



# Wado-Kai Canada

Volume 2 Issue 2

Summer 1998

## New book definitive kata text

By Charles La Vertu

Wado-Kai Canada has published the definitive text on Wado kata as taught by founder Hironori Otsuka.

It is written by Saiko Shihan Masaru Shintani, 9th Dan, and Shihan Gregory Reid, 7th Dan, who trained with Saiko Shihan Otsuka and learned the fine points of the kata directly from him.

"The kata in this books are described exactly as Saiko Shihan Otsuka taught them to his students including myself," says Shintani Sensei who hoped all students under his direction will use the book as a standard reference text.



**Shihan Greg Reid, Saiko Shihan Masaru Shintani and Wado-Kai Canada president Leslie Bowers launched our new kata book at the Shintani Karate Federation Dominion Championships in Toronto.**

"This will allow students to train Wado kata exactly as Saiko Shihan Otsuka wished us to and will honor his memory."

"The goal was to write a book that is easy for all students to follow and which offers a wealth of detail for the advanced or

serious student," said editor Dr. Leslie Bowers, Wado-Kai Canada president.

"This book is a must for all students of karate, especially Wado students."

### Important kata

It features the kata Otsuka Sensei believed were the most important - the five pinans, Naihanshi, Kushanku, Seishan and Chinto.

A second book is planned to cover the next six -- the accessory katas.

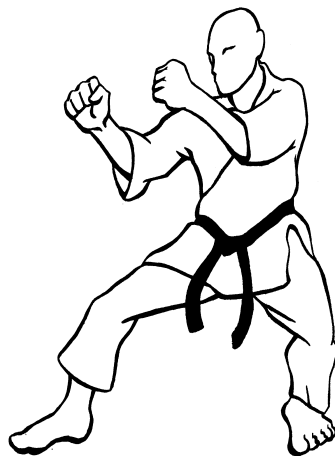
The 360-page limited edition book contains more than 800 high-quality black and white pictures of Shintani Sensei and Reid Sensei performing the kata, and describing the fine points. Each book has a certificate of authenticity.

## '98 Nationals slated Nov. 6-8

The 1998 Wado-Kai Canada Nationals will take place Nov. 6-8 in Victoria.

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

"Many planned improvements should result in a more streamlined and more efficient day of competition," said



tournament committee chair Sensei Peter Danniels.

A major change is the banning of contact to the head. (See story p.3)

"We wish to thank all members who co-operated last year by sending us suggestions on how to make this year's event even better," said Danniels.

The committee, which also includes Sensei Gerry Woloshyn and Sensei Charles La Vertu, reviewed all suggestions.

**Continued on p. 2 please see '98 TOURNAMENT**

### To order

Shintani Sensei wrote an introductory letter encouraging all his students to buy a copy of his book.

It is available for \$110 including tax and shipping in Canada. For Europe and the U.S., price is \$120.

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



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.

Enquiries and submissions should be sent to 1317 Vimy Place, Victoria, BC, V8S1C5.

E-mail address is [charles.lavertu@gems6.gov.bc.ca](mailto:charles.lavertu@gems6.gov.bc.ca)

He can be reached by fax at 250-387-3798.

Wado-Kai Karate Association of Canada, 2038 Avondale Road Victoria, BC V8P 1V4

[bowersls@islandnet.com](mailto:bowersls@islandnet.com)

Ph: 250-370-6082  
Fax: 250-370-6092

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

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

## WKC SEEKS BOND WITH JKF W-K

Wado-Kai Canada would like closer ties with the Japan Karate Federation Wado-Kai, and has initiated steps for an unofficial affiliation.

"We hope to have friendly relationships with all karate-ka and organizations," President Leslie Bowers said in a letter to Toru Arakawa of JKF W-K.

"We would like to have a close friendship with the Japan Karate Federation. We would anticipate a friendship that will grow in the future."

Bowers said WKC would like to receive JKF W-K newsletters and other communications, attend JKF W-K tournaments and share its expertise.

Noting that several Wado-Kai Canada members had taken part in the 1994 JKF Wado-Kai World Cup in Tokyo by invitation, he hoped we would be invited to the 1999 world cup competitions.

## President's corner

# Volunteers needed

By Leslie Bowers

Summer is approaching.

Warmer nights and lighter evenings.

But we are all good karate-ka and keep training.

It was great to go to Sensei Greg's Okinawan seminar in April.

Don't forget to practise the throws in a well-controlled situation.

On the first weekend of November we will be having our second Wado-Kai National Championships.

I would like all of you to begin thinking of how you can participate in this.

We need competitors,

volunteers, timekeepers, scorekeepers and officials.

If you can help in any way please let me know.

In particular we will be running referee clinics to first train people to be corner judges.

### Referee training

If you have enough experience as a corner judge we can train you to be a centre referee.

We will also run classes nearer to November on how to do the scorekeeping and timekeeping.

This does not take long to learn but it is best to have a little formal instruction.

Happy training.

## '98 TOURNAMENT

### Cont'd from p. 1

"We'll be sending out more detailed tournament information soon so please mark the above dates on your calendar and plan to register early," Daniels said.

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-

## MORE INFO NEEDED FOR NKA

By Leslie Bowers

I was fortunate to attend the NKA Nationals in St.Hyacinthe, PQ, in May.

The tournament was exceptionally well run and the competition was of a very high standard.

We discussed our style application with the NKA Technical Committee and it

was clear that more information was required before it could be processed further.

We will attempt to gather this information. We found everyone very helpful and kind.

The NKA Nationals will be held next June in Vancouver.

# Campbell River Wado club wants own dojo

By K. Gonzales

CASK Campbell River held it's first black belt meeting May 24 with the hope of generating new ideas and to become more active in the support of our club.

We covered many topics at the meeting, from the possibility of finding a full-time dojo to call our own through upcoming demonstrations, tournaments and seminars to new ideas for advertising.

## Summer camp

The main focus of our meeting was the discussion of our plan to hold our first annual Kid's Summer Camp.

We came up with many exciting events for the children including a day hike, time at the swimming pool, shindo making and lots and lots of training!

These past few months have seen the introduction of two new classes to our club.

## Kodomo class

The Kodomo class (ages 4-7) has been a learning experience for its instructors who have developed new skills in teaching young children effective karate that is also lots of fun.

The class is small with a few dedicated, energetic kids.

The Quadra Women's Club has been a welcome surprise for us.

The fall of '97 saw us start this class with a remarkable group of women.

The months of training have gone by and we just recently graded 10 women up to yellow belt.

The club has an enthusiastic atmosphere

and women of all ages have joined.

We are continuing through the summer and hope to see the club grow even stronger in the fall.

As excited as we are with the progress of our club, we are even more pleased

with our students.

Membership is increasing again and we have just completed a grading for the colored ranks.

This fall we have 10 students who will be ready for their shodan grading.

## New director appointed

# Sensei Richard re-elected V-P

Sensei Richard Mosdell was re-elected by acclamation as vice-president of Wado-Kai Canada at the association's second annual general meeting in February.

Also elected to the board as director-at-large was Cathy Singleton-Bowers of the Canadian Women's



Sandan Singleton-Bowers

Karate Club. She replaces Margo Downey who did not seek re-election for family reasons.

President Leslie Bowers welcomed the new director and returning members, saying he was pleased at how well board members worked together.

He was confident that this harmonious relationship would continue in the future.

He thanked Margo who was tireless in her efforts on behalf of the association.

## Re-appointed

At the April meeting of the board, Sensei Gerry Woloshyn was re-appointed secretary and Sensei Erich Eichhorn treasurer for another year.

Your directors include Shihan Greg Reid and Senseis Bowers, Mosdell, Woloshyn, Eichhorn, Peter Danniels and Charles La Vertu as well as Sandan Singleton-Bowers.

## **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."**

## CASK Best of the Best

# Spectacular finish for gold

By Charles La Vertu

In a spectacular finish to the blackbelt kata competition, it took two supplementary kata before Mark Aust was declared winner over Jan Frith for the gold at the Victoria CASK Spectacle *Best of the Best* in April.

Third was Tory Chenier of CASK Colwood.

### Tie-breaker

The competitors were so evenly matched that judges were forced to decide the winner by a show of hands after the second tie-breaking kata -- pinan nidan -- rather than on points. Sandan Mark is with the CASK headquarters dojo and an instructor with the honbu youth program while



**Referee Leslie Bowers presents silver medal to Sandan Jan Frith after spectacular finish.**

Sandan Jan is with the Women's Karate Club at the Victoria Y and head instructor at the George Pearkes Recreation Centre in Victoria.

### Green-to-brown

John Tesoro of CASK Vancouver took first in the green-to-brown belt category. Second was Rob Walraven of CASK Vancouver. Joseph Comerford of CASK Campbell River took third.

In the white-to-orange belt competition, Connie Beel of the Canadian Women's Karate Club took gold; Cynthia Quan, CASK Vancouver, silver; and Tony Berry, CASK Victoria, bronze.

### Blackbelt kumite:

Sensei Kraig Devlin of CASK Victoria took first place in the blackbelt kumite competition while Troy Chenier of CASK Colwood took second and his brother Tim Chenier, also of CASK Colwood, took third.

Byron Green of CASK Chetwynd took gold in the green-to-orange category while Jim Lam of CASK Vancouver won the silver and Rob Walraven, won bronze.

Jim Ryan and Tony Berry of CASK Victoria took gold and silver respectively in the white-to-orange



**Head referee Sensei Peter Danniels presents gold medal to blackbelt kata winner Sandan Mark Aust**

(Charles La Vertu photos)

competition.

The Spectacle included demonstrations of kubudo (weaponry), street and sport self-defence, kihon kumite (set technique sparring) and co-ed multiple attack self-defence.

Sensei Greg Reid also took part in the breaking and power demonstration,

breaking bricks with his hand and his foot.

One demo showed Sensei with 700 pounds on his hips, while in full forward split position.

This consisted of 400 pounds of weights on which stood a 250-pound man.

# Fundraising committee wants to cover costs of 1998 tournament

By Richard Mosdell

The fundraising and promotional committee, which consists of Cathy Singleton-Bowers and me, is aiming to raise enough money through sponsorships to cover the whole cost of the WKC Nationals '98.

It cost us about \$3,300 to put on Nationals last year.

Our method will be to offer companies promotional services for a fee leading up to and during the Nationals. An outline of these services is listed below.

a) Nationals '98 program ad  
A full page is 5-1/2" x 8-1/2". There will be 800 programs printed. Approximately 1,000 people will see the program. A quarter-page ad will cost \$25; a half-page ad, \$35; and full-page ad, \$50. A two-page ad will be \$90.

b) Full day table display at the event site - \$100

c) Company signage displayed in main competition area - \$100

d) Nationals '98 posters - company logo displayed  
1,000 posters to be displayed in Victoria and Lower Mainland. Small logo \$75 and large logo \$100.

e) Wado-Kai Canada fall newsletter ad  
A full page is 8-1/2 x 11

inches. The fall issue will be published Oct 1.

Deadline line for ads is Sept 20. More than 500 newsletters will be distributed to members across Canada.

Currently about 750 people read the newsletter.

Ads in the newsletter are: quarter page, \$25; half page \$35; full page, \$50; and two pages, \$90

f) Competition event sponsor - \$75

Company name will be announced and a sign displayed at individual events.

Promotional Packages:  
Promo Pkg A - \$250 (save \$85!)

- 1) half- page ad in the Nationals program (\$35)
- 2) Table display at competition site (\$100)
- 3) Company signage at competition site (\$100)
- 4) quarter-page ad in the fall newsletter (\$25)
- 5) Small company logo on Nationals '98 posters (\$75)

Promo Pkg B - \$500 (save \$55!)

- 1) two full-page ads in the Nationals program (\$90)
- 2) Table display at competition site (\$100)
- 3) Company signage at competition site (\$100)

**Continued on p. 8.  
Please see Fundraising**



**Sunny, sandy Cordova Bay in Victoria will be site of the next beach training session. All karate-ka are invited to take part starting at 10:30 a.m. July 12 at Gerry's Beach, 5173 Cordova Bay Road. Significant others will be able to luxuriate in the hot tub before the karate-ka take over after their workout. Hang around after for lunch at Sensei Gerry's (bring your own meat.) See who can tell the biggest karate tale.**

## Technical director

# The Book is ready

By Greg Reid

THE BOOK is now a reality (see story p. 1) and, as we speak, is being shipped out to everyone who has ordered a copy.

I encourage all karate-ka to buy a copy of this very valuable, limited-edition masterpiece.

Both Master Shintani and I are very pleased with the completed version of the book.

Again I would like to thank Sensei Leslie Bowers for all his support and belief in this project.

For all karate-kas, the technical knowledge is officially in writing and easily accessible to everyone -- finally.

Both the adult and youth syllabuses are complete and in print for all instructors to review and make recommendations.

These are dynamic documents and we will be reviewing them constantly.

The groundwork is being prepared for teacher qualifications.

This is a huge undertaking and hopefully many people will get involved.

As I travel to the various schools in our organization, I am impressed with the quality of instruction at the grassroots level.

I am happy to see so many karate-ka attending and enjoying the benefits of the Karate spirit and friendships.

Let us all continue to work in harmony for the benefit of Wado-Kai and our organization.

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.

# Kraig Devlin places 4th in NKA nationals

By Richard Mosdell

Sensei Kraig Devlin of Victoria placed fourth at the 1998 National Karate Association's National Black Belt Championships in St. Hyacinthe, Que.

Devlin, from CASK Karate, represented the Karate BC Team in the 75-80kg Kumite weight class.

The juniors competed May 7 and the seniors competed May 8, with the finals for first<sup>t</sup> and second place for each division for both the juniors and seniors being held May 9.

The 40-member Karate BC Team flew to Montreal on May 4 and took a bus ride 40 kilometres east to St. Hyacinthe.

The early arrival afforded the team the chance to get accustomed to the time-zone difference, practise one last time, and see the sights of Montreal.

Sensei Kraig had two Kumite bouts in total -- losing the first one, but



**Sensei Peter Danniels congratulates Sensei Kraig Devlin for his kumite win at the CASK Spectacular**

winning the second.

There were eight competitors in his division and the repechage tournament system was used.

The strongest opposing team was Quebec in most divisions. It won the Team Kumite competition.

Sensei Kraig said he is looking forward to the Karate BC Team try-outs in September.

# NEW PROGRAM SET FOR INSTRUCTORS

By Richard Mosdell

Wado-Kai Canada will be offering a new optional instructor's training program to help all WKC instructors improve their teaching skills.

It will also help improve their technical knowledge of Wado-Kai, develop overall teaching and organizational skills, be familiar with proper safety procedures, have emergency and sports-specific first-aid skills plus understand student issues.

The WKC board decided to make the program optional, not mandatory, for instructors because it is aware that everyone has different levels of commitment to Karate, and the simple fact that they are trying their best to help other people learn is most appreciated.

## Certification

By participating, everyone will become certified by WKC. Being certified will be a beneficial symbol stating you are a properly-trained instructor.

It also gives you an opportunity for learning different ideas and methods on how to better yourself and your presentation of Karate, plus meet other instructors to share ideas and experiences.

This program has four levels of certification and several parts to each level.

The levels are beginner, intermediate, advanced and senior.

Rank, experience, mandatory courses, elective courses and an annual weekend workshop make up each level. The level of requirements for each certificate starts by being very easy with the beginner certificate so that people will be interested in participating.

## No rush

By the senior certificate, very in-depth training is involved to enhance the abilities of our senior instructors.

The certification for whatever level a member wants to try for is not a process one has to rush through, but rather an on-going development that each person can achieve at his/her own time and pace.

All courses are offered nationally and include a choice a several emergency first-aid courses, the National Coaching Certification Program (NCCP), specific sports first-aid and sports-aid injury taping.

A key part of all four levels is the mandatory Wado-Kai Canada correspondence courses -- one for each level.

These certificates are not

**Continued on p. 8  
Please see Instructors**

## 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.com.

# Karate-ka uses training in work

Sandy Paget is a karate-ka who finds her martial arts training is invaluable in her work.

Sandy-san, a member of the Canadian Women's Karate Club at the Victoria YMCA for three years, is a realtor with a unique outlook and an upbeat approach to selling real estate that begins with a philosophy of building trust.

## Harmony

She believes that, as with the way of Karate, the real estate process should be a harmonious, peaceful journey to a place very much worth the going.

"I believe that you train with integrity and focus, so why would you chance your real estate move with anything less?"

Integrity, trust and an honest, direct approach to real estate is the cornerstone of her relationship with her clients.

She builds trust with her clients by working professionally, without pressure.  
"Customer satisfaction



Sandy Paget uses Karate skills in business

is extremely important. Many new clients are referred to me by people I have already worked with."

Sandy, who has been in the business for seven years, was a legal secretary specializing in real estate law for many years prior to embarking on her real

estate career.

Married, she has two children and four grandchildren as well as horses, cats and a variety of other animals.

A third generation, born and raised Victorian, she knows real estate in Victoria, and relies on hard

work and dedication to build dreams.

She quotes Lucille Ball who said: "I don't know anything about luck. I've never banked on it, and I'm afraid of people who do.

" Luck to me is something else; it's hard work and realizing what is opportunity and what isn't."

Sandy-san trains at the Y under Sensei Leslie Bowers and Sandan Cathy Singleton-Bowers as well as at the Colwood Dojo under Sensei Greig Reid.

## Brown belt

She is a Brown Belt.

For opportunities in real estate, please contact Sandy Paget at DFH Real Estate Ltd., phone (250) 474-6003 or toll free at 1-800-668-2272.

E-mail:sandypaget@vreb.bc.ca.

*Advertising feature*



## Instructors

Continued from p. 6

rubber stamp procedures.

Work, study and time are involved.

But by having gone through the process to acquire each certificate, the skills attained will not only be valuable and useable right away, but for a lifetime.

Brochures outlining the courses will be sent out this summer and I look forward to going through the program with everyone interested.

If you have any questions, feel free to contact me anytime.

## *Budo camp for all*

Bushido training for martial artists of all styles will be held near Victoria in the fall.

Shihan Greg Reid, 7<sup>th</sup> Dan, will conduct the budo training that will include old-style calisthenics, Shindo, jujitsu, throwing techniques, old-style weapons, striking techniques, free-sparring and lectures.

"We are not calling this a Karate camp because the aim is to transfer the karate-ka into a budo-ka for a weekend," said Reid.

"The life of the budo-ka is a total immersion in the ancient ways of the martial arts.

There will be an emphasis on the life-preservation arts of old."

The camp will take place from 7:30 p.m. Sept. 25 to 4 p.m. Sept. 27 at the Thunderbird Outdoor Centre, Glinz Lake Rd. in Sooke.

Cost is \$200 if paid before Aug. 15, and \$250 after that.

A \$100, non-refundable deposit is required by July 15.

To sign up, please call Sensei Erich Eichhorn, 4118 Glanford Ave., Victoria, B.C. V8Z 4A8 -- phone/fax: (250) 744-3375.

## Fundraising

Continued from p. 5.

- 4) two full-page ads in the fall newsletter (\$90)
- 5) Large company logo on Nationals '98 posters (\$100)
- 6) Competition event sponsor (\$75)

If anyone would like to promote his/her own service or product, please contact Sandan Cathy at (250) 370-6082 or email at bowersls@islandnet.com.

Please feel free to talk with us anytime if you have any suggestions for further practical fundraising promotions.

Thank you.

# 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

Price: \$110 includes shipping  
in Canada.  
\$120 for U.S./Europe

e-mail:  
bowersl@islandnet.com