



Wado-Kai Canada

Volume 3 Issue 3

Fall 1999



Please join us Nov. 5-7 in Victoria for the 1999 Wado-Kai Canada Nationals. Sanctioned by Karate BC, Nationals 99 is open to all our member clubs as well as to all KBC member clubs. Also expected to take part are karate-ka from other provinces as well as from the U.S.

(Drawing by Johnny Tesoro, CASK Karate Vancouver)



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>

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

Potluck dinner set for visitors

The 1999 Wado-Kai Canada Nationals are swiftly approaching and preparations are in full swing.

This year, in honour of our first Karate BC sanctioned tournament, we are offering a free potluck dinner for all competitors.

The dinner will be upstairs in the James Bay Athletics Association building at 205 Simcoe, Saturday, Nov. 6.

All members of the Wado-Kai clubs in Victoria are asked to contribute their favourite dishes to welcome our out-of-town guests.

Sign up sheets will soon be circulating.

For more information, please contact Cindy Ruttan at 250-384-7346.

Entertainment to help fund CASK Hombu

CASK Hombu will be selling the "Entertainment" coupon books this fall.

The books offer 50-percent discounts at local restaurants and services.

The earnings from last year's work purchased the freestanding punching bag at the Hombu.

If you have any questions or suggestions for this year's profit please contact Sensei Kraig Devlin at the Hombu or call 250-385-3570.



(Gerry Woloshyn photo)

WKC President Leslie Bowers, right, was honoured earlier this year by Top Master Masaru Shintani for his contribution to Wado-Kai karate. Bowers was chief editor of *Wado-Kai Karata* — *Kata* by Master Shintani and Shihan Greg Reid.

PRESIDENT'S CORNER

By Leslie Bowers

Well, I have finally done it.

After many months of agonizing and procrastinating I have reworked our website.

Frames, graphics, java are all included.

Most of the information available is the same.

Additional information on our kata book, an order form, information on the tournament and more educational material is provided.

The club section has changed in format.

Hopefully it is more readable and looks nicer.

Overall the goal is to make the site look nicer and to encourage readers to see what there is. I need more photos of our members training or performing Wado karate.

Please send me them in either print or electronic form. Any ideas for additions or changes to the site are welcome.

Please check the site for any information related to yourself or your club. Let me know if updates are needed. News and upcoming events can be easily posted on the web.

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

WKC board of directors

President: Leslie Bowers

Vice-president: Charles La Vertu

Secretary: Gerry Woloshyn

Treasurer: Erich Eichhorn

Technical director: Greg Reid

Director: Peter Danniels

Director: Cathy Singleton-Bowers

Canadian Women's Karate Club: Cindy Ruttan

Greater Vancouver representative: Richard Mosdell



Shihan Greg Reid

Thinking Big

By Shihan Greg Reid

Think Big.

As I prepare for all the youth, co-ed and women's classes ahead, I smile.

A lot of karate-ka, on learning my schedule, stop in disbelief.

With 15-plus classes a week, I physically attack them like a machine but mentally it is easy.

No problems, only solutions. No obstacles,

only challenges.

Karate is truly 90 per cent mental and 10 per cent physical.

So make the mental easy and the physical is nothing.

Karate is my first love and to many association members it is a way of life.

We, as members of Wado-Kai Canada, must always think big.

It is our duty as citizens of

YOUTH GROUP SHINES

By Shihan Greg Reid

September is here and gone.

Wow! What a productive summer it was.

The youth karate organization remained consistent and slowly gained new members.

Talk about a growing organization – adults take heed and watch out!

With the arrival of Fall, all our beginner programs have restarted.

From now until June it's build, build, build.

Over the summer we

introduced kumite (fighting) to the junior members and they love it.

In fact, some will be entering the Nationals in November, and that is a big step. The youth have adopted our *Think Big* motto.

As we work towards 2000, there are gradings in November, seminars for youths with Top Master Shintani and possibly another karate and fitness championship in the works.

Our ongoing goals for the youth organization are obvious – the best technical standards and



Schools:

Youth Karate Organization

Beginner program:

Gordon Head Recreation Centre

Vic West YM-YWCA

G.R. Pearkes Arena

James Bay Community Centre

Fairfield Community Centre

Henderson/Oak Bay Recreation Centre

Cedar Hill Recreation Centre

Royal Road University YM-YWCA

Cordova Bay Community Hall

Enriched program (Level II)

James Bay Community Centre (HQ)

Gordon Head Recreation Centre

Royal Roads University YM-YWCA

Cordova Bay Community Hall

For further information, please

Hombu trained in park

By Shihan Greg Reid

Summer is over and we successfully trained half of the classes in the park.

I must admit I love training outside. It was great to see all our students enjoying this experience.

The CASK Karate HQ has slowly grown over the summer with the addition of new students.

Over the next 10 months we will continue to strive for excellence as well as grow as a group.

To me, we, as HQ students, must strive to achieve a high level of karate-do excellence.

I would also like to remind all association members that every Friday anyone and everyone is welcome.

Kyu ranks from 6 to 7:15 p.m. and blackbelts from 6 to 9 p.m.

The Friday classes are excellent because we concentrate on jujutsu exercises, kumite skills and drills and kata.



Sensei Peter Danniels, left, shapes up for Nationals '99
(Ken Frith photo)

The Centre Ring **NATIONALS '99**

By Peter Danniels

PARTICIPATION!

By competing, officiating or volunteering, we all contribute to our shared goal -- an opportunity to compete, learn and progress with friends in the spirit of Karate-doh.

Karate BC sanctioning should prove a positive factor in making Nationals '99 our biggest and best tournament yet.

Marked increase

By adding Karate BC's 100 member clubs to our mail-out list we should see a marked increase in registration this year.

This means that our already formidable army of volunteers will need to grow a little under the equally formidable organizational talents of Shodan Anne Leduc.

Watch for volunteer application forms to be handed out at Victoria, Vancouver, Chetwynd and Campbell River dojos soon.

Because Shodan Anne has been able to give

volunteers specific duties and times, even competitors can lend a hand while waiting for their event or after competing.

As well as Saturday's full day of competition, which will include lunchtime demonstrations by Victoria Kendo and Judo schools, the tournament weekend will feature a Saturday evening pot-luck-supper and a Sunday seminar by Saiko Shihan Shintani.

The annual seminar by Master Shintani has been very well attended in the past and provides in depth technical study and practice.

(Sensei Peter Danniels is chair

CASK Vancouver grading results

Results of the CASK Karate Vancouver grading May 29: Sherri Collier, to yellow; Rachel Hrechka, to orange; Frances Li, yellow; Lisa Luscombe, to yellow; Cynthia Quan, brown; Lisa Veron, to orange; and

Memorial to Japanese unveiled in Ross Bay

The Japanese Memorial Monument was unveiled Aug. 15 in Ross Bay cemetery in Victoria where many Japanese pioneers are buried.

The Kakehashi group erected the monument in black, which represents the hardships endured by the pioneers. Kakehashi means "bridge".

Prominent members of the community were present for the unveiling including Wado-Kai Canada president Leslie Bowers.

The ceremony was led by

Frank Miki, seen in the photo, a good friend of our association and past president of the Victoria Nikkei Society.

Mr. Miki's daughter, Marisa Barlow, trained at the Canadian Women's Karate Club and served as its president. She is now in California.

Immigrants from Japan first came to Victoria in 1877.

More information about the Kakehashi committee can be obtained from Yoshiro



Frank Miki, past president of the Victoria Nikkei Society, at unveiling of Japanese Memorial Monument in Ross Bay cemetery. (Leslie Bowers photo)

CASK Karate Vancouver t-shirts



Beach training in Victoria

By Gerry Woloshyn

The annual beach training this summer at Cordova Bay beach met the five basic requirements: sandy beach, people, good weather, cold water (not in the hot tub) and lots of food after.

Shihan Greg Reid was pleased that we surpassed last year not only in people but in club spirit which he feels is important for growth.

My wife Sheila and I thank all who supplied the fine culinary choices making selection difficult with so many items that the

cuisine was spread out on the counter due to lack of table space.

If you went away hungry, it was your own fault.

There were too many to name so here are the numbers by dojo.

Many schools

I'm sure that there were reps from other schools but since we all train in more than one location, this is the breakdown: CASK Vancouver, 5; Victoria Y, 5; Pearkes Arena, 1; and Hombu, 26.

Thirty-six is a good number on the beach, in fact more than last year. So, to all those that were not there, we'll see you next year, eh?

The annual beach training took place at Sensei Gerry's beach near Victoria.



Shihan Greg Reid led the annual beach training which included activities in and out of the water. The training wrapped up in Sensei Gerry's hot tub and on his sundeck. (Photos by Ken Frith)



Karate school kicks off for kids in Cordova Bay

Karate class is over and the young people bow as they leave the dojo, in an orderly fashion, forcefully shouting "Ose".

Sensei Kraig Devlin is on hand to explain the ritual, philosophy and language behind the karate he teaches at his new school in Cordova Bay.

"Ose, in Japanese, is a spirited form of yes," says Devlin, "the word means yes I am ready to train."

Devlin has been training and competing in karate for 15 years. He holds a black belt and is a member of the BC Karate Team.

He instructed a karate club at UVic for four years but had to quit after he was hired by the Saanich Fire Department because of a conflict with his shift work.

When he felt the urge to teach again, he found teaching partner Gerry Woloshyn who also works shifts. Together they will balance the new karate school's schedule.

The class that just finished is best described as an organized mix of concentrated chaos. It was a class run by Devlin's own sensei, Greg Reid.

"No one has ever complained about violence in karate," said Reid. "I have been training for 30 years and I have never had an injury."

The students covered the gym floor in the course of the class, at times in lines practising asymmetrical

dance of blocks and kicks, later sparring with a partner facing off in serious battle after deciding who would jab first.

The contact is light and controlled with happy smiles occasionally escaping through thoughtful expressions.

"Kids love karate, not because of anything to do with fighting," says Reid.

"Ask any karate student and they will tell you safety and self defence come first."

Karate is excellent for an overall approach to fitness and mental aspects, Devlin adds.

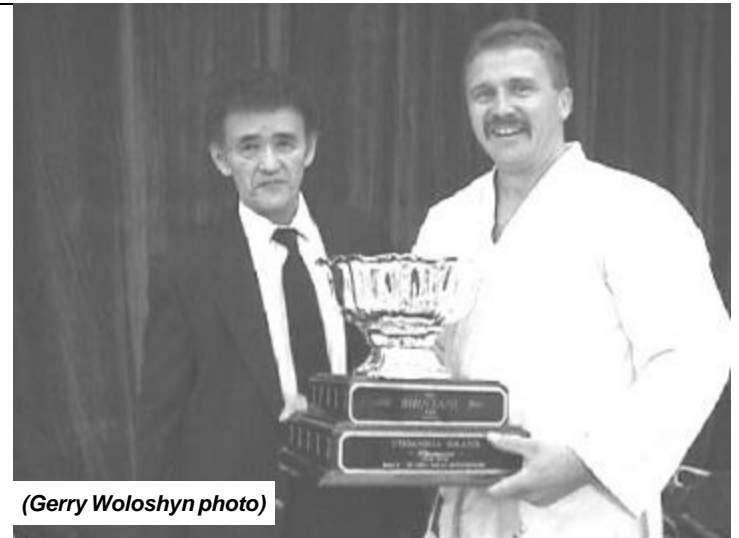
"The focus is on flexibility and conditioning. It is a well-rounded art that helps with focus and concentration."

He found the discipline he learns in the dojo transfers to his day-to-day life.

"The fitness helped me get my job with the fire department," Devlin said. "Karate also gave me the focus to set goals and achieve them."

Visibly excited about the new school, Devlin concludes, "teaching provides another avenue to learn more."

"When I am asked a question in my own school I will be less tempted to defer to Sensei Greg. It also gives me a chance to give back to karate."



(Gerry Woloshyn photo)

Top Master Masaru Shintani presents the masters' cup to Roger St-Arneault who also took gold in kata at the 1999 Dominion Wado-Kai championship in Ontario.

PQ Team Canada member to take part in Nationals '99

Roger St-Arneault, 6th Dan, of Rouyn-Noranda Wado-Kai in Quebec, was winner of the masters' cup at the 1999 Dominion Wado-Kai championships.

He is expected to take part in the WKC nationals '99.

Sensei Roger, who also took the masters' cup in 1994 and 1998, has won 152 medals in North American competition.

He was a member of Team Canada from CASK Karate, headed by Shihan

Greg Reid, that took part in the 1994 Japanese Karate Federation world

U.S. kata champ also to compete

Tony Barth, 11, will accompany brother Adam with Pacific Karate Organization Junior Team to Nationals '99.

Tony took gold in kata at this year's U.S. Championships in Charleston, S.C.

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Devlin won bronze

Focus, accuracy and explosion



Sensei Kraig Devlin took bronze in Canadian Black Belt Championships

By Kraig Devlin

This past June I had the privilege of competing at the Canadian Black Belt Championships in Vancouver.

As this was my second year at the championships, I was able to use the experience I gained from last year and spent 10 months refining my training for both physical and mental preparation prior to the tournament.

The areas that I found necessary to focus on were technical training, strength and conditioning, recovery and mental preparation.

In terms of techniques, I have found that there are hundreds to choose from but

the basics are the most practical.

I once read that it takes approximately 700 repetitions of a movement before it becomes truly second nature and second nature is what we need for kata or kumite.

Techniques

For this tournament, I chose a half dozen techniques that suited me and practised them continuously.

During the four to six weeks preceding the championships I focused on working my combinations tournament style by executing the movements explosively

and waiting three to five seconds to recover before performing the combination again.

These pauses also gave me time to refocus and visualize the next technique.

My goals with this style of practice are focus, accuracy and explosion.

Only recently have I felt that my strength and conditioning training are truly focused on sport karate.

Kumite is an anaerobic activity meaning that it has less than 10 seconds of continuous exertion between rests.

Therefore, I do most of my

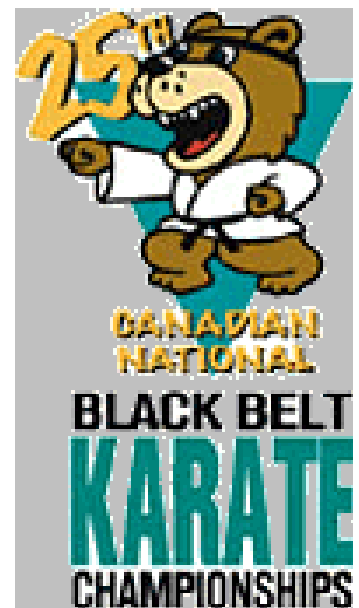
strength and conditioning work within this 10-second time frame.

During the three months prior to the championships, I trained under the supervision of a strength and conditioning coach to increase the contraction speed (but not the size) of my muscles through resistance training, plyometrics and sprint training.

I also spent time developing my torso and ankle stabilization through work on a physio ball. All of these training methods have not only made me a better fighter but will also continue to prevent injuries and hopefully increase the length of my competitive career.

Since I was training 15 hours per week my need for recovery was greater than usual.

(Continued on p. 9,



Championships

*please see
Championships)*

(Continued from p. 8)

Recovery includes food, water and rest and since we can only make gains when we are properly nourished and rested I focused on these aspect tremendously.

I found that six meals, plenty of water and nine hours of sleep (plus a nap) were what I needed.

Mental training

Lastly, and most importantly for me is mental training.

Sensei Greg Reid (Wado-Kai Canada technical director) has always said that Karate is 90 per cent mental and 10 per cent physical, which certainly has been the case for me.

I used mental training techniques to improve my kumite and kata, to help deal with precompetition jitters and the long waits normally associated with tournaments.

The training techniques that work best for me are visualization, relaxation and reframing.

Ideas exchanged

These past two years on the BC team have been motivating and inspiring.

The team fosters an atmosphere where karate-ka from different styles and dojos can train, exchange ideas and support and encourage one another in the pursuit of personal excellence.

On a final note, it has been important for me to

remember that in spite of how much preparation I do before a tournament, many factors outside of my control can affect the outcome.

It has been my good fortune that the process of setting goals, challenging myself physically and mentally and hard training has always been enjoyable to me.

During my first two fights at the championships, I felt confident and strong, assured that my work had paid off.

I did, however, receive a concussion and spent the night before the finals being woken up hourly.

Unfortunately, I did not fight my best match the next day in the finals, but I did feel like I did the best that I could, given the circumstances.

Thanks WKC

I always keep in mind that competition is only a small aspect of karate training and my pursuit of improvement will remain long after my days of competition are over.

I would like to acknowledge and thank Wado-Kai Canada for their support of my competitive

Karate training spills into other activities

By Val Kerr

This is the first year in the last five years that I have played slo-pitch injury-free, and it feels great.

Plagued by years of knee injuries, I have found myself relying heavily on anti-inflammatories to get me through recent ball seasons.

I am convinced that my recent bout of health is not a matter of luck but a direct consequence of a year and a half of karate training.

You exercise freaks are probably thinking, "who needs to be in shape to play slo-pitch?"

My opinion is that it's not necessary to be fit to play the game, but injuries are much more likely if you aren't in good physical shape.

Slo-pitch is a game of reaction.

It requires a lot of patience since 90 per cent of the game is waiting and socializing.

Almost all injuries occur in

the other 10 per cent of the game when you are expected to accelerate from rest to full speed, when you swing the bat, dive for a ball, or run from base to base and decelerate from full speed when you land on the ground after diving for a ball or sliding into a base.

Tough on body

No doubt this split-second acceleration-deceleration is very hard on the human body, particularly one shaped by years and years of beer drinking – beer drinking being an important cultural part of the slo-pitch community.

Pulled muscles, twisted ankles and blown knees are, not surprisingly, a routine part of the game.

Injury-free

I credit my injury-free status this season to my new-found interest in karate, a sport that has not only helped improve my strength, but has also increased by flexibility, speed and eye-hand coordination, not to mention my concentration and focus.

So every time the bottle – The Ibuprofen Bottle, that is – gets passed around before a game, I am thankful that I have found another sport that has given me the strength to be able to say "NO".

(Val Kerr studies karate with

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Get the word out to karate-kas and their supporters around B.C.

Our rates are low: \$50 for a full-page ad, \$35 for a half-page and \$20 for a business-card.

For details, please call Sandan Cathy Singleton-Bowers at 250-370-6082 or at bowersls@islandnet.com.



Chetwynd competition team and guests: From left, from top - Shodan Brian Findlay (Shorin Ryu guest judge), Shihan Derrick Rothermel (bearded founder of Goshindo), Brent Juergensen, Frank Bassett, grand champion Shad Potts, Sensei Richard Boles, Jon Stender, Byron Green, Wayne Crossland, Ron Osl, Elisa McQueen, Brad Bassett, Josh Bassett, Matthew Moore, Yashao Tse, Mitchell Sengha, David Der, Aaron McQueen, Justin Spenst, Jordan Hill, Zach McQueen, Robyn Klassen, Liah Gagne, Daniel Jewison and Dylan Rogers (former Chetwynd student now training in Kelowna).

Potts is grand champion in northern meet

Shad Potts, a yellow belt with CASK Chetwynd, was tournament grand champion at the Tae Kwan Do Invitational held earlier this summer in Tumbler Ridge.

Potts took gold for kata and for kumite in the tournament that saw CASK Chetwynd return home with 13

medals.

More than 80 karate-ka from the prairie provinces, the Northwest Territories and northern British Columbia took part in the competition sponsored by the Global Tae Kwan Do club.

"This is the third time we

have attended their annual tournament," said Sensei Richard Boles. "We enjoy this tournament because it is close by, well attended and efficiently run."

Other CASK Chetwynd medalists include:

Daniel Jewison - bronze kata, bronze kumite;

Robyn Klassen - gold kata
Liah Gagne - bronze kata, bronze kumite; Mitchell Sangha - silver kata, silver kumite; Brad Bassett - bronze kata; Darren Polkinghorne - bronze kata, silver kumite and Frank Bassett - bronze kumite.

Also taking part were

Dojos provide high level of teaching

**By Shihan Greg Reid
WKC Technical director**

This summer I traveled up to Sensei Wayne Duguay's Campbell River dojo for his annual beach training and BBQ.

There was a good mix of junior and adult karate-ka and the level of karate there keeps improving.

I also had the opportunity to visit Sensei Richard Mosdell's Vancouver dojo. Here the level is excellent.

I unfortunately could not visit Sensei Richard Boles dojo in Chetwynd but the WKC board sent Sensei



Shihan Greg Reid and Top Master Masaru Shintani

Richard Mosdell of CASK Karate Vancouver to hold seminars there Sept. 28 to Oct. 1.

I am very pleased to report that our association instructors are teaching our curriculum and striving hard to improve.

Over the next year we plan to host at least two old-style karate seminars and look forward to full attendance by all

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.

In moving images

Capturing the '99 Pan-Am Games

By Richard Mosdell

After months of negotiations, the Pan-American Games Society finally agreed to allow cameraman Michael MacGillivray and me to attend the Games to make our TV documentary on karate titled *The Martial Athlete*.

Since the good word came at the last minute, we raced to rent our equipment and suddenly we were airborne.

Airbourne

And we stayed "airborne" for just over a week, from July 21-28, as we carried 50 pounds of equipment each chasing after Team Canada and Team USA.

There is much more to Karate than competition since it takes only three matches to get to the gold-medal round so we focused on how karate athletes struggle mainly against themselves before, during and after the competition.

Canadians

Canadians Don Sharp of Chilliwack (80+ kg), Lisa Ling of Delta (53-60 kg) and American John Fonseca of Northbrook, Ill. (75-80kg) were our main subjects, but we also became very close to all members of both teams.

Don took fourth, Lisa won a bronze and John won the gold!

We were with them at practices and in the athletes' village, at warm-

ups and coaches' pep talks, we followed them up to the competition mat and we were right there at the end when they won or lost.

To be so close was amazing!

Coaches

The coach of the Canadian Team is Manual Monzon, originally from Argentina who came to Canada in his twenties.

He is Canada's top male kumite athlete having won a bronze (75-80kg) at the World Karate Federation Championships (formerly World Union of Karate Organizations).

The U.S. coach is Tokey Hill who won gold (75-80kg) at the 1980 World Championships.

He was the only U.S. male to win a medal at the Worlds until 1985 when John won a bronze in the same division.

We also met with many officials and VIPs, plus the World Karate Federation president Mr. Antonio Espinós Ortueta, who informed me Karate might be accepted into the Olympics for 2004, but that is still being debated.

Winnipeg had great weather and really friendly people.

The Games were very well

run and the opening ceremonies were fantastic, with the Snowbirds doing a flyby exactly on the high note to the Canadian national anthem.

Next games

More than 5,000 athletes, coaches and officials from 42 countries representing 38 sports took part in the Games.

The 2003 Pan-American games will be held in Santo Domingo (Dominican Republic). The Games provisory budget is around US \$100 million.

Sensei Richard Mosdell is chief instructor at CASK Karate Vancouver and a



PRESIDENT SELLS BOOKS - WKC president Leslie Bowers was at the 1999 Dominion Wado-Kai championships in Ontario to sell our book *Wado-Kai Karate — Kata* by Master Masaru Shintani and Shihan Greg Reid. (Gerry Woloshyn

Calendar

Oct. 16-17, Karate BC fall provincial championships, Carihi Secondary School 350 Dogwood Street, Campbell River

Nov. 6 - 9:30 a.m. – 4:30 p.m. - Wado Kai Canada Karate Nationals, Central Junior Secondary School, Victoria

Nov. 7 – 10:30 a.m. – noon – Master Masaru Shintani seminar, Central Junior Secondary School, Victoria

Nov. 27 - 1:30 – 3 p.m. - CASK Karate Vancouver coloured rank grading

Jan 15 - Karate BC Team try-outs at the Pinetree Community Centre, Coquitlam

Feb. 24-27 – BC Winter Games, Quesnel

Mar. 11 - Steveston, Invitational Tournament, Richmond

Spring 2000 - 1st Annual CASK Karate Cup Friendship Tournament, Vancouver

May 20-21 - Karate BC spring provincials, Duncan

September 2000 - NKA National Black belt Championships in BC

Pan Am women's champion provides tips at CWKC seminar

Pan American women's karate champion Nicole Poirier provided tips on competition kata and kumite to 24 women taking part in a seminar at the Canadian Women's Karate Club.

Nicole, who has represented Canada many times, presented the June 13 seminar at the YM-YWCA in Victoria.

Taking part were karate-ka from a variety of clubs, including Vancouver and Courtenay.

The participation was enthusiastic and the reviews were stupendous.

CWKC chief instructor Leslie Bowers says the club hopes to offer more seminars in the future.

The Wado-Kai Karate Association of Canada

has published a 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.

Endorsed by the Shintani Wado Kai Karate Federation

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