



Wado-Kai Canada

Volume 1 Issue 2

Fall 1997

Volunteer help sought for first WKC nationals

By Peter Daniels

As our tournament week-end draws near, competitors, referees and volunteers look forward to what promises to be an exciting and informative series of events.

Timetable for the week-end is on page 5.

Please note from your invitation/registration form that we are inviting visiting participants who have referee/judging experience to join our officiating team.

Your help in this area would be greatly appreciated.

As you may know, the judges' seminar takes place Friday, Nov. 7, from 7 to 9 p.m. at Central Junior High School gym (the tournament site)

As we anticipate large youth divisions, we are hoping that black belt and senior kyu ranks, who will not be competing until



C.A.S.K. Karate Vancouver karate-ka prepare for nationals with beach training

later in the day, will help officiate the morning scheduled youth divisions.

Kata competition requires five judges per ring, and

kumite rings will need two judges, a referee, a scorekeeper, a timekeeper and an arbitrator.

As well as the officiating team, other volunteers will be needed throughout Sat-

urday's competition.

Various jobs at the food concession, information

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SHIHAN REID APPOINTED WKC TECHNICAL DIRECTOR

Shihan Greg Reid (7th dan) has been appointed chief technical director of Wado-Kai Canada.

He replaces Sensei Brendan Ralfs (4th dan).

"I am positively delighted, and enthusiastically look forward to the demands of the position,"



Shihan Reid

said Shihan Reid who outlined his short-term and long-term goals.

They include publication of a series of the most detailed technical books on Wado-Kai; a video series to complement the books; standardization of the **Continued on p. 3 Please see To visit**

Visit us on the Internet.

Our address is:
<http://www.geocities.com/Colosseum/2946>



The Wado-Kai Canada newsletter is published by the Wado-Kai Karate Association of Canada, and edited by Sensei Charles La Vertu.

Views expressed are those of the authors and do not necessarily reflect that of the society.

Submissions of articles, photographs, cartoons etc. are welcome and encouraged.

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President's corner

By Sensei Leslie Bowers

The Association is off to a good start this year.

We now have nearly 200 registered members, with more on a weekly basis. Our goals are to maintain high standards for karate and to enable our clubs to provide excellent instruction.

To achieve this we are being diligent about our grading standards.

You can be certain that any certificate you earn from this Association will be well deserved.

Naturally you must be a member to be certified to your new rank.

The board is pleased to



Leslie Bowers

welcome Sensei Greg Reid to the position of chair of the Technical Committee. He brings an encyclopaedic knowledge of karate to the board.

Sensei Charles La Vertu has been appointed to the

position of regional representative for Greater Victoria, to the board. This is a full voting position.

Sensei Richard Mosdell's club in Vancouver has been accepted into Karate BC and he is on his probationary year.

Sensei Richard, myself and Nidan Cathy Bowers have attended some courses already put on by Karate BC.

The association is working on many aspects of karate.

Our current focus includes creating a book of all our katas. We are also

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Please see President**

So you want to teach juniors

By Peter Danniels

Chief instructor

C.A.S.K. Karate children's program

Let's look at some methods that will help make this easier.

Hands up:

Because kids are naturally very curious, their attention can wander quickly.

It helps to keep each individual involved by making the reviewing of basics into a quiz.

It is important to discourage possible chaos by only answering raised hands.

The instructor might say, "the second basic block is . . ." One of the students raises his/her hand and, when acknowledged, answers: "outside forearm block."

The instructor might then reply: "very good. Now can anyone give me the Japanese term?"

Another set of hands goes up. The instructor picks one, who answers incorrectly.

The instructor then might say: "That's close, but the correct term is soto ude uke."

I think that the trick is to keep things moving along quickly and to involve each

student equally in the lesson.

Watch the clock:

Let's consider:

Juniors' classes are usually shorter in duration than adult classes.

Juniors can become restless and lose concentration if too long a time is spent in any one activity.

An adult instructor may not instinctively sense when too long a time has been spent in any one activity.

If we accept these precepts, we can see the importance

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Please see Juniors

Getting ready for the nationals

by Sensei Richard Mosdell

With the first Nationals being less than a month away, it is the perfect time to design and follow through with your own individually tailored pre-competition plan.

A pre-competition plan is a great idea. Take a calendar and look at all the dates leading up to the Nationals. Slot in your work times, karate class times, vacations and as much as you can to get a picture of what used and free time you

will have.

Then decide how much time you want to commit to training for the Nationals. It will depend on what you are involved with and how serious you want to challenge yourself. For example, you may choose two or three times a week for one to two hours. By writing down your training plan, you will feel more committed to it.

For your own practice sessions, lay out what you

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please see Getting**

Volunteers

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table, door and marshaling area need no previous ex

perience and will ideally require each volunteer to spend no more than one hour at any post.

A volunteer coordinator will be on duty throughout the day to make sure the work is evenly divided among the available volunteers.

Competitors will be considered first when the food concession plans its menu.

Small meals and snacks that are high in carbohydrates and protein, but easy to digest, will be available throughout the day.

Although the timetable for the tournament weekend events is designed to pro-

vide visiting participants with a full slate of karate-related activities, there should still be ample time to just look around our beautiful city.

A visit to Victoria by Master Shintani will coincide with the national championships weekend and we look forward to the honor of his presence at the head table.

Come to compete.

Come to train.

Come to watch.

But come to Wado-Kai Canada's first national championships in Victoria Nov. 7-9.

See you there.

Sensei Peter Danniels is tournament committee chair.

President's corner

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creating our protocols for the grading procedures.

Most issues have been resolved and we can expect a booklet of the necessary forms and guidelines soon.

The standards for grading have not been changed.

We can expect the guidelines will assist all persons grading to perform a fair and consistent grading.

The board has meetings once per month to discuss issues relating to the association.

Please discuss any issues you wish to bring up with a member of the board.

Tournament News:

Several members from different clubs attended the Washinton State Karate Association Spring Tournament in April this year.

Sandan Mark Aust came third in his black belt kata division. Sensei Leslie Bowers came first in his black belt kata division.

Several members of the association participated in the Spring, Karate BC tournament.

There was a very high standard of Karate and we all enjoyed the professional atmosphere of the tournament.

Sensei Kraig Devlin came fourth in his black belt kumite division.

We are planning a

tournament this Fall. The dates are Nov. 7, 8 and 9.

Master Shintani is coming and we can expect a very high standard of competition.

This is an opportunity to showcase your talents.

Start polishing those kata and your kumite skills now.

Please be ready to participate.

If you are interested in referee training please be in touch with Sensei Peter Danniels (250-388 9241).

Well that's it.

Call me if you have questions.

Leslie.

To visit clubs

Continued from p.1

teaching syllabus for adults and youths; and developing the Wado-Kai Canada web page technical information.

Shihan Reid will also be traveling to Wado-Kai Canada schools to help develop and promote karate in a harmonious manner.

"To achieve the above goals and future projects, I will need the full support of all our members," he said. "If there is anyone of any rank who would like to volunteer through suggestion or physical help, it would be greatly appreciated."

Shihan Greg may be reached at 1-250-361-3342.

Juniors

Continued from p.2

of structuring class time so that each planned area of study is covered without spending too much time on any single one.

Most adult students and even some junior students can easily spend an hour or two studying Kata, but most junior students start to lose concentration after 20 to 30 minutes.

Make it fun:

This is important to remember when teaching adults and becomes imperative when teaching youth classes.

A stern, humorless instructor may be able to cram more lesson material into a single class, but has difficulty keeping students for any length of time.

I've found that if an instructor is relaxed and not too uptight to share a joke

with the class, he/she is more likely to gain its respect and cooperation.

Wado-Kai members are invited to the Friday evening kata/kumite classes at the YM-YWCA in Victoria. For further information please call 250-370-6082



Members of C.A.S.K. Karate in Campbell River with Master Shintani and Shihan Greg Reid.

calendar . . . calendar . . . calendar . . . calendar . . . calendar

Date	Event	Location	Contact
Oct. 11	Karate BC NCCP Level 1	Douglas College	Sensei Leslie 250-370-6082
Oct. 24	Karate BC B&C officials clinic	Prince George	Sensei Leslie 250-370-6082
Oct. 25/26	Karate BC Fall Championships	Prince George	Sensei Leslie 250-370-6082
Nov. 7/8/9	Wako-Kai Canada Nationals	Victoria	Sensei Peter 250-388-9241
Nov. 11	CASK Karate Master Shintani seminar	Campbell River	Sensei Wayne 250-923-7263
Nov. 12	CASK Karate Open house/Master Shintani seminar	Vancouver	Sensei Richard 604-602-6654-

Association prepares for future

Sensei Erich Eichhorn

Treasurer

The association, in its first six months, has taken on many financial burdens in order to lay the foundation for what is to eventually become a very financially sound organization.

As is with any association though, start-up costs will impair, to a certain

extent, any desired manner an association may wish to operate.

With careful financial budgeting and fund raising activities throughout the future years, our association is sure to grow and fulfil those common desires all members wish to see in the organization.

However, as is the same in most dojos, our association will only grow with the co-operation and participation of all members.

Matters such as outstanding membership dues or grading fees can and will only hamper the financial integrity needed achieve the high aspirations we

should all harbor.

With the new year soon approaching, let us all keep in mind that the Wado-Kai Karate Association of Canada was formed with you, the karate-ka, in mind, and both your financial and personal support is greatly appreciated.

Thank you

Sponsorships, funds sought

Fundraising committee:
Chair Sensei Richard Mosdell and board member brown belt Margo Downey

By Richard Mosdell

The goal of the fundraising committee is to go after monetary and non-monetary sponsorship from private businesses and individuals and eventually government sponsorship agencies plus casinos and bingos.

Margo-san and I are just in the start-up phase of putting together a year-round comprehensive program and our first goal is to go after sponsorship for the Nationals 97 in Victoria Nov. 7-9.

The amount of sponsorship we are looking for are as follows;

1) Sponsors to choose part of the tournament budget to finance. For example, the rental of the gymnasium for one or more days.

2) Any amount of financial sponsorship to be applied strictly to the general budget coffers. For example, \$100, \$500, \$1,000 or more.

3) Purchasing ad space in our tournament program. We will print over 800 programs.

Ad space is \$50 for 1/4 page, \$100 for 1/2 page, and \$200 for a full page. The pages will be 8-1/2 by seven inches in size.

4) The donation of

equipment, volunteers, food for the participants or any other non-monetary sponsorship possible.

Sponsors will be recognized for their support by the following;

1) Sponsors will be listed, by order of generosity, in the program.

2) Sponsors will be allowed to have a table display or something of that size and nature at the event site.

3) Sponsors will be acknowledged by the president of Wado-Kai Canada in a formal letter.

4) Sponsors will be recognized at our annual banquet in accordance to



Sensei Richard

the generosity of their support for Wado-Kai Canada.

If anyone has anything to donate or knows of a company that is interested in donating or even buying some ad space in the Nationals program, please let us know.

I would like to encourage all our members to politely ask their employers if they would be interested in sponsoring the Nationals. You would be surprised by how many who might say yes at just \$100 or \$200, especially when they know their employee is involved. The worst they can say is no.

If anyone would like some information or has information for us, please feel free to contact me at 604-612-7233 or email me at mosdell@smartt.net.

Also, you can contact Margo-san at 250-384-1756 or email at rlambert@pacificcoast.net. Thank you.

Nationals program

Friday Nov. 7, 1997:	7-9 p.m.	Judges seminar Gym and ring set up Open practice for competitors
Saturday Nov. 8, 1997:	8-9 a.m.	Judges meeting Gym and ring set up
	9-9:30 a.m.	Check in
	9:30-9:45 a.m.	Opening ceremony
	9:45-noon	Competition -- kyu to dan ranks; kata and kumite
	noon-12:30 p.m.	Lunch
	12:30-12:45 p.m.	Demonstration
	1-4 p.m.	Competition
	4-4:15 p.m.	Demonstration -- Master Shintani/Sensei Greg Reid
	4:15-4:30 p.m.	Awards
	4:30 p.m.	Closing ceremony
	7-11 p.m.	Banquet
Sunday Nov. 9, 1997:	10-10:30 a.m.	Sign up for Master Shintani seminar
	10:30 a.m.-noon	Seminar

Getting ready

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want to practise and for how long. If you have one hour, you may want to warm-up and stretch for the first 20 minutes, then practise your tournament Kata for 20 minutes, then finish with practising Kumite skills.

This will give your practice session structure and you will progress faster than just bouncing around for awhile.

Shadow Boxing

When training Kumite, an excellent way to prepare yourself is to shadow box using basic techniques at 1/2 to 3/4 speed.

Concentrate on seeing the opponent and just working basic Kumite arm and leg techniques in a relaxed manner, focusing on the flowing transition from one technique to the next, not holding techniques out too long or throwing them with only power.

The great thing about this type of training is it can be done anywhere, any time.

Also, practise blocking common techniques that would be thrown against you following up with a counter technique.

Block/counter

I find one of the hardest things for everyone, including myself, in Kumite, to do is countering after blocking. The more mental rehearsal practice you can do, the better your reaction. Speed drills are great.

Focus on the base techniques, fire them off fast into the air where your opponent would be and see your skills scoring exactly on target.

A good drill to work with or without a partner is to see how far away from him/her you can lunge in to score. Also good to practise are techniques that fake out your opponent. For example, throwing a gyaku zuki that you let your opponent try to block, but at the last moment curling your zuki into a uraken to tap on the side of the head. Think up lots of fakes and try them on a partner.

Kata

For Kata, I like to practise my tournament Kata three ways. First, very slowly, exaggerating each move to feel the technique and push my body to be perfect, especially with getting my stances deeper. After a few times, I then like to practise the Kata



Master Shintani, Shihan Reid and Sensei Leslie Bowers review strategy for Wado-Kai Canada.

shiai (tournament style). I simulate bowing into the ring, taking a few steps forward, bowing again to announce the Kata, then performing it *shiai* style, finishing with a bow at the end, stepping back and bowing off.

This way, when I actually have to perform at a tournament, my mind is used to the whole routine. Finally, I like to practice the Kata as fast as physically possible with no pauses so that I can try to increase my intensity and speed, which I will take back into my *shiai* performance.

The ability to relax is a trained one. There are thousands of ways that

people use, both healthy and unhealthy, but you need a good quick way for your body to relax the tension in the muscles and refocus your mind on the goal of the moment.

Refocus

I say refocus instead of concentrating because the ability to forge through fatigue, pain and stress comes with refocusing your mind back on task.

When I need to relax, I just take a few deep breaths and force them out quickly, give my whole body a light shake, bounce around a bit and then walk into the ring.

Since the Nationals are an all-day event starting in the morning, if you are not used to training in the morning I suggest you get up early and train during the next few weekends. This way, getting up to compete on the morning of the Nationals will be no problem because you have conditioned yourself for it.

Sensei Richard is vice-president of Wado-Kai Canada and head instructor of C.A.S.K. Karate Vancouver

Canadian Women's Karate Club becomes member of Karate BC

The Victoria-based Canadian Women's Karate Club has been accepted as a member club to Karate BC.

Sensei Leslie Bowers will be registering his students for the organization. This will allow members to take part in the courses offered by Karate BC.

Sensei Leslie and Nidan Cathy Bowers will be attending the "C" referee course in Prince George this Fall.

The C.A.S.K. Karate Vancouver was accepted into Karate BC earlier this year.