

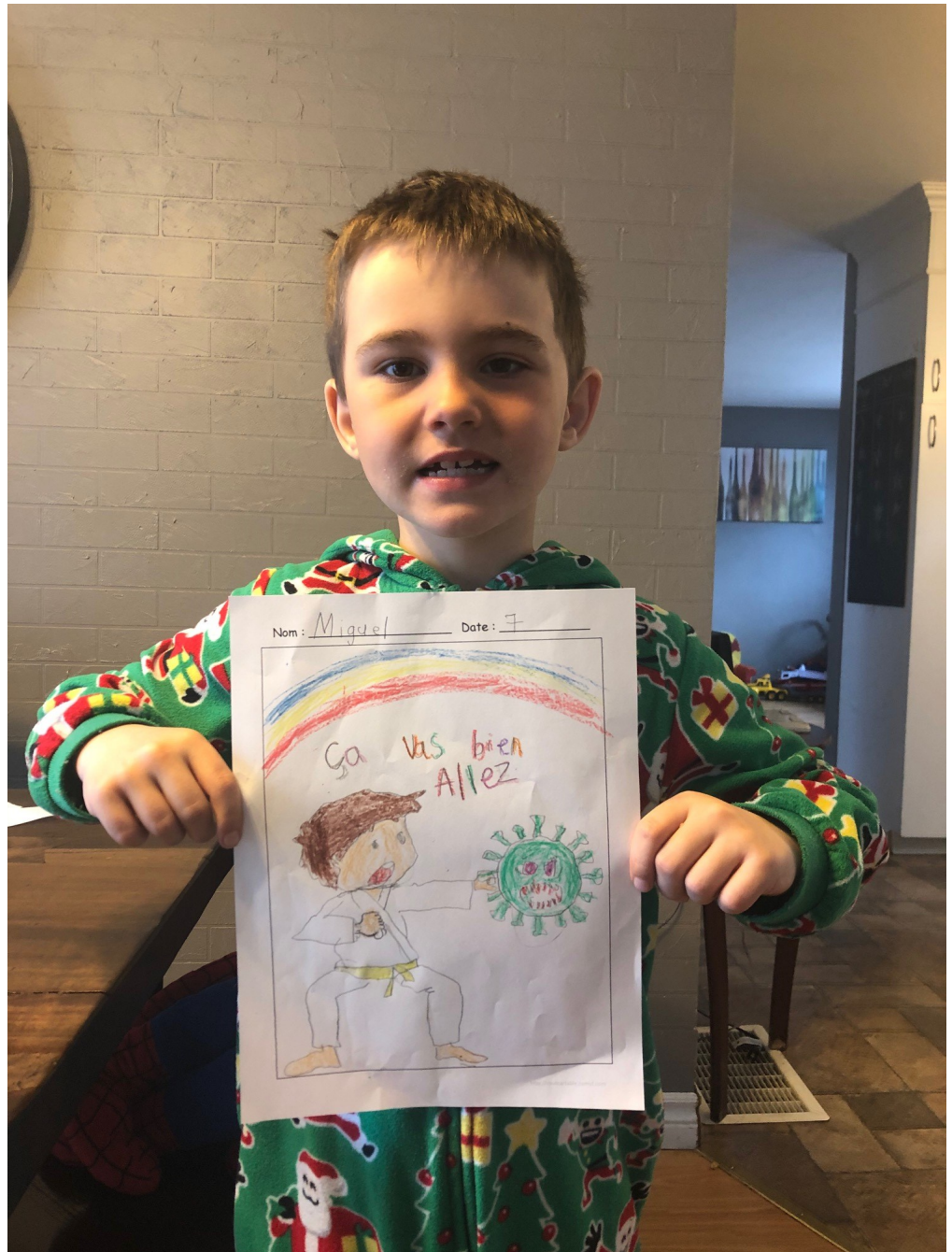
The Harmonizer

The Official Newsletter of the Shintani Wado-Kai Karate Federation



Volume 29, Issue 2

新谷和道会空手道



The Harmonizer

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8 ans
Dubreuilville
Dubreuilville Wado Kai

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SWKKF VALUES

• Honour • Excellence • Kindness •
Humility

"A goal is not always meant to be reached, it often serves simply as something to aim at." - 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.

Although we do not have a confirmed timeline as to when we will be able to re-open our clubs, we continue to encourage people to stay in contact. Our committees are still busy and we are preparing for our “virtual” Senate meeting later this month.

Many clubs have been taking advantage of the technology available and have been running virtual karate classes. 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.

Many have commented that they would like to continue the virtual classes in some form once we get back to the dojo because of all the opportunities it has created. There are currently 32 time slots available from various SWKKF club to join in a class including junior, adult and black belt curriculums. You are welcome to join in to any one of them that best suits your schedule.

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

If any black belt instructor wishes to conduct classes online 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.

Thank you and please stay safe.

In Harmony,

Sensei Denis



Shintani Wado Kai Karate Federation

Chief Instructor's Commentary

Sensei Ron Mattie



Things To Think About To Become A Good Instructor



What is the outcome that a new student expects when they walk into a dojo for the first time?

Is it....

Competitive sport karate?

They want to be a World Champion.

A high rank once told me that "Everyone wants to be a World Champion". Everyone?

Practical application?

Again, someone once told me, "Bunkai is the only training that you need to survive and attack." What if there are 2 or 3 people on you? Clinching isn't your first option. What if the student wants to do some form of karate but not be gripped like in judo?

Spiritual karate?

One with the earth and the mind. Are they missing the point of physical karate?

Health and fitness?

Is there more to karate than that?

The Art of karate?

The student wants to do a martial art where they learn to kick, punch and block, work on coordination, balance and concentration. Is that enough for some students?

There are just as many reasons to teach karate as there are reasons to study karate. If you limit yourself to teaching for one outcome, you may be losing, or, not making available, the tools your students need for them to become the best they can be.

So let's look at karate and why people take karate. True, karate was developed to protect oneself with the most damaging techniques you can use to stay alive. But in today's world, that has changed. Whether you agree or not, people do take karate for reasons that may be outside of your own reason to teach.

Let's start with sport karate. This is more geared to the younger generation as a competitor, and judging and coaching as we get older. Some people just love to compete and challenge themselves at either a regular level or an elite level. This is good for them. If you cannot teach this concept, then direct them to someone in your dojo who can or another dojo who does. As an instructor, you have given that person the opportunity to follow their dream, and that makes you a good instructor.

Now, let's look at practical application; Bunkai, as it is better known, or self defense. This can be quite brutal and wearing on your body if not controlled well under a good instructor. You find people who have been in karate a while really taking to this section of their training. These are sometimes called the hidden moves to kata. All very good to study and will enhance your karate knowledge. You as an instructor should explore this development. If you can't, get someone in your dojo to be the "go to" person. It will in many ways justify your training.

The spiritual part of karate. This has been made popular mostly through movies. Karate is used to develop a hidden spiritual power thru meditation and other isolated events. Some people may need that in their lives from where they come from and what they have been through. If it works for them, all the better. It will definitely help with concentration and tranquility.

Health and Fitness. A big part of karate but if we spend half our classes on stretching and body conditioning, how much time do we have left to train the physical part of karate? Maybe it is time to join a gym.

The art of karate. This is probably the most popular reason people start karate. They learn to punch, block and kick all while learning different fighting styles. But this reason also helps develop character, discipline and humility. This is where students learn to behave and be a good role model for their community. They learn kindness, respect and humbleness which is sometimes lost in other sports. This is the part that pulls them into martial arts and then all the other reasons are why they stay. This is where they can branch off to all the other reasons people do karate.

Discouraging or putting down, any of the other reasons outside your own, says a lot about you as an instructor and a person. In my 48 years in karate, I have seen a lot of dojos close due to lack of openness in teaching. In this challenging post-covid world, if you only supply one product, then only people looking for that one product will stay which cuts down on your membership. Be open, and promote the full package.

Hopefully everyone can open their minds and accept whatever good reason someone comes to your dojo door to train.

In peace by way of harmony,

Sensei Ron Mattie

Black Belt Grading Techniques

of the

SWKKF

新谷和道会空手道



Section 2

of the

Grading Requirements





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

Recognizing Extraordinary Achievement, Contribution and Hard-Work Program

The week of May 23, 2020 was to host a week of training, a tournament, and recognition of like-minded karate families and friends, instead we celebrated in a very unique and energetic manner. With the onset of the COVID-19 pandemic shutting down much of the world we found ourselves trying to piece our karate family back together and continue the traditions of Hanshi Shintani's karate of over 60 years in Canada. As many dojos were Zooming students in from across the country to and from their homes the idea of a spring celebration in lieu of the cancelation of the national event grew. With the support of the senate and a number of ranking black belts the itinerary and date were set. From Halifax to Vancouver Island and Texas to Yellowknife members put on their gi or training wear and logged in. Instruction ranged from Edmonton to St. Catharines to Yellowknife to Calgary to Kawartha Lakes to Fox Creek and back to Edmonton, the country participated. With over 100 participants on Zoom and over 150 participating on the Facebook Live Stream it was definitely far reaching and successful. The spring celebration featured many concepts and leaders of the Shintani organization, including traditional Shintani techniques, bunkai, shindo and aspects for kumite. The session kicked off with Sensei Bernadine, Leadership Award 2020, who taught a timely session on how to train while isolated and in restricted spaces. Next Sensei Lauren, Contributor Award 2020, presented a mini session on kicking, watching, you could see everyone improving. Sensei Cal Pittet, Ambassador Award 2020, inspired everyone as he connected students to Hanshi Shintani's legacy. Sensei Robin Fidyk, Female Athlete Award 2020, ratcheted up the training for the younger students and young at heart with her vision of high performance kumite training. Sensei Brodie Hicks, Male Athlete Award 2020, in true Shintani team fashion, pushed students to further develop their competitive kumite skills. Sensei Dan Hill provided an introduction to Shindo and training for Shindo practitioners missing the in class training. Sensei James Freeman wrapped up the active part of the clinic with a detailed explanation of bunkai and its importance as part of one's karate training. Huge shout out to Sensei Neil Prime for his work as the MC for the clinics and to Sensei Denis Labbé and Sensei Ron Mattie for opening and closing the event, to Sensei Heather Fidyk for organizing and putting the event on and to Sensei Kevin Kowal for his it skills.



The REACH Awards followed with a virtual presentation from Sensei Denis Labbé. The REACH Awards recognizing Extraordinary Achievement Contribution and Hard-work program.

Leadership Award

The Leadership Award recognizes an individual who demonstrates outstanding leadership and effective mentorship within the SWKKF.

This year's recipient is a member of the Board for their Club, and continues to contribute their wisdom in this capacity.

This Sensei is the most active senior female instructor in their organization and is a role model for other female students.

This recipient was described as a good leader that can effectively convey ideas and inspire action. She is particularly good at modelling through demonstration of technique. She creates camaraderie that helps bind the Club together into one community.

It is important to call out her leadership during the COVID-19 outbreak. After our Club ceased on-floor operations due to COVID-19, this Sensei helped to set-up and contribute to content for our youth members as well as volunteered her time to do one-on-one training via Zoom for students.

This recipient is a former National Team member and is a coach of our BKA team, while being a Medical Student at the U of Alberta. As one karateka wrote: "She truly cares about the progression of our students, and works hard on and off the floor to see this happen."



Congratulations to Sensei Bernadine Jugdutt as this year's Leadership Award recipient.

Contributor Award

The Contributor Award recognizes an individual who has truly made a difference to the SWKKF through their contribution to committees, governance, policy development, or financial sustainability within the SWKKF.

This year's recipient is actively involved in just about everything from leading the adult black belt classes, to helping out with the kid's classes, to creating the teaching schedules, to handling all of the internal communications, marking all of the grading evaluations, as well as choreographing special events at her Club.

She has put in a great deal of time and effort into our training manuals, including donating her time and talents as a professional illustrator.

She is a former 3x Shintani Team Member who represented the SWKKF in Canada, the USA and Morocco. She is also a 3x Scholarship recipient. She is currently an active member of the Tournament Committee and Judging Training Committee and she is a Provincial Rep. This Sensei also promotes regional workouts to strengthen the camaraderie of the SWKKF clubs in the Niagara Region.

Even with all this, she still somehow finds the time to volunteer to go around to local schools to perform demonstrations and to help with member recruitment efforts. As one nominator wrote, “She works hard and is committed to the success of our organization.



She is selfless and does amazing things for the SWKKF.”

Congratulation to Sensei Lauren Pankratz as this year’s Contributor Award recipient.

Ambassador Award

The Ambassador Award recognizes an individual with a strong, positive voice, who advocates, raises awareness or enhances the image of the SWKKF in the greater community.

This year’s recipient has been instrumental in developing Shintani Wado Kai in this region through organizing clinics and events.

This Sensei offers a family program and provides a fun learning environment for those in this community which has resulted in growing membership.

He has been a part of the SWKKF for over 30 years and is a former Shintani team member. He is a territory rep and head instructor and contributes greatly to the community of Yellowknife and that of the NWT. He was recently elected the President of Karate NWT



for Karate Canada.

Please join me in congratulating Sensei Calvin Pittet as this year’s Ambassador Award recipient.

Male and Female Athlete Award

The Male and Female Athlete Award recognizes an individual who excels as a karateka through their dedication to training, attending tournament and clinic opportunities and achieving excellence as a result of this dedication.

This year's Female Athlete is very driven and described as a fierce and talented karate-ka who inspires many other students. Her traditional karate is excellent, and she encourages everyone she comes across in Karate to be the very best they can be. She teaches a preschool program 1/week and assistant coaches the competitive club 2/week. Currently she is running a virtual High Performance program from her basement dojo.

"Her accolades are numerous including a number of medals as a member of the Shintani Team, the 2019 Karate Canada National Champion, competitions in Canada, Ireland, Japan, Croatia, USA and Brazil; and most recently at the 2019 Pan Ams in Ecuador & the 2019 WKF Junior World championship in Chile.



Congratulation to Sensei Robin Fidyk as this year's Female Athlete Award recipient.

This year's Male Athlete is well known within the organization, he is a hard worker and puts everything into his training. In addition to competing in SWKFF sanctioned tournaments, he has medalled at competitions in Canada, USA, Scotland, Ireland, and Japan. He recently won Gold at the Unified World Karate Championships in Carrera, Italy this past November 2019.

He runs his own Club and is the Southeast Ontario Representative.

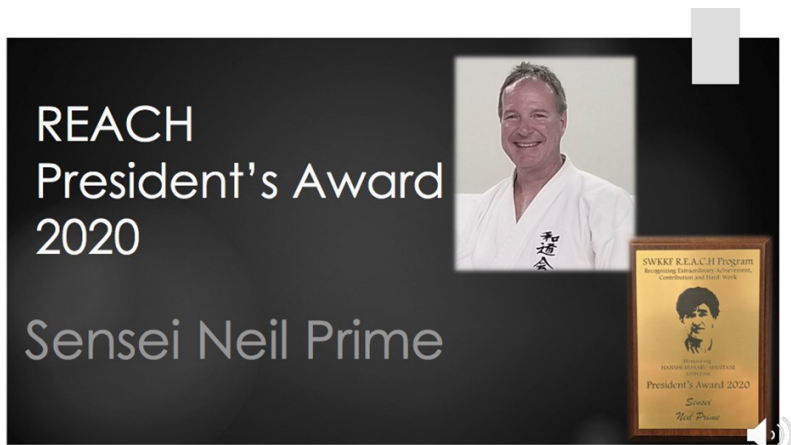
As one nominee stated, "He pushes himself to excel in every aspect; never settling. He creates his own goals and surpasses them. He is a very good influence to other karateka, and he carries a good energy to the dojo and tournaments that is infectious." It was also noted that he is a great Captain of the Shintani Team and he is truly a leader on and off the floor.



Congratulation to Sensei Brodie Hicks as this year's Male Athlete Award recipient.

President's Award

The President's Award recognizes a SWKKF Senate member or advisor for their extraordinary action or contribution, that has in a major or unique way enhanced or furthered the SWKKF in the preceding year.



Congratulation to Sensei Neil Prime as this year's President's Award recipient.

“THANK YOU!”



SWKKF Team

By: Sensei Colin Frans

SWKKF Team Manager

The Shintani Team will be hosting monthly virtual team training sessions beginning in July 2020. These sessions will be open to all registered SWKKF members.

The sessions will be hosted via zoom. The link to the sessions will be announced via the SWKKF Facebook page when dates and times are set.



5.0
April 27
Zoom 5.0 released

GCM Encryption
May 20, Zoom 5.0 or higher
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NOTE: To ensure Zoom is running securely, you need to run the current version. Visit Zoom for instructions and downloads.

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<http://www.shintaniteam.ca>

Ça va bien!

Par: Théo Fournier

Nordik Wado Kai

Boujour tout le monde! Je me nomme Théo et j'ai 10 ans. Je suis une ceinture orange et je fais partie de la grande famille de la SWKKF depuis 3 années. Je pratique le karaté 2 heures par semaine avec le club de Sensei Michel Gosselin, Nordik Wado Kai à Hearst, Ontario.

C'est ma sœur aînée, Arielle, qui m'a fait connaître le karaté et qui m'a inspiré à le pratiquer. Le karaté me permet de développer des amitiés. Je me compte chanceux de participer dans des tournois organisés par la SWKKF un peu partout dans l'Ontario et de connaître des réussites! J'ai toujours du plaisir et je me sens bien peu importe où je pratique le karaté. L'été passé, j'ai même eu la chance de participer à une semaine et un camp de karaté avec Sensei Sanford DeWitt.

Malheureusement, à cause

du Covid-19, nous ne pouvons plus faire du karaté en classe avec Sensei Michel Gosselin. Cependant, je participe à des sessions d'entraînement en ligne avec Sensei Darren Marshall, 2 fois par semaine, depuis la première semaine du mois d'avril. Aussi, depuis que la SWKKF a commencer à offrir des classes en ligne, je me suis également joint à une session avec Sensei Ron Mattie le jeudi soir.

Merci à la grande famille de la SWKKF de me permettre de me réaliser, de m'amuser et de continuer à faire du karaté. Tout va bien!



Why I Love Karate so Much!

By: Sensei Melanie Camirand

P.O.P Wado Kai

Imagine this, an 8 years' old little girl, sitting and watching her two older brothers finish their karate class (because this girls pottery class ended 30 minutes before theirs did). Once their parents picked them up, she turned to her mom and said "Why can't I do Karate like them?" Good question – probably one of the most important questions of my childhood. That next Saturday morning, I was on the Dojo floor and in full Karate mode. I told myself, if my brothers can do it, so can I. A few months later, they both chose to let go of Karate to pursue the sport they loved. I stayed, to my parent's disbelief. What can I say? My love of karate started that first day when I watched my brothers on that Dojo floor.

It was 1984, when we didn't have sparring gloves or any protective equipment at all. Within that first year, I was promoted to the Friday night class (with a much bigger group) where Karate was taught in English. The Saturday morning class was taught in French, my maternal language. I remember feeling a little intimidated seeing this class was much bigger in size, but I loved the fact that there were so many people to look up to.

I am a small person in stature (I'm only 4"11), the fact that Karate had no discriminations against a person's size, shape or form was reason number 3. My instructors always made us pair up with everybody in the Dojo. Kids versus adults, females versus males. I definitely learned quickly to block my head.

Soon into my first year, I attended my very first tournament. Boy oh boy was that fun. Remember, this is back in the 80's where girls and boys competed against one another. This still didn't deter me from Karate. It actually reinforced my love of the Art. It's not the fact that I felt like I had something to prove to others, it is quite the opposite, I always knew that I had something to prove to myself, even at the young of age of 8. Karate gave me the confidence to stand in front of a crowd. It's not to say I wasn't nervous, I always have nerves before every competition, but have learned over the years to use those feelings of nervousness in a positive way and channel them into my performance.

It's at one of our local tournaments, where I got to meet Hanshi Shintani for the first time. I didn't realize back then, how much I would learn from and respect the Founder of our Federation. I consider myself very blessed to have not only

met Hanshi but am truly honored to have received my Shodan rank in 1994 from him directly. A day I will always remember well.

That same year, I competed at the National tournament as brand new Shodan. Back then, Men and Women competed in Kata against one another. Anyone who had the privilege of meeting him, know that when Sensei Shintani spoke to you at a workout or at a tournament, it meant he noticed something in you. The fact that he came to me after my very first Black Belt competition and gave me advice on how to efficiently perform Kushanku for my body type (4"11, remember) has impacted how I speak to Participants after I watch them compete. What stands out the most from that exchange with him, was the fact that even though I placed 1st in Kata I still had SO much to learn. A valuable lesson that brought me right back down to earth. Hanshi Shintani's students will always speak of him as being humble. If there was a picture attached to that definition, it would be his.

8 years ago, my Karate path enabled me to start up my own Dojo. Something I honestly never thought would happen or really wanted to happen. I was content with being a student, helping instruct others when needed. This is where my LOVE of teaching truly began for me. Circumstances led me to become one of Sensei Denis Labbe's students, what an amazing honour this is. It is with his guidance and dedication that clubs like mine, are successful. Our chief instructor, Sensei Ron Mattie, along with other Higher Ranking Black Belts (Sensei Brad Cosby, Sensei Brian Chmay and Sensei Michel Gosselin – Senate Members as well as Sensei Darren Marshall and Sensei Sanford DeWitt) have travelled many times to our little City with the Heart of Gold to ensure that Sensei Brian Julien (my partner) and I are staying on Hanshi Shintani's teaching path.

Karate has taught me that in life, you must always open your mind and body to continuously learn and grow. You'll often hear the Higher Ranking Black Belts say at a Grading, "Now the real learning begins". As many of us know, that is the absolute truth. There is nothing more rewarding than getting any type of feedback from Black Belts or even spectators in the crowd at a Clinic or Tournament. Those are the opportunities I will never take for granted. As I am getting older, and my children are grown, I find it easier to travel to keep learning from such knowledgeable members.

We are all affected by this pandemic. It simply amazes me how our SWKKF organization has made it possible for us to

keep teaching and learning throughout these difficult times.

Being based out of Ontario, having the opportunity to train with Sensei's in Western Canada, I consider myself extremely fortunate to be part of this amazing Family.

In March of 2019, my 16 years old son, Caleb graded to the rank of Shodan in Hearst, ON. As his instructor and his mother, I couldn't contain my emotions when Sensei Denis wrapped that Black Belt around his waist (so much so that another Joseki Board Member turned to me and said, there's no crying in karate).

It has been said before, and the SWKKF organization,

will always be referred to as a Family Oriented Organization. How many people can say they can comfortably be welcomed into (sometimes) a perfect strangers house with open arms? We can! All of us can say that at some point in time in our Karate journey, we have come up to an address and said, "Hi I'm Melanie, Sensei _____ said this is where I'll be staying for the weekend". On the other hand, my family and I have opened our home, many times to traveling Karatekas for various reasons. I truly believe, that our own families (those members who may not be in karate) also become an integral part of our success and will always be considered part of our Shintani Karate Family.

<http://www.shintani.ca>



THE SHINTANI WADO KAI KARATE FEDERATION

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

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



Why I like the Martial Arts

By: Daniel De Caire

Thorold Wado Kai

My name is Danny I have been Wado Kai only for a short time. I have been taking Wado Kai Tai Chi going on two years now and Wado Kai Karate for a couple of months. Why have I taken so long to take Karate well not going to lie age played a big part of why I did not join earlier plus a couple of ongoing health issues. I currently take Tai Chi and Karate at the Thorold Community Center in Ontario taught by Sensei Roberto and Sensei Mike the Karate class is held on Saturdays after our Wado Kai Tai Chi class. Classes are somewhat limited on Saturday's and I am not interested in Yoga or Zumba so Karate was a natural transition for me to make. So one Saturday I made the decision to try Karate. Well the first couple of sessions went not to bad so on my second session I brought with me my very old uniform and have not looked back. Now I will tell you that my background is I have taken Taoist Tai Chi for 5 years but financially and time I could not keep it up so I was taking woodcarving at the Thorold Community Center and noticed that they also offered Tai Chi as well that was included with the monthly fee. So I joined the Tai Chi classes and have been there ever since and for some reason this Tai Chi has come to me pretty good and look forward to each session so much so I found out Sensei Roberto also taught Tai Chi at the Thorold Senior Center so I joined there as well. So now I was taking Tai Chi four times a week and I found that I really liked this form of Tai Chi as it was helping me both physically and mentally which I needed both as I had some things cross my path in the past and have needed help with some things. Thanks to Roberto and his fine way in teaching Tai Chi he has been able to help me. With our Tai Chi sessions Sensei Roberto has some confidence in me that he will let me lead the sessions which thoroughly enjoy doing. We both enjoy helping others within the class where as if I am at the front of the class leading Sensei Roberto will take up a position at the back of the class helping out those who may be having some issues with the forms so they do not get frustrated and quit. So for me it is an hour drive from where I live to the Thorold Community Center and Senior Center so I look for ways to make the drive more affordable. Now I also had 20+ years experience in TaeKwonDo and was an accomplished 3rd degree black belt and Instructor permit as well. So I do have some knowledge of the martial arts but I have not been active for a number of years and I am not as young as days gone by. So what I am finding is the transition from TaeKwonDo is somewhat arduous and very slow going as I find myself reverting back to

TaeKwonDo moves but being corrected as I go. One of the biggest differences is the difference in the stances. I continually revert back to what we call in Taekwondo the "L" stance it is basically a 60/40 stance it was my most use stance for 20+ years and it just came back to me naturally. This stance what I found over the years this stance allows you be light enough on the front foot to allow a front snap kick a push kick or a block with the front leg. At the same time this stance also allows you to be ready with a roundhouse kick a side kick, spinning back kick and an axe kick. So you can kind of see why I favoured this stance it always gave me a full array of weapons. Now in today's Karate sessions what I do find is the aforementioned stance totally throws off the rest of the class as they are not used to seeing this type of stance but I think it is good for them to see this. But I do get somewhat frustrated now in Karate class as I have stated earlier I am now a senior and like most seniors find themselves with limited abilities. For example my side kick I am lucky to get up to ones knees where as years gone by I would get up to my opponents vital areas. So as you can well expect this is very frustrating. My upper body is still fairly good but I find that my medications do throw my coordination off somewhat but I am still not to bad. Well why do I keep at it you may ask well I'll tell you it's quite simple really I don't like to quit period. So as long as I do not hold up the class I will keep going to Tai Chi and Karate. I find that Tai Chi and Karate keep me fairly fit both mentally and physically. I also think that the way things are in the outside world today no matter where you are nowadays you need to be prepared in as many ways as you possibly can. For example in both Tai Chi and Karate one of the key things is



balance if you lose your balance and are about to fall they both teach you how you can regain your balance and if you do go down how to land when you hit the ground. I can not count the number of times where I have stopped myself from a fall where I have lost my balance and hit the ground but was able to stave off any injury by my ability to land properly so I can get back up and think how dumb it was that made me fall in the first place.

So in closing let me just say I see real value in offering Karate to Seniors so they can if the need arises they can learn how to protect themselves or get themselves out of a bad

situation. The thing I used to teach in TaeKwonDo to kids at a very young age and to teenage high school girls was to always beware of your surroundings and try not to get themselves in a bad situation. And if they did find themselves in a situation we would teach them how they could possibly get themselves out or away from the situation.

In closing I find Tai Chi and Karate it gives the students the ability to keep sharp and mobile no matter what their age.

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A journey down many roads

By: Sensei Neil Prime

St. Catharines Wado Kai

I would like to introduce this article with a few thoughts that formed the basis of a very long journey. My story may seem a little disjointed, and without some history and knowledge of my thought process, the story may not make sense.



Neil & Joe

When pursuing a goal, particularly a black belt rank in the martial arts, the results must be because of effort put forth and the results must be maintained. These are my beliefs based on Hanshi Shintani's teachings.

Rank is in the person, not in the belt or the title a person goes by. You can tell the person's rank by what they do on the floor. – Hanshi Masaru Shintani

When people talk about rank I tell them to ask themselves two questions; Are you a black belt, or are you a black belt. – Joe Lewis, 1st PKA Heavyweight World Champion

When I first met Hanshi Shintani I knew nothing about the martial arts. He was the martial arts to me and would form the molds of my physical foundations and influence my opinions. Simply out of pure luck, I had unknowingly stumbled upon a Master.

Unlike my first introduction to the martial arts, when I met Mr. Joe Lewis and Mr. Bill Wallace I was a bit more

seasoned (with 15 years of experience at that time), and I knew immediately that I had met greatness again.

Sensei Shintani spoke to me in 1983 about participating in a black belt grading. I did something that may appear odd to people who don't understand my principles, but I respectfully declined. You see, I was in school at the time and working part time and I had been in and out of a regular workout routine for a while at that point. From the time I started to the time I earned my brown belt, I had gained such a respect for the meaning of a black belt that I could not wear one until I could focus myself both physically and mentally. The physical part was pretty easy for me at that time as I am fairly athletic, but the ability to commit had to be there too. I did not grade to shodan until 1987. That was quite a gap, but when I was ready, there was no doubt in my mind that I was ready to honour my Sensei with a rank he promoted me to.

This portion of the story ultimately begins in 1992 when a small group of 5 ventured out on a road trip to the Karate College martial arts camp in Virginia. This is where I met Mr. Joe Lewis and Mr. Bill Wallace. There are many wonderful memories and lessons learned from this camp over the years and now, I also have the honour of sharing teachings from the SWKKF as Camp Director, Dr. Jerry Beasley has invited me onto his teaching staff.

Shortly after our introduction to Mr. Lewis and Mr. Wallace I started spending more time training with them, travelling whenever I could, and bringing them to Canada to hold seminars with our group. There is no doubt that this type of experience has enhanced my martial arts. Hanshi Shintani told me to keep an open mind and get as much knowledge from as



Neil & Bill

many people as I could. When I started venturing out of the SWKKF to expand upon my base I spoke to Hanshi and he had no issues with it what-so-ever.

Mr. Lewis was the first to speak to me about ranking in his system. He pushed me to learn drills that complimented our karate and even talked me into competitive kickboxing. I did everything I could to enhance my abilities, but when it came to grading I respectfully declined. With the miles in between and the long durations of time that I could not be involved, I felt uncomfortable ranking in a "part time" group. When Mr. Lewis passed away (far too early in life) on August 31, 2012 I knew that I made a mistake. I really don't care about a rank or title but what I did miss out on was the recognition of time spent with someone who truly influenced me as a martial artist and a person. My rank would have been a tribute to him and an honour to me.

I have also spent a lot of time with Mr. Wallace (aka Superfoot) and was in the same situation as I was with Mr. Lewis... many miles in between, not always knowing when the next meeting would be and yet still working his techniques (much of which is fairly natural to me).

I did learn something new though over the past few years though that made me change my

outlook. I learned that I would not miss the opportunity to be ranked under Mr. Bill Wallace. I knew what had to be done and how much effort it would take, but after 26 years from when we first met (and a little past my prime), I have ranked in the Superfoot System. Not only that, 11 members from the SWKKF are now ranked in the Superfoot System, which is a credit to everyone who worked so very hard.

This grading was important not only to the individuals involved, but a credit to the members of the SWKKF. We are a traditional karate organization that can participate and be an influential part of an "open" martial arts system that is recognized worldwide. I am proud and honored at the same time that the people who participated in this group really

stepped up and worked diligently towards their goal. The rank received is recognition for how each person presented themselves and to be honored to have ranks in Shintani Karate and the Superfoot System is a credit to the hard work and open-mindedness these people have.



Superfooties

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

For current Tournament information and Registration



Visit SHINTANI.CA

My Sensei

By: Sensei Roberto Scolaro

Thorold Wado Kai

Few months ago just before all this pandemic started I find myself in conversation with a lady at the takeaway counter.. it all start by just saying to me” you do not remember me but my son was a student in your karate class. I want you to know how much he enjoy your classes and how much you have done for him.

As I thank her and glad to hear such positive feedback I could not help to think quite few years back and precise about my sensei .

It was the year 1984

At the time I was a student of judo in a small dojo in Welland Ontario.

No memory of my sensei there because I don’t think I saw much of him but plenty of memories of the falls and lots of dizziness.

One day doing some shopping at Fairview mall in St. Catharine just happened to see some karate student as I followed to see where their dojo was they guided me toward a

lower hall in one of the restaurants, As I enter a nice soft spoken gentleman was sitting in a corner as everyone coming in pay special attention to bow and greet. In thinking he was a sensei I proceeded to introduce myself and asking about the karate. The conversation started and while the class started with one of his senior student we were still talking and the more he talked the more I wanted to hear from him.

From that day on till now I practice karate and the legacy of my sensei still on.

A sensei is a teacher

A friend

A mentor

Your dojo is like family and friends

Always respect one and each other.

Thank you sensei Shintani

You always will be remembered

In harmony

Your student

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



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From the Harmonizer Committee

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

hamonizer@shintani.ca

Committee Members:

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

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

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

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



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