

The Harmonizer

The Official Newsletter of the Shintani Wado-Kai Karate Federation



Volume 30, Issue 2

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The Harmonizer

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Visit
our website

www.shintani.ca

SWKKF VALUES

• Honour • Excellence • Kindness •
Humility

“Persistence can change failure
into extraordinary achievement.”

- Matt Biondi

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



Shintani Wado Kai Karate Federation

Internal Announcement

The Senate of the Shintani Wado Kai Karate Federation is pleased to announce the advancement of rank for the following members effective June 26th, 2021.

Sensei James Atkinson – Hachidan
 Sensei Marco Reyes – Rokudan
 Sensei Tim McCullough – Rokudan
 Sensei David Brunarski – Rokudan
 Sensei Gilles Dupuis – Rokudan
 Sensei Duane Wenmann - Rokudan
 Sensei Ron White - Rokudan
 Sensei Randy Quarrell - Rokudan
 Sensei Henry Bergen - Rokudan
 Sensei Joseph Pruyn - Rokudan
 Sensei John Thompson - Rokudan
 Sensei Eddy Poulin - Rokudan
 Sensei Alain Bisier - Rokudan

Sensei James, Sensei Marco, Sensei Tim, Sensei David and Sensei Gilles are direct students to Sensei Bruce Perkins. Sensei James is the Secretary General of our current Senate.

Sensei Duane, Sensei Ron White and Sensei Randy are direct students to Sensei Rick Leveille.

Sensei Henry is a direct student to Sensei Neil Prime.

Sensei Joseph is a direct student to Hanshi Shintani.

Sensei John, Sensei Eddy and Sensei Alain are direct students to Sensei Ron Mattie.

I've been very fortunate to have had close relationships with them all. Please join me in congratulating these very dedicated members on these outstanding achievements.

In Harmony,

Sensei Denis Labbé





Shintani Wado Kai Karate Federation Scholarship Committee

Media Release

July 27, 2021

Kelsey Mramor (Chairperson)

15307 44 Ave NW
Edmonton, AB
T6H 5W4

Media Release:

Each year, the SWKKF generously funds two awards each valued at \$1000. In addition, the Jean Foster Memorial Fund donates an additional \$1000 award. In total, we are pleased to award three scholarships to assist students in pursuit of post-secondary education. Please assist us in congratulating the 2021 SWKKF Scholarship recipients: Sensei Geraldine Young of Calgary, AB, Chelsea Prime of St. Catharines, ON, and Mia Steacy of Edmonton, AB!

Every year, the committee is impressed with the depth of candidate applications and the outstanding achievements our karateka are attaining. I would personally like to thank the selection committee for their time, effort, and energy in selecting this year's recipients.

Sincerely,

Sensei Kelsey Mramor
SWKKF Scholarship Committee Chairperson

Scholarship Thank you

By: Chelsea Prime

St. Catharines Wado Kai Karate

I would like to thank the Scholarship committee for taking the time to consider my application and choosing me to be the recipient of the Shintani Wado Kai Karate Scholarship. I deeply appreciate your generosity, as this scholarship will be a great help towards continuing my education at OCAD University.

I am currently in my second year of Environmental Design, specializing in interior design and have plans to be moving to Toronto within the next few months to hopefully experience some in person classes. I also have hopes to do a study abroad program to Scotland next year, therefore this scholarship is helping me to make this dream of mine come true. Thank you again.

Sincerely,

Chelsea Prime

By: Sensei Neil Prime

St. Catharines Wado Kai Karate

I would like to take this opportunity to thank the SWKKF and the Scholarship Committee for selecting my daughter, Chelsea to receive one of the available scholarships. With rising costs of schooling, room & board and overall cost of living, this certainly helps and is appreciated.

Karate, particularly the SWKKF has been a large part of my life for longer than I care to say. I am proud to be a member of the SWKKF and proud of my daughter's accomplishments. I am lucky to have 2 girls that set the bar high for themselves.

Sensei Neil Prime

St. Catharines Wado Kai Karate

<https://www.shintani.ca/swkkf/scholarship.html>

2021

Geraldine Young (Calgary, AB)
Chelsea Prime (St. Catharines, Ontario)
Mia Steacy (Edmonton, AB)

2018

Anne Readhead (Welland, Ontario)
Geoff McDonald (Hamilton, Ontario)
Elise Leong-Sit (Edmonton, Alberta)

2015

Jessica Lebrun (London, Ontario)
Elise Leong-Sit (Edmonton, Alberta)

2012

Laszlo Veszi (Saskatoon, Saskatchewan)
Ashleigh Fidyk (Calgary, Alberta)

2020

Anne Readhead (Welland, Ontario)
Chelsea Prime (St. Catharines, Ontario)
Steffannie Hancharyk (Thorold, Ontario)

2017

Meagan Fidyk (Calgary, Alberta)
Elise Leong-Sit (Edmonton, Alberta)

2014

Laszlo Veszi (Saskatoon, Saskatchewan)
Quinton Brown (Arcola, Saskatchewan)

2011

Isabelle Fillion (Hearst, Ontario)
Christian Boivin (Calgary, Alberta)

2019

Anne Readhead (Welland, Ontario)
Ethan Dyck (Carlyle, Saskatchewan)
Elise Leong-Sit (Edmonton, Alberta)

2016

Laszlo Veszi (Saskatoon, Saskatchewan)
Elise Leong-Sit (Edmonton, Alberta)

2013

Alena Terlecki (Calgary, Alberta)
Nicolas Gosselin (Thunder Bay, Ontario)

2010

Emilie Gosselin (Hearst, Ontario)
Zachary Jacobi (Paris, Ontario)

Shintani Wado Kai World Affiliations

By: Sensei Darren Humphries and Sensei Neil Prime

Many students and instructors from across the country have been inquiring about our World Karate Affiliations we have announced in the past couple of years. With the fall harmonizer being released, I thought it would be a good time to provide some background and talk about the affiliations we have.

In the past 3 years, we have affiliations with the following organizations:

1. World Traditional Karate Association
2. Karate Canada
3. World Kobudo Federation

Each of the affiliations provides SWKKF members different benefits and opportunities depending on the area you are interested. I will explain each of the affiliations and the high-level benefits.

World Traditional Karate Association (WTKA)

The WTKA is a democratic body that recognizes the opportunity for all to enjoy Martial Arts and Combat Sports for its continuous development. The aim of the WTKA is to create an environment where all its members can cooperate in perfect harmony, with no politics, for the development of Martial Arts. The focus of WTKA Canada is to develop karate across Canada and provide the opportunity for all students to compete in international events. This includes supporting and promoting all styles of karate and providing a forum and framework for members to become certified and recognized internationally.

Affiliation with the WTKA allows clubs, instructors, and students to experience clinics/seminars, annual world championships (no requirement to qualify), Kyu Belt gradings, Dan gradings, Dan Registration and International certifications (Examiner A/B/C/D, Instructor A/B/C/D, Judge A/B/C/D) and kyu belt certificates for club instructors.

As a member of WTKA Canada, you have access to Kyu Belt certificates and all gradings are completed by the club instructors. To obtain a Dan ranking with the WTKA, students must participate in and pass a WTKA Dan Grading. As part of our affiliation with the WTKA, a technical standards manual was created that outlines all the requirements (by belt rank. Yellow Belt to Judan) for the SWKKF. The format of the Dan grading follows the following format:

1. I-do Kihon (Basic Combinations): 30 minutes
2. Water Break: 2 – 3 minutes
3. Kata (Each kata done twice. 1st time with instructor & 2nd time on your own): 45 – 60 minutes

4. Water Break: 2 – 3 minutes
5. Kata Bunkai (Sandan & Up): 20 – 40 minutes
6. Kihon Kumite: 20 minutes
7. Water Break: 2 – 3 minutes
8. Kumite: 20 minutes
9. Deliberations (depending on size of grading): 15 – 30 minutes
10. Presentations: 15 minutes

There is a \$100 grading fee for the World Traditional Karate Association plus the cost of postage if a virtual grading format is required. The grading application form is located on the WTKA Canada website (<https://wtkacanada.com/dangradings>).

To obtain an Instructor or Examiner qualification, you must have successfully passed a Dan Grading and meet all of the requirements for Instructor A/B/C/D or Examiner A/B/C/D. Full details can be found here: <https://wtkacanada.com/programs>. There is a \$100 fee for each of these qualifications.

There is no club or student fees required to belong to the WTKA.

For more information: <https://wtkacanada.com> or <https://shintani.ca/swkkf/wtka-dan-certificate-request.html>.

Karate Canada (KC) / Provincial Sport organization (PSO)

KC is the government recognized sport governing body for karate in Canada. To participate with KC / PSO, individual clubs must register with and belong to their PSO and pay the fees required by the PSO.

Karate Canada (KC) / Provincial Sport Organization (PSO). Affiliation with KC allows athletes who would like to compete at the elite level the opportunity to represent their province and potentially compete worldwide with the World Karate Federation (Olympic governing body for Karate); provides access to the National Coaching Certification Program (NCCP) and access to KC Dan Certificates up to Godan.

For Dan certificates, there is no requirement to go through a KC Dan grading. As a recognized association with Karate, KC recognizes our ranks up to Godan. To grade beyond a Godan, you would be required to attend a KC seminar and go through a Dan Grading. A Dan Grading with KC allows 30 minutes to present the techniques, kata and kumite. The grading fee varies by belt rank (\$60 - \$250 plus a \$50 SWKKF Administration fee).

There is a club and PSO fee required for all members to belong to KC. The price varies by province so you will have to reach out to the local PSO. Contact Sensei Heather Fidyk (senseiheather@calgarywadokai.com) for additional details.

For more information: <https://shintani.ca/swkkf/karate-canada>

[dan-certificate-requests.html](#) or <https://karatecanada.org/>

World Kobudo Federation (WKF)

The WKF is a non-political world martial arts organization (Founded in 1991 by Hanshi John Therien) for Martial Artist and Martial Arts Schools, promoting the highest standards of Martial Arts training, integrity, discipline, and honor. The WKF is available to all styles, for large and small dojos. Its purpose is to unite martial artists under one umbrella to raise the standards and brotherhood for the advancement of Budo. The WKF has members in over 40 countries. **An interesting fact:** Hanshi John Therien (WKF co-founder) and several other senior WKF members knew Hanshi Shintani personally and to this day show considerable respect towards his legacy and our group. Two of the most senior Canadian members are known worldwide for promoting martial arts and competing internationally since the 1960's. They are Wally Slocki and Cesar Borkowski who have black belt certificates from Hanshi Shintani. Mr. Slocki's gradings were prior Wado when Hanshi Shintani was still a member of the Nippon Karate Doh under Akira Kitagawa.

Affiliation with the WKF allows clubs, instructors, and students to participate in seminars, events, Dan Rankings, Title Recognition, access to members only section, video library, newsletters and Budo-Pro School Development Program.

WKF Dan Ranking: To obtain a Dan Ranking in the World Kobudo Federation, you must be a current member in good standing with the SWKKF and must be a member with the WKF. To become a member of the WKF, you complete an application form that will be approved by the SWKKF and the WKF. All current SWKKF guidelines remain applicable. Once you receive your dojo affiliation with the WKF, you can complete an application form requesting the equivalent rank you have. The cost of a WKF Dan Certificate is \$100 plus shipping costs (\$20 - \$25).

WKF Titles: The WKF offers internationally recognized titles once you have met the requirements. These titles include: Sensei (awarded to Shodan, Nidan, Sandan, Yodan & Godan), Shihan (awarded to Rokudan), Kyoshi (awarded to Shichidan), Hanshi (awarded to Hachidan & higher). To receive a title recognition, you will out an application form that must be approved by the SWKKF and the WKF. The cost of the Title recognition is \$100 plus shipping costs (\$20 - \$25).

Access to Members Only Section: The WKF offers access to a Members Only Section that contains valuable resources that you can use. These resources contain knowledge from instructors around the world.

Access to Monthly Seminars: The WKF offers access to monthly seminars run by instructors around the world.

WKF Newsletter: The WKF offers regular newsletters to keep you informed on things happening with the WKF worldwide.

Budo-Pro School Development Program: The WKF offers a Budo-Pro School Development Program to help instructors run their dojo. The program provides ideas and best practices to make your dojo successful.

There is an annual dojo affiliation fee to belong to the WKF. Contact Sensei Neil Prime (ngprime@cogeco.ca) for additional details.

Full details on the World Kobudo Federation can be found here: <https://www.worldkobudo.org>.

Why Are We Affiliating With Other Organizations?

Prior to Hanshi Shintani's death, he had a dream to promote the Shintani Wado Kai Karate Federation to the world through affiliations with likeminded karateka / martial arts practitioners from all over the world and organize a "World Union of Martial Arts". To that end, Hanshi Shintani had created the Shintani World Congress as a starting point to his vision. Unfortunately, with Hanshi Shintani's sudden passing in May 2000, that never materialized. The World affiliations we have now are a step in the direction of Hanshi Shintani's vision.

The SWKKF is a great organization to belong to with many benefits. Did you know that we are one of the largest single-style organizations in Canada. The SWKKF has a lot to offer, and these affiliations and others yet to be identified are giving us exposure around the world with no politics.

I hope this provides some background and highlights the opportunities available to all or our members. If you have any questions or would like to discuss further, reach out to us.



SWKKF/Shintani Wado Kai Karate Federation

@SWKKFShintaniwadokaikaratefederation-Martial Arts School



For those that have expressed an interest in grading with the World Traditional Karate Association, we will be hosting a Black Belt Grading on Saturday December 18th 2021 at the Welland Martial Arts Center.

For easy reference, attached is a technical standards document that outlines all of the requirements for receiving a Dan ranking in the World Traditional Karate Association (WTKA) - Shintani Wado Kai. The focus of the grading syllabus follows the world standard grading sections. All of the techniques come out of our grading syllabus broken out by belt rank. The sections of the grading includes:

Section	Descriptions	Time Allotment
I-do Kihon	Basic Combinations	30 Minutes
Water Break	Water Break	2—3 Minutes
Kata	Each Kata done twice. 1st time with instructor and second time on their own. Kata's for this grading will include: Power Kata, Chonan, Chonan Shodan, Tekki Shodan, Shopai, Sankio, Seisho. Possibly a Pinan or two and possibly Kushanku (some may be substituted)	45 Minutes
Water Break	Water Break	2—3 Minutes
Kata Bunkai	Depending on rank, bunkai from required kata. Shodan—Nidan: No requirements Sandan: Bunkai from Pinan Kata Yodan: Bunkai from Black Belt Kata Godan: Open. Student can pick from any kata	20 Minutes
Kihon Kumite	2 - Step sparring	20 Minutes
Water Break	Water Break	2—3 Minutes
Kumite	Free-style sparring. **Note—due to COVID, for those in-person, we will be doing some randori.	20 Minutes
Deliberations	Joseki board discussions	15 Minutes
Presentations		15 Minutes
	Grading Time Estimation	3—3.5 hours

For the Kata Bunkai, the recommended format is as follows:

1. Examinee and their partners bow to the joseki board
2. Examinee, states which kata, the bunkai will be from and demonstrates the technique(s) from the kata without their partner.
3. Examinee explains the bunkai to the joseki board.
4. Examinee demonstrates the bunkai with their partner **slow speed, medium speed, full speed.**
5. Examinee answers any questions the joseki board may have.
6. Examinee repeats steps 2 – 5 for each bunkai they will present.
7. Upon completion of the bunkai demonstration, Examinee and their partner bow to the joseki board.

There is a \$100 grading fee for the World Traditional Karate Association. Fill out the application form located here: <https://wtkacanada.com/dangradings> and send the completed application and \$100 eTransfer to darren@wtkacanada.com



Sensei Carmelo Marchese
7th Dan – WTKA



Sensei Ron Mattie
9th Dan – WTKA

World Traditional Karate Association of Canada

2021 / 2022 Clinic Series and Online Kata & Kobudo Championship

Friday, October 29, 2021 (Virtual Online) – Sensei Marchese (7th Dan)

5:00 – 6:30 PM MST / Shotokan History & Techniques
7:00 – 8:30 PM EST Cost: \$10 CDN
Register: <https://forms.gle/ArtxmnZo4qKQGFHdA>

November 15 – December 15 (Virtual Online) – WTKA Canada Kata & Kobudo Championship

Hosted By Uventex Labs Cost: \$15 CDN per Event
Register Here: [Myuventex](https://www.uventex.com)

Friday, December 17, 2021 (Virtual Online) – Sensei Mattie (9th Dan)

5:00 – 6:30 PM MST / Wado History & Techniques
7:00 – 8:30 PM EST Cost: \$10 CDN
Register: <https://forms.gle/L3rqFtSznJvTncqu5>

Friday, February 18, 2022 (Virtual Online) – Sensei Prime (7th Dan)

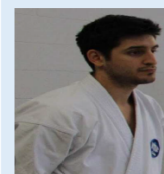
5:00 – 6:30 PM MST / Bill "Superfoot" Wallace History & Techniques
7:00 – 8:30 PM EST Cost: \$10 CDN
Register: <https://forms.gle/sN6TrDGmo4LEohfo7>

Friday, April 22, 2021 (Virtual Online) – Sensei Gianluca Marchese (3rd Dan)

5:00 – 6:30 PM MST MMA Introduction
7:00 – 8:30 PM EST Cost: \$10 CDN
Register: <https://forms.gle/C7AFYaA2HwH6QLYq8>



Sensei Neil Prime
7th Dan - WTKA



Sensei Luca Marchese
3rd Dan - WTKA

www.wtkacanada.com / www.wtkacanada.ca / www.karate-wtka.com

MASTER HIRONORI OTSUKA

FOUNDER OF WADO KAI KARATE (1892-1982)

Master Hironori Otsuka was born June 1, 1892, in Shimodate, Japan, where his father, Dr. Tokujiro Otsuka, operated a clinic. As a boy he listened to a samurai warrior, his mother's uncle, tell thrilling stories of samurai exploits. This may well have been where the first seeds were sown that would later be some of the guiding principles and philosophies of Wado karate.

[Master Hironori Otsuka \(shintani.ca\)](http://shintani.ca)

HANSHI MASARU SHINTANI, 10th DAN (1928-2000)

Hanshi Shintani was born February 3, 1928 in Vancouver, British Columbia, the child of Japanese immigrants. His mother was a member of the Matsumoto clan, a respected samurai clan whose history goes back hundreds of years. Like virtually all West Coast Japanese-Canadians during the Second World War, his family was uprooted and moved to the rugged interior of British Columbia for the duration of the war. The Shintani family, mother & six children, was interned in New Denver, an abandoned mining town that was used to house hundreds of Japanese Canadians. While growing up in the camp, he learned the ways of two cultures. On school mornings he attended Canadian classes in English, history, and mathematics. In the afternoon, he studied Japanese language and heritage, along with Kendo and Judo, the standard physical education for all Japanese students.

[Hanshi Masaru Shintani\(shintani.ca\)](http://shintani.ca)

News from the Para-Committee

By: Sensei Steffannie

Welland Martial Arts Centre

The Shintani Wado Kai Karate Federation para-karate committee has been working on a number projects to support our dojos, instructors and students. They are revising the instructor program to provide training on accessibility, inclusion and adapted karate instruction. Through this instructors will gain opportunities to practice and discuss strategies and experiences. Part of the training will include marketing and promotion of services to a diverse student body. Once a business feels confident in their adapted karate instruction, they can include accessible language in the marketing and promotion of their services; at which time, often there will be a handful of new clients that want to learn karate the Shintani way.

The committee has also developed a guide for students who are interested in competition at a local, regional, national and international level. This resource provides essential information regarding the process of entering a competition at all levels and provides many links to connect you right away with opportunities to compete.

The committee is also working on supplementary resources, such as upper body and lower body work out videos for students to keep fit while at home; and tips and tricks for accessible services and adapted instruction. Furthermore, all of these resources and supplementary resources will be available through our website. This website will assure our community members can find our services across all of Shintani Wado Kai communities.

I am so proud to be part of the Shintani Wado Kai Karate Federation and this amazing committee. The sensei have gone above and beyond to maintain the SWKKF and students across Canada are improving in their practice, gaining skills that only zoom teaching can teach, and moving up the ranks. What a wonderful, professional and compassionate group of trail blazers!

News about the SWKKF accessibility research: REPORT COMPLETE

Please find below the executive summary report conducted by sensei Steffannie in completion of phase one of her PhD project. Below is the executive summary of the AODA survey report. To request a copy of the full report please email shancharyk@brocku.ca.

AODA Readiness Survey Executive Summary

In order to gain insight into how instructors across the Shintani Wado Kai Karate Federation (SWKKF) perceive their general accessibility, I shared a survey that included 13 questions (see appendix A) relating to the Accessibility for Ontarian's with Disabilities Act (AODA) to 132 dojo instructors. In total, 47 participants clicked the survey, 29 filled the survey out completely, 15 filled out only the first question and three left the survey blank. Most of the prompts / questions utilized a five-point likert scale and the items were unique to best suit the prompt / question that was asked (i.e., agree / disagree; yes / no; knowledgeable / not knowledgeable). Additionally, the respondents were asked to name what type of community their dojo served (i.e., large city-small town). Among the respondents there was a relatively even spread of the type of community that the dojos reported to have served.

To highlight the main findings of the report, 36% of the respondents selected that they were not at all familiar with the AODA possibly because the survey was sent to all SWKKF dojos across Canada even though the AODA is specific to Ontario and each province has their own unique accessibility law that governs how businesses are to operate. Further, 55% do not appear to advertise or promote to disability identified individuals and 61% do not appear to fully provide training regarding accessibility standards. This shows a possible area of focus when considering what steps to move forward with in supporting accessibility across the SWKKF.

Some areas of strength taken from the report include, 71% of dojos have begun developing policies to assure accessible services and generally speaking, 71% of dojos have a means of receiving feedback about their services if a member from their community has a concern regarding accessibility. Furthermore, 68% have selected items that suggest they have some sort of emergency procedures in place for disability identified students. However, the remainder (32%) reported to be unsure, or have none. Moreover, 96% of the SWKKF instructors have some knowledge of multiple disabilities and 72% reported being competent at teaching diverse learners. Although, 96% did report having knowledge of disability, a large percentage of that (65%) reported did selected the prompt moderate or slight knowledge, which can be an area of focus in order to support accessibility across the SWKKF. Lastly, 13 participants agreed to take part in the next phase of the study. Of the 13 participants, five are from a large city, two from a small city, two from a town, four are from a small town.

The following report will move through each question with the exception of question one (which was the invitation and informed consent agreement). Each section will correspond to one of the questions in the survey and will include the raw data only, no discussion or analysis will be provided at this time. A full analysis of the data in conclusion with a more full data set will be available at a later date. To request a copy of the survey report or to inquire about the progress of the investigation please email Steffannie Hancharyk at shancharyk@brocku.ca.

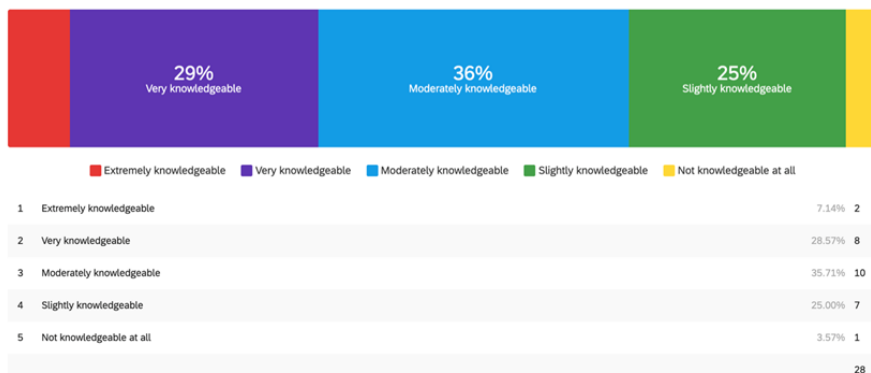


Figure 8. Question 9: I am knowledgeable about multiple disabilities including physical, intellectual, developmental disability

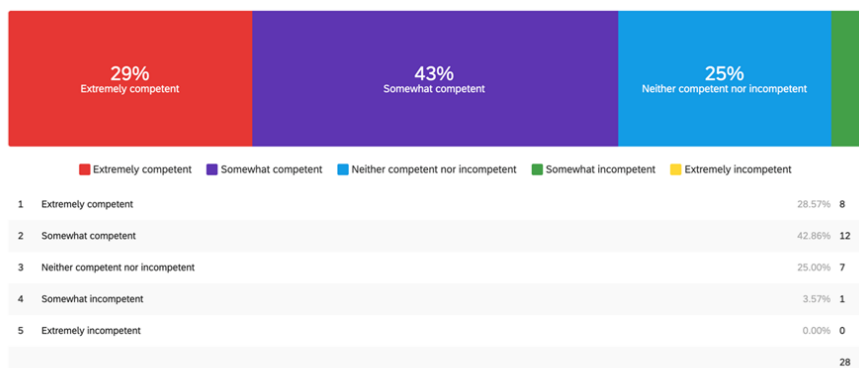


Figure 9. Question 10: Instructors in my dojo have the competence to adapt their instruction for multiple learners including for individuals with developmental, intellectual and physical disabilities.

Phase two

Phase two of the project includes a handful of interviews with various instructors across the SWKKF to gain insight into some of the barriers and facilitators to offering accessible services and inclusive and adapted instruction. If you are interested in discussing this project, or being a part of the interview pool please email shancharyk@brocku.ca. See below a sneak peak at the questions that will be asked during the interview.

SNEAK PEEK AT THE RESEARCH QUESTIONS

Set 1

Q: What is the most significant benefit that you have gained as a result from your karate training?

Q: When you hear the word accessibility what images does it conjure up?

Q: Describe to me what experiences you have had over the last few years with respect to disability in a martial arts setting (whether be in class, at a tournament, siblings etc)

Q: How long have you been with the Wado kai?

Q: How long have you instructed for? Have you had your own dojo?

Q: Do you rent or own your space?

Q: What emotional response can you imagine feeling if you were required to teach participants who were wheelchair users or Down Syndrome, behavioural, mental health, Autistic?

Q: What emotions would you feel knowing you were competing against a student who had a special needs diagnosis?

Set 2

Q: If money were no object what three improvements would you make in your dojo right now?

Q: Describe your dojo to me so if I walked in I would know where everyone was?

Q: In a day at the dojo describe to me what might I see if I was a fly on the wall?

Q: What are the typical noises and sounds I would hear during one of your lessons.

Q: What is the balance of noise and silence? What sounds suggest to you that the students are actively engaged and learning?

Q: Describe how the noise levels change in different parts of the lesson?

Q: Which populations in your dojo make the most money?

Q: What kind of ways do you market your classes? Can I have some a copy of your most recent flyers or any promotional media?

Q: Can you provide me an overview of your class schedule?

Q: To what extent do you consult with your students regarding changes you want to make in the dojo?

Q: Can you describe the type of support that may be available from within your dojo? (Parents, Student volunteer teach)

Q: Can you think of any support that may be available outside of the dojo (for example landlord gives cheap rent, community space offers mats)

Q: What barriers do you think may hinder your dojo's accessibility? (Micro, miso, macro)

Q: To what extent can you imagine a master like yourself utilizing community partners to provide more accessible services for your community members?

Q: What partnerships would you want to see or think would benefit dojo instructors to offer accessible services (University or secondary school co-op placements)

Q: How often does your dojo engage with other dojos for training opportunities?

Q: How do karate dojos/ and the SWKKF in general, engage with other dojos or organizations (locally, regionally, provincially, national, internationally)?

SET 3

Q: What do you know about the history of this particular organization?

Q: What would you say were the roots of Shintani Wado kai-defining characteristic!

Q: In what ways do you observe the roots of Wado kai across the SWKKF?

Q: How do you think that Master Shintani would approach accessibility/inclusion if he were alive today?

Q: In what ways do you observe the Wado kai being inclusive?

Q: In what ways do you observe the commercialization of wado kai and do you think it impacts the transferring of the roots of Wado kai?

Q: How does the SWKKF, engage with other or organizations (locally, regionally, provincially, national, internationally)?

Q: What concerns do you think that Canadian dojo's may face that are different than Asian or European dojos. (Meso)

Q: Considering the old stories that masters would not accept students unless they were disciplined and could work hard independently... why would it matter to be accessible?

Mike Fulop Black Belt Grading

**By: Sensei Anne Readhead and
Sensei Steffannie Hancharyk**

Welland Martial Arts

On June 17, 2021 karate student Mike Fulop became a



black belt with the SWKKF. This is a young man who has trained for many years and despite this past difficult year of relying on virtual classes to workout, Mike prevailed. Sensei Mike deserves a mighty congrats. It was reported that immediately upon receiving his black belt, with a huge smile on his face, he

asked his instructor "Sensei – what kata do I learn now?" This is a story well worth telling because despite all the road blocks that Mike faced, his perseverance led to this special accomplishment. As Sensei Jim Atkinson states: "The karate family has become a huge part of Mike's life. He found somewhere he can belong and be treated equal. He has taught me a lot!" These are notable words from an authentic and genuine SWKKF instructor!

Over the last year and a half Mike trained at every opportunity virtually and has participated in a number of virtual tournaments, even receiving a first place and second place in his division at the most recent SWKKF virtual tournament series.

Since receiving his black belt Mike has also expressed his enthusiasm to practice leading and to help other students. He has been leading warm-up activities, basics techniques and kata with Welland Martial Arts Centre Special Needs Virtual classes Tuesdays and Thursdays and is also interested in taking part in instructor training when it becomes available so he can better support others coming up in the ranks. It will be wonderful to watch Sensei Mike's progression in his martial arts training. Congratulations Sensei Mike! See you on the floor!

Martial Arts for Life

By: Joanne Johnson

Welland Martial Arts

Some people look at martial arts as an activity for kids. Others think of it as a fun hobby. To me, it is a way of life.

The skills I've learned will be with me for the rest of my life. Even when my body no longer works quite like it used to, I can still do martial arts. While learning the basic skills is important, it's equally important to learn to adapt it to your body and the way you move. My martial arts will not look the same as when I first started, in the middle of my journey or even the end of my journey. Just like in life, we adapt, change, and grow.

But beyond the skills is the knowledge and character development that comes with it. The integrity, humility, and honor that you learn.

I have been blessed that I have had several great instructors that taught and embodied these ideals. Sensei Shintani was one of the greatest examples of this. I had the privilege of attending several workshops that he taught.

To the very end, martial arts will be a part of my life in one way or another.



SWKKF MEMBERS - DID YOU KNOW...

By registering into the SWKKF we would like to remind you of the benefits of being a member.

Registered SWKKF members have access to the following:

- Application to three annual Scholarships of \$1000 each
- Numerous clinics taught by high-ranking black belts
- A mentoring program for black belts
- An instructor's clinic for black belts
- Full time Chief Instructor – Sensei Ron Mattie is available full time to assist in developing quality instructors across Canada.
- A progressive Shindo program
- Funded Judging Training Program
- Central purchasing products
- Log in access to the SWKKF website
- Access to clubs all over Canada
- Club insurance policy
- A national team
- Tournaments (both locally and nationally)
- Full time CEO/ President – Sensei Denis Labbé
- Club Start Up Assistance Funding



HANSHI MASARU SHINTANI
10th Dan (Jūdan)

ONE OF THE MOST IMPORTANT BENEFITS IS BEING
PART OF A FEDERATION FOUNDED BY
HANSHI MASARU SHINRTANI

SWKKF Bunkai Series – June-July 2021

By: Sensei James Freeman

6th Dan, Bushido Karate Association

Bunkai is the process used to dissect kata in order to extract Oyo (applications) for the combative principles. At the Bushido Karate Association, we have made kata analysis, and particularly of the Pinan legacy of kata, as a focus of our training.

This passion began roughly 14 years ago, when Sensei Craig Pettie and I began to examine the methods of Sensei Iain Abernethy, now a 7th-Dan Wado practitioner from the UK, and world-wide expert in kata applications.

I spend my time now doing research into the history of the Pinan kata, how they are trained through all of their variations across various styles, exploring applications for the 4 “T’s” contained in Kata: Techniques, Tactics, Timing, and Tai sabaki.

In June-July 2021, I was honoured to teach 24 hours of bunkai applications over 12 classes covering the first four Pinans. All classes were recorded, and can be viewed here: [Pinan Virtual Clinic Series - YouTube](#)

To support the series of clinics, I created a guide to thinking about Bunkai, and I am pleased to repeat these thoughts below. Enjoy!

Analytical Tools for Bunkai/Bunseki

Kata applications are designed to for use in combat and to end the fight

Combat is not kumite. There are no rules, the fight is not consensual, and you want an overwhelming advantage. Your goal is not a win, but to escape. A segment of kata begins in response to an attack or to pre-empt a dangerous situation, and the series of kata movements that follow are designed to create, maintain, and exploit advantage for the karateka. The sequence of events can only end with the incapacitation of the opponent through submission or damage to a point where they cannot continue. This implies that an interpretation that ends with blocking is weak and unlikely to be what was intended.

Kata applications are executed against untrained opponents who have sloppy technique

It is a mistake to try to analyze a kata using kumite as a paradigm. Kumite is a consensual fight against a trained opponent and has rules. Recall that kata were created well before kumite was formalized as a component of karate training. Given that your opponent is an untrained fighter, and the context is combat, anything goes.



Sensei Scott Knowles (4th Dan) and Sensei Bernadine Jugdutt (3rd Dan) illustrate an application from Pinan Yodan.

Kata applications are for close-range fighting against one opponent who is in front of you.

The process of analysis begins with a response to an attack or threat of violence from a nearby opponent. Kata began as short two-person drills that were concatenated to form the kata we have today. Related to this is the rule from the *Kaisai no Genri*,

which states “Don't be deceived by the shape (*embusen*) of the *kata*. The *kata embusen* is designed to allow the *kata* to be performed within a small space. The shape of the *embusen* has no bearing on the meaning of the techniques in the *kata*”

Every movement is significant and contributes to the application

An *oyo* that cannot explain a particular movement or for which the movement doesn't appear to be contributing directly to the incapacitation of the opponent is likely an *omote* or surface interpretation. A closed pulling hand or *hikite* usually has a part of the opponent in its grip. Both hands are involved in each movement (*meotode*), and *Oyo* applications often assume that both *tori* and *uke* are right-handed, which explains the lack of symmetry often found in *kata*.

Angles in kata describe how you should move in relation to your opponent

The use of angles suggests that a technique that begins from a face-to-face scenario requires a weight-shift or turn in order to complete the execution of the series. In his book *Kobo Kenpo Karatedo Nyumon* (1938), *Shitō-ryū* founder Kenwa Mabuni wrote that when *kata* changes direction, the angle to which you turn does not indicate turning to face additional attackers, but instead indicates the angle taken with respect to a single opponent attacking from the front.

There are no blocks in kata

When fighting at close range, you cannot use blocking technique appropriate for the ranges created in *kumite*. To get to practical *oyo*, examine arm movements as strikes, traps, parries, or limb redirection. Note that untrained opponents rarely kick against standing opponents.

Stances explain how to deliver pressure into, or receive pressure from, your opponent

The ability to deliver or withstand pressure is accomplished by *tai sabaki*. Stance is what results as or when you shift your weight or receive the opponent's weight. The purpose of *tai sabaki* is to try to create an advantage, potentially through

kuzushi, or unbalancing the opponent.

Strikes should be delivered to weak points

In *kata*, punches often appear to be delivered at shoulder level to an opponent's upper sternum. This is primarily because the prior movements are not seen as repositioning the opponent so that the same strike is actually being delivered to a weak point, such as the head or neck. While it is difficult to be precise in a real fight because fights are sloppy and participants adrenalized, *kata* does teach us to favour strikes to vulnerable target areas (*kyusho*). Often, these are in and around the head, as controlling the head means controlling the opponent.

Kata applications are something you do to your partner, not with your partner



Sensei James Freeman illustrating an application from Pinan Nidan.

Many *oyo* resulting from *bunkai* only work because the opponent (*uke*) is supposed to execute a particular sequence of techniques to which the *tori* responds. The interpretation therefore only works in exactly one case, and if the *uke* complies with a sequence of techniques in the right order and at the right time. This is highly choreographed.

A better application starts with a particular problem to solve, then proceeds from there

with a sequence of events that create, maintain, and exploit opponent weaknesses based on predictable responses to what you do to them. You no longer depend on the opponent to do anything; their movements will be based on predictable responses of their body based on what you do to them.

There are many potential applications for each segment of kata

This in part explains why *kata* common to many styles are sometimes done with slight differences. Generally, the older a *kata* is, the more variations as well. It is often very useful to the *bunkai* process to understand the history and variations of *kata*, as that can give clues to potential variation in applications.

“There are many movements in karate. When you train you must try to understand the aim of the movement and its application. You must take into account all possible meanings and applications of the move. Each move can have many meanings”

*Anko Itosu, Creator of the Pinan Kata, Ten Precepts 1908
(Precept #6, “Shotokan Karate: A Precise History”, Harry Cook, p. 31)*

Abridged Glossary

Term used	Definition or Discussion
Bunkai (分解)	“To extract, dissect, or disassemble for the purposes of analysis”. Verb
Bunseki (分析)	“To analyze the moves in those sequences and come up with ideas”. Verb
Oyo (応用)	“Primary fighting applications extracted by means of bunkai”. Noun.
Meotode (夫婦)	“Husband and Wife hands”. Sensei Otsuka is reported to have said: “ <i>Meotode ni kamaeru</i> ”, which means, your kamae should make use of both hands.
Shi Te (死手)	“Dead Hand”. A concept to be paired with Meotode. A hand not doing anything is said to be dead. Note that this can be confused with Shite (仕手) which is an alternate term for tori and is someone performing or doing a grab.

Term used	Definition or Discussion
Tai Sabaki (体捌き)	“Whole body movement; Repositioning”. The shifting of weight through stance work in order to avoid attack, press and attack, or create an advantage, potentially by unbalancing an opponent.
Tori (取り)	“Active Partner”, “Key Performer”. The one responding to violence and ending it through the application suggested in the kata.
Uke (受け)	“Getting” or “Received”. Known to most SWKKF students as a block, but in a wider sense, a limb or person receiving technique. In the context of Bunseki, the Uke is the architect of the violence, and as such, is the one to receive the response from Tori.
Kyusho (急所)	“Vital or weak spot” like the neck, back of the head, jaw line, groin.
Te Gumi (手組)	“Grappling Hands”. Traditional Okinawan wrestling. Note that Te Gumi and Kumite (組手) have the same kanji, only reversed. It is reasonable to assume that this traditional fighting form influenced the principles and techniques found in older Okinawan kata.



**SWKKF/Shintani Wado Kai
Karate Federation**

@swkkf



Grading Committee Updates

By: Sensei Darren Humphries

Grading Committee

What a year it has been with the pandemic and all of the restrictions in place. Despite what has been happening, the SWKKF clubs have been moving forward, continuing to train and improve our karate. Thanks to everyone for all the dedication!

To finish the classes before summer vacation, two gradings were held. Thanks to the Bushido club in Edmonton, AB for hosting and organizing our first virtual black belt grading in Alberta May 2, 2021 and thanks to the Delhi club for hosting and organizing the Southern Ontario virtual grading on June 19, 2021. With restrictions continuing in the fall, another hybrid grading was held on November 6, 2021. Congratulations to all our members who received their next Dan Rank. What an accomplishment in a pandemic.

The grading committee has been busy working on areas to continually improve and make some changes to our grading process. These changes have been presented to and approved by the Senate in December 2020 and June 2021. Make sure you review the latest grading information on our website (<https://shintani.ca/swkkf/black-belt-grading-information.html>). Key updates we would like to share include:

1. Outstanding on the floor clause. We have removed the outstanding on the floor clause in our grading manual. A student should attend a grading when they are ready.
2. Senate grading clause. The senate can promote our members outside of our regular grading process. Refer to the grading manual page 25. "Notwithstanding the grading guidelines for advancement in all the Black Belt ranks (Shodan, Nidan, Sandan, Yodan, Godan, Rokudan, Shichidan, Hachidan, Kudan & Judan), the Senate has the authority and may grade an individual to a rank in circumstances they feel warrant it."
3. Age requirements. The age requirements for our Yudansha gradings have been updated and/or removed based on the rank. ** Note, the time between black belt ranks remains the same and gradings can be done by the senate at their discretion.
 - a. Shodan – minimum 16 years of age (previously this was 16 years of age)
 - b. Nidan – minimum 19 years of age (previously this was 20 years of age) and 2 years at current rank.
 - c. Sandan – minimum of 3 years at current rank. No age requirement.
 - d. Yodan – minimum of 4 years at current rank. No age requirement.
 - e. Godan – minimum of 5 years at current rank. No age requirement.
 - f. Rokudan – minimum of 6 years at current rank. No age requirement.
 - g. Shichidan – minimum of 7 years at current rank. No age requirement.
 - h. Hachidan – minimum of 8 years at current rank. No age requirement.

Virtual Grading Best Practices. Learnings and best practices have been documented and added to the grading manual for reference. In the event we host future virtual gradings, we can follow these practices to ensure a smooth and successful day. ** Note: If a student determines that a virtual grading format is the only opportunity for a grading and the virtual grading is approved by Sensei Labbe, there will be additional costs for shipping certificates. It will be the student's responsibility pay for the cost of shipping the certificate. In Canada we estimate the shipping to be approximately \$25.

4. Pre-Grading evaluation process. The pre-grading evaluation process has been approved. A great summary sheet is now provided to a student's instructor after the pre-grading is complete. It is a great document to focus areas to train and determine the best time for a grading.
5. Grading Attributes by black belt level. Grading attributes have been identified by black belt level on the things a jōseki I board will be looking for as a student moves between the belt levels. Check out Section H in the grading manual (<https://shintani.ca/swkkf/black-belt-grading-information.html>).
6. Grading Sheets for Jōseki members. Jōseki board members will now have the choice to use an electronic evaluation sheet or continue to use paper grading sheets. Whatever works best for the individual can now be used.

I hope you are as excited about these changes as I am. Your feedback and suggestions are always welcome so please continue to share them with the grading committee. Reach to Darren Humphries via email at darren@dynamickarate.ca.

The ideas and suggestions of many make for a much better product!

Sensei Brian Julien and Sensei Melanie Camirand Grading

**By: Sensei Brian Julien and
Sensei Melanie Camirand**

P.O.P. Wado Kai

We were extremely honoured on Saturday November 6th, 2021, to be graded to the rank of Godan.

This is something that both of us have been working towards for over 30 years. We are extremely honoured and proud of this accomplishment.

We want to thank Sensei Denis, Sensei Ron, Sensei Darren, Sensei Kevin and Sensei Neil for organizing and running this grading. Also a special thank you to all those who sat on the Joseki Board including Sensei Peter Avino, Sensei Tom Foster and Sensei Blaine Beemer.

This day was made possible by all the countless hours of all our instructors over the years, especially Sensei Brian Chmay, Sensei Brad Cosby, Sensei Denis and Sensei Ron.

Looking forward to continuing our training and hope to see everyone out on the floor in the near future.



SWKKF TEAM

The inaugural Shintani Team was selected personally by Hanshi Shintani in 1997. Hanshi Shintani's goal was to challenge and grow our Karateka through International training opportunities and tournaments while displaying to the world the values of our organization. The team paved the way for future teams to train and compete with top coaches, highly ranked athletes and delegates from around the world - including Canada, the United States, Northern Africa, Europe and Japan.

The vision of the Shintani Team is to represent the Shintani Wado Kai Karate Federation (SWKKF) at tournaments and workshops throughout Canada and around the world while upholding Hanshi Shintani's values of humility and kindness. Previous Shintani teams have been successful in competition but, more importantly, have been complimented on their professionalism and sportsmanship in and out of the ring.

Our goal moving into the future with the 2019 - 2020 Shintani Team is to maintain our ties to the past and develop confident individuals who compete to win, with specific goals for each competition. For the year ahead the Shintani Team will maintain a one-year term commitment for Developmental, Junior and Senior members in kata and kumite.

For more information please visit www.shintaniteam.ca

Weyburn Wado Kai's New Blackbelts

By: Weyburn Wado Kai

Sandra (Sandy) Sheard began karate under Sensei Roland Day, and later under Sensei Kathie Weiss and now Sensei Owen Day. Sandra's worked exceptionally hard over the years. Rarely has Sandy missed a training session, local tournament, or workshop. Sandy's positive attitude proves that hard effort and perseverance triumph over what ever life brings you. She's a role model for all and especially Shintani Wado Kai Federation.

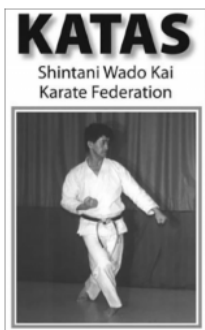
Jenna Marcotte joined karate with her daughter, Emily, and later her son Zac. Emily earned her brown belt while Zac earned his yellow. Over the years Jenna's children, Emily, Zac and Dominic, moved onto perfecting other martial art styles (Brazilian ju-jitsu and kick boxing), while Jenna remained with the Shintani Wado Kai working toward her black belt. The Marcotte family prove themselves as talented individuals in the sport of martial arts. Always with a smile, Jenna excels at working with the lower belts on refining their technique and kata. We're glad she stayed with our Wado Kai family.

Chris first started karate with two of his four children, Lana and Kieran. The Hamel family are outstanding in their own rights; Lana attained her blue belt while Kieran stayed until attaining his brown belt before each pursued other interests. Chris fought numerous injuries over the years but refused to give up, training as much as he could at home and in the dojo. Sherry joined a few years later with their younger two Hamel

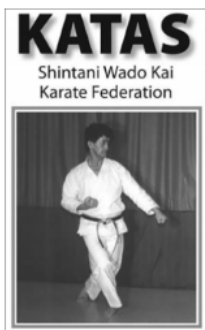
kids, Elizabeth and Jeremy. Jeremy only stayed long enough to earn his yellow belt, but Beth continues to train with Weyburn Wado Kai, and is currently a blue belt and eager for her brown. Sherry enjoys teaching our youngest karatekas, getting them interested, and making the class fun. A personable man of positive attitude, Chris excels at welcoming our older students. From Weyburn Wado Kai Karate, we would like to say CONGRATULATIONS to all four on their dedication and hard work in attaining your black belts.



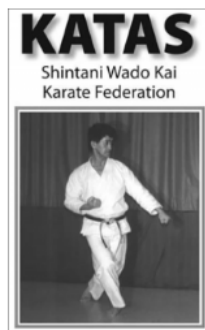
Sandra Sheard, Chris Hamel, Sherry Hamel, Jenna Marcotte



SWKKF Kata DVD - Vol. 1 (Complete)
SWKKF | SWKKFDVD-V1



SWKKF Kata DVD - Vol. 2 (Complete)
SWKKF | SWKKFDVD-V2



SWKKF Kata DVD - Vol. 3 (Complete)
SWKKF | SWKKFDVD-V3



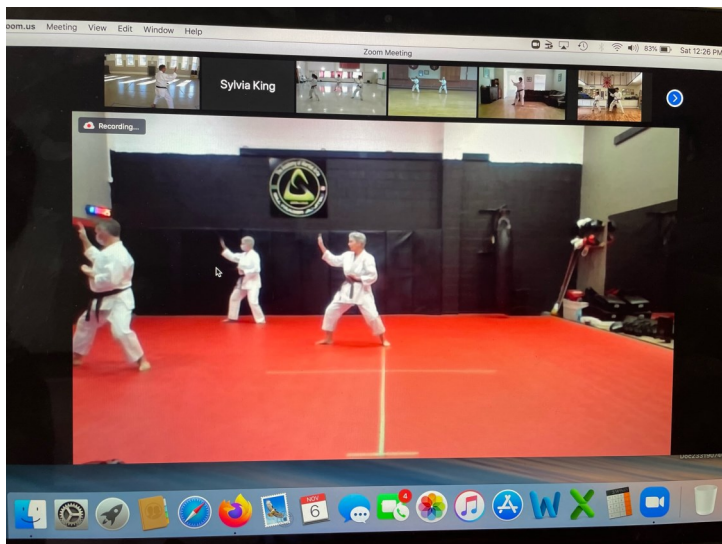
SWKKF 60th Anniversary DVD
SWKKF | SWKKF60

Sensei Val's Grading

By: Sensei Valerie Dyer

Umi Wado Kai Karate Club, Qualicum Beach, B.C.

Unbeknownst to me, at the time, it was a fateful day, way back in the late 1970's, in Prince Rupert, B.C. I was working with a 7 year old boy, named Jamie, in the Learning Assistance room, at Kanata Elementary School. As we worked together to help him unlock the mysteries of the letter/sound combinations that go together to words, Jamie suddenly confided in me that he was being bullied by some big boys from Grade 3. This being long before the era of anti-bullying programmes and knowing that Jamie was taking judo lessons, I said to him, "Why don't you use your judo on them?" His answer floored me! "Because I'm not allowed to.", he said. - this from a little boy with very poor impulse control and who would often reach out and punch someone before he even realized he had done it. I was amazed that an activity like judo could instill such self-discipline when staying in at recess, time-outs and visits to the Principal's office did nothing to alleviate what, in time, would likely be remedied by maturity.



Fast forward 35 years to 2013! Now retired from teaching and living in Qualicum Beach, B.C., I recalled that incident with Jamie - as I had often done over the years - and resolved to stop putting off investigating martial arts as a means to developing self-discipline. At 63 years of age, I knew that judo might not be my wisest choice – after all, as one ages, one's body doesn't take well to rolling around and/or being thrown to the floor, repeatedly! I decided to investigate karate.

My ever supportive husband, Terry, saw an advertisement for Umi Wado Kai Karate classes, in our local rag, and the resultant telephone conversation, with Sensei Dan

McKee, convinced me to go check it out. Needless to say, as the old saying goes, the rest is history!

Thus began my journey into karate, under the tutelage of Sense Dan, Sensei Rudi Stocker and Sensei Nancy Stocker (and, as the infamous Covid-19 pandemic took over our lives, the expertise of Senseis Denis Labbe, Ron Mattie, Kevin Bowes, Blaine Beemer, Sylvia King and numerous others, through the medium of Zoom). Like all karate-ka (I hope!), I endured bumps



and bruises, along the way, but consoled myself that these were badges of honour to be worn proudly, as evidence of my learning curve.

Now into my 8th year of training, I was fortunate to be submitted, by Sensei Dan, for my Black Belt grading on Saturday, November 6, of this year. Who woulda thunk it (sic)?? As grading day neared and my apprehension regarding my ability to do this increased, I was blessed with outpourings of encouragement and good wishes from my karate-ka classmates - both in my home club of Umi Wado Kai and my sister clubs, the Glamorgan Karate Club of Calgary and the Port Alberni Club.

Karate, for me, has always been a deeply private affair. Outside of my karate community, only my husband and one neighbour knew what I was off to attempt, when I headed up to Courtenay, B.C., at 6:00, in the morning, for my grading, via Zoom. Waiting for me and prepared to help me, as always, to make it happen, was Sensei Dan and we were soon joined by my other two Senseis, Rudi and Nancy Stocker. (There were also numerous supporters out there in Zoomland sending me lots of "good vibes" to borrow a phrase from my generation's hippie slang. How much more supported could one to feel?! My desire to do my best for all those rooting for me was beyond

measure!

During the grading, Zoomland certainly made things interesting, at times, as I struggled to understand what was being asked (it is common knowledge that, as one ages, processing new information takes longer) but, fortunately, Sensei Dan helped me to understand what was wanted. Indeed,



having always being a “plodder”, who takes a while to “get it”, I was often processing sentence #1 while others had moved onto sentences #3 &4. (As I would often say to my younger fellow karate-ka, during class, as they contorted their bodies - seemingly without effort - into whatever pose was being asked of them, “Enjoy it, honey, cause it ain’t gonna last!”)

As I worked my way through the grading, amidst the encouraging words and patience of Senseis Dan, Rudi and Nancy, I realized again, the truth of that old adage, “The more you know, the more you know you don’t know.”

Thankfully, I was successful in my grading and am now both honoured and humbled to be able to wear “the black belt”. However, that belt does not come without a price; it brings with it a great sense of responsibility to be the best karate-ka that I can be, at all times!

As always, it is a rare person who gets where they are without the help, guidance and patience of those with whom they shared the journey. With that in mind, I am deeply grateful to my husband who didn’t say, “**Are you nuts?!!!**”, when I first put forward the idea of taking up karate and to all my Senseis (previously named) but especially to Senseis Dan, Rudi and Nancy who, when I showed up for my first karate class, didn’t take one look at my wrinkles and gray hair and suggest that I might be better served taking up painting or a musical instrument. BUT most importantly, I am deeply grateful to Jamie – that little boy - now a middle-aged man - who got me started on my karate journey! Teachers teach their students but, perhaps, more importantly, they also learn from them! Thank you, Jamie, wherever you are!



Conrad Graup Karate Journey

By: Sensei Teresa Graup

Dynamic Karate

Sept. 2012 couldn't come fast enough for 10 year old Conrad. After going to many of his brother's and Mom's karate classes and watching from the side in Turner Valley in 2011 and demonstrating to us all his karate moves and katas, he was ready to don his first gi. You couldn't miss him in the dojo with his big smile and the loudest kiai! Sensei Rathe and Sensei Adam welcomed Conrad and challenged him just like everyone else. Luckily Sensei Rathe is amazing with kids and Conrad was hooked!



Over the next nine years Conrad earned his stripes, then eventually his yellow belt, more stripes, then more belts, then in April of 2021 in the midst of the pandemic, Conrad earned his Shodan and is now one of the accomplished Black Belts of the Dynamic Karate Club.

Conrad always loved going to tournaments. We went to most of all the local Shintani tournaments in Calgary and the surrounding area since he was a white belt and competed both in kata and kumite. He was always so confident to get up and do his kata while I was nervously watching and taking pictures.

When he was a white belt with one or two stripes, he was in the Glamorgan tournament and got up to do his kata. He had Power Kata nailed and it was time to shine!.....then he announced Pinan Shodan!! Mike and I looked at each other in shock. He confidently did his best version of Pinan Shodan and was very proud of himself. I was always very proud and inspired by his determination at these early tournaments, especially as he got older, and his competitors were usually much bigger!



In 2016 Conrad joined the Shintani team and started to train with them and he started to go to Karate Alberta tournaments. Making connections across Canada within the Shintani team was very cool for him. As he ventured out of his comfort zone, he struggled a lot with social anxiety when he first started to go to these large trainings and tournaments. He was always so excited to go, but then as we approached and walked in the anxiety gripped him and he became a different person and didn't want to be there. It would have been easy at this point to just make it go away by not continuing with these events, but it



crushed me to know and see him so excited and to have trained for these events, then abruptly not want to participate. I knew we had to try to conquer these fears that gripped him and I wanted to see his old confidence shine through again. Well, over the next couple years he (we) persevered through many tournaments and trainings and his anxiety started to ease. He now regularly trains with Karate Alberta and I'm so proud that he manages his anxiety and has confidently competed in two Junior Canadian Championships bringing home a gold from Halifax in 2018 and 2 gold medals in Edmonton in 2019.

A few years ago, Sensei Heather mentioned that the Worlds were being held in Dubai and that Conrad would potentially be eligible to compete as a senior. Conrad knew about Dubai already from watching the Amazing Race and right away was so excited that he would possibly be able to go there and compete for Canada (and maybe drink some Camel milk!?).

So, after training for his Shodan this spring, his goal was now to train for the Karate Canada Senior National Tournament, which was a qualifier for Worlds. Unfortunately, this was cancelled due to Co-vid. Fortunately, though, because of his ranking as

Canadian Junior Champion, he was invited to participate at the Worlds going in as a senior in the Para Division for Intellectually Impaired.

So after training hard all summer in person with his Para Coach Sensei Heather and teammate Natalie Olson, working out two days a week in the local gym on strength and balance exercises, being a cardio beast at home on the elliptical and working hard in his home dojo with his most favorite Sensei (Mom), he is ready to make his debut on the international scene.



The event is being held from Nov. 16-21st. Conrad and his mentor Natalie Olson will both be competing on the 21st. Both eliminations and finals are on the 21st.

Conrad and I would like to extend a huge thank you to the Shintani Karate Federation for being such an amazing organization to belong to. The relationships we have made along this journey are priceless and we look forward to more challenges and opportunities and chasing more dreams.



shintaniteam.ca

Why I Learned the Bo Staff

By: Jacob Larrett

Michipicoten Wado Kai

My father runs a small karate club in a small town. He received equipment from another dojo that was closing. Whilst helping him unload the nondescript grey totes from the truck to our sawdust filled garage, I unceremoniously dropped a tote spilling its contents. Like a fawn on ice, they skittered across the floor, 10 sets of brand new nunchucks. In my mind flashed the cinematic greatness of ninja turtles and my childhood fantasy of Michelangelo fighting Bruce Lee (and winning of course). That was the ill-fated moment I decided learn the nunchucks.

I am many things, but a ninja is not one, and despite being in karate, on and off, for a decade, I never made it to yellow belt. I realized without even picking a nunchuck from the sawdust that I needed a practice version to start with. I also knew, the only way to gauge my skill would be to ambush my father, a second-degree black belt, with a flurry of well timed strikes and counters. This began my quest for baseless revenge. Baseless revenge requires secrecy, so I could not ask my dad for advice on the creation or use of training nunchucks.

Now, what I am, is a somewhat well experienced student engineer and unique problem solver. It was trivial to sneak a set of nunchucks and measure them to determine the perfect length of rope and pool noodle I would need to construct my master weapon. I spent the next 24 hours researching and discovered Dr. Ted Gambordella's book *Mastering the Nunchaku*. I quickly grasped the right in and outer orbitals, figure eights, and not hitting myself in the back of the head too often.

That evening, as the sun was ominously spilling red and purple war paint across the sky, my quarry in sight and up wind, I crept into position to unleash a furious blow of well-placed combinations that would clearly end the blood feud that had been brewing for the last 24 hours, without my father's knowledge.

"What' cha got behind your back son?", he asked curiously unaware of the unprovoked assault soon to be unleashed.

"Nothing, why do you ask?", I said knowing that my only advantage, a surprising pre-emptive strike, had been lost. Knowing he had cunningly taken my advantage I decided to boldly launch my well rehearsed retaliatory strike.

The yellow foam flashed past my eyes as I executed a perfect right orbital, sliding effortlessly into a figure eight and finally catching it under my right arm. My father was clearly

impressed and surprised as the foam flew from under my arm with all the force of my many years of martial training to gently pop off the top of his head and right back into my face.

"How do you like them apples, karate guy?" I gloated.

It was mere moment of pride before I was shot through the screen door and onto the lawn where we would spar in earnest. I (130lbs soaking wet) had all the confidence a weapon gives the untrained as I stood my ground against a 260lbs second degree blackbelt. I spun the chucks confidently coming overhead with a battle ending cranial crushing strike, to which my aged opponent stepped deftly to the left and disarmed me of my foam glory. What followed can only be described, from my perspective, as "ground-sky, ground-sky, ground". My father helped me to my feet and applauded my efforts telling me he was impressed with how quickly I had gained facility with my nunchucks, but he also commented "I am not a fan of them, I think they were only made to look good on TV and were never a real weapon used by the Asians. I would go so far as to say I don't think they were even a farming implement made into an improvised weapon, they are just too impractical and dangerous to the user." I of course, was undeterred by his foolish lack of respect for the glorious Bruce Lee and Michelangelo - the twin saints of the mighty nunchuck!

It was time to begin training for real. I expanded my learning to include YouTube videos of artists like Matt Pasquinilli and Shadiversity. Over the next several days I traded my foam and rope for hard rubber and chain. I thought a better understanding of the history of the weapon might help, but I was unable to discover any references to the weapon before the 1960s when Bruce Lee made them famous, and even the Nunchuck Kata in Gambordella's book appeared to be based on the footage of Bruce Lee's films. (Smallwood, 2020) This should have been a clue that my Dad was onto something, but as I said, I was determined to prove the righteous glory of the twin saints.

I continued searching through the grey Tote of Destiny until I found the Red Ones. They were made of solid hard oak with a chain screwed into each handle and the colour was reminiscent of the ancient Zhou Dynasty (510-314 BCE), apple red with gold highlights marking the balance points. They were faded from years of being swung by what I can only assume was a true master of the ancient arts. I could feel the power flowing from them, and I knew the Red Ones would not let me down. I spied the heavy bag, set up only the night before, and I knew it was destined. I would up my game to include resistance training with the Red Ones against the unyielding and unbreathing foe.

I start with the right outer orbital, right overpass, left outer orbital, left inner orbital, left underpass, another right outer orbital, and finally struck with a right cross. The nunchuck hissed through the air, thudded against the bag with all my force and might, snapped back and left an imprint as red as the chucks in my right cheek. I put the Red Ones back in the Tote of Destiny and considered carefully what I had learned. Nunchucks are a stupid and impractical weapon that are as dangerous to the user as the opponent and really only exists because they look cool in cinema. This was the moment I decided to learn the Bo Staff.

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