

SHINTANI TEAM UPDATE,  
THE ALBERTA TRIP 1998,  
By Sensei Peter Ruch, Team Manager, Ft.Erie, Ontario.

I would like to thank Sensei Danny McCoy and Sensei Norm Volk for another excellent tournament. This was my second trip west and I thoroughly enjoyed myself. I would encourage all members of the Shintani Wado Kai Karate Federation to make a sincere effort to attend next year's event.

Sensei Norm picked up Sensei Ron Mattie, Sensei Bruce Perkins and I at the airport and took us on a very scenic tour of the area, down some dead end roads, into many driveways, but eventually we arrived at our destination. Sensei Norm's explanation was he didn't want the guys from the East to know just how you get from the Airport to Spruce Grove. Well, he succeeded. As always Sensei Norm was a good sport but we did get a ride back to the Airport with another person.

The Thursday night workout was another learning experience. Different Senseis lead the technique sections of the evening and then afterwards, students had to demonstrate and explain what they had learned, speaking about the technique and spirit. The kyu belts were congratulated on their spirit and tenacity in learning. It was almost at the end of the workout that Sensei Ron Mattie and various Shintani Team members finally arrived after jogging from the Spruce Grove Motel to the workout area, a very short distance. It took them almost 1-½ hours. Apparently they almost jogged to Sensei Danny's home, through schoolyards, maybe some backyards, and across golf courses. Did Sensei Norm give directions again?

On Friday, with the assistance of many people, the Shintani Team had a workout at the Spruce Grove Hotel. This session was lead by Sensei Danny McCoy, Sensei Bruce Perkins, and Sensei Denis Labbe. Again this was a great learning experience for all. After the session ended many members went to the West Edmonton Mall for a look at fantastic development.

Friday evening again saw students on a bus going to Stoney Plain Memorial Composite High School for a workout. The bus got lost. Where was Sensei Norm?!? The two gyms were utilized, one for the Black and Brown Belts, and one for the other Kyu Belts. I along with Sensei Steve Taylor and Sensei Jim Atkinson had the pleasure of assisting the Kyu Belts that evening. As a result, Jim Gervin, Gerrard Benz, Sarah Calverley, and Amy Voutour were awarded the Shintani Wado Kai Karate Black Belt pin for the enthusiasm and determination in learning karate. When the group was reassembled with the Brown and Black Belts, everyone acknowledged these your persons.

After the tournament we returned to Spruce Gove Motel for the evening banquet. Again the music was great and all the students participated in the crazy dancing etc. Congratulations to Renald Bouffard for being awarded an Honourary Black Belt. Renald has been actively involved with the local club as a volunteer. His lovely wife, Judy is earning her Black Belt the hard way. Hey Renald! Don't pull rank with your wife, she can probably clean your clock!

The members of the Alberta Wado Kai must be congratulated on their efforts.

CLUB NEWS,  
WHITE RIVER WADO KAI,  
By Erin Frasier, White River

Good things come in small packages and our karate club is living proof of that. Our town has a population of only 1000 people, but we still have one great Wado-kai club.

Most of the members of the adult's class are not "adults". Actually most of the members are still in elementary school and high school. E recently had a few new members join the club all of whom have kids in the club. Because of our club being so small we don't have what some would consider the conventional dojo. Our dojo is actually the elementary school gym. But a dojo is where you come to practice, learn and teach and this is the spot that we have chosen to devote our time to.

We have two great Sensei's that dedicate their time to us. We practice two nights a week for two hours a night. Because our club is small all of our students get a lot of one to one help, which is a really great bonus for us.

Sensei Tick Leveille is a great sensei. Sensei Shintani taught him. He shares his knowledge in the black belt workshops that are held in town once a month. Black belts travel from neighboring towns to come to these classes. A lot of helpful things are learned at these workshops.

All the members of our club believe that education is important, especially college and university, but every year these places take a few more members. It saddens us to see them go, but they always come back to visit and practice.

Members of your club are very competitive. We have members that travel near an far for tournaments. Some travel clear across the province and some across the country. So next time your hear of a small club like ours remember; Our club might not be big but our hearts are and that is all that really counts.

CLUB NEWS,  
LINDSAY WADO KAI  
By Stephanie Van Herk.

My name is Stephanie Van Herk and I am 15 years old and currently a brown belt. I started karate in Fort Erie, Ontario in September of 1994, under the instruction of Sensei Peter Ruch. It was difficult at first, but gradually I grew more confident. I enjoyed going to class and learning the basic blocks, punches and kicks then joining them all together in the katas. I was very active in the club. I won the highest attendance award for all the years I was there, I also went to all the special events such as the annual Christmas party and Summer picnic. I also helped out at the local tournaments either by scorekeeping or helping clean up. I received my brown belt in June 1997. Just four months later, my father a manager at Zellers, found out that he was being transferred to Lindsay. I was devastated. This meant leaving behind my friends, my school and my karate club. I talked with Sensei Peter hoping that there was a Wado Kai club around. He told me that there was a small club run by two nice Sensei's. He gave me two names and a phone number to call.

I went to my first class feeling very nervous but this soon went away as I met the senseis and the students. It was a very friendly and welcoming atmosphere. The Lindsay club wasn't that much different from the Fort Erie club, the blocks, punches and kicks were all the same as those I had previously learned. The biggest contrast would have to be going from a mixed adult/children's class to a full adult class. Upon reflection I can say that life in Lindsay is better then it would have been if I had not been in karate, it was a way to meet people with the same interest. I now understand what Sensei Sanford means when he says "Wado is a family"; it's a very large one that has members who donate their time to help others learn the art. I would like to thank Sensei Peter and the sensei's of Fort Erie for having the time and patience to help me achieve my goals and gain a better understanding of Wado Kai. And to the Lindsay Wado Kai karate club for welcoming me to your club and allowing me to continue practicing karate, which without there would be an empty space in my life.

In peace and harmony,  
Stephanie Van Herk.

## SHINTANI TEAM OBJECTIVE

By Sensei Ron Mattie, Team coach.

It was brought to my attention that there is a lot of confusion about the Shintani Team concept. Why a team, how is it selected, what the objectives are, what are the requirements of the team members, what benefit is it to the organization, etc.? I hope I can answer most of your concerns and I apologize for not communicating this type of info sooner. The following is a layout of where we've been, where we're at and where we are planning on going as well as what is expected of the team members.

### Why a Shintani team?

The reason the organization decided on having a team is to let the rest of the Martial Arts world know that we exist. It seems that they don't even know who Sensei Shintani is. We want to portray the karate spirit that Sensei teaches. In doing so, we must get out there in the Martial Arts world. Through this, we hope to see the Shintani Wado Kai Karate Federation be recognized and respected outside the organization.

1<sup>st</sup> a little history. Sensei Ohtsuka had wanted Sensei Shintani to send some of his students to the Wado Kai Championships in Japan. A few years later Sensei selected one of his tournaments as a qualifier to go to Japan and represent his organization. Peter Ciolfi won for Sandan division, Bruce Perkins for Shodan and my for Nidan. We were all pumped up and ready to go then everything fell through. It was a big disappointment.

The team thing came up again and a team was selected by Sensei Shintani and a committee, from previous winners of other tournament. They got their picture in the Shintani calendar and were supposed to go to Okinawa, but that fell through. This was another disappointment but it was a 1<sup>st</sup> step.

In July of 1997, we held a black belt tournament, which had a division for winners of previous tournaments to compete for the Shintani Team. This consisted of 2 shodan/nidan, 2 sandan, 2 yodan and up and 2 women. Eight competitors in all. This team competed in the Saskatchewan tournament, Stoney Plains tournament and now the Dominion tournament in Ontario. Between that time, we've had some great training sessions. The caliber of most of the team members improved dramatically. It was very noticeable among the organization. They worked their hearts out with no complaints.

We also sent 2 members of the team, Darren Humphries – Sandan, and Peter Ruch – Manager, to a traditional tournament in California to compete and check out. The 1997 Team was 2<sup>nd</sup> step and probably the most crucial. The results would determine whether we continue with a team or not. So far everything looks good.

The next team will be selected in July of 1998 in Fort Erie, Ontario. This will be a 2 year team and consist of 1 shodan, 1 nidan, 1 sandan, 1 yodan, 1 godan and up and 2 women. This team will be in intense training, compete in approximately 4 Shintani Wado Kai tournaments and possibly one or two tournaments outside the organization. This would be anywhere from Toronto to Europe.

We are looking in the year 2000 to possibly having the Black Belt Tournament out west for the Shintani Team Qualifiers. Our intentions are to flip-flop from the east to the west every second year.

I believe we are above all, the largest united karate organization in the world. We only have one standard from coast to coast across North America. 90% of all the members not only support, but participate on contributing on way or another to the Shintani Wado Kai Karate Federation. You couldn't be prouder to belong in Sensei Shintani's organization. It is operated with respect and honour. The rules we all try to follow are:

- 1) What is best for the organization.
- 2) What is best for the club.
- 3) What is the best for me.

If you change the order of the rules, you will find yourself fading away and creating your own conflicts.

In closing, I'd like to say that I was very proud and honoured to coach this team. They created a bond and a new out look of what true karate really is. For the 1997/98 Shintani Team members who do not re-establish their position on the new team, will definitely be utilized to assist in coaching the new members in their areas.

Thank you and good luck to all.