

### Message from the President

In memory of Master Shintani,  
Denis Labbé

We are now entering a new season. Hope everyone had a good summer. My upcoming travel events for this year are:

November 16<sup>th</sup>-18<sup>th</sup>: Delhi Wado-Kai Karate tournament and clinics in Delhi, Ontario.

November 24<sup>th</sup>-25<sup>th</sup>: Carlyle Wado-Kai Karate tournament and clinics in Carlyle, Saskatchewan.

Welcome back, and see you soon in the upcoming clinics and tournaments.

### Message from the National Coach Sensei Ron Mattie

I came across this and would like to share it with everyone:

Beginning today, treat everyone you meet as if he or she were going to be dead by midnight. Extend to them all the care, kindness, and understanding you can muster, and do so with no thought of any reward. Your life will never be the same again. *Og Mandino (1923-1996)*

The Shintani National Team weekend training is being held on the weekend of Oct. 13<sup>th</sup>, 14<sup>th</sup> & 15<sup>th</sup> at the Welland Dojo. For those in the area, we will require sparring partners on the Saturday (14<sup>th</sup>) afternoon at 1 pm. It is a great chance to work with the team and learn new techniques. Safety is the #1 priority so we need everyone to respect the safety of others during practice. Please let me know if you are planning on attending. Thank you.

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### Upcoming Events: Fall 2006 Western Canada:

October 21: Glanmorgan Wado Kai (Calgary)  
Tournament: contact Dan McKee at  
[gyaku\\_tsuki@yahoo.com](mailto:gyaku_tsuki@yahoo.com)

October 27<sup>th</sup> and 28<sup>th</sup>: Virden Wado-Kai: Clinic and Black Belt Grading: contact Sensei Bruce Dunning at [bdunning@mb.sympatico.ca](mailto:bdunning@mb.sympatico.ca)

November 24<sup>th</sup> and 25<sup>th</sup>: Carlyle Wado-Kai: Clinic and Tournament: contact Joan Adams at [jadams@sem.gov.sk.ca](mailto:jadams@sem.gov.sk.ca)

December 1<sup>st</sup> and 2<sup>nd</sup>: Seba Beach Wado-Kai  
Tournament: contact Doug McDowell at  
[Seba\\_Beach\\_Wado\\_Kai\\_Karate@shaw.ca](mailto:Seba_Beach_Wado_Kai_Karate@shaw.ca)

### Eastern Canada:

November 17<sup>th</sup>-19<sup>th</sup>: Delhi Wado-Kai Clinics and Tournament: contact Spring Kaye at [nbakave@hotmail.com](mailto:nbakave@hotmail.com)

**Reminder: 2006-2007 yearly SWKKF membership fees (\$40.00) are now due.**

**Ontario & Quebec** - Submit registration to Sensei June Lebrun, 195 Camille St. Timmins, ON P4K 1K2

**Western Canada** - Submit registration to Dawn Lewis, Box 3081, Melville, SK S0A 2P0

## From the Editor's Desk

*Ahh, fall. That time of year when a Canadian's fancy turns to...indoor sports! Undoubtedly, the majority of SWKKF club members are collectively dusting off their geis and preparing to train. A listing of fall activities is included on the previous page. If you want to train like the National Team members, consider Dr. Brunarski's advice in the following article. I also invite you to read the interview with Sensei Labbé to gain his perspective on the SWKKF. Please remember that this is your newsletter and your participation is actively encouraged. Send your articles and photos to me, Jeff Gervin, at [jhgervin@mts.net](mailto:jhgervin@mts.net). Happy training!*

## Training with The Shintani National Team

By Dr. David Brunarski, Sandan National Team Trainer  
[drbrunarski@aol.com](mailto:drbrunarski@aol.com)

*Editor's note: This edition of Dr. Brunarski's column delves into a more detailed training plan. His article does a great job of summarizing a very complicated subject in a meaningful way. I thank him for his input.—ed.*

## Part 2: Training Schedules and Performance Nutrition

Timing is important. When to train? What to train? The correct answer may determine how much you can improve during each workout. Likewise, nutritional considerations can affect strength, endurance and recovery. It is impossible to separate training and nutrition because one affects the other in a continuous circle of supply and demand. National team members are expected to train twice a day, six days a week, for a weekly total of at least fifteen hours. Training sessions will vary depending on the length of time between competitions and national training camps. Generally, one year represents one **macrocycle** which is subdivided into **mesocycles**. Each

mesocycle lasts approximately eight weeks with seven weeks of hard training followed by one easy week of recovery workouts. Mesocycles 1 to 3 begin the day after the National Team selection and are designed to establish the team member's foundation of strength and endurance. Weight training, cardio and stretching are emphasized in the cross-training component. Basic techniques and the correction of major faults comprise the karate portion. The volume of exercise in the first cycle is high but the intensity is low. Mesocycles 2 and 3 see increasing intensity while maintaining the same or more volume of exercise. To be effective and safe, strive for two training sessions per day with at least four hours between sessions. This allows time for digestion and rest. Hard training means that you need to eat approximately every three hours to provide enough protein and energy for repair and recovery. The following chart provides a sample week for mesocycle 1. Perform this for 7 weeks then stop lifting weights for one week. Continue with everything else until mesocycle 2 begins in week nine.

Meals should contain one-third protein and two-thirds carbohydrate with minimal amounts of fat. Avoid fried foods, white sugar, flour, pastries, and alcohol. Alcohol fixes lactic acid and other acids in your muscles, leading to delayed-onset soreness over the next two days. Good sources of carbohydrate include North American fruit (apples, pears, plums, peaches, grapes), and vegetables (carrots, beans, broccoli, cauliflower, lettuce, tomatoes, cucumber, peas, onions, garlic). Good sources of protein include skinless turkey and chicken breasts, tuna or salmon packed in water, cottage cheese, almonds, and meal replacement packs with 20 to 30 grams of protein.

Focus	Activity ( example only: your personal schedule may vary )	Nutritional recommendation
<b>For fast twitch strength</b>	<b>WEIGHTS</b> 1 hour every other day as the first workout Monday, Wednesday & Friday. Do 5 sets of 5 exercises: 15, 15, 12, 12, 10 reps in a typical pyramid of increasing weight for each subsequent set. Vary each workout by emphasizing a different body part. eg. biceps, triceps, shoulders, chest and legs. Work abdominals after every session.	<b>Before workout:</b> Eat high quality protein at least one hour before weights. Good choices include skinless turkey and chicken breasts, tuna or salmon packed in water, cottage cheese, almonds and meal replacement packs with 20 to 30 grams of protein.  <b>After workout:</b> Within 30 minutes of finishing weights eat again as above. Include a high potency multivitamin such as LifePak ® + 5 g of glutamine and 1000 mg of vitamin C.
<b>For endurance</b>	<b>RUN, CYCLE or SWIM</b> for 1 hour continuously @ 60 to 70 % maximum effort as the second workout on Monday, Wednesday and Friday.	<b>Before workout:</b> Drink carbohydrate-rich fluids unless you are trying to lose weight. Avoid eating prior to the workout.  <b>After workout:</b> Carbohydrate and electrolyte- rich drinks and power type bars.
<b>For fast twitch speed</b>	<b>RUN, CYCLE or SWIM</b> intervals @ 80% maximum effort for 1 hour, twice per week as the first workout of the day on non-weight lifting days; preferably at least 3 days apart. eg. Tuesdays and Saturdays.	<b>Before workout:</b> Drink 20 ounces of water. Avoid eating prior to the workout.  <b>After workout:</b> Carbohydrate/electrolyte-rich drinks and power-type bars
<b>For muscle memory</b>	<b>KATA</b> as the second workout for two hours on Tuesday, Thursday and Saturday. Work speed through the transitions while maintaining technique and focus. Power will develop naturally with hip action and faster flow.  Practice <b>KUMITE</b> for one hour as second workout on Thursday.	<b>Before workout:</b> Normal light ( < 600 calorie ) meal, at least one hour before workout. Meal should be balanced 1/3 protein, 2/3 carbohydrate.  <b>After workout:</b> Normal snack (about 300 calories)
<b>For flexibility</b>	<b>STRETCH</b> after every workout for at least 10 minutes and 15 to 20 minutes before bed. Concentrate on thigh, hip and calf muscles.	<b>Adequate fluid intake:</b> one ounce (30 mL) of fluid per pound of body weight per day.  drbrunarski@aol.com

Sample workout program for October, 2006

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<b>1 OFF</b>	<b>2 AM:</b> <b>Weights:</b> 5 sets of 5 exercises: 12,12,10,10,5 reps. PM: <b>Endurance</b> training: Run for one hour at 60% max effort.	<b>3 AM:</b> <b>Intervals:</b> At 80% max effort.  PM: <b>Kata</b>	<b>4 AM:</b> <b>Weights:</b> 5 sets of 5 exercises: 12,12,10,10,5 reps. PM: <b>Endurance</b> training: Swim for one hour at 60% max effort.	<b>5 AM:</b> <b>Kata</b>  PM: <b>Kumite</b>	<b>6 AM:</b> <b>Weights:</b> 5 sets of 5 exercises: 12,12,10,10,5 reps. PM: <b>Endurance</b> training: Run for one hour at 60% max effort.	<b>7AM:</b> <b>Intervals:</b> At 80% max effort.  PM: <b>Kata</b>
<b>8 OFF</b>	<b>9 AM:</b> <b>Weights:</b> 5 sets of 5 exercises: 12,12,10,10,5 reps. PM: <b>Endurance</b> training: Run for one hour at 60% max effort.	<b>10 AM:</b> <b>Intervals:</b> At 80% max effort.  PM: <b>Kata</b>	<b>11 AM:</b> <b>Weights:</b> 5 sets of 5 exercises: 12,12,10,10,5 reps. PM: <b>Endurance</b> training: Swim for one hour at 60% max effort.	<b>12 AM:</b> <b>Kata</b>  PM: <b>Kumite</b>	<b>13 AM:</b> <b>Weights:</b> 5 sets of 5 exercises: 12,12,10,10,5 reps. PM: <b>Endurance</b> training: Run for one hour at 60% max effort.	<b>14 AM:</b> <b>Intervals:</b> At 80% max effort.  PM: Kata
<b>15 OFF</b>	<b>16 AM:</b> <b>Weights:</b> 5 sets of 5 exercises: 12,12,10,10,5 reps. PM: <b>Endurance</b> training: Run for one hour at 60% max effort.	<b>17 AM:</b> <b>Intervals:</b> At 80% max effort.  PM: <b>Kata</b>	<b>18 AM:</b> <b>Weights:</b> 5 sets of 5 exercises: 12,12,10,10,5 reps. PM: <b>Endurance</b> training: Swim for one hour at 60% max effort.	<b>19 AM:</b> <b>Kata</b>  PM: <b>Kumite</b>	<b>20 AM:</b> <b>Weights:</b> 5 sets of 5 exercises: 12,12,10,10,5 reps. PM: <b>Endurance</b> training: Run for one hour at 60% max effort.	<b>21 AM:</b> <b>Intervals:</b> At 80% max effort.  PM: Kata
<b>22 OFF</b>	<b>23 AM:</b> <b>Weights:</b> 5 sets of 5 exercises: 12,12,10,10,5 reps. PM: <b>Endurance</b> training: Run for one hour at 60% max effort.	<b>24 AM:</b> <b>Intervals:</b> At 80% max effort.  PM: <b>Kata</b>	<b>25 AM:</b> <b>Weights:</b> 5 sets of 5 exercises: 12,12,10,10,5 reps. PM: <b>Endurance</b> training: Swim for one hour at 60% max effort.	<b>26 AM:</b> <b>Kata</b>  PM: <b>Kumite</b>	<b>27 AM:</b> <b>Weights:</b> 5 sets of 5 exercises: 12,12,10,10,5 reps. PM: <b>Endurance</b> training: Run for one hour at 60% max effort.	<b>28 AM:</b> <b>Intervals:</b> At 80% max effort.  PM: <b>Kata</b>
<b>29 OFF</b>	<b>30 AM:</b> <b>Weights:</b> 5 sets of 5 exercises: 12,12,10,10,5 reps. PM: <b>Endurance</b> training: Run for one hour at 60% max effort.	<b>31 AM:</b> <b>Intervals:</b> At 80% max effort.  PM: <b>Kata</b>	<b>Weights:</b> <b>Monday: (Chest and triceps)</b> Narrow grip bench press; French press; Incline dumbbell flies; Dips; Kickbacks. <b>Wednesday: (Back and biceps)</b> Curls; Incline dumbbell curls; preacher curls; Arnold press; Lat pulldowns <b>Friday: (Legs)</b> Squats; calf raises; deadlifts; lunges; leg press.			

Mesocycles 2 and 3 follow the same schedule but require increased intensity. For **weight lifting** that means heavier weights and fewer reps per set. You should still do 5 sets of 5 exercises but reduce the reps to 12, 12, 10, 10 and 6 as you increase weight each set. For **cardio endurance**, try going faster over the same distance. Sure, it is easier to go further than faster; especially for older folks because age helps endurance due to the adaptive effects of time. That is why triathletes and tour de France competitors peak around age 37. However, speed and fast-twitch fiber count are readily lost with advancing age. Retention or restoration of speed requires speedy workouts. Therefore, for the **interval speed workouts** you need to shorten the rest between intervals too. This will increase the intensity of the workout and intensity is what mesocycles 2 and 3 are about. Typically, in the first eight week mesocycle you require two or three times more rest than you take to run the interval. In the second and third eight week mesocycles, shorten this to a one to one ratio. For example, an interval running workout might include a 1000 m easy warm-up (< 5 minutes + 5 to 10 minute recovery) followed by 3 X 800 meters (< 3:30 with 7 minutes of recovery), followed by 10 X 400 m (< 1:20 each with 3 minutes of recovery between intervals), ending with 6 X 200 m sprints (< :35 and up to 2 minutes of recovery between interval runs). Mesocycles 2 and 3 would reduce the rest intervals to match the time taken to run each interval. This is not easy, but will effectively improve your ballistic speed and ability to sustain yourself during kumite. The same principles apply to interval cycling and swimming.

In mesocycles 4 and 5 ( weeks 25 through 40), fitness, strength and

flexibility should not be an issue. The emphasis is now on the acquisition of new or higher levels of karate skill and performance. A team training camp is held during this time and sensei Mattie will introduce the team to advanced body mechanics, world cup kata and refinement of individual talents. The learning curve is steeper so new skills are practiced during the first training session of each day when co-ordination, speed and mental alertness are still fresh.

The final mesocycle involves pre-competition preparations and tapering. Part 3 will discuss how you should prepare for a major competition that is six weeks away.

It should be understood that the commitment made by the national team members involves a huge sacrifice in terms of time away from family and friends and demands a lifestyle of strict self discipline. Some national teams receive government support and workplace assistance so that their athletes can devote more than 25 hours per week to training and related activities. To stay competitive on the world stage our team members need to maximize every Canadian advantage found in modern training methods, the science of nutrition, athletic therapy and sport psychology. It is an honour to help train this elite team of ours. To show your support and interest I would like to ask you to share your training experiences with the rest of the Shintani Federation so that we all progress together. I welcome your comments, questions and constructive criticism.

In harmony,

Sensei Dave.

## Interview with Sensei Denis Labbé



Sensei Labbé addresses students at Edmonton grading, May 2006

*This article is the second in our Senate interview series. This edition features Sensei Denis Labbé, president of the Shintani Wado-Kai Karate Federation. True to his reputation as an individual for details, Sensei Labbé preferred to prepare written answers to my questions in order to answer them more fully. I thank him for his effort in this regard.*

*It should be noted that a more thorough history of Sensei Shintani and the SWKKF will be featured in an upcoming edition of the Journal of the Asian Martial Arts.*

*Harmonizer: I am interested in Sensei Shintani's early history. What can you tell us about his life? (For example...his internment camp experience, his meeting with Ohtsuka-sensei, his martial arts competition days, etc.) Did Sensei Shintani ever have a career or job besides teaching martial arts?*

Sensei Denis Labbé: Sensei Shintani began his study of karate in the internment camp with Sensei Akira Kitagawa, who called his system Okinawan Te. He (Sensei Shintani) observed the man punching and kicking by the streams and hitting the bark of

trees. The people of the camp called him "the strange man", and parents in the camp warned their children to stay away from him. The youngsters of the camp, however, would seek him out and watch him. In time, Sensei Kitagawa invited Sensei Shintani to begin working out. He trained for nine years with Sensei Kitagawa. After the war, Sensei Kitagawa returned to Japan. In the end, he died of tuberculosis in a Japanese hospital.

Sensei Shintani later moved to a farm near Beamsville, Ontario. He began teaching Judo in a shed, and later began teaching karate as well. His first student was a police officer. In 1952, the small club at the farm grew into a formal club at the Hamilton YMCA. Sensei Shintani met Sensei Ohtsuka in that year as well; Sensei Ohtsuka was touring the world and stopped by the YMCA club while in Hamilton. This was Sensei Shintani's first contact with Sensei Ohtsuka.

Sensei did not have a distinctive trade, but during his younger years he worked at a day job and taught karate in the evenings. He worked as a carpenter and florist, and made miniature villages. One of the villages was called "Nursery Rhymes Village". He also owned a fruit farm, played semi-professional baseball, herded cattle, and even taught Zen and oriental philosophy at Brock University for one term. In his older years, he restricted himself to teaching karate.

*Harmonizer: Sensei Shintani passed away in May of 2000. With this in mind, we now have black belt level karateka that never had the opportunity to meet him. What would you tell these people about him to help them better understand who he was?*

Sensei Denis Labbé: Sensei's karate was hard and fast. He exploded in his

techniques, but did not hurt you when he made contact. Sensei was an honest and humble man. He spoke very softly. He dedicated his whole life to the martial arts.

*Harmonizer: What was the reason for our organization's name switch from Wado-ryu to Wado-Kai in about 1986?*

Sensei Denis Labbé: The name of the style founded by Ohtsuka-sensei is Wado-Ryu. When Sensei Ohtsuka passed away, his son Jiro became his successor. Sensei Jiro's beliefs were different from those of his father. The followers of Sensei Otsuka Sr., including Sensei Shintani, decided to part ways with Sensei Jiro and called their organization Wado Kai. Keep in mind, though, that the style of karate we study is still Japanese karate of Wado-Ryu.

*Harmonizer: In addition to his Wado rank, I believe I have heard that Sensei Shintani held black belt ranks in Judo, Kendo and Aikido. Is this correct? At what stage of his life did he study these arts?*

Sensei Denis Labbé: Sensei Shintani trained in judo and kendo at the Japanese school he attended in Vancouver. They attended English school during the day and studied Japanese subjects in the evenings. As far as I know, he did this for two to three years. His aikido was learned in the camp. He did achieve his shodan in aikido. He also studied some Kung Fu as a child.

*Harmonizer: What is your opinion regarding cross-training in different martial arts? Is this something that is desirable for the average karateka, or should it be avoided?*

Sensei Denis Labbé: I believe that beginners should train in one martial art for a few years and learn all its basic

requirements. Once you have a training concept, I encourage other styles of martial arts in your curriculum. It provides you with variety and it will work different muscles in your body. But in the martial art of karate, I would recommend that you stay with one karate style. I would not cross-train Japanese karate with, for example, Korean karate (Tae-kwon-do), or Chinese karate (Kung Fu).

It is important for instructors to teach one style of martial arts at a time. You can cross-train in your curriculum, but focus on the requirements of the primary martial art.

*Harmonizer: When did you begin your study of Wado? For what reasons?*

Sensei Denis Labbé: I began my training with Sensei in September of 1972 while a tenth-grade student in high school. I wanted to learn some type of martial art, and when Sensei came to my school for a demonstration, I was impressed. My first workout convinced me that Wado karate was for me. The school club later became the Welland karate club.

*Harmonizer: How do you keep yourself motivated to perform your multitude of karate duties?*

Sensei Denis Labbé: I keep myself physically and mentally motivated by training every day and making contact with the membership. I train every day for one and a half hours. I alternate training days with karate training and working out at the gym (light weights and cardio). I am mentally motivated by keeping in contact with the membership—whether I meet them in person, or have a conversation by phone or email.

*Harmonizer: Does our current practice of Wado Kai karate differ significantly*

from when you started? If so, how does it differ?

Sensei Denis Labbé: There is always a degree of change when you go down from generation to generation. The caliber of karate has risen substantially. When I started, there were few ranking black belts that we would model from. Now, thirty-four years later, we have many ranking black belts for beginners to look up to.



Sensei Labbe presents Sensei Rick Leveille with his Schichidan (7<sup>th</sup> dan) certificate at the National Tournament, June 2006.

*Harmonizer: I have heard that the SWKKF is one of the largest karate organizations under a single style in North America. How many members does the SWKKF currently have? How many black belts?*

Sensei Denis Labbé: We currently have 2,790 members and 370 black belts (statistics of 2005-2006).

*Harmonizer: Are there any significant changes on the horizon for the SWKKF? (For example—changes in contest rules and regulations, or organizational structure, technical changes, or kata syllabus? Is there any impetus to join groups that would allow our athletes to compete in the Pan Am games, or the Olympics?)*

Sensei Denis Labbé: We are always trying to find ways to improve the organization. We now have an organizational structure in place where the flow of information will be distributed from the Senate to the Provincial reps right down to the club members. We are working on a judging and training program so that we can be more consistent in our tournaments. We are looking at a marketing strategy which would help fund the team, offset clinic costs, promote Shindo, and generally promote the teachings of Sensei Shintani. We have a new logo in place. We are looking into ways to connect our athletes to compete in the Pan Am games or the Olympics.

*Harmonizer: As a large organization, we have many new students joining on a regular basis. What advice could you offer them to improve their karate?*

Sensei Denis Labbé: I would probably advise them to read the mission statement:

### Mission Statement

We are a family oriented traditional karate organization  
Focusing on Sensei Masaru Shintani's teachings  
And values of kindness and humility.  
Our goal is to move into the future with ties to the past,  
Developing confident individuals  
Who will be positive role models within the community.

# Shintani Wado Kai Katas

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#### PRICES LIST

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# KATAS

Shintani Wado Kai  
Karate Federation



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OR your club head instructor

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