



Wado-Kai Canada

Volume 4 Issue 1

January 2000

Nationals, big success



(Charles La Vertu photos)

Kiseki Baier announces her kata at the third annual Wado-Kai Canada national karate championships.

More than 200 take part

By Charles La Vertu

More than 200 karate-ka from throughout British Columbia and Washington took part in the third annual Wado-Kai Canada national karate championships held in Victoria in November.

Champions

Winning martial artists included Nigel Nikolaisen of Campbell River Shito-Ryu, 1999 National Karate Association and 1999 Karate BC athlete of the year, and U.S. kata champion Tony Barth of the Pacific Karate Organization of Everett, Washington.

Also taking part were Karate BC's Team BC

members Michele Pierce, Pam Ross and Ian Steele and the PKO's junior competition team led by retired Pan-American champion Jerry Ferguson.

About 400 people were on hand at various times during the day to watch the competition.

The tournament was sanctioned by Karate BC -- a factor in its success, said Wado-Kai Canada president Dr. Leslie Bowers who thanked the athletes, officials, volunteers and sponsors for their support.

Injury-free

He noted that the tournament was again

(Continued on p. 2)



Why is Nidan Alison Greenwood smiling? She has formed the northernmost school of the Canadian Women's Karate Club. See story p.12

**Wado-Kai Canada
Annual General Meeting,
4:30 p.m. March 18, 205 Simcoe**



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

He can be reached by phone at 250-384-9902 or fax at 250-387-3798.

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

bowersls@islandnet.com
Ph: 250-370-6082
Fax: 250-370-6082

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

Wado-Kai Canada is a federally-incorporated

Atmosphere was friendly, competitor Mark Cheng

please see Atmosphere)
(Continued from p. 1)

virtually injury-free.

"The atmosphere among competitors was very friendly, and the organizers and volunteers did a great job of running the tournament," said competitor Mark Cheng of Richmond/Vancouver Shito-Ryu in that group's newsletter.

Safety promoted

Cheng said the strict rules against contact to the face "were used to promote a spirited effort between kumite competitors while reducing the chance of injury."

Chief referee was Ken Corrigan of Prince George. Senior referees included KBC's volunteer of the year Fernando Correia of Duncan, Ferguson, Larry Fulton of Victoria, Loretta Schwab of Duncan and Bowers.

Demonstrations

During the noon break, the spectators and karate-ka were treated to demonstrations by the Victoria Judo Club and the University of Victoria Kendo Club.

The tournament was followed by a seminar and grading the next day held by Shihan Greg Reid, the



Yondan Connie Danniels, President Leslie Bowers and Tournament Director Peter Danniels

PRESIDENT'S CORNER

Dear Karate-ka,

We have just hosted a very splendid tournament.

The association worked wonderfully well together to put together such a superb event for the karate competitors.

I know that all our students enjoyed the competition. The standard was very high and injury free.

Congratulations to all who participated, helped, organized or officiated.

The New Year is upon us and with it comes our annual general meeting.

The meeting is planned for 4:30 p.m. March 18 at the James Bay Athletic Association hall, 205 Simcoe St., Victoria.

This meeting provides an opportunity for all members to have a say about the association, what they think of what has happened, and how they think it should be run in the future.

Members of the board are elected. If you have anyone to nominate for the board, please get their permission and forward their name to Sensei Gerry Woloshyn.

This must be done 14 days prior to the meeting.

Nominations at the meeting are not normally permitted.

If you have any special resolutions to pass or changes to the by-laws they must be received in writing and then circulated to the membership 14 days

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, right, and Sensei Erich Eichhorn demonstrate technique at Nationals 99 seminar

Victoria Youth Karate Dedicated teachers help group expand

By Shihan Greg Reid

1999 was a very successful year for growth and overall technical development at Victoria Youth Karate.

Our overall goals were met and slowly expanded -- which would have been impossible without our dedicated teaching staff.

I would like to personally thank everyone involved with youth karate. Without you and your fantastic team effort, my vision would have been impossible to attain.

We ended 1999 with a fitness championship which was our second for the year, and a huge success.

The youth just keep surprising me with their training and enthusiasm.

We are looking forward to 2000 with a THINK BIG attitude and full-steam ahead training schedule.

Note: Junior ranks and black belts if at all you can

help with the youth karate organization, your help would be greatly appreciated. Please talk to me.



Danielle Wilder receives fitness certificate from Nidan Ray Rusk. For more pictures and results of the Victoria Youth Karate fitness and kata championships please see page 14

Thinking Big

By Shihan Greg Reid

What can I say, it's 2000. That number alone gets my blood boiling.

In this new year let's re-evaluate our attitude and adopt a high philosophy.

It takes the same amount of planning and energy to do something small as it does to do something large.

I want all my students living life large and in charge. This means being the best

and being successful.

Let's all attack each day with energy and vigour. Don't let anyone deter you from your goals.

Negativity is useless, it's just a waste of time.

So, all students of our organization let's build, build, build.

Otsuka Sensei used to say, "the difference between the possible and impossible is your will." Think BIG!

CASK Hombu (headquarters) news

Train futuristically for championships

By Shihan Greg Reid

"Live modern, train old." That's what we did for the last four classes of 1999.

Yikes! I haven't run such intense callisthenics since the mid-eighties. Everyone

loved it. I was astounded. It brought back such cherished memories for me.

When I trained in the early seventies we used to pride ourselves in training the hardest in the world.

I always told my students -- don't think you're training hard, try doing this in the tropics where our philosophy was -- you don't win today's championships with today's ideas, you train futuristically.

The war is won with strategy, not ammunition.

My goal for the headquarters this year is simple -- double the adult enrolment and perfect our techniques.

Shihan Greg Reid's training tips

Mahanmi-dachi shuto-uke

Editor's note: It is our intention to provide you with training tips in each issue of our newsletter. Shihan Greg Reid, 7th Dan, is technical director of Wado-Kai Canada.

By Shihan Greg Reid

Technique: - Mahanmi-dachi shuto-uke (Back stance, knife-hand block)

This particular block is generally considered the first kaisho (open-hand) block that a karate student learns.

This is formally introduced at the yellow belt (5th kyu) level.

The term shuto-uke is a relatively new term. Originally, prior to the mid-1930s, this block was referred to as katana te uke (sword-hand block).

This block is considered to be the most difficult of all blocking skills.

Method of training:

Dynamic training – 1. Moving and body shifting (tai-sabaki)

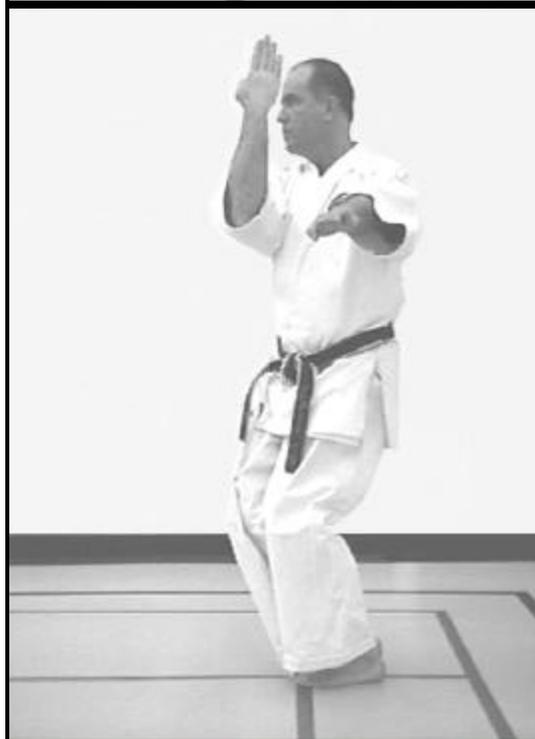
Used to develop speed, explosion and endurance strength, as well as the overall development of refining techniques.

Static training – 2. Stationary (static)

Used to develop explosive impact strength, as well as overall development of refining technique.

Back stance: This should be approximately eight to 11 fists between the heels which are held along a straight line (90 degrees to each other.) The back foot is at a 45-degree angle.

Width of stance will depend on



Intermediate position

(Gerry Woloshyn photos)

the student's level of training.

Weight distribution is about 70 per cent on the back foot and 30 per cent on the front.

The back foot is flat on the sole with the toes holding its position.

The front foot is on the ball with the heel being one to two thumbs off the floor.

The back knee is bent over and in line with the toe position.

Front foot is slightly bent.

The back stance is not a fighting stance, it is a traditional training posture.

In the correct posture you should barely be able to do a proper front kick (mae geri) with the lead leg.

NB: Rule of thumb – strength of technique depends on two factors: 1. The width of the base, 2. Depth of the base.

Common errors: 1. Incorrect angles, 2. Incorrect depth and width, 3. Bad front knee positioning (thus throwing the hips out of alignment.)

Knife-hand block: In the intermediate position, the extended hand is positioned approximately solar plexus height directly to the side, palm down.

The blocking hand is bent at a 90-degree angle at the elbow. The fingers face the sky straight up, and the elbow is held approximately one fist from the extended elbow, palm in.

It is important to relax the shoulders.

The fingers should feel strong with the ki (energy) flowing freely through them.

The fingers should be like the tip

of a katana (sword) and the knife edge like the blade.

From the intermediate position, both arms flow in a circular direction. The extended arm ending with the knife edge on the solar plexus. The blocking arm stopping with the elbow above the front knee. The middle of the palm is at eye height.

The blocking arm palm is facing straight ahead. The retracted arm is palm up with the arm being held extremely straight, elbow pointing directly back.

Both arms must rotate only on impact.

Common errors: 1. Bent blocking wrist position, 2. Bad retracted arm position.

Intermediate to completion
(leg/foot movement)

In the intermediate position, the moving (alive) leg is held close to the static (dead) leg. The moving leg is toe in line with toe, the heel slightly off the floor.

The moving leg travels directly forward along a straight line.

When the lead foot touches, the back foot is rotated to the 45-degree angle on the ball.

It is this fast forward and reverse leg action that gives the hips their centrifugal (turning) power.

The lower and upper body must be focussed (kime) simultaneously (aiuchi). This is the secret of a good back stance, knife-hand block.

When moving in any stance, the ankles should focus tightly which gives a strong base.



Completed position

3 positions up for vote at WKC AGM

The Wado-Kai Karate Association of Canada will hold its annual meeting at 4:30 p.m., March 18 in the James Bay Athletic Association Hall, 205 Simcoe.

Three positions on the board are up for election – that of vice-president, currently held by Sensei Charles La Vertu, and two members-at-large, one held by Sensei Peter Danniels and the other by Sandan Cathy Singleton-Bowers.

Sensei Gerry Woloshyn was appointed returning officer. Call him at 250-658-0756 for nominations forms.

Nominations must be submitted at least 14 days prior to the AGM.

President Leslie Bowers reminds all members that this is their chance to provide input into the operation of their association, and encourages all members to attend.

Anyone proposing changes to the bylaws or resolutions must submit the motions 14 days before the meeting.

Only paid-up members may vote

**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**



Tournament director Sensei Peter Danniels, right, with Senseis Gerry Woloshyn and Kenton French.

The Centre Ring

**By Peter Danniels
Tournament director**

The sanctioning by Karate BC of November's annual WKC Tournament played a major role in bringing 200 competitors and 25 officials from around B.C. and Washington State.

Using the mailout service provided by the KBC Vancouver office allowed us to send our registration packages to 100 member clubs.

As in previous years, our large and invaluable team of volunteers pulled together under Shodan Anne LeDuc to make the event a resounding success.

This year we also received help from outside our own membership in the form of competition mats, loaned to us by two local KBC neighbor schools, Victoria Renshikan and Victoria Shotokan Karate.

In looking forward to next year's competition (scheduled for Nov. 4, 2000) we're planning a few changes based on

members' comments and suggestions; for example, a name-change to "Victoria Wado-Kai Invitational Tournament."

The Tournament Committee wishes to thank all volunteers who, as they gain experience in their various jobs, help take the event to new heights each year.

Although we've entered the mainstream of sport karate through Karate BC, we want to retain several of the traits that keep our tournament uniquely ours, such as the "no head-

Canadian Women's Karate Club Seminar

Open to all women karate-ka. April 9, YM-YWCA Auditorium.

10 a.m. to noon - Kata training with William Chung, Karate BC Black Belt champion. Learn form and grace.

1 to 3 p.m. - Self defense with Al Cartey. Utilize your inner power.

\$20 for the whole seminar

Contact Sensei Leslie for more information (250) 370-6082

Around Campbell River

Sensei Wayne weds on Caribbean cruise

By Chris Waite

It was wedding bells Nov. 21, 1999 in the Port of Miami for Sensei Wayne Duguay and Miranda Ellen Gill.

The ceremony took place aboard the Norwegian Sky cruise ship prior to departing on a seven-day cruise of the Caribbean. The ceremony was beautiful and the happy couple enjoyed being treated like royalty aboard the ship.

A party was held in their honour on their return to Campbell River. Great fun was had by all. Lots of food, fun and some interesting games. Sensei Wayne would like to thank Sensei Greg Reid for the contacts in the Caribbean.

xxx

We have a new addition to the CASK family in Campbell River.

Alex Isabella Waite was born on Dec. 28, 1999 at 12:55 am in Campbell River. She weighed in at 7 lbs. 9oz.

Parents Chris and Karen Waite both train at the Campbell River Dojo and hope that their daughter will carry on the tradition.

xxx

We continue to be active in the local schools with the Sportfit elective and the girls' self defense class, helping to keep our youth in shape and hopefully sparking their interest in

the martial arts.

xxx

Classes resumed Jan. 10 at Quadra Island Women's Karate which has become a co-ed club.

Sensei Wayne Duguay continues to brave the ferry crossing to Quadra every Monday morning to conduct class at the Quadra Community Center.

The Quadra class has been going for two and one half years and is a small dedicated group grateful to Sensei Wayne for bringing Karate to Quadra Island.

xxx

In 1999 we started an all women's club at the Lady's gym in Campbell River.

The club, while currently small, has prospects of expanding in 2000. Shodan Corrine Skuse, who runs the classes, says a number of students from the next will be ready for our next grading in the spring.

xxx

CASK Campbell River would like to extend an invitation to anyone visiting the North Island or up skiing at Mt. Washington.

We are only an hour away from the mountain and can provide accommodation for people if needed.

Everyone is welcome. For more information people can check the web site for class times or contact Sensei Wayne at 250-923-7263.

Nationals '99

And the winners are . . .

By Charles La Vertu

Chris Ward of the Westbank Karate Club was winner of the gold medal for senior black belt heavyweight fighting at the third annual Wado-Kai Canada national karate championships held in Victoria in November.

Taking silver was Roger St. Arneault of CASK Shiai Victoria and bronze, Kevin Floyd of CASK Karate Vancouver.

Ali Gilanchi of Richmond Yukodo Kai was winner of the gold in the black belt open weight division while Ward took home silver and St. Arneault, bronze.

St. Arneault took gold in the black belt masters' division (35 years and over). Paul Baker of Nanaimo took silver.

Gilanchi won gold in both the black belt under 65 Kg and between 65 and 70 Kg divisions. Mark Cheng of Richmond Shito-Ryu took silver in both and Ian Steele of Victoria Shotokan, bronze in both.

Heavyweight champion in the black belt women's division was Michele Pierce of Vancouver Shito-Ryu Seiko Kai. Taking silver was Loretta Schwab of Duncan Renshikan and bronze, Suzanne Paquin of CASK Shiai Victoria.

Pierce also took gold in the black belt open while Ann-Marie Huang of Richmond Shito-Ryu took silver and



Kevin Floyd of CASK Karate Vancouver, left, and Chris Ward of Westbank

Paquin, bronze. Schwab took gold in the masters' (35 and over) division. Paquin took silver.

Huang was winner of the

black belt between 53 and 60 Kg division. Pam Ross of Courtney Karate took silver and Marie-Eve Lafreniere of Vancouver Shito-Ryu took bronze.



Nigel Nikolaisen

In the black belt under 53 Kg division, Carie Mohoruk took gold; Lisa Irving, silver; and Andrea Segsworth, bronze. All are from University of Victoria Shotokan.

Steele took the gold in black belt (third degree or higher) kata. Taking silver was Richard Mosdell of

CASK Karate Vancouver and bronze, Gilanchi. Baker placed first in the masters' division while St. Arneault took second and William Martyn of Victoria Shotokan, third.

Casey Mills of Camano Island, Wa., placed first in the black belt kata (first degree) while Cheng placed second and Ward, third. Huang took gold in the black belt (first degree) women's kata division, Lafreniere, silver; and Brenda Bombini of Courtney Karate, bronze.

Nigel Nikolaisen of Campbell River Shito-Ryu, National Karate Association and Karate BC athlete of the year, took gold in the youth male orange to black belt (16-17): Winning silver was Matt Tapley of



Suzanne Paquin of Victoria and Michele Pierce of Vancouver

More winners . . .

Campbell River Shito-Ryu, and bronze, Bob Ryan of Gold River Renshikan. Other results:

Kumite:

Teen, female, yellow/orange belt: 1. Penni Thow of Victoria; 2. Jaime Whitfield, Everett, Wa.; 3. Nicole Tippenhauer, Campbell River. Adult female, green belt: 1. Jennifer Burgess, Duncan; Jane Bakker, Gold River; 3. Chris Pepperdine, Victoria.

Pee-Wee male (8 years and under), yellow/orange belt: 1. Ross Neville, Victoria; 2. Tyler Hungerschafer, Maple Falls, Wa.; 3. Alex Whitfield, Everett. Pee-Wee male green/blue/brown belt: 1. Adam Barth, Marysville, Wa.; Nathan Hamer, Mount Vernon, Wa.

Junior male (9-10) yellow/orange belt: 1. Brady Irwin, Chemainus; Cameron Saunders, Courtney. Junior

male green/blue/brown belt: Zachary Hamer, Mount Veron; 2. Trevor Reid, Everett; Jacob Pacey, Victoria.

Junior male red/black belt: 1. Andrew Pierce, Marysville; 2. Andy Whitfield, Everett; 3. Wyatt Moore, Victoria. Pre-teen male yellow/orange belt (11-12): 1. Andrew Rozenboom, Chemainus; Andrew Ruperto, Victoria;



Richard Mosdell

3. Andrew Patrick, Gold River.

Pre-teen male green/blue/brown belt: 1. Tony Barth, Marysville; Alex Mulberry, Burnaby; Wesley Scott, Victoria. Teen male yellow/orange belt (13-15): 1. Nicholas Yanchuk, Victoria; Paul Skilton, Gold River; 3. Cameron Larsen, Gold River.

Teen male Green/blue belt: 1. Geoff Eby, Courtney; 2. Christopher Stark, Everett; 3. Ian Robertson, Courtney. Teen male brown belt: 1. Erik Chamber, Courtney; 2. Nathan Fields, Ferndale, Wa.; 3. Joseph Comerford, Campbell River.

Teen male red/black belt: 1. Erik

Morgan, Bellingham, Wa.; 2. Tyson Morgan, Bellingham and Troy Hirschhorn, Ferndale; 3. Sean Anglos, Courtney.

Adult male yellow belt: 1. Steven Muskwa, Richmond; 2. Glen Cox, Victoria; 3. Ocean Ng, Victoria. Adult male green belt: 1. Shad Potts, Chetwynd; 2. Scott Patrick, Gold River; 3. Myron Zukewich, Victoria. Adult male blue belt: 1. Robert Hungerschafer, Maple Falls; 2. Mark Woodside, Vancouver; Spencer Nelson, Victoria.

Adult brown belt: 1. Cameron Lewis, Victoria; Vincent Dick, Campbell River; Johnny Tesoro, Vancouver.

Kata:

Pre-teen blue/brown belt: 1. Tony Barth, Marysville; 2. Dana Exum, Arlington, Wa.; 3. Kelsey O'Gorman, Courtney. Teen while/yellow belt: 1. Shannon Corregan, Victoria; 2. Cameron Larsen, Gold River; 3. Paul Skilton, Gold River. Teen orange/green belt: 1. Nick Birch, Courtney; 2. Nicholas Yanchuk, Victoria; 3. Bob Ryan, Gold River.

Teen blue belt: 1. Christopher Stark, Everett; 2. Penni Thow, Victoria; Jordan Twaites, Victoria. Teen brown belt: Nathan Fields, Ferndale; Joseph Comerford, Campbell River; 3. Erik Chambers, Courtney. Teen red/black



Johnny Tesoro is congratulated by referee Fernando Correia



Retired Pan-American champion Shihan Jerry Ferguson and a member of his competition team



Michael Cain of Bellingham congratulates Peter Pacey of Victoria.



Pam Ross



Competitors line up for opening ceremonies



Guests of honour Mr. and Mrs. Akira Tanaka with Sensei Richard Mosdell of CASK Karate Vancouver

belt: 1. Tyson Morgan, Bellingham; 2. Troy Hirsch Korn, Ferndale; 3. John Whitfield, Everett.
Youth brown belt: 1. Matt Tapley, Campbell River; 2. Mycroft Swartz, Victoria.

Serena Gill, Campbell River; 3. Andrea Segsworth, Victoria.

Adult male yellow belt: 1.

Youth black belt (16 and 17): 1. Nigel Nikolaisen, Campbell River; 2. Pam Ross, Cumberland. Adult female white belt: 1. Jeanette LaPointe, Victoria; 2. Jane Bakker, Gold River; 3. Katrina Herriot, Victoria. Adult female yellow: 1. Erika Marksteiner, Campbell River; 2. Nancy Schwartz, Victoria.

Adult female orange belt: 1. Jennifer Lang, Victoria; 2. Jennifer Burgess, Duncan. Adult female green belt: 1. Carie Mohoruk, Victoria; Kimber-Lee Loomis, Marysville; 3. Connie Beel, Victoria. Adult female brown belt: Lisa Irving, Victoria; 2.



Shihan Greg Reid, with wounded left arm, throws Sensei Erich Eichhorn during demonstration at seminar held the following day. Thirteen karate-ka were graded following the demonstration. (For results see p.

Chris Waite, Campbell River, 2. Ocean Ng, Victoria; 3. Glen Cox, Victoria. Adult male orange belt: 1. Mark Hundleby, Victoria; 2. Shad Potts, Chetwynd; 3. Myron Zukewich, Victoria. Adult male green belt: 1. Harold Johnson, Victoria; 2. Ray Mulberry, Brentwood Bay; 3. Scott Patrick, Gold River.

Adult male blue belt: Robert Hungerschafer, Maple Falls; 2. John Flotman, Victoria; 3. Stephane Claude, Victoria. Adult male brown belt: 1. Cameron



Victoria Judo Club and University of Victoria Kendo Club provided demonstrations



Sensei Kraig Devlin, a firefighter, provided first-aid coverage



Chief referee Ken Corrigan of Prince George checks form with competitor



Joyce Lui and Sundeep Dhanowa maintained the data base under the direction of Sensei Gerry Woloshyn



Sandan Cathy Singleton-Bowers was one of more than 20 licensed officials



Registration was busy

The tournament committee is very grateful to the many volunteers who helped make our Nationals 99 a success. Thank you.



Tournament director Sensei Peter Danniels



Tournament committee member Sensei Gerry Woloshyn and chief referee Ken Corrigan discuss line-up



Volunteer co-ordinator Shodan Anne LeDuc pauses for a word with Shodan Jim Ryan while doing trash detail.



Sheila Woloshyn, left, and Kate La Vertu provided gourmet food to officials, competitors and spectators.



Grading results

Sensei Richard now a yondan

Sensei Richard Boles, head instructor at CASK Karate Chetwynd, has been promoted to yondan (4th degree black belt).

He was one of 13 people to take part in the grading held by Shihan Greg Reid and the grading committee following the third annual national karate championships in Victoria last November.

Boles' senior student Jon Stender was promoted to nidan (2nd degree black belt). Also boosted to nidan was Margo Downey of CASK Karate Hombu.

Awarded shodans were Johnny Tesoro, Mario Campese, Dharmesh Dass, Danny Kung, Jim Lam, Cynthia Quan and Brad White of CASK Karate Vancouver; Tim Brennan and Jim Ryan of CASK Karate Hombu; and Vincent Dick of CASK Karate Campbell River.

Others going up in rank following various gradings include:

CASK Karate Hombu: Myron Zukewich, green; Jacob Derkson, brown; Chris Pepperdine, blue; Angie Westmacott, yellow; Ira Schwartz, orange; Bob Beaumont, orange; Michelle Koorn, orange; Ward Cartier, yellow; Peter Jones, orange; Shelley Bubb, blue; Jennifer Lang, green; Shonna-Lee Lowen yellow; and Nancy



Sensei Richard Boles, left, Sensei Roger St. Arneault

Schwartz, orange.

CASK Karate Campbell River:

Darrell McKay, yellow; Stacey Larson, yellow; Donyne Smythe, yellow; Carlena Lowes, Adrien Deschaine, yellow; Carlena Lowes, yellow; Chris Waite, orange; Chantal Rose, orange; Erika Marksteiner, orange; Karen Waite, orange; Martina Kowalychuk, green; Barb McKenzie, green; Kathy Fyfe, green; and Koyla Kowalychuk, brown.

CASK Karate Vancouver:

Ottavio Campese, yellow; Steven Muskwa, yellow; Sherri Collier, orange; Rachel Hrechka, green; Frances Li, orange; Lisa Luscombe, orange; Candice Madera, green; Lisa Vernon, green; and Sandro Yong, orange.

Canadian Women's Karate Club:

Kari Dolberg and Drew Williams, nidan; Erin Shaw

and Sandra-Lynn Hunt, shodan; Connie, Beel, brown; Kristina Deliva, brown; Stefanie Ford, orange; Yolaine Houle, yellow; Rozee Hyder, green; Valerie Kerr, blue.

Lori Kiernan, green; Yoko Kobayashi, green; Joyce Liu, orange, Karen MacKenzie, yellow; Mary Sue Maloughney, yellow; Leslie McAuley, green; Laurie Miller, green; Dorset Norwich-Young, blue; Teresa Rennie, green; Cindy Ruttan, blue; Jennifer Trost, yellow; Cheryl Visser, brown; and Joan Young, blue.

CWKC University of Victoria:

Samantha Deakin, yellow; Sudha Krishnan, yellow; Sundeep Dhahnova yellow; Sherri Yurkowski, yellow; Alexandra Newbould, yellow; Nicole Mackinnon, yellow; Stephanie Blazey, orange; Andrea Vaags, orange; Maria Olivier, orange;

Guess who's No. 1 in Victoria?

You are!



Sandy Paget

**Always putting
your needs first!**

250-474-6003

Toll free 1-800-668-2272

e-mail:
sandypaget@vreb.bc.ca

*PLEASE CALL FOR
YOUR FREE COPY
OF THE NINE MOST
DEADLY MISTAKES
YOU CAN MAKE
WHEN SELLING
YOUR HOME*



New women's Karate club in Yukon

By Alison Greenwood

My bare feet were freezing, going numb on the frosty cement patio.

Even though my toes were whiter than my *gi*, I smiled at the *Yukon News* reporter who was doing a story on the Whitehorse Women's Karate Club.

Deep inside, a voice demanded that I run back into my warm house and take off the black belt that I had not worn for almost a year.

I ignored the voice and focussed on my form as I did basic karate techniques: blocks and punches, turns and kicks.

I could hear Jillian's camera working as hard as I was.

Out of the corner of my eye I could see her perched way above me on the deck railing. That doubting voice yelled out again, "At this angle you're going to look ridiculous." I kicked again, higher and harder, and yelled a louder *kiiai*.

The headline, *SOME GIRLS JUST WANT TO KICK BUTT*, appeared in the September 24, 1999 *Yukon News* with a photo of me. That inner voice? It immediately pointed out that my foot position was wrong and that my guard so high you would think I was fighting Goliath.

Since deciding to move to Whitehorse two years ago I have learned a lot about my commitment to being a Wado-Kai nidan.



Canadian Women's Karate Club chief instructor Leslie Bowers with Nidan Alison Greenwood

From the start I knew there were no Wado-Kai karate clubs in Whitehorse.

Sensei Leslie Bowers, my instructor at the Canadian Women's Karate Club in Victoria, had asked if I had plans for my karate training and if I was going to start a Wado-Kai club in the Yukon.

I don't remember my response but I know deep inside I was thinking, "No way!" Establishing a club was impossible for me to even imagine. I had all sorts of fears.

First off, I did not want to be introduced to my new community as "Alison, the Black Belt".

I did not know if I could

handle any messy politics or time consuming administration of running a club.

Lastly, I felt I did not know enough to be the main instructor of a karate club.

When I arrived in Whitehorse in March of 1998, I attended several martial arts classes thinking to expand my training by learning a style completely different from Wado-Kai. Tai Chi, Tai Kwon Do, Ninjutsu, Judo and Shotokan are a few of the styles I sampled.

At each of the classes I attended I saw things that concerned me: beginners being dropped on their backs without instruction on break falling, students

unwilling to help out when their instructors were absent, and instructors reluctant to have me attend their class because I had trained in another style of martial art.

After a few months I decided to stick with Shotokan Karate because it paralleled my Wado-Kai training the closest. The instructors of the Whitehorse Shotokan Karate Club welcomed me.

I was respected as a black belt and we had fun comparing differences between our styles. I learned a lot, but after about a year I suffered from knee and back injuries. Suffered, too, from lack of a goal that ignited a martial arts fire inside me.

One day, while riding my mountain bike home from work I stopped in a clearing of the Boreal forest and did *Pinan Shodan*.

Wow! It felt good to do the first kata that I learned! I went on to do more katas, relaxing my mind and letting my body do the moves it knew so well instead of the Shotokan variations.

Soon I was training on my own, desperately trying to remember fine points that were different from my recent Shotokan training.

Since I started Wado-Kai in 1992 I had trained on my own over extended periods when travelling or shift work meant I was unable to attend classes.

This time I was struck with

the fact that there was no opportunity to do Wado-Kai with fellow karate-ka in Whitehorse.

As time went by the idea of starting a Wado-Kai club made more and more sense.

Without any prompting, the manager at the fitness club where I train asked if I was interested in teaching karate in his aerobics studio.

A nidan from the Shotokan club urged me to teach Wado-Kai. Women would hear that I am a black belt and ask how they could learn karate.

About six months ago I set aside all those fears that were preventing me from moving forward and started up a Wado-Kai karate club. Since there were no women's martial arts classes in Whitehorse I decided to stick with what I knew best.

The response has been wonderful.

I currently have 10 dedicated students and several women who are "giving it a try".

Our classes are filled with laughter, loud *kiais*, and the silence of intense concentration.

The Shotokan club has supported my move by ordering *gis* for my students, offering suggestions about funding and referring students to me.

Once in a while my inner voice pipes up and points out that I am not prepared to be guiding women on

their martial arts journey.

I focus instead on the curriculum outlined in a care package Sensei Leslie sent and the instructional techniques he taught me.

The biggest obstacle has been within me: that inner voice which professes all my insecurities. I look at the photo that appeared in the newspaper three months ago and realize why my guard is so high. I was blocking my own

Reminder: the annual association dues are now due.

WKC thanks sponsors

The Wado-Kai Karate Association of Canada thanks Thrifty Foods for its support of our third annual National championships held in November.

We also thank Dynaprint printers, Budget Rent A Car, Canadian Springs Water Co., lawyer Rory Lambert of Dinning and Hunter, Canada West First Aid, Systems Designs Inc., California Roll sushi take-out, Jones Bros. electrical, Ross McFadyen at Yates Orthopaedic Sports Physiotherapist, Mikado

karate supplies, Kata Trading martial arts supplies, Sandy Paget at DFH Real Estate Group, Canadian Women's Karate Club and CASK Karate Campbell River.

Please support our advertisers.



Strength/karate seminar

Time: 6:15 p.m. to 8 p.m.

Date: Sunday, Feb. 6, 2000

**Location: Club Phoenix,
2122A Government St., Victoria**

Price: \$25

Seminar purpose: To show karate students the necessary exercises/programs for developing initial impact strength.

Also to expand the students awareness and potential for weight training and how it can improve their karate and physical health and body.

(A must for all students, all welcome)

Victoria Youth Karate fitness and kata

Michael Lis is new grand champion



Grand fitness and kata champion Michael Lis presented trophy by head instructor Greg Reid

Michael Lis is the new Victoria Youth Karate fitness and kata grand champion.

He won the grand championship trophy at the December youth fitness competition held in the James Bay Community Centre in which more than 40 youngsters took part.

Other winners were David Rusk, Jeremy Brownstein, Matthew McKay-Jefferson and Emma Westbrook. Emma is from the Colwood youth group

while the others are from the Victoria CASK Karate Hombu.

The young karate-ka had to win gold in the fitness portion of the tournament -- which included sit-ups, splits and push-ups -- to complete in the kata portion.

Senior instructor Sensei Greg Reid said he hopes to take a team of 10 to 15 youngsters to take part in the U.S. junior nationals in March in Everett, Wa.

He has asked parents to come up with fund-raising suggestions so he can take deserving competitors rather than just



Nidan Margo Downey helps Kassandra Cloutier with her obi while Kyle DeYeager presents David Rusk with his medal.



Danielle Wilder does



Fitness finalists were from left Emma Westbrook, Jeremy Brownstein, Michael Lis, Matthew McKay-Jefferson and David Rusk. (Charles La Vertu photos)

**Prince of Wales Senior Secondary
School
Vancouver, British Columbia**



Vancouver

C.A.S.K



KARATE

**For information and
registration**

**please contact: Sensei Richard
Mosdel I**

CASK Karate Vancouver

Calendar:

Feb. 5, Sato Cup
Invitational Karate
Tournament, Capilano
College Sportsplex, 2055
Purcell Way, North
Vancouver

Feb. 5-6, BC Northern
Winter Games, Fort St.
John

Feb. 24-27, BC Winter
Games, Quesnel

March 11, Steveston
Invitational Karate
Tournament, Steveston
Community Centre,
Richmond

**March 18, Wado-Kai
Canada annual general
meeting, 4:30 p.m., 205**

Simcoe
April 8, Northern BC Youth
Tournament, Kitimat

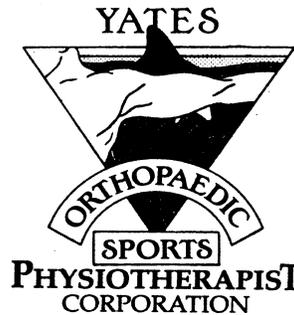
**April 15, Vancouver
Karate Cup, Prince of
Wales Senior Secondary
School gym, 2250
Eddington St., Vancouver**

May 20, Karate BC AGM,
Cowichan Community
Centre, Duncan

May 20-21, Spring
Provincial Championships,
Cowichan Community
Centre, Duncan

Aug. 24-26, National
Karate Black Belt
Championships, Minoru
Hockey Arena, Richmond

**Nov. 4, Victoria Wado-Kai
Invitational Tournament,
Central Junior Secondary**



Ross McFadyen
B.Sc. (PT), M.C.P.A., C.A.M.T.
Manipulative Therapist
#16-1120 Yates Street,
Victoria, B.C. V8V 3M9
385-5853

SUPPORT YOUR NEWSLETTER

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

Our rates are low: \$100 for a full-page ad, \$50 for a
half-page, \$20 for a business card.

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

Karate-ka are encouraged to buy our 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

To order, please write to:
Sensei Erich Eichhorn
4118 Glanford, Victoria, B.C.
V8Z 4A8
Phone: 250-370-6082
Fax: 250-370-6082

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

e-mail:
bowersls@islandnet.com

The Wado-Kai Karate Association