



Wado-Kai Canada

Volume 2 Issue 3

Fall 1998

WKC to support new Japanese centre



Master Shintani and Mr. Frank Miki started talks during at WKC '97 nationals
(Sandy Paget photo)

Wado-Kai Canada will be one of the founding member organizations of the new Japanese cultural pavilion currently being planned for Victoria.

WKC president Leslie Bowers said the Victoria Nikkei Cultural Society approached the Wado-Kai Karate Association of Canada to discuss an historic partnership.

The Victoria Nikkei Cultural Society is looking for a building to develop into a Victoria Japanese Cultural Pavilion for the community.

"The society asked our association to be a founding member club of the cultural pavilion," he said.

A meeting was held in June between Bowers and Frank Miki, the VNCS president. Also participating from WKC were Senseis Greg Reid, Erich Eichhorn and Gerry Woloshyn, and Sandan Cathy Singleton-Bowers

"The board unanimously approved our statement of intent to participate in the proposed pavilion," Bowers said.

**Continued on p. 4
please see Women**

Second annual Nationals Nov. 6-8

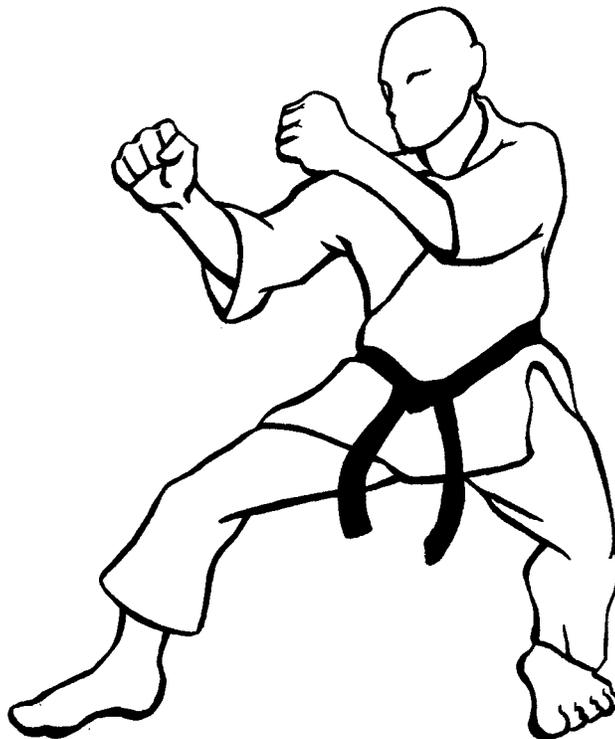
The second annual Wado-Kai Canada Nationals will take place Nov. 6-8 in Victoria.

Invitations are being sent to all WKC clubs and schools as well to those groups who have been supportive in the past.

The tournament will be held at the Central Junior Secondary School gymnasium and the banquet at the Princess Mary Restaurant — the same venues as last year.

Tournament chair Peter Danniels says planned improvements should result in a more streamlined and more efficient day of competition.

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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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<http://www.geocities.com/Colosseum/2946/WADOHOME>

Wado-Kai Canada is a federally-incorporated non-profit society

Dynamic protection course for women

Rape Aggression Defence is a dynamic self-defence class for women only.

This is not a martial arts course.

Previous experience not required.

This is a 13-hour course. Practice easy-to-learn techniques, in a safe environment and progress to realistic simulation. A manual is included.

The fee is non-refundable. Taught by certified R.A.D. instructors.

For information about the courses call Cathy or Leslie at 370 6082. Register at the "Y" at 386 7511

This course is spread over Friday, Saturday and Sunday.

Y-Non-members \$60, Y-members \$45 for the weekend course.

First course - Oct. 9-11; second course - Nov. 20-22nd.

Course times: Fridays 6:30 p.m. - 9:30 p.m., Saturdays 2 p.m. - 5 p.m., and Sundays 9 a.m. - 5 p.m.

President's corner

Classes gearing up for the fall season

By Leslie Bowers

September is here and all things are beginning again. The karate classes in all locations are gearing up and getting into full swing.

Already the Women's Karate Club has had a booth at the BC Women's Exhibition and performed two demos. Our association is full of classes for all ages, sexes, schedules and are in many locations across the province of B.C., as well as a club in Ontario.

Now is the time to set our goals for the year ahead.

What do we want to do for karate? What do we want to achieve in karate in the coming months? A major achievement this fall will be the second annual Wado-Kai Nationals, our major tournament.

This was a great success last year due to the hard work of the tournament committee and the many hours put in by our wonderful volunteers. It was a karate community

effort and it paid off.

This year will need the same dedication and effort to produce another superb event. Master Shintani will be here. There are seminars and gradings to follow on the Sunday.

We now have three groups in Karate BC -- CASK Vancouver, The Canadian Women's Karate Club and now CASK Shiai.

By belonging to mainstream karate such as Karate BC, we are included in the nationally recognized instructor and referee training programs. We also have opportunities to meet and train with members in different styles across the province and the country.

Your board of directors meets regularly to discuss issues surrounding the association.

Please call me or one of the other directors if you wish to discuss any issues relating to karate and the association.

Have a great karate year.

WKC board of directors

President: Leslie Bowers
Vice-president: Richard Mosdell
Secretary: Gerry Woloshyn
Treasurer: Erich Eichhorn
Technical director: Greg Reid
Director: Peter Danniels
Director: Cathy Singleton-Bowers
Greater Victoria representative: Charles La Vertu

Master Shintani coming to Victoria for Nationals '98 — seminars slated

By Shihan Greg Reid

Masaru Shintani (9thDan), our Saiko Shihan (top master), arrives Nov. 6 in British Columbia.

This will be the chance of a lifetime to train and talk with the most knowledgeable master of karate-doh alive.

Autographs

Get your books out and get them personally autographed.

Here is a grief itinerary of his stay in British Columbia.

Nov. 6: he will be on hand for the Nationals '98 set-up in Victoria

Nov. 7: attends Nationals

Nov. 8: kihon and kumite seminars (not to be missed by any students), blackbelt karate-doh and kobudo gradings

Nov. 9: Campbell River seminar

Nov. 10: Canadian Women's Karate Club class. He will observe the training.

Nov. 11: headquarters assessment class. By donation.

He will give personal advice and evaluation of your techniques.

Nov. 12: leaves Victoria.

Please support Master's trip to the province.

Top master

This is an invaluable opportunity to train under the top instructor in the world. Get this under your belt.

Also, let us show the karate-doh community the strength and loyalty of our organization.

Final preparations for '98 Nationals

**By Peter Danniels
Chair, Tournament Committee**

As our second national championships tournament weekend draws near, we are busy with final preparations.

Registration of competitors and volunteers begins this month so watch for the registration forms arriving soon.

Every tournament needs help, and a new volunteer form will help us place volunteers in areas where their individual skills can best be utilized.

A more clearly defined and enforced ban on head contact should benefit competitors and officials in recognizing skill and control in the kumite events.

Last year's tournament was a great success and with your participation and assistance, Nationals '98 should be even better.

CRAFT FAIR NOV.

The Women's Karate Club is hosting a craft fair on Nov. 27, from 5-9 p.m. in St. John's the Divine on Quadra. Admission is free.

Sally Chaster and Marisa Barlow are organizing this fund-raising function. Also helping are Cindy Rutton, Sharon Chapman and Jan Frith.

Crafts make excellent Christmas presents.

There will also be a bake sale and sushi table. A silent auction is planned

with prizes that include a coat from an internationally-known designer, theatre tickets, a print by a well-known local artist, a free interior design consultation, bed and breakfast and many others.

We hope to see you all there. Bring family and friends.

If you wish to host a table call Cathy Singleton-Bowers at 370-6082.



Senseis Brendan Ralfs (CASK Victoria) and Wayne Duguay (CASK Campbell River) perform kata during Nationals '97 (Charles La Vertu photos)

Women/Co-ed classes slated for new facility

Continued from p .1

Singleton-Bowers suggested starting classes there with a new branch of the Canadian Women's Karate Club. She anticipates several sessions per week.

Sensei Kraig Devlin also plans to start a co-ed class there with one or two sessions per week. It is hoped that a children's class can also be held.

Facilities

The facilities are anticipated to be excellent, said Bowers. A sprung wooden floor, 2,000 square feet, mirrors, change rooms, showers, parking etc. The cultural centre is expected to become a major destination with a full range of community activities.

The current proposal is for the Victoria Japanese Cultural Pavilion to be on Commerce Circle, off Vanalman, Victoria.

Both the women's and the co-ed club are looking forward to beginning classes there in the fall of 1999.

Wado-Kai Karate Association of Canada is completely independent. We are not part of any other Wado organization. It is our intention to have harmonious relations with all Karate organizations.

Campbell River starts new club for children four to seven years

The Komodo Karate Club of Campbell River, for children aged four to seven years, is seeking membership in the Wado-Kai Karate Association of Canada.

Shodan Gerritt Gonzales said the club was created for karate-ka taking classes at CASK Karate in Campbell River who wanted training for their young children.

"Through word of mouth, and later through advertising, the class has grown," he said.

"As we are better established now, we hope to provide an outlet to children who desire traditional training but are too young or immature for Sensei Wayne's class."

Initially, the club will only be offering training at a white-belt level with kids
Continued on p. 5 please see New

Head contact

Continued from p. 1
 A major change is the banning of contact to the head. (See story p 8)

The committee also includes Sensei Gerry Woloshyn and Sensei Charles La Vertu,

Fee for adults taking part in

the Nationals will be \$20 if they pre-register and \$35 at the door.

Fees for youths will be \$15. There will be no late registration penalty for youths.

A parent accompanying a pre-registered youth will have free admission but will have to pay \$5 if the youngster is not pre-registered.

Beach Training came with Chef

By Gerry Woloshyn

It was a peaceful sunny Sunday morning with just a bit of sea mist floating up from the beach when all of a sudden they began to arrive.

There were cars were parking in the back, in the front and down the road as the driveway was too small.

They all piled into the house from the front, side, back, and basement looking for a place to dump their load and change for they had all heard the call.

They came from as far as Campbell River because one humble person, "Sensei Greg", had put out the word, "BEACH TRAINING".

It is hard to visualize that just one word from someone could result in the human invasion at the precise time mentioned. So, we all headed to the designated site and waited for the inevitable.

After the training, there

was the dip in the water to cool off followed by a mad dash up to the house to climb into the HOT tub and thaw out. There was only room for a few at a time so the last one in was really in bad shape.

The food was plentiful as everybody contributed so no one went without.

We even had a Chef by the name of Darryl standing by the barbecue to take orders assisted by Chef Kenton.

Attendees: (38)

Campbell River; Wayne Duguay, Michelle McManus, Joseph Comerford, Dallas Scott & Stewart Corlas.

Women's Group; Jan Frith, Cindy Ruttan, Cathy Singleton-Bowers, Ann Henstowe, Colleen Grady, Sharon Chapman, Joanna Groves, Cathy Reed & Cornelia Toplan.

Hombu; Sensei Greg, Benjamin Alberti,

Darren Gauthier, Margo Downey, Gary Wong, Myron Zunewich, Mike Alberti, Darryl Gaudeau, Mark Alberti, Joseph Alberti, Aley Latta, Kenton French, Farran Brunn, Jon Steen, Colin James. Erich Eichhorn, Jasmine Dadachanji, Deb. Hamilton, Chris Pepperdrive, Peter Danniels, Kyle Deyaeger, Ray Rusk

and Les Debik.

Sensei Greg thanks all of the above for attending and making his day complete. Next year he is expecting an even larger participation.

Sheila and myself would like to thank all that came and contributed to the feast and assisted in the kitchen as it made our task that much easier.

New kids school

Continued from p. 4 entering the more advanced class before being graded up to yellow.

"We also think that by only offering white-belt level class, we will be maintaining a closer relationship with Sensei Wayne's class."

Gonzales said basic awareness, street smarts and self defence will also be implemented eventually.

The curriculum has been broken down into several sections with

students undergoing mini gradings and receiving coloured stripes for displays of spirit, effort and knowledge.

"We have the advantage of using the junior brown belts from the kid's class," Gonzales said. "This benefits both the brown belts, by giving them a chance to work on their teaching skills and their basics, and gives the younger students more appropriate role models."

He said adult students from the co-ed class have also volunteered their time to assist.

Calendar Around Wado-Kai

Oct. 1: CASK to start collecting WKC fees that are due Jan. 1.

Oct. 9: RAD self-defence seminar for women 7 to 10 p.m. at the Victoria Y.

Oct. 11: RAD seminar, 2 to 5 p.m. Y.

Oct. 11: RAD seminar, 9 a.m. to 5 p.m.

Oct. 13: Canadian Women's Karate Club AGM, 8 p.m. Y.

Oct. 23-25: NKA/Karate BC fall tournament and officials clinic, Kelowna.

Nov. 1: CASK headquarters flyer drive (all schools welcome)

Nov. 6: **Master Shintani arrives in B.C.**

Set-up for WKC Nationals '98, Central Junior Secondary School

Nov. 7: **Nationals '98 and banquet**

Nov. 8: **Master Shintani, Shihan**

Greg Reid kihon/kumite seminars, karate/shindo Dan gradings

Nov. 9: **Master Shintani in Campbell River for seminar.**

Nov. 10: **Master Shintani at Canadian Women's Karate Club. 8:30 to 10:15 p.m. at the Y. For all three women's clubs.**

Nov. 11: **Master Shintani at CASK headquarters club for assessment.**

Nov. 13-15: Duncan, NKA Akutagawa Clinic, Chito-Ryu, officials' clinic/ tournament for Karate BC members

Nov. 20-22: RAD seminars, Y.

Nov. 27: Women's Karate Club craft fair, St. John the Divine, noon.

Nov. 29: Karate BC kata clinic, Vancouver

You're selling your home

Know why the first five minutes are critical!

You have been planning to purchase a second car and have saved \$7,000.

It's Saturday morning and you have time to shop and make your purchase. You drive to a nearby dealer and find two cars for sale. Both are the same year, make and model. Both have a price tag of \$7,000. They are identical – until you begin to inspect them more closely.

The first appears to be "good transportation" at best. The car's finish shows neglect, with nicks, scratches and dings abundantly displayed. The windows are smudged, the tires under-inflated, and the radio antenna is missing. Inside, key in the ignition, it grudgingly starts on the second try. Books and papers litter the back seat, the ashtray overflows with an assortment of items and floor mats are missing. After an abbreviated inspection, you turn your attention to the second car.

You notice that the morning sun reflects brightly off the spotless windows and gleaming finish. This car seems to promise satisfaction. The chrome and trim are flawless, and the tires have been scrubbed clean. It invites a closer inspection. Sitting at the wheel, the engine jumps to life, then settles down to an imperceptible idle. The interior sparkles. You feel good just sitting there at (Advertising feature)



idle speed. You make your choice. This car wins hands down.

Home buyers experience similar situations daily. With plans to purchase a home, buyers inspect a number of similar homes at similar prices. They begin making value judgements from the moment they drive up to each home. Their first impression begins with the yard, the driveway, and the front door. Once inside an attractive, well-maintained home, buyer can sense the presence of "pride of ownership" – or its absence.

It has been said that buyers make up their minds in the first five minutes, then spend the rest of the time rationalizing their decision. For those who plan to sell their home, a word of advice: place great emphasis on providing a home in impeccable, move-in condition.

Call today for your free copy of my *Preparing Your Home For Sale* booklet. No Obligation.

Sandy Paget
Your Real Estate
Consultant for Life
474-6003



Preparing for Nationals

**By Richard Mosdell
CASK Vancouver**

People who really love what they do will enjoy all the preparation.

You have really won at the Nationals when you have made your pre-competition plan and followed it through rigorously, not missing your own personal practice sessions and making lots of personal gains in your own skill development.

When you're standing on the gym floor at the Nationals and you have done what you planned to do, you have already won, medal or no medal.

Winning the gold is not really the goal.

Constant personal improvement in planning, preparation and performance is. So when doing your Kata or judging a match, focus on each move at a time, not the end result.

Try to look at your whole training from the big picture, both your regular training and your sport Karate



training.

List all the major topics you know and the major sub-topics you need to know for your rank and for competition. Develop an understanding of the pre-competitive build up phase, then the

competitive phase of one day or a few weeks, followed by the post-competitive phase.

This should just be a good review right after of your performance and a short lay-off to heal,

then back into the next training cycle.

In the pre-competitive phase, start by also doing general auxiliary training that gets you strong and fast, for example lots of weight training and aerobic exercise.

As you get closer to the competitive phase, taper off your auxiliary training and focus more on the Karate skills you will need.

It takes three to six months just to feel comfortable with your skills so the sooner you start, the better off you are.

In the competitive phase, just practice your specific karate skills, get lots of rest right before a competition and compete well.

This is the same way I prepare for gradings.

Video taping your performance and reviewing it with your instructor is a great idea to help understand how you can improve.

SUPPORT YOUR NEWSLETTER

The WKC newsletter has its first advertiser.

Realtor Sandy Paget, a brown belt who trains with the Canadian Women's Karate Club at the Victoria YMCA, is the first to take advantage of our pages to spread her message. Support your

newsletter.

Our rates are low: \$50 for a full-page ad, \$35 for a half-page, \$25 for a quarter-page and \$90 for a two-page spread.

For Details, please call Sandan Cathy Singleton-Bowers at 250-370-6082 and at bowersls@islandnet.

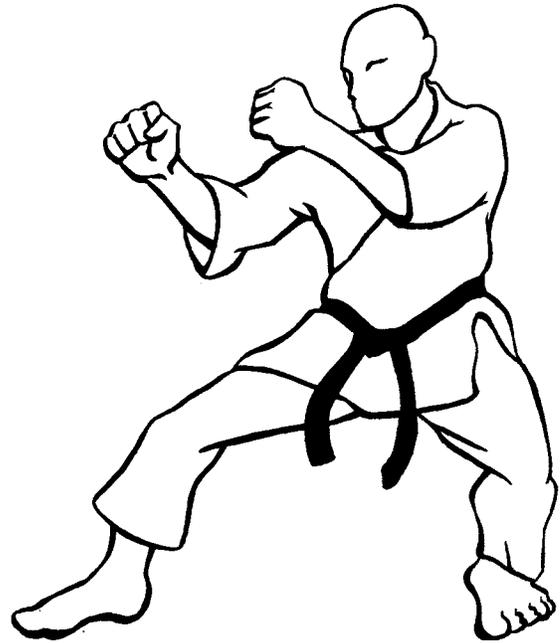
FACE CONTACT BANNED

There will be no face contact during the kumite bouts at the 1998 Wado-Kai Canada Nationals to be held in Victoria next November.

"This means that all contact to the face will be penalized," said Sensei Leslie Bowers, chair of the WKC referees committee.

"The lightest touch will incur a full point penalty," he said. "The next touch or an initial slightly heavier touch will lead to a disqualification. The goal is to have a tournament with no head contact."

Bowers said, "with our best intentions, we all felt we had too much head contact last year. We are looking forward to an exciting and fun tournament with even more participation than last year."



**WKC Nationals
Nov. 6-8 Victoria**

The Wado-Kai Karate Association of Canada

announces the publication of the new book

WADO-KAI KARATE - KATA

by

Masaru Shintani, Kudan, and Gregory Reid, Shichidan

This book has 800 high-quality pictures, clear descriptions of each move and all the extra details you need to develop and understand the katas in their entirety.

To order, please write to:
Sensei Erich Eichhorn
418 Glanford, Victoria, B.C.
V8Z 4A8
Phone: 250-370-6082
Fax: 250-370-6092

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