sensei Gilles found out and because I am a mechanic, he knew how much it meant to me. Karate would become for me a retreat from all the noise and frustration surrounding that event. Sensei Gilles would find ways to keep me distracted and focused on karate. He would spend time after class with me to just talk and see how things were going. Some days I wonder what things would be like without karate in my life. Today, karate is different. As I write this article, we are in the second stage of the COVID-19 pandemic and it has affected everyone differently. Practicing karate has changed and as wonderful as technology can be, it has its faults. Virtual meetings are great and these gatherings keep us connected. Practicing karate virtually is possible provided you have

adequate space and it keeps us active. The SWKKF has done a great job of making available to all its members numerous classes and tournaments to keep us sharp. As much as I enjoy these virtual workouts, personally, I prefer hands on training. Unfortunately, due to the virus outbreak, our dojo is closed for the moment and no matter how much I search, no suitable space is currently available in my area. I plan on reopening as soon as the pandemic subsides and hope to regain all my students. If there is one thing you should take from this article, never give up on karate. It has helped me through the years. Train hard and pass on the principals of the art. Peace, Harmony, Discipline, Respect. Keep it pure and keep it close. We are fortunate to have this art passed down generation to generation and regardless what happens, we should strive to continue this tradition. Stay strong and stay positive.



SWKKF/Shintani Wado Kai Karate Federation

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Exploring the fighting Principles of Choki Motobu

By: Sensei James Freeman

Bushido Karate Association

It was my honour to teach a two-part Bunkai Level 3 Clinic via Zoom on November 1 and 8, 2020. Given the virtual nature of the clinic required by the pandemic, we could not conduct a normal clinic, and so chose a format and topic that could work for students generally training by themselves and attending from home.

Bunkai is a process by which students dissect kata and study the underlying combative principles. This study results in Oyo (applications) that need to be tested for their practicality through live experience working with a partner. One key aspect to the fighting principles transmitted through kata is that physical violence is messy, close-range, and requires that you end the fight either through striking or submission with locks or throws so that you can escape as your primary objective. This is completely different from kumite, which is consensual, has rules, and pairs fighters of comparable skill.



Choki Motobu

The Bunkai Committee has been working hard over the last two years to add this important study into the SWKKF. So far, the Committee has created a standard Level 1 and Level 2 program, which teach the fundamentals of stance, weight shifting, striking, and grappling when confronted with pressure that is close-range. Level 3 clinics in the envisioned program are flexible and can explore a variety of topics.

Given the pandemic and the requirement for close partner work to properly train either a level 1 or a level 2 clinic, we cannot host these clinics at this time. However, with Level 3 an open format, clinic instructors can shape an agenda to suit the situation.

Choki Motobu (1870-1944) was an Okinawan karate master and contemporary of Gichin Funakoshi. Like Funakoshi, Motobu trained under Anko Itosu, creator of the Pinan kata that we study today, and Motobu was

known favour training naihanchi. Both Motobu and Funakoshi relocated to Japan in the 1920s, and both came to be instructors to Hanshi Otsuka, founder of Wado. Hanshi Otsuka was known to have trained with Motobu in refining naihanchi at some point in the early 1930s.

In 1926, Motobu documented a set of 12 two-person drills to illustrate his fighting principles. These drills were repeated again in a 1932 book called *Watashi no Karate Jutsu* (My Art). While these drills are not widely practiced today, they are studied in Motoburyu clubs, and a few documented demonstrations of the techniques can be viewed on Youtube. However, our primary source for understanding the drills remains the book, which includes pictures and a description of the combative scenario.

For the clinic, I chose to teach the 12 drills. My students and I had worked the drills for three months through the early summer of 2020. Although they are best done with partners, they can be learned in solo form to conform with social distancing requirements during the pandemic.

To help remember the drills, we then created a kata. This process is like Bunkai in reverse. We already know the fighting applications as taught by the creator of the drills himself, and we created a kata to aid in retaining the specific techniques. Usually, the kata comes to us and it is left for us to extract the fighting applications.

When students go through creating a kata, it gives them better insights in how Bunkai can be done. Many of the older kata we train – Kushanku, Wanshu, Chinto – are also named after earlier masters, with the kata likely created by their direct students. In the spirit of these students from the past, we named our kata “Motobu”. A video of me performing an early version of our Motobu kata may be found here: <https://youtu.be/Fmco6xN52Wo>

We’ll probably continue to train the kata from time-to-time though it will not form part of the regular curriculum. However, the project was interesting and a great learning process that we may look to repeat again with other training material.

In Harmony.



1926 photo series featuring Motobu (right) executing drill #1.



From the Harmonizer Committee

Thank you to everyone who contributed to this issue of The Harmonizer. The goal of The Harmonizer Committee is to gather articles that are of interest to our membership. With the drastic decline in activities since March, the content of The Harmonizer has also changed. The theme of this issue was how members have maintained or continued to develop their karate with all of the new obstacles to traditional training. There are many great ideas and creative ways our members are using to keep their training effective and engaging. We hope you find these articles helpful and inspiring.

We wish to encourage any member to submit an article for our upcoming issues. We also welcome any suggestions on ways we can make The Harmonizer even better. Please email articles or suggestions to harmonizer@shintani.ca

We wish you Happy Holidays and the very best in the New Year!

hamonizer@shintani.ca

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

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