



VOLUME 5 ISSUE 2

THE HARMONIZER

THE OFFICIAL NEWSLETTER OF THE
SHINTANI WADO KAI KARATE FEDERATION

JUNE 2001



As we get closer to summer things may seem to slow down in the karate world, but they certainly don't cease. Many clubs do plan summer schedules for weekly workouts but there are a number of special events, seminars and camps that take place throughout the summer also (see details within this issue).



If you are serious about expanding your karate base and if you have the opportunity, you should participate

in as many extra curricular activities as you can. I feel that learning viewpoints from many different instructors is very important. If we learn from only 1 teacher we become, at best only a reflection of that person. If we learn from many, we can take these multiple resources and form our own unique personality.

Could you imagine going from kindergarten through university with only 1 teacher?

I hope you enjoy this issue of the Harmonizer and the opinions of the people who sent in the articles. If you have comments regarding the articles or an opinion you would like to share, please submit your views to me and they will be published in the next issue of this newsletter, as this is the official forum for the Shintani Wado Kai Karate Federation.

Sensei Neil Prime
Editor.

Nutrition and the Karate Student

By Jodi Lebrun

**Certified Nutrition and Wellness Specialist
Can-Fit-Pro**

Eating is one of life's pleasures. Eating the right food is crucial in fueling your body and investing in your overall health. As the wife of a martial artist, I know firsthand how difficult it is to balance good nutrition with work, friends, family and karate workouts. The basic trick to winning with nutrition is to prevent yourself from getting too hungry. Hunger depletes your energy and impairs any chance you have at performing at your peak.

Karate involves a wide range of skills and movements. Included are speed and strength in short, explosive bursts, a high level of anaerobic strength endurance, not to mention flexibility and agility. Every aspect of your training and diet must reflect these elements. Because of this, improved recovery time and tissue repair plus increased speed and strength

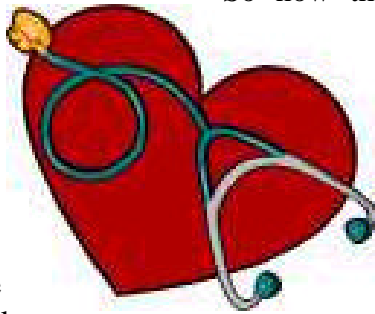
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should be your year-round training and dietary goals. To get the most out of your karate, you need to know what you should be eating and drinking before, during and after your workouts. Your three main sources of food energy come from carbohydrates, protein and fat.

Carbohydrates are your body's preferred source of food energy. Insufficient stores of carbohydrates will cause you to tire out long before you would like. Your muscles thrive on a carbohydrate-rich diet. The more intense your workout or the longer you practice for, the more you use your muscle glycogen stores. But this supply is limited! Once you deplete them you are on your way to reduced endurance, fatigue and exhaustion. The only way to replenish this muscle glycogen is to eat and/or drink carbohydrate foods at the right times. Ideally, for most athletes, eating 3 to 5 gs of carbohydrates for every pound of body weight is sufficient. Excellent sources are whole grain cereals and breads, beans, pasta, rice, potatoes, yams, legumes and fruits and vegetables.

Protein is also plays a vital role in your physical and mental performance because of its role in growth and maintenance. Your body breaks down dietary protein into amino acids and reorganizes them into new proteins to build and repair tissue, including muscle, tendons, ligaments, skin, hair and nails. A general rule of thumb to figure out how much protein you should consume daily is 0.7 g of protein per pound of body weight. Excellent sources of protein are lean chicken, turkey and beef, fish, cottage cheese, egg whites, low-fat milk and yogurt, peanuts and peanut butter, lentils, tofu and pumpkin and sunflower seeds.



Along with carbohydrates, fat is an important fuel source. Fats are either saturated or unsaturated. Saturated fats are found in beef, dairy, commercially prepared foods and various oils. Unsaturated fat isn't near as bad. In fact, they contain essential fatty acids, which actually help your body. By choosing fruits and veggies over high fat foods, you'll automatically be minimizing the amount of fat you consume and this will allow you to reach your full potential as a martial artist.

So now that what you should eat is clear, how do you know when to eat what? In moderation, all foods will fit into your nutrition action plan, but when preparing for the rigorous demands of a workout, follow this outline:

Before your workout, remember to:

1. Be well hydrated. Aim for 10-12 cups of water a day and drink at least 2 cups of water within an hour of your workout. Remaining properly hydrated will help prevent weakened muscle contractions.
2. Load up on healthy carbohydrates throughout the day, and 20-60 min. before your class, have a light snack of low-fat cheese and whole grain crackers. A little tip - do not eat a new food just before you compete. Different people often react differently to the same food. Only eat foods that you know your body will handle well.

During your workout, remember to:

1. Not wait until you are thirsty to have a drink, you may already be dehydrated. Bring your own water bottle and keep it topped up. Though water is your best choice, a sports drink can be beneficial as it supplies energy and electrolytes that encourage you to keep drinking.

Once your workout is over:

1. This is one of the most important times to refuel and rehydrate. To help your muscles recover even faster, make sure to eat and drink within 15-30 minutes of finishing your workout. Again, choose carbohydrate rich foods like bran muffins, trail mix, a bagel with peanut butter, veggies and dip or any type of fruit.



Try this recipe for a power punch post workout snack:

- 1/3 cup plain, low-fat yogurt
- ¼ cup 1% milk
- 1 Tbsp. Wheat germ
- 1 Tbsp. Sugar-free jam
- 1 small piece of fruit (your choice)
- Blend together and let sit for 2-3 minutes.

Per serving (1): 190 calories, 9 g protein, 35 g carbs, 3 g of fat and 3 g of fibre.

The bottom line is that when you are

maintain proper hydration and energy stores. By eating and drinking the right foods you will be ensuring that your body and mind will be able to perform at a level that would make any Sensei proud.

If you would like a personal consultation about nutrition you may contact Jodi at jjlebrun@ntl.sympatico.ca or call (705) 268-6865.

Books Referenced - Nancy Clark's *Sports Nutrition Guidebook*; High Performance Nutrition by Susan Kleiner, Can-Fit-Pro Certification Manual and Dynamic Nutrition for Maximum Performance by Daniel Gastelu.

Tao, Do, and the Practice of Karate
By A. Ross Keele, Nidan
Saskatoon Wado Kai

Training in any marital art is a multifaceted experience during which the student will have the opportunity to develop physically, mentally, and emotionally. As the *budo*, or martial way, of the East has been adopted and developed in the Western world it has not escaped the influence of our own culture, values, and beliefs. The result has often been that the martial art is taught to succeeding generations of students stripped of it's historical context and philosophical basis in favour of singular concentration on the physical techniques, conditioning, and "mental discipline". In North America, we have an affinity for the observable; what can be modelled, emulated, and repeated.

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about to push your body to its' limit, your primary focus should be to

We focus on goals, results, and outcomes with little consideration given

to the actual training process, and it's more global implications for who we are and how we live our lives. A martial art is developed in response to a need, which is influenced by the social climate of a particular historical time, and is shaped by certain philosophies about the nature of the world and the universe. Therefore, it is important to be aware of these things and how they apply to the arts we study today in our own dojo.

In particular, we study a form of karate created by Hironori Ohtsuka Sensei, and taught to us by Masaru Shintani Sensei named WADO. In Japanese, *wa* represents the concept of harmony, peace, and calmness, while *do* represents the concept of the natural or true way, thus, *wado* is the way of peace and harmony. For Ohtsuka Sensei, the practice of karate was not just physical, but an exercise that also shaped the character of it's students, allowing them to become individuals of high moral character, with calm, peaceful minds and actions. The quality of peace and harmony which Ohtsuka Sensei refers to can be found in the Chinese philosophy of Taoism, which has had a major influence on most Asian martial arts. In

essential equilibrium if you will, and is represented by *do* in Japanese. This is an over-simplification of a complex philosophical stance, for according to the most celebrated author of this concept, Lao Tzu, "The way that can be spoken of is not the constant way;" thus emphasizing that Tao cannot be completely understood by the rational mind. However, I will take some simple latitudes in order to describe the influence of this philosophy on the practice of our martial art.



According to Taoist thought, a great natural order or energy permeates everything, and is called T'ai Chi (*the ultimate*) in Chinese, or *ki*, in Japanese, representing spirit or energy. Senior students will recognize this as part of a concept used in the dojo called *kiai*, or spirit voice, which is a vocal technique used to focus our *ki* into a particular action. From the One, begot Two. In Tao, everything exists in a state of universal duality which may be

B.C. Wado Kai Karate Invitational Tournament

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descriptive terms, Tao is a natural order of universal peace and harmony, an

synthesized in the concept of the Yin and the Yang, which is often symbolized

by the circular black and white “fishes” which begin and end each other.

All aspects of existence then consist of dualistic pairs, which are continuous. For example, there is *night* and *day*, *hard* and *soft*, *wet* and *dry*, *man* and *woman*, and so forth, with each member of the pair being Yin or Yang in essence (night, soft, wet, and woman being Yin; day, hard, dry, and man being Yang). The natural state of this dualism is equilibrium, thus creating balance and harmony. For example, where there is anger, there must be forgiveness, as rage reaches it’s apex, it destroys itself, and from it is born calm, which in turn carries the seeds of rage. Where there is an increase in the one, there is a decrease in the other. When Yin and Yang are out of balance, there is disharmony, and it becomes necessary to promote the other in order to regain peace and harmony in the system.

By now you are saying to yourself, “get to the point!” and that I will. However it

order to appreciate the extent of the influence that *do* has on being a practitioner of Wado karate. Let’s examine the physical components of balance and opposites first, by using the *zenkutsu dachi*, or forward leaning stance as an example. A proper deep, wide zenkutsu dachi is very stable, and we feel in balance, properties essential to transferring power and focus to our offensive and defensive techniques. Narrow the stance too much and we lose lateral stability, and can be tipped over easily; come up too high, and we lose vertical stability, allowing us to be “run over” or forced back easily.

A good zenkutsu dachi requires a balance between the width and depth of leg positioning and trunk alignment. Not only does this stability allow us to defend our position, but in the spirit of dualism, the zenkutsu dachi stance also allows for an effective and powerful attack, lunging forward and bringing momentum to our offense. If the stance is too deep and/or wide, we lose

North Western Ontario Wado Kai – Fort Frances Wado Kai Invites you to its 4th Annual Summer Time Workout in Fort Frances

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August 5th – 10:00am to 4:00pm

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For more information please contact Sensei Chris Bazinet

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is important to understand this view of the world and our interaction in it in

mobility, therefore we need, yes, balance and harmony.

Strikes, whether they be with the feet or hands, also are only successful when executed with the concept of harmony and balance in mind. Looking at the *choku tsuki*, or straight punch, we recognize the necessity of equilibrium between striking and retracting limbs. If the striking fist reaches the apex of its focus before the retracting fist arrives at *kami*, and then we over extend, lose balance, and lose power. If the retracting fist reaches *kami* too soon, then the striking fist falls short of its target and our force is “bled off” the technique. Each limb must move in balance and harmony in order to achieve peak focus and power at the point of contact. Likewise, the hand positioning at *kami* has both defensive and offensive properties. *Kami* represents the fortress, or a point of collection of power. Defensively, we cover our floating ribs, and protect them from being injured by an opponent’s attack, but at the same time, we also maximize the distance travelled to our target during an attack on the opponent, coiling the striking hand to increase velocity and power.

both offensive and defensive properties. An effective *ude uke* or inside-out block requires synchronization between the primary forward arm and the blocking arm in order to ensure consistent defensive coverage. If you don’t “pump” the block with the primary forward arm, you lose coverage; if you don’t bring the blocking arm over far enough, you miss “scooping” the attackers strike. Thus, these two actions need to be balanced in order to create an effective whole. This defensive block may then evolve into a strike or a lock, which in turn can further evolve into another block should it be required. By adjusting our stance and “driving” into an attack with our defense, the block may then become an offensive strike against the opponent, especially when targeted to a joint or pressure point.

Beyond individual techniques, the concept of dualism and balance permeates the strategies that we employ. Most often we speak of using “strong against weak” or “hard against soft”, thus we use the strength and rigidity of bone against soft tissue; *uraken uchi* to the temple; *shuto uchi* to the side of the

Seminar with Kyoshi Patrick McCarthy

Fri., July 13th 7:00pm to 10:00pm	Cost \$40
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Karate blocks also operate in a similar fashion, requiring balance, and offering

jaw; *haito uchi* to the bridge of the nose; or *mawashi geri* to the floating ribs. Yet

in true paradox, weak can also defeat strong by causing that strength to consume itself. *Taisabaki* is a good example of this, in that our stance and movement is not left static, but we allow ourselves to dynamically flow around the attack of our opponent, forcing their strike to continue past it's target, and thus bring them off balance. Or, think of the children's game, Paper-Rock-Scissors. Although cold steel can slice through the weaker paper, that paper can cover the more powerful rock that smashes the scissors.

The karate-ka's understanding of dualism, balance, and harmony in the dojo ultimately should be internalized in such a way that students start to live this natural state in their lives outside of the dojo. Ohtsuka Sensei's intent in the training of karate was that the practitioner of Wado should develop a balanced, harmonious, and calm being, a sense which develops out of the opportunity for self-enlightenment found in the dojo. By practicing karate we learn mental discipline, we build physical strength, and we develop a set of skills which all come together in an enhanced sense of self-confidence. Knowing we can handle ourselves, we have nothing to prove, and thus, become

respect and cherish others. Ultimately our understanding of *wado* and our ability to apply it to our lives is the measure of the true karate-ka.

My wife says,

"All you think about is karate!"

**By Sensei Lew Kemp,
Ft.Frances, Ontario.**



I asked my wife if she wanted to come with me on a trip out west. She said, "no thank you, as all you think about is karate". So on Monday morning around nine A.M. after packing for a week, (that is I packed for a week stay, not that it took a week to pack) I left my hometown in Northwest Ontario. At last, I was on my way to Stoney Plain, Alberta, for the annual Western Canadian Wado Kai Karate Championships. An entire week of nothing but Karate, Karate, Karate.

My first stop was at the American customs, in Baudette, Minnesota, where, after explaining to the immigration officer that I was on a karate vacation, I was thoroughly searched for weapons and explosives. They didn't question the Shindo sticks I was carrying but the

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For great pics from last year's event go to:

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(Link "photo du club)

humble. By respecting and cherishing ourselves, we gain the capacity to

rusty substance on the old jackknife that was in the van was given a chemical test

only to find out it was a rusty substance. Have a nice day, they said, and I was on my way again.

I stopped in Winnipeg to get a new bathing suit as the old one I had was getting pretty ratty. I would probably be spending some time in the hot tub at the hotel in Spruce Grove, and any way I deserved a new one. The workshops on Thursday, and Friday and the tournament on Saturday were going to be grueling, and a guy needs to have something to use to wind down. I prefer hot tubs.

I left Winnipeg and drove to Virden, Manitoba. Sensei Bruce Dunning lives there. He and I have formed a nice friendship over the past few years. I had been in contact with Bruce ahead of time and arranged to stay at his house. When I arrived, we went for dinner, then back to his house to talk karate. We had talked karate at dinner, but karate is like Jell-O, there is always room for more. We spent the some of that evening in Sensei Bruce's basement going over the changes to Chinto no Shindo, which had been demonstrated by Sensei Bruce Perkins at the Hearst Tournament in

Sensei Bruce had lots of stories to finish off that evening. One story in particular was about, when Sensei had been to Manitoba on one of his trips and noticed that none of the belts had been signed so he took all the belts and signed them, then hung them on the clothes line to dry. There was a picture of this display taken, and maybe one-day it will be put on the net with that whole story. Thanks for the great hospitality, Sensei Bruce.

The next morning I dropped Sensei Bruce off at work and was on my way to Carlyle, Saskatchewan for the next leg of my karate vacation. Carlyle is the home of Sensei Rathe Mokolky and his family, also some more really nice karate people that I have been fortunate enough to meet, Mickey and Joan Adams and their daughters Shelby and Julie, Jason Humphries and his daughter Christen (Darren Humphries is Jason's younger brother). There are many more there but these are the ones this trip involved. On Tuesday I stayed at my wife's cousin's farm, which is just south of Carlyle. I met up with my Saskatchewan friends at the regular Tuesday night workout. We did some techniques then a section of randori then

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March.

to finish the evening off we did a section on two on one randori. After a great

workout, we headed to the Dairy Queen to wind down. You know the zingers never stop no matter where you are from or where you are at.

On Wednesday I hung out with the relatives then met up with Mickey and went to Kenossee Lake recreation hall, where they have their Thursday night workouts. We worked on our katas that we would be doing in Stoney Plain at the tournament. (It didn't help) As it turned out Mickey couldn't make the trip but I got the workout I needed anyway. I spent the night at Rathe and Vonda's new house as Rathe and I were planning to be up and on the road by five thirty. We were close. Rathe said latter to someone, "Lew was out in the van, motor running, lights on and I was still packing some last minute stuff". We had a special guest accompanying us; Christen Humphries Jason's daughter was coming to the tournament with us. She was great company and didn't get mad at us once, even after all the kidding she took. She was pretty good at handing it right back at us. Sensei Rathe had lots and lots of good karate stories to tell. These were first time stories for me, so he had a captive audience. (It's a ten-hour ride from Carlyle to Stoney Plain.) There were some really good tales that maybe Sensei Rathe could one day send in to the Harmonizer for all to share. We stopped in Saskatoon where we met up with Sensei Crystal and Sensei Jeremy for breakfast and then we were on our way for the last leg of our journey to Stoney Plain, Alberta. I don't know why but the people other than Crystal and Jeremy who Rathe called, all avoided his calls (call display is my best guess). His very own brother deked us. When we arrived in Spruce Grove we called Sensei Doug Scabar and he gave us the weirdest directions to his house. Sensei Rathe would be staying there with the rest of the Shintani team. It still seemed

like people were trying to avoid us though, as the directions didn't give any road names just vague references. Go to the service road, turn left, about a mile or two, turn right, go down the road for five or six miles, turn left again. You will note that it looks like you are leaving for the country (these were the real directions). You're almost there, turn left and the address is? Well believe it or not we almost found the place. We ended up just going to the workout in Stoney Plain. Sensei Bruce, Sensei Ron, and Sensei Rick put us through the paces. After the workout it was off to the Boston Pizza for munchies and laughs.

I hooked up with Sensei Claude Boucher from the same club as I am in Fort Frances, Ontario. Sensei Claude flew to Edmonton then was picked up by one of the hosts of the tournament. We drove back to the Grove Motor Inn in Spruce Grove where we were booked in a poolside room. We could go right from



our room to the hot tub, even though it was after hours. This was an arrangement Sensei Rathe had with the owner, Ed, from years past. He let the offer run for us again this year. What a good man that Ed. We found out that poolside rooms only have one bed and a fold out couch. I won the toss for the bed and I am glad, as the couch didn't look too comfy. Sensei Claude was a good sport about the loss, though I don't think there will be a toss next year. That hot tub is priceless after a good workout.

That was the last quiet tub we had as Sensei Jack found us the next day, but we won't tell that story, will we. After breakfast the next morning Sensei Claude and I went for a pre-workout hot tub and then on to the Team workout.

For any one who has never attended this workout it is for the team members to get some one on one advice then practice the techniques on all the karatekas who attend. It is a very good chance to get some advanced technique from some of the best instructors that the Federation has and a chance to use it on some of the best the Federation has or have it used on you. This is where Sensei Jack and some others from Welland, Ontario made it to the workouts and tournament. I should mention somewhere in this story that there is a rumor about some pictures taken on a flight from Hamilton to Edmonton, You will note I said pictures not picture so all involved take care who you pick on. Ha, Ha, Ha,!!! (They may be available for Sensei's tournament.) You also get to practice how to do fifty pushups at a time. As you can figure out by now there was the need for another hot tub after the workout. Sensei Jack joined us and the laughs were on. There is never a dull moment with when Jack is with you.

We were invited out to Sensei Doug's house for a barbecue before the evening workshop and this time the directions were a bit more precise. As I said earlier, we were almost there the day before so

most vital bit of information that was missing the last time. The big brown school on the right.

The barbecue was great and the atmosphere was even greater. Big thanks go to the whole Scabar family for the wonderful afternoon. It was nice to see that your son does were clothes as was demonstrated later in the tournament. Then it was off to the evening workshop where Chinto no Shindo was being instructed in one gym and advanced techniques in the other. I took part in the Shindo clinic so I don't know how the other workout was, but I didn't here anyone complain so it must have been awesome. Sensei Bruce did the Shindo kata. I know you said we would all hate you after five minutes but I think that after five minutes you had all our undivided attention. (Nobody wanted to miss out on any of the many moves.)

After the workout Sensei Dennis addressed the black belts about the federation and the direction it is going. He then gave a judging clinic to reinforce the guidelines that are in place. This happened to be the third time in the last three months that I have had the chance to hear what Sensei Dennis has

Seminar with Kyoshi Patrick McCarthy

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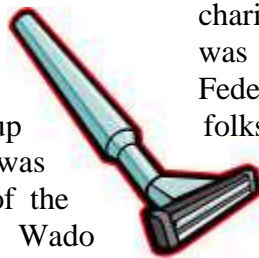
all we had to do was get the last and

had to say. Each time it has had an even

greater impact. I hope any one who gets a chance to meet and talk with Sensei Dennis will take the opportunity to do so. Keep up the good work Sensei. It is always a pleasure see you.

This night after the clinic Sensei Claude and I went straight back to the motel for you guessed it another hot tub. We were joined by Sensei Jack again and the evening was filled with more exciting entertainment. But we won't go there will we. It was going to be an early morning the next day so we didn't stay up to late.

The tournament started with the black belt meeting and then the competition was on. This tournament is so well organized and run that I'm sure there were some glitches but no one was even aware of them. Big congratulations go out to all those who were involved, Sensei Danny, Sensei Norm, Sensei Ian, Sensei Doug, Sensei Judy, & Doug McDowell. These are the ones I'm aware of and I'm sure there are many many more so to all you guys, great job, and keep up the good work. The competition was of the highest caliber and all of the participants demonstrated what Wado Kai is all about. There were 246 competitors registered in this year's tournament. It is very rare to go to a Wado Kai tournament and see anything but good sportsmanship and good manners. The afternoon was capped off with the team competition and although the same team who won last year won again, it was as expected a great time, and a great competition. The first to last place team total points spread was closer than it has been in the past. (I think that the tournament coordinators have it rigged so the same team wins, but wait till next year, right Sensei Rick.) Just so you are aware it was team Alberta whom won and rightfully so after being that stacked. Oops did I say stacked what I



meant to say was talented; yeah that's it talented. Anyway you guys did deserve to win and I think we finished second, at least that s what I'm telling everyone. (The results of who finished where, after first place, were never divulged.)

Some might think this was the end of the weekend, but not in Stoney Plain. After the tournament is over there are a couple of hours to get ready for the banquet and auction that is held each year. There were many special guest speakers at the banquet this year and all should be named. Sensei Dennis Labbe, Sensei Ron Mattie, Sensei Bruce Perkins, Sensei Rick Leveille, Sensei Danny McCoy, Sensei Norm Volk, Sensei Steve Taylor, and Sensei Roger Deschamps. All these speakers had real good messages.

The auction is to raise some monies for the team expenses, and the majority of the money raised is donated to a good charitable cause. This year \$1,200.00 was donated to the Shintani Wado Kai Federation Scholarship Fund. Way to go folks. All the items for auction were generously donated. The night has many good things happen of which one is the opportunity to roast some one. This year Sensei Rathe had his glasses auctioned and yours truly had his room key auctioned. All in fun though.



The real entertainment came after the dinner was finished. As usual Sensei Ron was one of the main components. This story started when Senseis Ron, Darren, Darren, and Heather went to Japan. Something happened and there was a bet made. Long story short is Sensei Heather had to wash Sensei Ron's feet at the western Championships and again at Sensei's tournament. Hope the hair on your legs

has grown back by then Sensei Ron. (I don't know if I would trust Sensei Heather again.)

The night doesn't go too late, usually around eleven or midnight at the latest. There are many who fly out first thing like Sensei Claude who had a seven A.M. flight and had to get up at five to get there in time. This would be a good time to mention about Sensei Jack and friends coming over at four in the morning, but we won't tell that story will we. An early morning Team workout with special guests invited to work with the team members started at eight, and a black belt grading started around nine thirty in the morning. I wasn't invited to take part in the workout but I did come and watch as I was waiting for Sensei Rathe and Sensei Mark Forsyth from Winnipeg Manitoba. The thing of it is these guys practice what they preach. I sat there and watched Sensei Ron among others, do light randori with most of the people there. He really does the things he asks of us, only so much better. They did most of the techniques that were practiced at the workouts on Thursday and Friday.

After the team workout was done we gathered our new travelling team as we had now grown by one for the ride home. Sensei Mark Forsyth, the Nidan on the team, was joining us for the ride back. This was great as now I was going to have company right to Winnipeg. Only a four-hour ride from there and I would be home. Our first stop was Lloydminster Alberta/Saskatchewan. You have to give Sensei Rathe credit. If someone is deeking you don't give him or her the chance to put the slip on you. So in saying that Sensei Rathe used my cell phone to call his brother and caught him off guard where he had to see us. Good one Rathe. Although Vance made it look like he was really glad to see you I think the reason he bought our lunch was to hurry us on our way. Ha Ha Ha. Hey Vance thanks for the great lunch and I promise I won't let Rathe use my cell

phone anymore. Well that worked so well when we got to Regina Sensei Rathe used my cell to call Helmut Gutsche and low and behold he answered too. Another good meal and some old friendships revisited and we were on our way again. Hey thanks Lorna and Helmut. Next stop was Carlyle Saskatchewan. The adventure was slowly coming to an end, but not before we had some more laughs at the expense of Christin who although not mentioned as of yet on this our return leg was still with us.

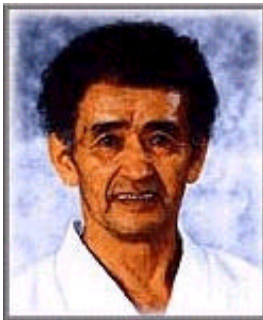
We dropped her off at about midnight. I hope your school day went okay Christin. It was a pleasure travelling with you. Then it was over to Sensei Rathe's house. We said good bye to him then we were off for Manitoba. Again thanks a lot Sensei it was a truly great adventure. Well only one more Province to go and a little bit. Sensei Mark did most of the driving this time and I slept a bit as once we were in Winnipeg I would be on my own. We stopped in Brandon for gas and then only two hours to Winnipeg. I should mention that up till now I had only driven for about an hour way early this morning so I was ready for my turn to drive. Mark and I had a good trip to the Peg (as it is called by the locals), and believe it or not there were still more karate stories. I spent some of this time telling Sensei Mark about our 4th Annual Summer Workout in Fort Frances on the August long weekend. (This is a plug folks) A great weekend of karate and this year we are going to have a pig roast out at Sensei Claude and his wife Ruth's place in the country. There are some great people coming this year to put on clinics, but more on that in the Harmonizer announcements. It was getting early in the morning when I dropped off Sensei Mark at his apartment. Again Sensei thanks for the great company and I hope we can do this journey again.

Well this was it, the final leg of my adventure. Covering four provinces, over four thousand kilometers and forty hours return trip. I am arriving at my house in

Fort Frances, Ontario at nine in the morning about twenty two hours after we left Stoney Plain, Alberta. Almost seven to the hour days since I had left. I have so many stories to tell my wife. I just know she's going to say, "All you think about is karate."

A Message from the President Of the SWKKF

To all members of the Shintani Wado Kai Karate Federation,



May 7th will be one year since the passing of Shintani Sensei. We must not forget our founder of the Shintani Wado Kai Karate Federation.

I have no concern that the ones who have been touched by Sensei will always have a memory of him. I feel, like our own predecessors, that we need to share our experience and our feelings of Sensei to our members that are now with us and that will be joining us in later years. Keep in mind that all kyu belts, both junior and senior alike, as well as black belts are like children to Sensei.

I know that many clubs have a picture of Shintani Sensei in their dojo and I know that every tournament we take a moment in our opening ceremony to welcome Sensei to our event. But I would like everyone, on May 7th, to take one minute of his or her day to share a thought with Sensei. Just remember that it's never to late if you happen to receive this message after May 7th. I am hoping that this message will touch every one of our members. To accomplish this, I am asking anyone who has e-mail to send a copy via e-mail or photocopy this message and pass it out.

Thank you so much.
In Harmony,
Sensei Denis Labbé
President,
Shintani Wado Kai Karate Federation

SWKKF Email Directory

If you would like to be added to the email directory please submit the following information to Sensei Neil Prime c/o getyourkicks@wadokaikarate.com: Name and Rank, Province or State, Regional Area (e.g. Ont. NW or Alb S). If you wish to list your club, submit the same information along with the club name. If you wish to be a part of the directory but wish your address to be kept confidential then submit the same information with a note telling me so.

The list is available on shintani.on.ca under the heading "Directory" then there is a separate list for clubs and karateka.

There is also a confidential list, for those who wish to receive information from the organization but do not wish to have their address published on the web. We respect this choice and keep your address in a non-published directory.

The complete directory can be utilized by any of the black belts in the organization for distributing information through "mass email". If you have an announcement regarding a tournament or clinic etc. and you wish to send this information to all members of the organization you may send this to Sensei

Once approved, your information will be sent to all on the list. This saves everyone the hassle of trying to compile their own list that takes up a lot of space in your own personal email lists.