



VOLUME 6 ISSUE 1

THE HARMONIZER

THE OFFICIAL NEWSLETTER OF THE
SHINTANI WADO KAI KARATE FEDERATION

JANUARY 2002



Well here we are, two years into the new millennium and growing strong. The organization is growing strong from coast to coast, from North to South in Canada, the United States, in the Dominican Republic and there are future prospective members on the horizon. Sensei Shintani would be proud of the way his organization is being run!

It took many years of hard work by Sensei along with the sincere dedication put forth by many members within the organization, especially the Senate that was hand picked by Sensei himself. The reasons for his choice of each individual are more and more obvious as time goes on.

In this issue of the Harmonizer read about some of the new developments throughout the organization, as well as get to find out what some of our "old faithfuls" are up to.

Best wishes to all in the New Year!

Wado Kai in the Dominican Republic **By Sensei José-Carlos Garcia,** **Rokudan, Oshawa Wado Kai.**

The initial meeting with Sensei Geovanny Castro on June 15th expanded my horizon to a wider exposure of his teaching roots that initially started in Santo Domingo in the Dominican Republic while serving the Air Force with the rank of Sergeant.

Thanks to Geovanny's cordial invitation, I had the pleasure to visit one of his Clubs in Santo Domingo where I spent a week

running several Clinics for his senior ranks as well as some of their students.



My first encounter with Geovanny's roots was meeting some of his senior students, Zoilo Miguel Vargas Nuñez, 2nd Dan, Manuel Emilio Santos Mella, 2nd Dan,

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Antonio Cruz Reyes, 1st Dan and Jaime Antonio Ferrel Santana, 1st Dan at my arrival in August 5th at the airport in the Romana, a city two (2) hours by car from Santo Domingo. During our trip from the Romana to Santo Domingo the welcome committee and I had a chance to get to know each other better and without a doubt it was a pleasant two-hour ride. Later on the week I got the chance to meet with two other of Geovanny's instructors, Reyes Hidalgo, 1st Dan and Leonardo Reyes.



During my week of staying in Santo Domingo, not only I enjoyed the response from the students to the various Clinics I gave but also the wonderful hospitality that my wife and I received from everybody we met. Right from the first day on our arrival Antonio Cruz Reyes and Jaime Antonio Ferrel Santana welcomed us in their home and made us feel as comfortable as if we were in our own house. Also, I would like to thank Zoilo Miguel Vargas Nuñez for his touring of the City and Manuel Emilio Santos Mella for his invitation to the restaurant where he worked.

On the following day after our arrival, I had the chance to visit the grounds of a tournament ran by the Karate Federation of the Dominican Republic that nurtures the four traditional styles of Karate. It was a warm feeling that made me feel relaxed

and welcome to their event. Later on in the week, I had the pleasure of watching Sensei Jose A. Ubri, 5th Dan teach a class to his Shotokan students and he made me realize how close we all are in the basic concept of karate even though as a communicating tool we are using different styles.

By the time the week was over and after Antonio Cruz Reyes and Jaime Antonio Ferrel Santana drove my wife and I back to the airport in La Romana, we realized how fast everything went and how much we are going to miss these warm and wonderful people.



THANK YOU ALL FOR A WONDERFUL VISIT TO THE DOMINICAN REPUBLIC.

In the next issue of the Harmonizer, look for another great article from Sensei Jose-Carlos about our expanding organization in Boston.

Manitowadge Karate News
By Sensei Don Dumontier, Nidan.

The Manitowadge Wado Kai Karate Club was invited to Hanmer Ontario from Sensei Gilles Dupuis of the Hanmer Wado Kai Karate Club to take part in a clinic and tournament.

This was the first Clinic and tournament for Sensei Gilles to host as the Head

Instructor of Hanmer Karate Club. Sensei Gilles invited a very special person, to him and his club, Sensei Chris Logger, 4th degree, Yodan, from Waterford, Ontario. Sensei Chris was the Head Instructor of Hanmer from 1991 to 1998 and is Sensei Gilles's instructor.

Sensei Chris was originally from Simcoe, Ontario and his instructor was Sensei Bruce Perkins. In 1991 Sensei Chris had to relocate his family to Hanmer, Ontario. There wasn't any Wado Kai Karate anywhere in the area, so Sensei Chris phoned up Sensei Bruce and informed him of the Karate situation. Sensei Bruce told Sensei Chris to start up his own club in Hanmer or hang up his Black Belt. The rest is history.

The Hanmer Karate Club now has 5 Black Belt members, Head Instructor Sensei Gilles Dupuis Senior, 2nd degree, Nidan, Sensei Gilles Dupuis Junior, 1st degree, Shodan, Sensei Mike Lachance, 1st degree, Shodan, Sensei Stephanie Lachance, 1st degree, Shodan and Sensei Eric Richer, 1st degree, Shodan. Sensei Gilles was presented a Teaching Certificate from the Shintani Wado Kai Karate Federation when he was a Shodan Rank. This is a very special achievement that is usually given out only when a Sensei has earned the rank of Sandan, 3rd degree.

The Hanmer Karate Club had some special guests to run their Clinic on the evening of Friday November 2, 2001. Sensei Rick Leveille, 6th degree, Rokudan, from White River, Ontario, Sensei Bruce Perkins, 6th degree, Rokudan, from Simcoe, Ontario and Sensei Denis Labbe, 8th degree, Hachidan, from Welland, Ontario. Sensei Denis Labbe is the President of the Shintani Wado Kai Karate Federation. With such a busy schedule, it was great

to have Sensei Denis in Hanmer for the weekend.

The first part of the clinic was run for all the younger students and all the adults were asked to leave the floor and watch from the sidelines. Each of the special guests has a unique way to teach the students.

Sensei Denis worked on a couple basic techniques. He had the students do the inside forearm block (ude uke) with a reverse punch (gyaku zuki). He also had the students alter between a fighting stance and stepping into a strong forward stance (zenkutsu dachi). The students soon realized that the many different combinations of the 4 basic techniques are very effective. Sensei Denis explained to the students that a strong foundation on the basics is what makes a very good Karateka (person that practices Karate).



Sensei Bruce worked on combination punches. Low punch (gedan zuki), middle punch (chudan zuki) and high punch (jodan zuki), he also instructed the students on the targets where the punches had to land. Sensei Bruce had the students do the punches slow until

everyone had the punches going to the area requested, using their own body for positioning of the fist. He then had the students punch fast and work on pulling the arm already extended back faster than the one going out. The students did many different combinations of punches both fast and slow. They soon found out that the arm being pulled back helps the punch going out. Sensei Bruce explained that if the students worked on pushing out their punch at the same time pulling back the other arm, the speed would increase and the power would get better.

Sensei Rick worked on a front jab (kizami zuki) in a fighting stance. Sensei Rick had the students get into their fighting stance and advance forward by shuffling their feet (not stepping over). The students had to take the weight off their front foot and push off with their back foot without raising their head in height. The student would advance forward without letting their opponent know they would be attacking. After the students were able to advance forward Sensei Rick had them add the front jab (kizami zuki). The students soon realized that this would be a good move in their Kumite (sparring) for making a quick point (ippon). Sensei Rick also wanted the students to understand the strength and power in the front forward stance (zenkutsu dachi), so he had all the students form a circle. He picked one student to come up in the middle of the circle with him to show the rest of the students the effect of the stance. Sensei Rick stepped into the front forward stance and had the student try to push him off his stance, the student couldn't move him, so Sensei Rick asked for 2 more students to help the first one. All 3 students couldn't move him either. Then Sensei Rick asked for the whole group of students to form a straight line and see if the group could move him off his stance. The whole group of students couldn't move Sensei Rick either. Sensei

Rick explained the use of such a strong and powerful forward stance (zenkutsu dachi) in techniques, Kata's and Kumite.

Each student had fun and enjoyed learning the new techniques that was presented at their clinic.

The second part of the clinic was run for the adults and the younger students were able to go home and get rested up for the tournament the next day. The group of adults ranged from the rank of white belt and up into the rank of black belts. The new techniques were presented so each member could understand and use them at their level.

Sensei Bruce did a couple basic techniques to get everyone warmed up. He then stopped and asked if anyone could tell him what a **punch** is. There were many answers ranging from very technical to very basic, but all with the same meaning. Other words asked during the clinic were **taisabaki** (body movements/shifting) and **Ki** (spirit, energy).



Sensei Bruce started with a fighting stance and a front jab (kizami zuki). The students worked on the front jab, keeping the front arm up and in the direction of attack, at the same time concentrating on the hip action (taisabaki). The next was to have the students move forward in

their stance and jab. When it seemed that everyone was getting the technique, Sensei Bruce added a front kick (mae geri) coming from the back leg, expressing a strong concern on holding the arms up. When the arms are allowed to drop down, one would not have any protection. Sensei Bruce ended this with a block (osoto uke) and back into a fighting stance, ready to go again. Sensei Bruce explained the importance of the front jab and having a backup technique or techniques once one starts an attack. It maybe more important to use the first couple moves to help set up the technique to win the match, then to look at winning the match with the first or second technique.

Sensei Bruce showed us a move that Sensei Shintani was known for how well he performed it throughout the Federation. Sensei Bruce had the students stand in a natural stance (hachiji dachi), drop down into the same stance by bending the knees and striking out into a double punch (heiko zuki). The idea is to have the student drop their energy (Ki) low in the stance, so the power could be controlled. The students matched up with partners back to back. When the technique was performed, the student that remained in the same spot and over powered the other student was the one having the technique work for them. It wasn't always the one you would expect. Sensei Bruce explained this is one of the best techniques for a student to demonstrate their use of power and energy (Ki), so the student could feel or at least see what is needed to control and begin to master their Ki.

Sensei Bruce's last technique was the shuto. He started with how the hand is formed, the positioning of the fingers and the location of the thumb. The smallest details can make the biggest difference when blocking an object. Sensei Bruce

had the students work on performing the shuto techniques in both directions, slow and with power. When everyone was comfortable at doing the shuto, groups of three were formed. The shuto's were performed in many different ways, from stepping into your opponent, pulling away from your opponent, changing directions, both offensively and defensively. Each way proved to be effective and challenging. . He then explained the shuto block on the opponent's arm and the effect it makes on the muscle. After the contact with the muscle where the shuto first penetrates, the shuto turns and separates the muscle causing the damage.

Sensei Rick Leveille instructed the second half of the clinic for the adults. Sensei Rick showed some techniques that could be used when sparring (Kumite).

Sensei Rick started with everyone moving in a side step about 45 degrees to the left and right with a reverse punch (gyaku zuki). The idea is to avoid an attack that your opponent would run right into you.



Sensei Rick then had everyone change the move to 90 degrees with a front block (osoto uki) with a reverse punch (gyaku zuki). The movement to the side comes after the block. When you make your

block against the strike, it will cause the push you need to force you away from your opponent. Everyone paired up and soon found out that timing became a very real factor. Sensei Rick explained how the use of the opponent's energy could be used to help you in this technique.

Sensei Rick had everyone work in pairs again. This time the technique was sparring with the leading legs on the same side. If you are right handed, chances are, your right leg would be forward and if your opponent is left handed, the left leg would be forward. Sensei Rick wanted you to stand in a forward-fighting stance and use your leading hand to make the first strike. This first strike can be used as a jab, punch or to strike the leading hand of your opponent, to open the chest area. The second strike is your reverse punch (gyaku zuki) to the chest. The third strike is a kick from your back-leg this could be a front kick (mai geri), roundhouse kick (mawashi geri) or a crescent kick (migazuki geri) depending on your distance. Everyone worked on this for a while. Sensei Rick moved us on to the next move of this technique and we worked in groups of 3. Sensei Rick asked the group what they would do if they got into a fight with 2 people. How would you fight, where would you position yourself with the other 2 people, what would you do? When we started to spar we had to position the 2 opponents one behind the other. When the 2 opponents are lined up, jab with the leading arm and strike out with the back arm, followed by a kick from the back leg. Now bring down the leg that was just kicked over the leading leg of the opponent and land inside and behind their leg in a low stance (kiba dachi). As you drop down into your stance your opponent will be pushed away from you. At this time you are now looking at the second opponent. Position your leading leg forward or

sideways to make up for the distance that you need to reach the second opponent with a back kick (ushiro geri). Sensei Rick explained the need to make every technique count when fighting 2 or more people. Sensei Rick also talked about having your Ki when you drop down into your stance to make it very strong and powerful.

This clinic could have gone on all night, but the hall was booked for a set time and it came and went quickly. This was a very good clinic held in Hanmer, Ontario.

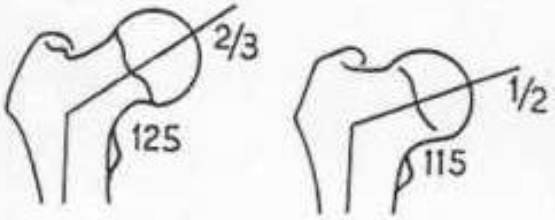
On Saturday, November 3rd, 2001 Hanmer Wado Kai Karate Club hosted their tournament in the gym of Hanmer High School. The tournament had clubs from Timmins, Cochrane, North Bay, Manitouwadge, Welland, Simcoe and Hanmer.

The tournament was very well organized and ran smoothly. The Black Belt competition started after the Kyu Belt competition was complete. The Shodan and Nidan competition was very exciting to watch. The final match in Kumite was against the host of the tournament Sensei Gilles Dupuis Sr. and his son Sensei Gilles Dupuis Jr. which left everyone not sure who to cheer for and proved to be the high light of the tournament.

The Manitouwadge Club would like to commend Sensei Gilles Dupuis Sr. on his first Clinic and Tournament.

Flexibility
By Sensei Dr. Peter Diakow, Shodan
St.Catharines Wado Kai

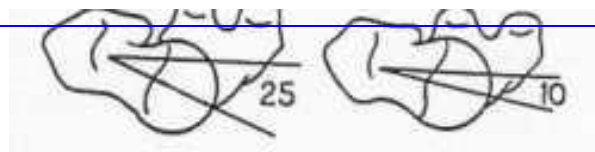
A lot has been written about flexibility from the sports perspective. In martial arts in particular, there are no other specific aspects of training that constantly haunt the young and seasoned athlete as



much as flexibility. Great time is spent in warm up exercises, ballistic training and cool downs trying to increase our overall flexibility, and especially to increase the premiere hallmark of success - the full split. How many of us picture ourselves during buddy stretches as if we were Jean Claude Van Dame hanging from a bamboo framework in the Thai jungle sweating and grunting as the old crazy master yanks a few extra degrees of split out of his hip joints? How many of us are frustrated by working day and night, sitting in front of the TV with one ankle tied to the couch and our spouse pushing the other leg out, heedless of our cries for mercy, just to come bad to class the next day and have Sensei Walt or some young white belt flop down effortlessly in a full split? Flexibility is an attribute that varies widely in people. To prevent frustration, we all have to remember that our individual flexibility is determined by many factors, only some of which can be changed.

How flexible we are at any time depends upon inherent factors, the tightness of our ligaments, the length of our tendons, the length of our muscles and the tightness of our muscles. As an example, let's take the flexibility of the hips, since this area seems to be the most talked about, or worried about area, although, the principles will readily apply to any area.

First, each of us has an inherent "tightness" or "looseness" to our joints, which is genetically determined. The major factor is the composition of the ligaments that bind our joints together. The ligaments are made up of fibrous collagen fibers and elastic collagen fibers. This structure affords strength, stability



and flexibility. It is our genes that determine the relative percentage of fibrous fibers and elastic fibers in our ligaments, joint capsules and tendons. The greater percentage of elastic fibers, the greater the flexibility of all your joints and the greater "stretch" we will have. As well, the greater amount of elastic fibers also means that there is less inherent strength in the joint, so there is always the trade off. More fibrous fibers mean greater strength and stability, but poor flexibility.

Any one of us is somewhere on the continuum of the stability/flexibility seesaw. In your own club, you can think of examples of people that we would commonly call "double jointed". These people can do a full split effortlessly, their elbows bend the opposite way and they can probably turn their heads more than 90 degrees in both directions (before they see the chiropractor!). These people have an inherent potential flexibility, but are more likely to have more serious damage to their joints, if ever injured. At the other end of the scale are those that, even at a young age, can barely touch their knees when bending forward, their elbows never seem to lock open completely and can't get their hips more that 60 degrees apart even if Sensei Neil was threatening them! These people will never do a full split as long as they live, no matter how long they do stretching exercises. Most of us, however, are somewhere between these two extremes.

In the hip joints, there are two other inherent factors that determine the amount of flexibility we can reasonably

expect and they both have to do with the bony structure of the hip joint itself. The hip is a deep ball and socket joint that is

very strong and stable. It owes its great range of motion to the fact that the ball of the joint does not go straight off the thigh bone (femur) into the socket, but is at the end of a neck which comes off the femur at an angle (see diagram 1). The angle that the neck makes with the shaft normally varies between 115 and 125 degrees. The smaller the angle, the more strong and stable the joint, but the less range of movement the hip will have before the neck jams against the edge of the socket. The greater the angle, the greater the ability to raise the lower limb sideways to do a side kick or do the splits.

As well, the neck of the femur does not go into the socket straight sideways. The neck is twisted backwards between 15 and 25 degrees off the frontal plane of the femur, so the ball slides into the socket more from the front. This gives the hip an added few degrees when lifting straight sideways and even more if the hip is brought forward or the pelvis is tipped forward (as in arching your back). So, if you have been 'tight' all your life, there may be very good genetic reasons for that, but that doesn't mean that you can't improve the range of movement you have to your maximum anatomical limits. Unfortunately, most karateka don't even approach their real limitations. The right stretching routine and persistence will still pay off.

Following are a few guidelines that might help:

1. Before a work out, stretching should be light, without an attempt to push to your maximum. Heavy stretching before a work out actually decreases the strength of the muscle.

2. The initial stretching should be interspersed with warm up exercises to increase the temperature of your muscles.

3. The heavy stretching should be done during the cool down, at the end of class, after a weight work out, or after working on a heavy bag.

4. Stretching out to your maximum should be done only with your muscles fully warmed up.

5. When stretching out to your maximum, the muscles stretched should not be under load, (being used, such as during stretching of the adductors of the hip by going into a split from the standing position).

6. Stretching to the max must be done slowly, without bouncing or jerking. Allow the muscle to stretch easily with each expiration. As you hold a stretch, sometime between 25 and 30 seconds, there is physiological change in the muscle and it 'gives way' allowing a little more range. When you have done this several times, you will be at the maximum length of the muscle belly. To increase the range, you must now push the stretch past the point of comfort so that the elastic and fibrous fibers making the tendons begin to deform.

7. To prevent injuring the muscle or tendon as you push past your comfort zone, you must pay attention to the sensations you are feeling in the muscle and the tendons. A little soreness when stretching is O.K., but even a little bit of burning means that you are developing a first-degree strain. The difference in causing enough fibre deformation to cause the tendons and muscle to length and producing a first degree strain (microscopic tears) is the difference between getting reasonable progress and having to lay off for a couple of weeks and losing some flexibility.

8. Stretching to the max in this way at least 3 times per week is necessary to eventually increase your range of movement to your anatomical limits. For those who are fortunate to have high percentages of elastic fibers, this may take a year or two. For us other unfortunate souls, this process is slower and may easily take four to five years and considerable patience.

Good Luck!

Enhancing Your Karate Training
By Sensei Jim Lebrun, Yodan
Specialist in Martial Arts Conditioning
Personal Best Lifestyle Consulting

All of the martial arts involve wide-ranging, multi-faceted disciplines that involve a variety of skills and movements. They require not only speed and strength in short, explosive bursts, but also a high level of anaerobic strength endurance, flexibility and agility. In order to maximize your training, it is important to incorporate exercises that will work on each of these critical areas. There is no simple method to keying in on these areas. It takes a combination of resistance (weight) training, karate training, cardio training,

With the proper training, an individual will become quicker and stronger. The key is not to concentrate on lifting heavy weights many times, but rather to use about 65 - 70 % of your 1RM (1 rep maximum) and do 3 sets of 10 -15 reps. By doing this, you are making your muscles stronger, which will result in your muscles being able to fire quicker and for longer periods of time. Resistance training should be done 2 - 3 times per week and each session should last no longer than 1 hour. Some exercises that you should perform are the bench press, squats, bent-over row, calf raise, and barbell curls. These exercises work all the muscles in the body, and you do not need to have a lot of room to do them (nor do you have to join a gym).

Cardio training is another important element in training for the martial arts. How many times have you been winded after a 60-second kumite match? With the proper training, you will be able to last for a full 2-minute match and still have some reserves left in the tank for overtime if needed. When working on your cardio conditioning, it is important that you work on both your long-term endurance and your short-term

What's going on in the Shintani Karate Federation?
Check out the official website:

www.shintani.on.ca

and yoga.

Resistance training is the best way to develop the muscles that are needed to perform fast, strong punches and kicks. Some people have the belief that resistance training will make an individual get bigger and slower, but that is the complete opposite of what will happen.

endurance. Your long-term endurance can be worked on through longer bouts of cycling or running (20 to 45 minutes). At first, you will not be able to go very fast through these workouts, but the key is to go for the full duration. The more you perform this type of conditioning, the faster you will be able to go. Short-term endurance can be enhanced through

short bursts during your running or cycling. The key here is to incorporate some sprints into a session of light jogging. Each sprint should last from 10 - 20 seconds and you should perform 10 to 15 during your workout. You should perform 2-3 cardio sessions per week, depending on what your specific goals are.

Yoga is another type of training that can enhance your training. What yoga will do is work on muscle tone and your flexibility. There are several types of yoga out there; those that focus on meditation, those that focus on muscle toning and flexibility, and those that encompass both. I use sport yoga as part of my warm-ups and cool-downs, which gives you a good base to build on with your workout, whether it is cardio or resistance training that I am doing. The exercises that I perform for my workouts are as follows:

1. Forward bend - while standing, bend forward as you breathe out and bring your chest to your knees (or as close as you can) and hold for 10 to 20 seconds. (Do 5 times)

2. Yoga push-ups - from push-up position, push back until your heels are almost touching floor behind you (your butt should be way in the air (downward facing dog)). From this position, go to plank position (bottom of a regular push-up) and hold for 5 seconds. Push up to starting position. Now raise your left leg and hold for 5 seconds. Bend left leg until knee touches your chest and hold for 5 seconds (repeat with right leg). The whole sequence should be done 10 to 15 times.

3. Pelvic raises - from a sit-up starting position, raise your butt off the floor as far as you can and hold for 10 - 20 seconds. If you are feeling energetic, place your hands by your head on the floor and raise

yourself into a back bend instead (should perform 5 - 10 of this exercise).

So, whether you want to improve overall conditioning or you have specific goals of being faster and stronger than you are right now, working out in these three areas will help give you the basics you need to enhance your martial arts training. Each type of training will prepare you for your karate training and give you an extra burst of energy when it is needed, whether it is a punch or kick after a gruelling sparring match or the ability to perform kata with power and speed right after a hard workout.

Have fun!

For more info contact me at jlebrun@ntl.sympatico.ca or call 1 (705) 268-6865

*Note: the above workout is a basic workout that can be changed to benefit almost anyone.

Report from the Secretary General Sensei Peter Ruch, Rokudan.

It has been a very busy year for my family and I. Karate at this time takes up about 50% of my time, my wife Darlene says it's more like 90%. I'm not complaining because I love the interaction with the students and the other members of the Federation.

In November, the SWKKF Senate and the Provincial Representatives had meetings in Edmonton. The Senate and Provincial Representatives met separately to discuss items on their respective agendas, and then met together for a very productive meeting. Sensei Rick Leveille has submitted an article and pictures for the information of the membership. The Provincial Representatives, for the information of

the members, will distribute an Executive Summary of the Minutes.

Sensei Ron Mattie will be writing about the National Team. As of this writing, there will be arrangements made to attend the Western Canadian Championship in April 2002 and the National Master Masaru Shintani Memorial Championship in May 2002.

I have sent the Regional Representatives the Rules for the National Team Tournament to be held May 24th, 2002 at the Fort Erie YMCA, 1555 Garrison Road, Fort Erie, Ontario. This information will also be published in this Harmonizer. If your club has had an Invitational Shintani Wado Kai Karate Federation sanctioned tournament since May 2000, I respectfully request the names of the Black Belt competitors who placed 1st, 2nd, and 3rd in Kata and Kumite. If you have their addresses and e-mail it would be greatly appreciated.

I have been corresponding with Sensei Luigi Pasti, the National Coordinator of Wado Kai Italia, for several years. Sensei Luigi had first contacted Master Shintani requesting to personally affiliate with the Shintani Wado Kai Karate Federation. Master Shintani requested that I correspond with Sensei Luigi. As a result of the interchange of information, Master Shintani issued a Certificate of Affiliation to Sensei Luigi.

Since that time Sensei Luigi and I have been corresponding by snail mail (letters sent by mail) and I can certainly recognize Sensei Luigi's dedication to the Art of Karate. Hopefully in the New Year, arrangements can be made to set up a meeting with Sensei Luigi and his organization.

Tournament Committee Report
TO: ALL SWKKF CLUBS IN CANADA



Sensei Luigi Pasti



FROM:
Sensei Peter Ruch
Chair of the National Team
Championship
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Regarding:

The Shintani Wado Kai Karate
Federation National Team Competition

The following article is the Policy for the 2002-2004 National Team Tournament that will be held on May 24th, 2002 at the Fort Erie YMCA, 1555 Garrison Road, Fort Erie, Ontario.

I (Sensei Peter Ruch) am requesting your Tournament records for the Black Belt Competition. If your club has had an Invitational Shintani Wado Kai Karate Federation tournament in your area since May 2000, I request the results for all your Dan Ranks, 1st, 2nd, and 3rd place finishers. If you have their addresses and e-mail it would be greatly appreciated.

I will be contacting each qualifier at a later day with information concerning the tournament in May.

SHINTANI WADO KAI KARATE NATIONAL TEAM CHAMPIONSHIP

The Federation is trying various ways to run this tournament. The Senate has finalized a National Team Tournament System that will be implemented for the selection of the 2002-2004 National Team members. To further the growth of the Shintani Wado Kai Karate Federation, we must consider a Tournament System that would ensure that the best qualified competitors are brought together to vie for a spot on the National Team. The present National Team will retire in June 2002.

The Chair of the Tournament Committee will on the approval of the Senate, immediately contact member clubs in Canada, supplying this document

The Senate has approved this National Team Tournament System that will be implemented for the selection of the 2002-2004 National Team members.

The Team selection tournament will be held on Friday May 24, 2002 starting at 6:30 pm sharp. The National Team Championship will be held at the Fort Erie YMCA, Fort Erie, Ontario.

The Master Masaru Shintani Memorial National Tournament will be held on May 25th, 2002. The Memorial Tournament will be held at Brock University, St. Catharines, Ontario.

An eligible competitor:

must be a Registered Black Belt with the Shintani Wado Kai Karate Federation.

has competed in a Canadian Invitational Tournament sanctioned by the SWKKF, and placed either 1st, 2nd or 3rd in Kumite or 1st, 2nd or 3rd in Kata, in their category. The qualification period starts with the first tournament after the May 2000 Black Belt Tournament.

may have been graded from Shodan to Nidan, Nidan to Sandan, and so on, since their qualification tournament, they are still eligible but must compete in their new category at the National Tournament.

will be notified by mail. They must complete the entry form and return it with the applicable entry fee before the cut off date, if they wish to compete in the National Team Tournament.

The National Team categories referred to in the above sections are:

Male Shodan
Male Nidan
Male Sandan
Male Yodan
Male Godan & Up
Female Shodan/Nidan
Female Sandan & Up

The SWKKF Tournament Committee has and will request records from all tournament organizers for the Black Belt competitors for the period stated above.

As a result of the National Competition, the successful competitors will be members of the National Team for a period of two years.

Persons competing for the National Team must be willing, and able to participate as much as possible in all team training and designated tournaments. If a member of the team is unable to meet the requirements of the

Team, they **will** be replaced by the runner-up in the competition.

Member Club Tournament Rules

The rules that a Member Club follows must abide by the no contact provisions in the Kumite Competition. The organizer of the Member Club Tournaments must make sure that the successful competitors are aware of the rules of the National Competition. Upon completion of their tournament, a copy of the winners, 1st, 2nd, and 3rd place in Kata and Kumite must be forwarded as soon as possible to the Chair of the National Team Competition.

The Shintani Wado Kai Karate Federation National Team Championship

1) KATA RULES

1a) The competitors must perform the kata for their rank as listed below, there will be no substitutes.

Male Shodan - Kushanku
Male Nidan – Seishan / Nahanchin
Male Sandan - Chinto
Male Yodan – Chinto / Wanshu
Male Godan & Up - Wanshu
Female Shodan/Nidan
- Kushanku/ Seishan / Nahanchin
Female Sandan & Up
- Chinto / Wanshu

1b) Competitors will compete within in their category unless they are complying with section (8). Each competitor must do two kata. One Kata as listed above, and one of the five Pinan Kata which they will draw at the tournament. Kata will be judged in two areas, Technical Performance and Spirit. Both areas will be scored separately. There will be five (5) Judges scoring. High and Low score will be

eliminated. The three remaining scores will be added for the competitors final score in each area. Then Technical and Spirit Scores will be added together for the final overall score. If there are ties, the high and low scores will be included to determine the winner. If there are still ties, the Tournament Arbitrator will name a Pinan Kata to be performed. A show of hands by the Judges will decide the winner.

2) KUMITE RULES

At the National Team Competition, there will be a single elimination system between the members of each category. A round will be for two (2) minutes with an accumulation of points per competitor to determine the winner of that round. If there is a tie, there will be another two (2) minute round, the competitor with the most points will be the winner.

2a) COMPETITOR LEAVING THE RING: Warning system is the same as cited under Section 5. **This section does not apply to a competitor who is blocking and moving to defend their position and inadvertently leaves the ring.**

2b) CONTACT TO THE HEAD OR SPINE: Offending competitor is disqualified Two judges must see infraction.

2c) EXCESSIVE CONTACT TO THE BODY OR BELOW THE BELT:

First warning is an unofficial warning unless the Center Judge believes that it should be an official warning, the second warning is an official warning, on third warning the competitor either loses one (1) point or is disqualified. Three judges must see infraction.

The Centre Judge will have the discretion to rule that the Excessive

Contact is subject to disqualification after the first infraction.
The Point System

1ST PLACE FINISH 5 POINTS

2ND PLACE FINISH 4 POINTS

3RD PLACE FINISH 3 POINTS

The sum of the Point System for both kata and kumite will determine the winners. If there is a tie in the final points, the competitor with the most points scored in the Kumite portion of the competition will be the winner. If they are still tied, the competitors will compete in a kumite competition. Two minutes, most points.

4) COMPETITOR GRADINGS

A competitor must be aware of the following:

If a Team Member's grading date for advancement to their next Dan Rank comes due during their 2-year term on the Team, this person will be able to try out for the Team Position (Rank) above their present rank on the Shintani Competition Team. The Competitor must receive prior written approval by the instructor before entering into a position higher than their present rank.

For Example:

Joe/Jane is a Shodan, due to be graded in September. Jo/Jane can try out for **one** team position at the Nidan level. If Joe/Jane is successful in making the team, he/she is now allowed to try for his/her next rank when his/her time comes up.

Joe/Jane realizes that regardless if he/she makes the grading or not, he/she will be competing in the Nidan Rank Position on the Shintani National Team.

Announcements and Events:



Congratulations go out to this year's recipients of the Shintani Wado Kai Karate Federation's Scholarships.

Janice Ngugen, a member of the Calgary Wado Kai Karate under the direction of Sensei Pam Driscoll and **Lauren Fast**, from the St.Catharines Wado Kai Karate under the direction of Sensei Walt Fast and Sensei Neil Prime.

The recipients of the Shintani Scholarship received \$500 each to use towards their education. Each year members of the Shintani Karate Federation and family members can apply for the scholarships.

Ft. Erie YMCA Tournament

Saturday January 26th 2002

Contact Sensei Peter Ruch

Phone/Fax: 1-905-871-1094

E-MAIL: pruch@vaxxine.com

Rouyn-Noranda, Quebec

On February 9th 2002, we (Rouyn-Noranda Wado-Kai, Okinawan Goju-Ryu and Kook Sool Won) will be hosting an open tournament.

On April 14th, we will also organize a symposium offering many different clinics in the same time with many Martial Arts Masters. Black belt instructors are invite to give clinics, and all are welcome to participate.

On June 15th, once again, we will organize a "Black Belt Tournament" open to all martial arts.

For more information, please contact:
Sensei Roger St-Arneault
333, chemin des Castors
Rouyn-Noranda, Quebec, Canada
J9X 5A3

email: wado.karate@sympatico.ca

Ontario Provincial Open Martial Arts Championships

Saturday February 23rd 2002
Contact Sensei Armie Rizzo
1-905-560-4011 (9am to 5pm)
1-905-665-2948 (after 5pm)

South Calgary Wado Kai Karate

Annual Spring Tournament
March 9th 2002
West Island College
7410 Blackfoot Trail SE
Calgary, AB
Contact: Heather Fidyk fid@shaw.ca
(403) 257-4638

South Calgary Wado Kai

For something different for the Harmonizer this year, the southern Alberta clubs decided to write a short

Olson) that help teach the youth and adult classes. Our classes involve strengthening, conditioning, basic techniques, kata, kumite and shindo with the occasional introduction to self defense (joint locks, rolling and flipping). For the most part the club focuses on continuing Sensei Shintani's teachings. The South Calgary club is very family oriented and offers classes for all ages - we even manage to convince some parents to join. We currently have 140 kids in our youth programs and 25 teenagers and adults in the adult classes. The class schedule is:

Monday (Adult class) - West Island College - 8:00 - 10:00
Tuesday (Kid's class) - 4:30 - 5:45
Monday Kid's class) - 4:30 - 5:30
Thursday (Adult Class) - West Island College - 8:00 - 10:00
Saturday Morning (Kid's classes)

Organizing a tournament or a seminar?
Advertise on the Shintani website, in the Harmonizer,
and have it mailed to the black belt listing.

Contact Sensei Neil Prime:

getyourkicks@wadokaikarate.com

paragraph on each of the clubs in the Calgary Area. The South Calgary club was founded 8 years ago by Sensei Heather (Yodan) and Darren (Sandan) Fidyk - yes another husband and wife Yodansha team which is common in the Calgary area. Heather and Darren have lived and trained in various parts of the world (Japan, South America to name a few) so they have a wealth of knowledge and experience. The club is home to several additional black belts (Darren Humphries, Lyle Muencrath, Kyle Lund, Samantha Thrift, Lee Murray and Jeremy

9:00 - 10:00 - white belt beginner class
10:00 - 11:00 - youth lower belts
11:00 - 12:15 - youth higher belts

If you are in the Calgary area and want to do some training at one of our classes, feel free to give us a call. (403 257-4638)

In Harmony,
South Calgary Wado Kai

Canmore Wado Kai

Planning a trip to Banff or Canmore? If so, you might want to bring your gi along with your skis and backpacks. There is a small club in Canmore run by Senseis Reed Barrett and Birger Kamprath. They run Tuesdays and Thursdays from 7:00-8:00 for youth and 7:00 to 9:00 for adults. All SWKKF students are welcome to come and join in. You can contact Canmore Wado Kai at:

canmorewadokai@yahoo.ca.

Glamorgan Wado Kai

The Glamorgan Wado Kai Club was started by Dan McKee in September of 1999 with a few members in the adult class and in the family class. Shortly after Kevin Bowes started to train and teach there on a consistent basis. Since then, Dan and Kevin have watched the club grow to roughly 20 members in the adult class, and more than 40 members between two family classes. The club is also very fortunate to have black belts and kyu belts from other clubs join us regularly which helps provide a fun and dynamic atmosphere for all to train in.

We are located at 4207 - 41 Avenue S.W, in the Glamorgan Community Center. We have two family classes, which run on Sunday and Thursday from 6 p.m. until 7 p.m., and an adult class that runs both Sunday and Thursday from 7:15 to 9:30. To learn more about our club, including a map to it, visit us on the web at <http://members.home.net/glamorgan-wado-kai/>

KARATEFEST 2001

Submitted by Sensei Pam Driscoll (Godan) and Sensei Dudley Driscoll (Godan)

Each November Calgary Wado Kai sponsors a non-competitive event for all students. This year's event went like this:

Friday night a kumite seminar was held for adult students. On Saturday morning, kids were offered a 2 choices of four mini-seminars: total focus pad destruction, extreme kata, no fear joint locks and take downs, and powerful pressure points. They then went on to 4 coached kumite matches each and home after that, totally exhausted and very excited about their achievements. After lunch the adults had the chance to try coached kumite in the same relaxed but inspiring environment. A meaningful learning opportunity for all. Thanks to the many participants and volunteers who made it happen!

Calgary Wado Kai wishes everyone a safe and happy 2002.

Submissions for the Harmonizer

Thank you all who have made newsletter submissions. We are getting a real broad base of articles from all areas within the Shintani Karate Federation, both in the United States and throughout Canada.

If you have an article that you would like shared with the rest of the organization, please email:

getyourkicks@wadokaikarate.com

Please send all submissions unformatted in a word document or text format.