



The

HARMONIZER

The Official Newsletter of the Shintani Wado-Kai Karate Federation

Volume 11, Issue 4
October, 2007

In this issue:

Message from the
President—p.1

From the Editor's Desk—p.2

SWKKF News—p.3

Interview with Sensei Rick
Leveille—p.3

From the Archives—p.5

Self-Defense in Sixty
Seconds—p.7

**PLEASE REMEMBER
2007-2008 SWKKF
MEMBERSHIP FEES
ARE NOW DUE. THE
REGISTRATION FEE
FOR ALL KARATEKA
IS \$40.00.**

Residents of
Ontario and Quebec
should submit
registration to Sensei
June Lebrun, 195
Camille Street,
Timmins, ON P4K 1K2.

Residents of Western
Canada should submit
registration
to Sensei Dawn Lewis,
Box 3081, Melville, SK
S0A 2P0.

Message from the President

In memory of Master Shintani
Sensei Denis Labbé

I hope everyone had a good summer. Welcome back! See you soon in the upcoming clinics and tournaments. The following is the SWKKF Calendar of events for 2007-2008.

Western Canada

October 20th, 2007 – Bushido Karate Association – Clinic – James Freeman

October 26th /27th, 2007 – Virden Wado Kai – Clinic and Black Belt Grading – Bruce Dunning

November 3rd, 2007 – Riverbend Karate Association – Doug Wiltshire

November 10th, 2007 – Glanmorgan Wado Kai (Calgary) Tournament – Dan McKee/Kevin Bowes

November 23rd /24th, 2007 – Carlyle Wado Kai – Clinic and Tournament – Joan Adams

December 1st, 2007 – Seba Beach Wado Kai – Tournament – Doug McDowell

February 22nd /23rd, 2008 – Whitecourt Wado Kai – Clinic and Tournament – Shelly McGregor

February 22nd /23rd, 2008 – Virden Wado Kai – Clinic and Tournament – Bruce Dunning

February 29th /March 1st, 2008 – South Calgary Wado Kai – Clinic and Tournament – Heather Fidyk

March 14th /15th 2008 – Saskatoon Wado Kai – Clinic and Tournament – Crystal Johnson

April 3-5th, 2008 – Alberta Shintani Karate Association – Clinics and Tournament - Doug Scabar

May 2nd /3rd, 2008 – Alberta Black Belt Grading (Held in Northern Alberta) – Host to be announced

Eastern Canada

November 17th /18th, 2006 – Delhi Wado Kai – Clinics and Tournament – Spring Kaye

January 19th, 2008 - Fort Erie Wado Kai – Tournament – Gary Bird

January 26th, 2008 – Timmins Wado Kai – Tournament – Willie Lebrun/June Lebrun

February 9th, 2008 – Welland Wado Kai – Black Belt Grading – Ron Mattie

February 17th, 2008 – Simcoe South Wado Kai – Tournament – Tom Foster

March 8th, 2008 – Hanmer Wado Kai – Tournament – Gilles Dupuis

March 22nd, 2008 – SWOR Wado Kai – Tournament – Roger Frigault

April 26th, 2008 – Welland Wado Kai – Tournament – Anne Readhead

April 18th – 20th, 2008 – Michipicoten Wado Kai/Wawa Wado Kai – Clinic, Tournament and Grading –
Duanne Wenmann and Larry Laforge

May 23th /24th, 2008 – National Master Shintani Memorial Karate Tournament – Clinic and Tournament—Anne
Readhead and Jim Atkinson

From the Editor's Desk

The autumn brings about the beginning of a new season of karate training in many SWKKF dojos. It is also the time of year when the majority of new students begin their training in karate. Ultimately, many new students will discontinue karate training, and only a small percentage will make the sport a "lifetime" activity. I have spoken with many instructors through the years who have been disappointed with student retention rates in their classes. The obvious question that should arise from such a discussion is, "What can we do about it?" I include a few suggestions here. Some of this information comes from the National Coaching Certification Program Competition A manual.

1) Cut yourself a break

Remember that a certain number of people will discontinue your class regardless of what you do, and it isn't your fault! The general public often has misperceptions regarding the nature of karate practice, because the majority of people have had little exposure to karate. In contrast, parents enrolling their children in more "mainstream" sports have a very clear idea of what the activity is like. Therefore, some people will quit simply because the training is not at all what they thought it would be.

2) Make karate fun

In any new sport, athletes must spend a lot of time acquiring new skills. At this time, fundamental movements are repeated until they become innate. To avoid boredom, strive to teach basics in a way that avoids countless repetitions in the same position. Instead, develop games and drills that develop the required skills.

3) Account for different learning abilities

A seven to eight year-old child's attention span lasts only for a few minutes. They learn best by watching a quick demonstration, followed by trying the activity. An adult may learn better if the techniques are described in more detail.

4) Account for different physical abilities

Very young children have low endurance and limited co-ordination. Don't attempt to strive for technical perfection too early. Instead, focus on developing the general movements first. Sedentary adults should be encouraged to develop fitness in order to prevent injury and to eventually perform at a higher level.

5) Don't be too predictable

Workouts are more fun when the structure of the class varies. It might seem logical to start every class with basics, followed by kata, and conclude with kumite, but this can become tiresome for students. Don't be afraid to "mix it up" a little bit.

6) Use partner drills wherever possible

Practicing techniques with a partner is more stimulating than throwing punches into empty air. After the student has acquired a basic understanding of how a technique is performed, he should practice it with a partner. This approach helps to develop the senses of distancing and timing that are so important in kumite.

7) Encourage homework

In my dojo, I encourage students to cross-train. A personal trainer is a great asset to assist with physical improvement. In addition, students can watch the kata videos to improve a previously-learned kata.

8) Keep it simple

Instructions, descriptions, and corrections should be as brief as possible. Also, keep technical practice as simple as possible. There is no need to have students moving down the dojo floor performing repetitions involving multiple movements.

9) Praise your athletes

Everyone likes to get a pat on the back when they have done something well. Find something good to say about each athlete during the course of a class.

In closing, I will leave you with a list of reasons why children quit sports.

- 1) I lost interest
- 2) I was not having fun
- 3) It took too much time
- 4) Coach was a poor teacher
- 5) Too much pressure (worry)
- 6) I wanted a non-sport activity
- 7) I was tired of it
- 8) I needed more study time
- 9) Coach played favorites
- 10) Sport was boring
- 11) Overemphasis on winning

(Source: Coaching Association of Canada, 2003)

I wish you all the best in the upcoming season!

Jeff Gervin, Harmonizer editor

SWKKF NEWS

MASTER SHINTANI TO BE INDUCTED INTO CANADIAN BLACK BELT HALL OF FAME

Sensei Masaru Shintani, along with six other masters, will be inducted into the Canadian Black Belt Hall of Fame at the 2007 Canadian Martial Arts Invitational Championships on Saturday, October 17th. The presentation will be at 1:00 p.m. at Kent School on the corner of Dufferin and Bloor Street in Toronto.

SENSEI RON MATTIE WINS THIRD IN IAIDO CHAMPIONSHIP

Congratulations to Sensei Ron Mattie, who placed third in the Sandan and up division at the Canadian Iaido Championships held recently in Ottawa.

SCHOLARSHIP WINNERS ANNOUNCED

The recipients for the 2007 scholarships were Tyler Grantham, son of Sensei Nick Grantham of Scotland ON, and Sensei Jeremy Olson of Calgary, AB. Thank you to all those who sent in applications this year, it was wonderful to read about your achievements. Remember to start gathering your reference letters now for the application in 2008.

Heather Fidyk
Chair - Scholarship Committee

INTERVIEW WITH SENSEI RICK LEVIELLE

Editor's note: In October of 1997 I travelled to Delhi, Ontario, to participate in the tournament and workshops there. We performed two-step kumite drills, periodically switching partners. We were asked to change partners one last time, and I was paired with a blackbelt that was somewhat older and smaller than I was. We were instructed to perform jiyu kumite. I initially attacked with a measured pace, and my partner countered easily. I attacked with more vigor, and was repelled once again. I then attacked with everything I had, aggressively stepping forward with punches and kicks. On most of the exchanges, my partner neatly blocked and countered as easily as if I were

SWKKF NATIONAL TEAM TRAINING IN WELAND

The SWKKF National Team will hold a training session at the Welland dojo from October 19 to 21. Anyone wishing to participate in sparring with the team members is encouraged to join them at the dojo on Saturday, October 20, at 1:00 p.m.

SWKKF DOJO OPENS IN TORONTO

GTA Wado-Kai has acquired a storefront location in Toronto at 1650 Queen St. West. The principal instructor is Sensei Darren Marshall, who will be assisted by Sensei Mike Rust. Boxing and jiu-jitsu clubs will also operate from the facility. The collective schools are called "The Vibe Community Centre".

Classes are held on Tuesdays and Thursdays from 6:00-8:30 p.m. The children's class occurs during the first hour (6:00-7:00), and the adult class follows (7:00-8:30). Additional Shindo and conditioning workshops will be held several times per month on Saturday mornings. There is a fee of \$10.00 for attending the Saturday workshops to help raise funds to offset renovation costs. All Shintani karateka are welcome.

a child. He then put up his hands to signal me to stop, and said, "OK, let me tell you what you're doing wrong." This was my introduction to Sensei Rick Leveille.

In this "interview" with Sensei Rick I have changed the format slightly. When provided with a list of interview questions by email, Sensei Rick did a fine job of writing a short autobiography and provides a beautiful insight into his philosophical view of the martial arts. I saw little need to edit his words. Enjoy.

Hello fellow karateka:

My name is Rick Leveille. I am a "Sensei" of Wado-Kai Karate for the Shintani Karate Federation. Sensei Jeff Gervin has graciously

asked me to introduce some personal and karate history to our members.

I have been practicing and teaching Wado-Kai Karate under the guidance and teaching of Sensei Shintani since 1973. I hold the rank of Shichidan (7th Dan) in the Shintani Karate Federation and am a member of the Shintani Senate whose purpose is to give direction to our members and protect the teachings and philosophy of our founder, Sensei Masaru Shintani.

I have recently moved to Elkford, B.C., and work for Elk Valley Coal Corporation as a rock truck driver in one of their coalmines. My hometown is Wawa, Ontario, where I began my karate practice. I have lived in White River, Ontario for the past 30 years, raising three daughters with my wife, Laurie. I have been teaching karate in White River, along

but if you consider that working people who have jobs and families and other responsibilities have done all of the work to achieve our goals, I think that we have done a fine job. I look at karate training not as a sport but as a lifestyle and method of character development. I look at progress and change in our federation as a maturing process much like life in a family. The majority of our members are family oriented and those values are reflected in our philosophy and interactions. As our leaders are maturing, I would like them to focus on the youth and the importance of motivation for these members. It is common for long time members to forget that we have developed our skills slowly over the years and sometimes forget just how far we've come. Take the initiative to show these young karateka what we can do and give them some of the passion that

with my friend and student Sensei Brad Lundquist (Godan), since 1978. My parents, I'm proud to say, are both Tai-Chi instructors in Sault Ste. Marie, Ontario. They began Tai-Chi practice after retiring and are very active members in their own organization.

I have enjoyed



Wado clinic in Kapuskasing, Ontario, Summer 1974

Sensei Danny McCoy- back row, far right
Sensei Rick Leveille- front row, far right
Sensei Randy Quarrell- front row, far left

has driven us so far.

At this time in my karate practice, my focus is not solely on technical skills and achievement such as competitive success and progress in rank but more importantly in the spirit of the journey. I enjoy a good fight and still like to perform for

many hobbies and sports over the years such as hockey, skiing (both cross country and downhill), fishing (which remains one of my biggest passions), hunting, mountain biking, and photography. I occasionally play the guitar.

I am not actively teaching karate at this time as we are adjusting to a new life in the west, but I hope to be involved in karate events whenever possible. I'm looking forward to visits to clubs in this region once we are settled. I'm very proud of our accomplishments as an organization and the fact that it has been done through the dedication and volunteer efforts of all of our members. Some may think that change comes slowly to our organization

our students. I have sparred with all of my own students on a regular basis over the years and still enjoy sharing my spirit with them in that way. The spirit of true karate is my main focus and it has always been in my approach to all aspects of training. If a karateka practices the spirit of karate, everything else will fall into place. Patience is the key to success. It isn't always easy to progress in activities that we pursue in life, whether it's karate or school or work, but karate practice gives us the tools we need to reach our goals. The key is to attack with spirit. Whenever you meet a new member, give them some of your spirit and watch them grow.



“Take the initiative to show these young karateka what we can do and give them some of the passion that has driven us so far”

Sensei Rick Leveille

Senseis Danny McCoy (left) and Rick Leveille (right) after competing in the Master's Division at the Western Canadian Championships—Stony Plain, AB, 2007

FROM THE ARCHIVES

SUBMITTED BY SENSEI LAWRENCE BLAKEMORE

MINUTES OF MEETING WADO-KAI KARATE OF CANADA MAY 15, 1988

The second meeting of the committee was called to order by chairman Lawrence Blakemore at 11:00 a.m. at the offices of Simcoe Erie Group, 505 York Blvd., Hamilton.

Present were:

Ray Poulin
Bruce Perkins
Peter Cioffi
Charlotte Martin
Ron Mattie
Tony Robles
Ernie Jukes
Stan Martin
Wayne Swindall
Lawrence Blakemore
Denis Labbe

The following reports were filed and discussed;

- 1) Organizational Chart of Ranking Black Belts (“family tree”)
- 2) Organizational Chart of Regional Directors

Reports filed by R.W. Swindall and Bruce Perkins were not discussed during the meeting.

Motions

It was moved by Tony Robles and seconded by Ron Mattie that: *(continued on next page)*

FROM THE ARCHIVES (continued from previous page)

Denis Labbe ask Sensei Shintani to accept the assistance of the committee and to publicly endorse the committee to look into specified matters concerning the Wado-Kai organization.

Carried.

It was moved by W. Swindall and seconded by Peter Ciolfi that:

All resolutions passed by the committee be submitted by the committee to Sensei Shintani for his blessing and approval, with the request for his written authorization to proceed.

Carried.

It was moved by D. Labbe and seconded by P. Ciolfi that:

The Organizational Chart of Ranking Black Belts as prepared by D. Labbe be presented to Sensei Shintani for confirmation and modification.

Carried.

It was moved by B. Perkins and seconded by E. Jukes that:

D. Labbe and L. Blakemore approach Sensei Shintani and return to the committee with an Organizational Chart of Regional Directors.

Carried.

It was moved by R. Poulin and seconded by S. Martin that:

Reports filed by B. Perkins and W. Swindall be discussed at a future meeting.

Carried.

It was moved by R. Mattie and seconded by T. Robles that:

The secretary acknowledge the co-operation and assistance of Simcoe Erie Group for offering their facilities for committee meetings.

Carried.

It was moved by E. Jukes and seconded by R. Mattie that:

The committee establish a self-supporting petty cash fund by accepting:

- a) A \$10.00 monthly donation from each attendee,
 - b) A \$100.00 loan from Simcoe South karate and clubs administered by Lawrence Blakemore.
- D. Labbe will administer the petty cash fund.*

Carried.

It was moved by B. Perkins and seconded by C. Martin that:

The next meeting will be held at Simcoe Erie Group on June 12, 1988.

Carried.

Ron Mattie moved that the meeting be adjourned. It was finalized and adjourned at 2:05 p.m.

Editor's note: I sent an email to Sensei Blakemore to ask him to explain the significance of this meeting. He replied with the following:

This meeting report is to show our population that a committee dedicated to helping Shintani sensei with his organization was in place prior to the Senate, and shows who was on the committee at that time. This committee was a precursor to the present Senate, from which the Senate evolved with Sensei's approval. This type of information has been and is being collected and archived for the future. Anyone having this type or

any type of information about the development of the SWKKF from the early days to the present across Canada and the USA are invited to submit what they have for documentation for the history of the organization to the archive committee under the direction of Sensei Denis and me. Photos, letters, and documents of any kind are acceptable. Copies of the above are acceptable from the original item. I hope this report will spark interest in this endeavor from our population so this important work can be done before it is lost.

Sensei Blakemore.

SELF-DEFENSE IN SIXTY SECONDS

Thai pad training drill

By Jeff Gervin, Godan, and Members of Synthesis Martial Arts Dojo, Boissevain, Manitoba.

Training to improve hitting power is essential for the karateka interested in developing skill in self-defense. This drill not only accomplishes this, but also taxes the anaerobic lactic system, which improves the specific type of stamina required for self-defense, kata, or kumite.

Although several different types of pads could be adapted for use in this drill, the thai kickboxing pads pictured are ideal (1). These pads can absorb a good deal of impact, and are sufficiently dense to provide a realistic striking “feel”. The arm pads are strapped to the trainer’s forearms and cover from knuckles to elbow. The pads must not be strapped too tightly in order to allow the trainer to rotate the pads slightly to absorb blows from different angles. The belly pad is fastened tightly around the trainer’s midsection, and safely absorbs mae-geri kicks. Note, however, that the belly pad is very dense, and a certain amount of the force of the kick is transmitted to the wearer; therefore, these pads may not be appropriate for absorption of hard thrusting kicks such as yoko-geri kekomi.

In figure 2, Ed and I are in the ready position to begin the drill. I throw a hard mikazuki-geri to the arm pads, striving for maximum impact. To absorb the force of the blow, Ed thrusts the pads slightly downward to “meet” my kick. Ed needs to “ki down” here to prevent being pushed backwards. I try to make contact with both pads simultaneously; I strike the near (right) pad with the area of my shin just below the knee, and I hit the far (left) pad with my lower shin. I try to avoid striking the pads with the top of my foot to avoid injury. I then throw two more kicks with the right leg, rechambering as quickly as possible each time.

After I have thrown the three mikazuki-geri kicks, Ed switches his stance to present the pads for my left leg (figure 4). I throw three left mikazuki-geri kicks as powerfully and quickly as possible.

Note that the kicks thrown could be mawashi-geri instead of mikazuki-geri. For mawashi-geri, the trainer must hold his pads in a more upright fashion, making it more difficult for him to absorb the kick.





At this time I have thrown a total of six kicks. Ed now presents the arm pads for punching. I begin by throwing right gyaku-zuki to the **right** arm pad. By throwing the right punch to the right arm pad, I must twist fully into the punch (figure 5). I then immediately twist to my right to deliver my left punch into the left arm pad (6). After the left punch, I throw the right punch again, going back and forth until I have thrown eight hard punches on each side. It is very important for Ed to “catch” my punches by driving the pads forward slightly. If he does not, the pads will fly backward and make the drill ineffective. It is crucial to have adequate wrist support and padding over the knuckles when doing this drill. I use mixed-martial arts training gloves for this purpose. Alternatively, one could use boxing-style hand wraps.

After completion of the punches, I begin throwing mae-geri kicks to the belly pad (7). I throw one left kick (7), followed by one right kick (8). I then repeat until three mae-geri kicks have been delivered with each leg. The trainer must tense his abdomen during impact to accept the blow.

Finishing the mae-geri kicks concludes the first “round” of our drill. The trainer then prepares for the second round by adopting the ready position in figure 2, and the athlete repeats the entire kick-punch-kick sequence. If the athlete can complete three rounds using full power and good form, he is in great shape; if he can do six rounds, he is an animal!

Once again, the entire sequence is:

- 3 x right mikazuki-geri or mawashi-geri
- 3x left mikazuki-geri or mawashi-geri
- 16 zuki alternating left and right
- 6x mae-geri alternating left and right

Repeat two more rounds

IMPORTANT NOTES: When striking thai pads (or any other pad, for that matter), go slowly at first to allow yourself and your trainer to become accustomed to the feel of the pads. Once you are confident, try some harder strikes. Be aware that throwing multiple full-power strikes as described is extremely taxing, so don't overdo it!

I would like to thank Ed Dyck and Julie Gadson for their assistance in the preparation of this article.

THE HARMONIZER IS PUBLISHED UNDER THE MANDATE OF THE SENATE OF THE SHINTANI WADO-KAI KARATE FEDERATION (SWKKF). THE SWKKF DOES NOT ACCEPT RESPONSIBILITY FOR STATEMENTS OF FACT OR OPINION MADE BY ANY CONTRIBUTOR. STATEMENTS MADE BY INDIVIDUALS MAY NOT REFLECT THE OFFICIAL POSITION OF THE SWKKF. ACCEPTANCE AND PUBLICATION OF ARTICLES, ADVERTISEMENTS, PRODUCTS AND SERVICES DOES NOT INDICATE ENDORSEMENT OF SAME BY THE SWKKF AND THE SWKKF ASSUMES NO RESPONSIBILITY FOR THE ACCURACY.