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The Harmonizer Official Newsletter of The Shintani Karate Federation



Volume 4, Issue 1

June 2000



This edition of the Harmonizer is dedicated to the spirit of Sensei Masaru Shintani, Kudan (9th degree) who left us a legacy in which we, the members of the Shintani Karate Federation of Canada and the United States will strive to upkeep.

Born February 3rd 1927, died May 7th 2000.

Our deepest condolences are extended to his family and friends. He will truly be remembered as a great man.

Sensei Masaru Shintani's eulogy,
By Sensei Denis Labbe

To the family, Prescilla, Shirlee and Frank, Joanne and Sam, Laurel and Richard, Mark, Sharmon and Christine, Lorraine and all the children and grand children, I give you my sincere condolences. On behalf of the family, I would like to thank you all for coming today.

Sensei was a gentle, generous and giving man, to say the least. He was, to most of us, a teacher, a philosopher, a mentor and a friend. He was not a public speaker, although his teaching had a great impact in our lives. At many gatherings after a grading, clinic or classes, Sensei would spend hours telling us his lifetime experiences. We would sit there listening to him not realising where the time went. I'm sure many of you were up with him at

all hours of the early morning while he was having his cigarette and coffee.

Sensei had a dream, to teach Otsuka Sensei ways of harmony. He built his club in Hamilton and Toronto, in the Niagara Peninsula – Welland, St. Catharines, Fort Erie, Niagara Falls and Port Colborne. In the Haldimand Norfolk Region – Simcoe, Delhi and its surrounding areas, right through to the Northern Ontario – Hearst, Timmins, White River, Kapuskasing and Sudbury and its surrounding area. In Rouyn Noranda, Quebec. To the Western Canada, in British Columbia – Victoria and Vancouver. In Alberta – Edmonton, Calgary and its surrounding area. In Saskatchewan – Carlyle, Weyburn, Rocanville and in Manitoba – Virden and

Brendon and it s surrounding. In Hay River, NWT and in Buffalo, NY.

Sensei, your dream will be fulfilled with the help of your senate members, your ranking black belt and all the members of your organization. Your dream will be fulfilled with the other organization thyou have been in contact with for many years. To name a few, the Karate Association of Canada with Sensei Greg Reid, the Y.K.K.F. with Sensei Ron Yamanaka, with Sensei Dave Manara's organization and all the different police force associations.

On a personal note, Sensei you were a father figure to me, I can't begin to tell you how I will miss you.

I could summarize by telling you all today that Sensei made a difference in our lives. Let me tell you a story about making a difference. This writer is sitting along the

seashore. It was a beautiful day, the sun was out, and the surroundings were perfect. In fact, at a distance the writer saw an image of a dancer moving in perfect harmony. As he focused a bit more he realised that it was a man. As he got closer he notice the man picking up starfish from the beach and throwing them back into the sea. The writer approached the man and asked him what he was doing. The man replied: the tide is low and as you could see the starfish will die. I'm trying to make a difference. The writer was simply amazed. He said how could you possibly make a difference. There are thousand of starfish on the beach and miles of beach shore. At that moment the man picked up another starfish and threw it in the water. Then he walks over to the writer and said: Today, I made a difference to that one.

Like Sensei, he made a difference, to many of us.

The first CD of Sensei Shintani has been completed and available. Sensei was very excited about these pictures being preserved and available to his students via this CD. It contains pictures of Sensei doing movements from Pinan Shodan, Pinan Nidan, Pinan Sandan, and Pinan Yodan. It also has sections of kicks, and other movements all being performed by Sensei himself. Three video clips of sensei discussing kata, teaching and the CD are included. Other Wado Clubs have provided pictures in a section showing various clubs in the Shintani Wado Kai Karate Federation. This has links to their web pages and E-mail.

There are over 120 pictures on the CD (over 100 MB of cd space!) The cost is \$25 Canadian, \$18 US plus shipping. The approximate cost for shipping is \$2.50 - \$4. Proceeds from this project will be donated to charity in Sensei's name.

The second CD is 85% complete as well. Some clubs have expressed an interest in being included but did not submit material in time for the printing of the first CD. There is opportunity to have material included on the second.

We are not set up yet to take credit cards, this will be done soon. For now payment can be check or money order. You can respond via E-mail (Avinop@localnet.com) if you have any questions or call to place your order, (716) 649-1468.

Yours in harmony,
Sensei Peter Avino.

Over the past few issues of the Harmonizer we have been able to find out a little bit about the people who have assisted in helping Sensei Shintani form the organization as we know it today. Now more than ever we must put our trust into these people and assist the members of the Senate to carry on the teachings and philosophy's that Sensei worked his whole life to instill. The Senate members were chosen by Sensei himself to carry on with this task. I'm sure you'll agree, the people he has chosen reflect his principles and will guide us into the future keeping the Shintani Wado Kai Karate Federation of Canada and the United States the great organization that took so many years to establish.

Last, but certainly not least, here are a few words by **Sensei Lawrence Blakemore**, Rokudan.

I began training under Shintani Sensei in 1972 in the Port Dover, Ontario dojo. He used to come to Port Dover twice a week to teach the class and he would bring along some of the students from other clubs to train with us. A number of years ago, Shintani Sensei asked me to become part of the senate, which helps in his direction, and operation of The Federation. I was honoured to be able to assist him in any way I could.

The organization has grown not only in size but also in maturity and it has been rewarding just being a part of the decision-making processes on behalf of Shintani Sensei for the betterment of all SKF members.

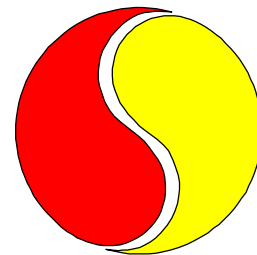
Perhaps the most singular thing that I have attained in my training (along with many other important concepts) is the ideals of patience and time. Being on the floor with Sensei as the instructor and experiencing these concepts first-hand, made a great impact on my own methods of teaching and dealing with issues within the organization.

Reflecting back over the years, I have seen the SKF become more united and stronger. I feel that as time goes on, this unity and strength will increase as long as we follow the principles that Sensei has so consistently presented to us in his manner and his actions - those of patience and time.

BOOK REVIEW

By Sensei Peter Leitch
Shodan, Houston Texas

Title: Moving Zen: Karate as a Way to Gentleness
Author: C.W. Nicol
Published: Quill, New York
Copyright: 1975
Reprinted: 1982



This book originally came to me recommended by Sensei Walt Fast. It sat on my shelf of must-read books for several years before I finally sat down to find out exactly what all the fun was about. And just as you'd expect of a book recommended by Sensei Walt, it was excellent. I could not put it down.

There are but a few Martial Arts books let alone Karate books written by writers. Too often, the real value of the story or lesson is lost in the drudgery of trying to read poorly written text. Not so, with "Moving

Zen". C.W. Nicol, a British writer now residing in Japan, leads the reader effortlessly through thirteen illustrated chapters of his life as a student of both Karate and of Japanese culture.

As well as being a writer, "Nicol-san" at the ripe old age of 22 was already an adventurer, biologist and student of Judo before deciding to go to Japan to learn Karate. He had participated in several Arctic expeditions by the time he arrived in Tokyo in 1962, and had spent a lot of time living and working in Canada.

The author describes the curious aspects of his day to day life, giving the Karate training a unique perspective immersed in the context of Japanese culture. This perspective helps the reader better understand some of the reasons why and how Karate is taught, but it also shows the reader the ways in which the skills and knowledge gained through the study of Karate affect our lives outside the dojo.

The story begins in late fall of 1962 in Tokyo. Funakoshi has been dead only five years, and his presence is still keenly felt at the head dojo for the Japan Karate Association (JKA), where the author decides to begin training. The author describes in excellent detail the dojo itself complete with its customs and traditions. I found it surprising just how familiar this famous and historic place seemed and how similar the author's experience as a beginner was to mine. Things have not changed that much in forty years.

The author often mentions, without "name-dropping", the various individuals, many of whom are now considered to be legendary Shotokan masters he was fortunate enough to train with. His anecdotes bring life to names like Nakayama, Kanazawa, Takagi and Enoeda.

C.W. Nicol never shies away from illustrating his own shortcomings as a person or as a karateka. Instead, he willingly re-tells examples of mistakes in his own judgement and understanding with a view to revealing truth and the long arduous struggle towards "perfection of character". This endless quest for self-knowledge and self-improvement is a recurring theme throughout the book, and the author quotes Funakoshi directly in this respect. Sensei Shintani often stressed the same goals during workouts, tournaments and casual conversations alike. Shintani Wado Kai Federation readers will find much that is familiar in this book.

The mechanics of kicking, punching and blocking are dealt with in depth, as is the importance of practicing kata. He uses a makawari board to practice his skills, and describes his "personal struggle" with the makawari in most compelling terms.

The author quotes Takagi Sensei, at the time secretary of the JKA, saying that practicing kata is "Moving Zen", and surprisingly, the reader will be made to feel as though they have an idea of his meaning. Through his stories of life in Japan, Nicol-san endeavors with success to give us a strong feeling for what is meant by Zen. I have heard kata described by some of our own Senseis in a similar way without relying on the use of the word Zen. Reading "Moving Zen" brought back that description and cemented it in my mind.

This book is an absolute must for all of our young adult karateka. Even those who do not consider themselves readers should not feel intimidated. It is my belief they will have difficulty putting the "Moving Zen" down, having read the first page.

Thought of visiting B.C. this Summer? Maybe you should!

Sensei Blaine Beemer, the Vancouver and Salmon Arm Wado Kai Karate clubs invite you to their Summer Karate Kamp July 14th to 16th at Salmon Lake Resort in the beautiful interior of B.C.

There will be a wide variety of martial arts seminars, coached kumite, along with camping, fishing & golfing. For more information contact Sensei Blaine Beemer at (604) 879-5446 or by email at brbeemer@portal.ca

HISTORY OF THE NATIONAL TEAMS

Submitted by Sensei Peter Ruch

THE 1996 NATIONAL TEAM

The First National Team was selected at the direction of Sensei Masaru Shintani in 1996. This team consisted of six members Sensei Bruce Perkins, Simcoe Ontario, Sensei Danny McKee, Calgary, Alberta, Sensei Darren Humphries, Carlyle, Saskatchewan, Sensei Duncan Wallace, Carrboro, North Carolina, USA, Sensei Roger St. Arneault, Lake Dufault, Quebec, Sensei Tom Sheehan, Waterford, Ontario and Sensei Ron Mattie Welland, Ontario. The coach for this team was Sensei Peter Ciolfi, and the manager was Sensei Lawrence Blakemore.

THE 1997-1998 NATIONAL TEAM

The Second National Team was for the years 1997-1998 and was a one-year team selected at a Black Belt competition held in Fort Erie in July 1997. This team was made up of seven persons, Sensei Kyla Gould - Winnipeg, Manitoba, Sensei Julie Gagnon - Timmins, Ontario, Sensei Michel Gosselin - Hearst, Ontario, Sensei Cal Pittet - Calgary Alberta, Sensei Darren Humphries - Regina, Saskatchewan, Sensei Bill Lebrun - Timmins, Ontario, Sensei Jim Lebrun - Schumacher, Ontario, Sensei Roger St. Arneault - Rouyn-Noranda, Quebec. The Coach was Sensei Ron Mattie - Welland, Ontario, and the Manager was Sensei Peter Ruch - Fort Erie, Ontario. The team traveled to Redvers, Saskatchewan to compete in the Saskatchewan Provincial Tournament, the team also traveled to Stony Plain, Alberta to participate in the Western Canadian Championships. On each occasion the team workout with all the other competitors and enjoyed the hospitality.

THE 1998-2000 NATIONAL TEAM

The Third National Team was a two-year team 1998-2000. The Team was decided at the Black Belt Tournament July 4th, 1998 at Fort Erie. Again this persons competing for a position on the team had to have placed 1st, 2nd, 3rd or 4th in any sanctioned tournament. As a result, there were many participants from across Canada competing in this event.

The new team members were Sensei Marc Delage - Quebec, Sensei Michel Gosselin - Hearst, Ontario, Sensei Simon Northwood - Hamilton, Ontario, Sensei Jack Gingras - Welland, Ontario, Sensei Roger St. Arneault - Rouyn-Noranda Quebec, Sensei Cindy Rosevear- Hearst, Ontario, and Sensei Corry Ruch - Waterford, Ontario. The Coach was Sensei Ron Mattie - Welland, Ontario, the trainer for the team is Sensei Dave Brunarski - Simcoe, Ontario and the Manager was Sensei Peter Ruch - Fort Erie, Ontario.

The Team attended the following competitions; Northern Ontario Championships in Hearst, Ontario, The Western Canadian Championships, in Stony Plain Alberta, the National Tournament in St. Catharines, Ontario, the Manitoba Provincial Championships in Virден, Manitoba, and again the Western Canadian Championship in Stony Plain Alberta. Again the team was excited to be visiting the various areas and enjoyed the hospitality afforded them.

THE 2000-2002 NATIONAL TEAM

The 2000-2002 National Team was decided at a competition held in Fort Erie on May 26th, 2000 at the Fort Erie YMCA. This time there were qualifying tournaments to select seven (7) team members from four (4) divisions within Canada. There was the Western Division-British Columbia & Alberta. The Central Division- Saskatchewan & Manitoba, the Northern Ontario & Quebec Division, and the Southern Ontario Division.

The Judges for this tournament were Sensei Danny McCoy – Stony Plain, Alberta, Sensei Bob Graham – Buffalo, N. Y., Sensei Charlotte Martin - Port Dover, Ontario, Sensei Brian Chmay – St. Catharines, Ontario, Sensei Blaine Beamer – Vancouver, British Columbia, and Sensei Bruce Dunning – Virden, Manitoba. The Scorekeepers were Rod, Silvi and Eric Sumbler –Welland, Ontario. The event started at 7:00 pm with the opening anthem sung by a Fort Erie Karateka, Kristina Parkes.

The competition consisted of the competitors required to do a Pinan Kata and then an open Black Belt kata, judged on Technical and Spirit. The kumite was a round robin type with every competitor having ample opportunity to compete. It was an outstanding competition enjoyed by both competitors and spectators.

The 2000-2002 team is made up of Sensei Scott Hill – Tillsonbrug, Ontario, Sensei Mark Forsyth – Brandon, Manitoba, Sensei Walter Fast - St. Davids, Ontario, Sensei Michel Gosselin – Hearst, Ontario, Sensei Rathe Mokelky – Carlyle, Saskatchewan, Sensei Danielle Tardif – Hearst, Ontario, and Sensei Rachel Deschamps – Hearst, Ontario. The Coach is Sensei Ron Mattie – Welland, Ontario, the Manager is Sensei Peter Ruch – Fort Erie, Ontario and the trainer for the team is Sensei Dave Brunarski – Simcoe, Ontario.

The Team is looking forward to many competitions and training sessions in the future.

This next section is a re-print of a letter dated April 4th 2000, from Sensei Ron Mattie, our Shintani Canadian National Team coach.

To all members of the S.W.K.K.F.;

It seems that there is a lack of communication on the subject of the Shintani Team. Whether not enough information is going out or the information is not being distributed. However, this is a problem Peter Ruch and myself will try to correct.

Attached is some more information about the team, were it's been, were it's at and were it plans to go. I hope it clears a lot of questions, however, if you do have more questions or suggestions, Peter Ruch and myself would be glad to hear from you. Just send e-mail at pruch@vaxxine.com and/or rmattie@vaxxine.com

In Peace and Harmony
Sensei Ron Mattie

Objective	Status
1- To have a Shintani Team	1- We have a team.
2- To get the Shintani organization name out there.	2- We are in the process of filtering different organizations as well as the Shintani federation running an open tournament in the future.
3- To enter-act with other respectable organization.	3- Dialogue only.
4- To show others how organized we are by example and how we carry ourselves.	4- NA yet.
5- To give members in the organization who love to compete a chance to do so on a team level.	5- It is happening, but only in tournament in our organization.
6- To fine tune team member on technical skills and character	6- Major improvement with the help of many high ranking black belts in the organization who have participate in assisting with coaching.
7- To compete in 2 Wado-Kai tournament per year only for the 1 st few years to workout the guide lines, rules, methods etc and to make our members aware of the Shintani team and it's progress	7- We are competing in about 2 Wado-Kai tournaments per year and only scouted 3 open tournaments. We have worked out a lot of bugs, but the communication seems to be a major and funding seems to be a major stumbling block.
8- To compete in the future in 1 Wado-Kai tournament per year and min. 2 open tournaments per year.	8- Not there yet.
9- Once we are better known, to organize our own open tournament.	9- Not there yet.

Accomplishments:

1) How to put a team together:

- i) The 1st team was selected through tournament results handed in from tournament coordinators and tallied up. The higher ranking were selected by Sensei Shintani. This was done due to a time shortage for a tournament in Okinawa.
- ii) The 2nd team was selected by competing in a black belt tournament once a year in Fort-Erie Ontario. This was also considered unfair due to the location. Discussions were held and we were looking at alternating the black belt tournament from the east to the west. It was also found that a one-year team was too short a time. By the time they were trained half-decent, it was time to replace them.

- iii) The new process seems to be the fairest. There are 4 regions, B.C. & Alta, Sask. & Man., Northern Ont. & Que, and Southern Ont. & U.S.A. These regions would designate one of their tournaments as a qualifier for the semi-finals for the Shintani Team. The winners would come to Ontario on the Weekend of Sensei Shintani's tournament and compete for the finals. There would be 1 female shodan/nidan, 1 female sandan and up, 1 male shodan, nidan, sandan, yodan & godan and up. All 4 competitors would compete in a pinan division, open kata and kumite. In the kumite division, the competitors would fight each other giving them 4 fights each.
 - 2) Now we are looking at the a few major traditional open tournaments. This means the team joining other organizations like N.K.A. or international groups in order to be accepted.
 - 3) The training for kata and kumite may have to be altered, but that's part of training. A punch is a punch and a kick is a kick. It's how you throw that punch and how you throw that kick and how you carry yourself before, during and after the match that counts.
 - 4) As things progress, we may be looking into running our own open tournament across the country.
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Shintani.ca

Going Live July 1st 2000

Shintani.ca will be the new "Official Website" of the Shintani Karate Federation. Information will be available about current events, tournaments, who is who, email and club directories, reports from the senate, grading requirements, past issues of the Harmonizer, and the list goes on...

Black Belts, you can still be listed on our email and club directory!!!

All we need is your Name, Rank, Region, Club Name and Location, Email address to be listed, and Web site address (if applicable). If you have a club and you don't have email address, designate someone in your club to pass information along to you. If this is not possible, you can still list your club.

Email this information to Neil Prime: getyourkicks@wadokaikarate.com

If you would like to be on the Shintani Federation E-Mail Listing, but don't want your address posted on the Website, then that is possible too. Send the information to Neil Prime and simply note that you want an "unpublished" email listing. Sensei Denis Labbe will approve any mailings on this list for your privacy.

The Harmonizer is looking for an Editor / Publisher

Who are we looking for?

Someone who is capable of gathering information for publishing 3 to 4 newsletters per year.

Someone who has the desk top publishing skills to layout a neat, interesting, easy to read newsletter.

Someone who has ideas, opinions, and commitment to detail and want to share it with the Shintani Karate Federation.

If this sounds like you, and you would like more information please contact Sensei Peter Ruch at pruch@vaxxine.com

Seminar Notice:

Sensei Pam and Dudley Driscoll invite you to a seminar with Kyoshi Patrick McCarthy (7th Dan)

On June 28th to 30, the Calgary Wado Kai (University of Calgary) will present a weekend with one of the world's leading historians in Okinawan karate and the evolution of karate as we know it today.

Topics for the weekend will include bunkai of Kushanku as well as some of the supplementary kata's of Wado Kai.

**Please Contact Sensei Pam or Dudley Driscoll at (403) 275-1415
or email catspaw@telusplanet.net**

Submissions for the Harmonizer will be gladly accepted by:

Sensei Peter Ruch – pruch@vaxxine.com
Sensei Denis Labbe – dlabbe@attcanada.net
Sensei Neil Prime – getyourkicks@wadokaikarate.com

Until such time that the editor/publisher position is filled.