



VOLUME 6 ISSUE 2

THE HARMONIZER

THE OFFICIAL NEWSLETTER OF THE
SHINTANI WADO KAI KARATE FEDERATION



JUNE 2002

In our continued efforts to expand the Shintani Wado Kai Karate Federation into a solid worldwide organization we will be highlighting another article in this issue by **Sensei Jose Carlos Garcia**, with his experiences with Chief Instructor **Sensei Ron Mattie** and their trip to Boston Massachusetts. **Sensei Shintani** would be proud that the efforts of his lifetime are continuing to grow and progress.

In our next issue **Sensei Bob Graham** introduces us to a group from India and another from Morocco.

To introduce us to this issue, I would like to include 3 passages from the book "The Empty Hand," authored by Rui Umezawa. **Sensei Scott Robinson**, Nidan, of the Michipicoten Wado Kai, introduced these passages to me and asked me to include these in the Harmonizer for all to read... and think about.

What is Sensei?

In your study of karate, no one will be more important to you than your teacher, your sensei. The work is made up of two ideograms, sen, which means "ahead" or "precede," and sei, which means "life." Put together, they create a new word that means "one who is ahead of you in life." Your sensei, your teacher, is your elder and is deserving of respect.

In Japan, teachers are considered to be more than just instructors of a particular subject. They are regarded as role models for their students in all aspects of life. Japanese teachers of math or social studies, for example, are expected not

only to know about their subjects but also to lead exemplary personal lives, so that their students may look up to them. This is doubly true for a sensei of a martial art such as karate.

You should respect your sensei and behave accordingly, listening carefully to his or her instructions and teachings. Your sensei is someone who has learned much from many years of intense training. He also has our best interest at heart as you pursue your own studies of karate.

Once there was a famous karate sensei in Japan whose training produced national champions. His classes were very demanding, until on day, a thin, sickly boy came and asked to be taught karate. After the boy was accepted into class, the other student saw that their sensei was paying more attention to the boy than anyone else.

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The boy was not very strong, nor was he coordinated, so the sensei would often leave one of his other students in charge of the class to take the boy aside for individual instruction.

This was quite frustrating for the other students, especially those who were expected to enter the national competitions and win. Who cared about a joust on boy, who wasn't very talented anyway, when national championships were at stake? So the top students of the school went to their sensei to demand that he devote more attention to them.

To their surprise, their sensei said, "you are all very talented karate students. You will no doubt succeed no matter who your instructor is. Therefore, you may leave and study at another school. The boy of whom you speak, on the other hand, is not naturally skilled as you are. He truly needs my abilities as a teacher to guide him properly in training."

When the students recognized their sensei's wisdom and generosity, they bowed their heads and begged his pardon. Afterward, they helped in training the boy, until he eventually grew to become a national champion himself.

What is kiai?

Anyone who has ever seen a karate demonstration knows that karate masters always shout when they punch or kick. And they shout very loudly. You might even say they scream. This is called *kiai*.

Many Asians believe that there is a force that flows through all things, making them move and change. This is called *ki* in Japanese (chi or qi in Chinese). The weather, for example, which is always changing is called *tenki*, or "*heavenly ki*."

People have ki as well, although most times we are not even aware of it. You may, however, have had the experience of being tired one minute and full of energy the next, just because something - a sudden invitation to a party, or a impending deadline for a term paper - stimulate you. And when people are very scared or very angry or excited, they sometimes find that they are stronger than they've ever been. Some Asians explain this by saying in these situations, people are intuitively focusing their ki in just the right way to give themselves incredible energy. Some martial artists believe that with practice, you can learn to control your ki to give yourself this energy whenever you want. A part of this is the screaming, the kiai, which means "*working with ki*", or "*harmonizing ki*."

But you don't have to believe in ki to understand why shouting might make your karate techniques stronger. By shouting, you are making sure you are exhaling at the time of attack, which in turn ensures that you are relaxed. This is why bodybuilders exhale when they are lifting weights, and why you can hear, even on television, the sharp exhalation of boxers whenever they punch. This also is why all karate instructors, whether or onto they believe in ki, believe that kiai is very important.

A proper kiai comes not from the lungs but from the lower abdomen, or *tanden*. Ask your instructor for guidance in proper breathing, which should include directions on how to kiai effectively. Do not repeatedly shout from your lungs as this can tire you very quickly and even damage your throat.

As you continue your study, you may become more motivated in class whenever you and your classmates make loud kiai during your drills. A good kiai can also motivate you to retaliate when you are on the receiving end of a

particularly daunting attack. When you become more aware of your breathing in general, you should also see an increase in your stamina and strength.

And, of course, when you are actually defending yourself, a sudden, loud scream may scare away an attacker before you have to strike even a single blow.

What is *osu*?

People who study karate can often be heard saying the word *osu*. Sometimes they will say it in a normal speaking voice, but just as often, they will loudly shout this word, which can substitute for "hello," "goodbye," "yes," "okay," or "I understand." No matter how or when it is said, however, *osu* reaffirms one of the most important lessons of karate.

The top character, *o*, means to push, and symbolizes on hundred percent effort. The second character, *su*, means to endure. Combined, *osu* is a pledge to do one's very best and to endure. However, *su* by itself can also mean "to be silent," and the character is made up of the radicals meaning "blade" and "heart." The Japanese idea of endurance, therefore, encompasses being silent, even if our heart is cut with a blade.

It is very natural for people to seek positive reinforcement in return for their efforts. This is the very principal by which our society operates, after all. Professionals are paid for their work. Teachers reward hard-working students with high marks. Parents pay children compliments for their efforts.

But karate is a discipline that involves a great deal of self-reflection, and self reflection is more concerned with irrefutable truths than with rewards. Unfortunately, there are some karate students who pretend to work hard only when they believe their instructor is watching. These types of students devote more energy toward attracting their teacher's attention than to learning karate. In other words, their efforts are no "silent."

What these students do not realize is that they are in class to learn karate, not to impress the teacher. And how much they learn depends solely on how hard they work. If they give their best efforts only when the instructor is watching and are lazy the rest of the time, this will inevitably be reflected in their technique.

On the other hand, true karate masters are usually humble and reserved. They realize their expertise in karate and the amount of effort they have devoted to it are irrefutable, independent of the recognition of others. After all, a flower blossoming deep in a secluded forest is no less beautiful than one growing in a garden where everyone can see. In fact, many great karate masters have spent time training on secluded mountains in Japan, where they had to continually challenge themselves to work hard even though there was no one there to provide encouragement or reinforcement.

Each time you say *osu* during karate class, remember that is a pledge to work hard and to endure. If you can say it honestly and with pride each time, you can be confident you are doing well.

www.shintani.on.ca

For up to date information - come back often !

Wado Kai in Boston Massachusetts,
By Sensei José-Carlos Garcia,
Rokudan, Oshawa Wado Kai.

As our Wado-Kai clubs in Canada grow in harmony, the surrounded neighborhood follows the path of the their own growth. Visiting your neighbour is not only an act of courtesy but also a way to display your good manners and a way to appreciate and respect others. If we were only to hide in our shell and not communicating our experiences our way would not be the Shintani's way.



On Friday June 15th, 2001 I woke up early and by 6:15 a.m. I was on the highway on my way to meet with Sensei Ron Mattie in Welland. Since my arrival was earlier than I expected I stopped for a coffee at a Tim Horton's on the corner of highway 406 and Main Street in Welland. Wow!! What are the chances that at 8:00 a.m. I can meet with Sensei Denis Labbe? Well.... I did and it certainly made my coffee break more enjoyable. By 8:30 a.m. I drove to Sensei Ron's house and from there, we drove straight to the Buffalo Airport.

Our trip was originally scheduled to fly from Buffalo to New York and from New York to Boston but sometimes things get better than you plan them and so in this case we were told that the airlines were switching our flight directly to Boston.

Well, that was certainly a good way to start our trip. After a short flight of 1 hour and 20 minutes, we arrived at the Boston's Airport at 11:40 a.m. were Geovanny Castro and Rickie Rivera were waiting for us. They drove us to Lawrence where Sensei Geovanny has his main Club and at our arrival to Lawrence we all went for lunch to a Chinese Buffet.

After dropping our luggage at the Hotel we went to Geovanny's Club for a Clinic starting at 5:30 p.m. When Sensei Ron Mattie and I walked in the Club, a full class of students with enthusiastic faces received us anxious to begin their Clinic with the new Senseis from Canada. We found it to be an easy task to carry since the students were following instructions with full dedication and respect.

That evening we had Hispanic food for supper since the Hispanic Festivities were going on that week. The atmosphere was very friendly and Ron and I enjoyed Johanna Rivera and Geovanny Castro's company.



Next morning we woke up for an early workout and by 7:00 am we were having coffee at a Dunkin Donuts Coffee Shop. The workout Clinic was taking place at the YMCA where later on more students showed up for another Clinic. By noon we were ready for a break and again we went to another restaurant for another

fantastic Hispanic feast. After our lunch break we returned to the YMCA where we continued the Clinic with the same students. Once the Clinic was over, we drove to Geovanny's Headquarters' Club where Ron Mattie spent sometime teaching Joanna Rivera a Shindo Kata.



Well! The evening went great and a great meal was waiting for us at another Hispanic restaurant with very friendly atmosphere. We talked, we laughed and Ron entertained us with his magic tricks that kept Johanna laughing all evening.



The next morning we stopped at the NKF Tournament Clinic to say goodbye and from there we went to the airport in Boston. Well! That was an event we (Ron and I) will never forget because due to thunderstorm we got stranded for 9 ½ hours at the airport. In all well and safe I got home by 1:00 a.m.

I will cherish forever this weekend that gave me the chance to know Sensei Ron Mattie better and to enjoy the company of wonderful Martial Artists.

VISIT TO THR DOMINICAN REPUBLIC **by Sensei Peter Ruch, Rokudan**

I would like to thank Sensei Jose-Carlos Garcia for his article in the January 2002 issue of the Harmonizer concerning his visit to the Dominican Republic and the meeting with the Dominican Republic students. I had booked a trip to the Dominican and contacted Sensei Jose-Carlos for information as to how I would meet the students while I was there. As a result of his efforts, I made contact with Sensei Bolivar A Gomez P. and arranged to contact him when I arrived in the Dominican. They called my hotel, which was in Puerto Plata, and we arranged for them to come to my complex on Saturday March 23, 2002.

Eight Black Belts and Brown Belts arrived and at the hotel. Sensei Bolivar, and his wife Sensei Maria, Sensei Flabico Grullon, Sensei Daniel Jimenez, and Sensei Edward Figuereo. I apologize for not having the names of the Brown Belts.



The hotel was most accommodating and they set up the disco so that we could workout with some privacy. We had a 5-hour workout during which we reviewed all the Pinan Kata, and the five Black Belt

Kata. They put on a demonstration of the Super-Empi Kata that is one of the internationally recognized Kata for competitions. I first started to learn Super -Empi while visiting San Diego, California a few years back.

I must say; their grasp of our Kata was outstanding. They had the Shintani Pinan Video and it was obvious that they had been doing their homework. The hotel had supplied refreshments during the workout that was greatly appreciated. The temperature in the disco was about 95 degrees F. After the workout, they were all invited for lunch and as you can see they also like to eat. They spend the rest of the day swimming and taking refreshments; it was great to have them at the hotel.



Although my visit with them was short, they are a wonderful group of young karate persons who shared a common goal, and that was to practice hard and enjoy life. I hope when I return to the Dominican Republic, my hotel is closer to Santo Domingo so that I can go to their club.

If you are planning a trip to the Dominican Republic contact me and I will give you an address for contact purposes. I know that you will be greeted with open arms.

Knee up, rotate, and extend.

**By Sensei Neil Prime, Yodan
St.Catharines Ont.**

When I first thought of karate I always thought of kicking. To me, that is what lured me into this fine sport. In wado, if you were to generalize, kicking as an offence or defense would only make up about 30% of our technique. Still, it is that 30% that I love more than anything else. Even if you don't have the physical ability to kick to the head (which seems to be a common goal), that doesn't mean you should ignore the fact that being able to kick adds great dimension to your overall range and performance.

I have observed for the most part that people that don't kick don't practice them a whole lot. I can understand that if something is difficult for you that it is frustrating to practice. It kinda makes us feel inadequate or foolish when we don't think we "look good" when we are doing them, so we try to ignore them (or at least do the minimum, just enough to get by).

Hopefully I can put insight into some common problem areas to help you develop better kicks. You might not kick your partner in the head, but you will definitely add range to your offensive and defensive position by utilizing your legs.

First thing to keep in mind is that it is a whole lot easier to get your feet off the ground when your stance is close. A wide stance is good for stability but not for agility and definitely not for kicking. If you want to kick this usually means a slow take off. Chances are, unless you set up your opponent you are not going to score with the initial or a single technique. Set up your opponent the same as you would if you were going to use your hands.

In our club we if you ask them where the 1st position of every kick is, they will tell you in unison "*knee to chest*". During your stretching routine, practice this position to make it easier to get your knee to your chest. The stretch would be similar to that

of a sprinter positioned in the starting blocks. In basic kicking form, this is a must. Once you rotate your knee away from the front of your body as you would in a round kick this flexibility transposes into a good "knee up" position that will provide you with maximum range in your technique.

Your stretching routine should also include stretching through the form of a kick. Using a partner can do this. If you position yourself with proper form and have your partner move your body through the range this will aid in muscle memory and also give you an accurate assessment of your kicking range potential.



As you can see in the picture above the difference of a front kick and side kick. When doing a front kick your base foot is slightly turned out to allow the front hip to extend and posture is more upright. When doing a side kick the base foot is fully rotated and the upper body is leaning more allowing the stronger leg and back muscles to make it a more powerful kick while providing full range.

The next area of focus is the support foot. It is as equally important to realize the function of the support foot, as it is the leg that is being extended.

In essence, the total body motion of a punch and a kick are the same. If you want to gain full power and range in your punch, then you punch by rotating your hips. When you rotate your hips your feet rotate also. You *must rotate* your hips and support foot when you kick. The degree in which you rotate will vary depending on the range required for the kick. For an extended front kick you may want about 30 to 45 degrees. For a crescent kick you maybe looking at the same even though the extension of the kick maybe less than a front kick, the angle required to get it around to the target is the same because of the position of the hip. For a fully extended round kick or side kick you should be rotating your support foot up to 180 degrees.



The difference of extension between a kick that is shortened as a result of the support foot not allowing the hip to rotate. You may think this is an exaggeration, but if you're having problems kicking then videotape yourself and study your range. Chances are it's the technique that is limiting your range, not your physical ability.

Body tilt also plays a role on the range of the kick. This again is an area that may vary depending upon the kick and the flexibility of your middle region (hips and waist, lower back and lateral muscles).

The more flexible you are the less tilt you will need. This is good for speed kicks especially. When kicking with power your upper body needs to be involved in the rotation or you are not utilizing maximum strength. So, in essence, your foot can hit the same target with the same motion but the rest of your body is going to determine the effect of the impact.

The final main area of concern would be the extension of the kicking leg. Most people wouldn't dream of punching with a bent elbow, but for some reason many people don't extend their kicks. Maybe it has something to do with the fear of hyperextension? But hyperextension is over-fully extended, not fully extended.

Think of your leg as a baseball bat. If you were to hit a ball would you want a bent or loose spring in the middle of the bat? The obvious answer is no.

To have the best kick you can create with the most range and effectiveness you must put all the ingredients together... knee up, rotate, and extend!

Fort Frances Introduces Wado Kai To The World **By Sensei Chris Bazinet, Sandan**

On May 11 2002, The Fort Frances Wado Kai Karate Club was on stage for a demonstration at the World Health Organizations 11th Annual Safe Communities Conference. This annual conference was held in Fort Frances for the first time. Local organizers approached Sensei Chris Bazinet to put on a half-hour demonstration for a segment of the Wednesday evening entertainment. The group consisted of thirteen students including three black belts, one blue belt, two orange belts, three yellow belts, two white belts and one member from our side kicks program. The theme was safe communities so therefore the demonstration consisted of

an introduction to Wado Kai at its most basic level.



As Sensei Chris narrated Sensei Ross Keeler put the group through a warm up of basic techniques from Kiba Dachi position. This consisted of the four blocks, the tsuki, and the Mai Geri. After the warm up, Sensei Ross led the group in three Katas, which included the Power Kata, Pinan Shodan, and Pinan Yodan, while Sensei Chris discussed the principals of Kata.

After the Kata, Sensei Chris and Sensei Ross demonstrated the essence of Wado as in the shift with a counter attack. This was broken down into smaller portions, first the shift, which was the step to the side of the attack and turn slightly into taisabaki. The outside-inside block combination was then added. After this was demonstrated, a counter attack was added. This consisted of getting control of the attacker and then delivering a crescent kick to the rib area. When they were done demonstrating the technique, the group paired up with partners of equal size and practiced this technique as would be done in the dojo.

Sensei Chris also gave the story of the locomotive traveling down the railway at a high speed and on collision course with a karateka and how the different styles of martial arts would handle the situation. Of course we all know that the Wado way is

to just shift out of the way and let the locomotive go by.



Approximately 1000 guests were on hand for the demonstration of which over three hundred were delegates from 33 countries from around the world.

Book Review

By Sensei Peter Leitch, Shodan

Title: SHOTOKAN KARATE - Its History and Creator

Author: Willy J. Ortiz

Published: Multiprint, Tampere Finland
October 1999

Originally from Peru and now living in Finland, Sensei Willy J. Ortiz began his association with Shotokan karate in New York in 1964. Ortiz holds a 6th degree (Rokudan) JKA black belt, and goes on record to state that he has "trained with the best that ever was". With names like Nakayama, Okazaki, Mori, Kaze, Mikami, Kanazawa, Enoeda, Ueki Ohtsuka, and Yamaguchi, his list of former Senseis and instructors reads like a who's who of karate.

Ortiz has made a worthy attempt at compiling and stringing together an impressive series of facts, dates, names, anecdotes and legends, but the book is marred unnecessarily by numerous typos, and grammar mistakes. I suspect many of the errors had to do with the author's translation of the text to English.

Other problems, which detract from the otherwise valuable content of the book, include contradictory dates and references, and unnecessary hyphenation of words.

Photographs are plentiful throughout the book, and in spite of the fact that most of them are of poor quality, they are informative and interesting. Keep in mind, many of the photographs were taken in the early part of the last century.

In the first chapter of the book, Mr. Ortiz disputes the widely accepted theory that karate originated in India and even doubts the alleged connection between Shaolin boxing and karate. Ortiz however stops short of offering an alternative version of the origins of karate, stating that the truth will probably never be known.

Of the six chapters comprising the book, four have titles with the name "Funakoshi" included. This is hardly surprising, but what is interesting is how Mr. Ortiz manages to touch on so many other prominent people in karate at the time in order to illuminate Funakoshi's profound importance to the advancement of Shotokan karate.

With deep respect and compassion, the author brings to life the ubiquitous Funakoshi by portraying him as a fallible human being, rather than the legendary master more commonly identified in karate literature. Mr. Ortiz presents numerous examples of Funakoshi's relationship with other karate and martial arts masters of his day, and we see that from the start, karate has been plagued with the divergent opinions and politics of the various styles and schools.

References to Wado Ryu's founder Ohtsuka are plentiful and provide a fascinating angle on the close relationship between Wado Ryu and

Shotokan karate. Mr. Ortiz succinctly and fairly highlights the differences between Wado Ryu and Shotokan, and gives an interesting opinion on the strengths and weaknesses of each style.

Mr. Ortiz devotes the last chapter of the book to Sensei Masatoshi Nakayama. Ortiz credits Nakayama with the creation, development and promotion of the JKA. Ortiz also credits Nakayama for karate's transition to that of a sport. This to me was the most interesting part of the book. Here, Mr. Ortiz is able to draw on his long association with Nakayama, and provides the reader with a detailed and factual description of the early days of the JKA and on the exportation of Shotokan karate to the rest of the world.

In spite of its problems, most of which are cosmetic, the book is very much a worthwhile read for the interested Shotokan karateka. Practitioners of other styles will also find much to hold their interest, as the book delves into the origins of the other traditional styles, which either evolved from Funakoshi's original Shotokan or developed in parallel to Shotokan karate.

The following reports from the SWKKF National Team have been submitted by **Sensei Peter Ruch**, Rokudan, Team Manager.

SWKKF TEAM – 2002 WESTERN CANADIAN CHAMPIONSHIPS

On April 4, 5, 6, & 7, 2002 members of the Shintani Wado Kai National Team traveled to Stony Plain, Alberta to participate in their Annual Event.

Sensei Scott Hill was unable to attend because of final examinations. A check of the results of the National Team Competition in May 2000 revealed that there were no other competitors and

therefore we had to find a substitute. As I was compiling the statistics for this year's competition, I went to the person who had competed in numerous tournaments and had the highest point total to date. Sensei Eric Sumbler from Welland, Ontario was the selection and he went to Stony Plain.

Other team members attending were Sensei Mark Forsythe, Sensei Walter Fast, Sensei Michel Gosselin, Sensei Rathe Mokolky, Sensei Danielle Tardif, and Sensei Rachel Deschamps. Sensei Ron Mattie and Sensei Peter Ruch escorted the group.

Again it was a worthwhile adventure for all. The competition was outstanding and as always the team competitions were very exciting to say the least. I would like to thank the organizers of the event for looking after the transporting of the team members.

SWKKF TEAM – KUMITE CLASSIC, GREEBSBURG, PENNSYLVANIA

On April 26, 27, & 28, 2002 members of the Shintani Wado Kai National Team traveled to Greensburg, Pennsylvania to participate in the Kumite Classic Karate Tournament. Sensei Bill Viola Jr. was the host for this event.

Sensei Mark Forsythe was unable to attend because he was attending his Graduation for Nursing. Congratulations Mark. A check of the results of the National Team Competition in May 2000 revealed that Sensei Darren Marshall was the runner up and he was invited to join the team.

Other team members attending were Sensei Scott Hill, Sensei Walter Fast, Sensei Michel Gosselin, Sensei Rathe Mokolky, Sensei Danielle Tardif, and Sensei Rachel Deschamps.

The team was bolstered by other Black Belts, Sensei Neil Prime, Sensei Brad Cosby, Sensei Alex Fast, Sensei Roger Deschamps and Sensei Lauren Fast. Sensei Ron Mattie and Sensei Peter Ruch escorted the group.

Unfortunately the Italian Team was unable to attend but we challenged the USA Team. This team was made up of Sensei Taleb Elbekkal who fought Sensei Scott Hill. Sensei John Fonseca who fought Sensei Darren Marshall, Sensei Dean Johnson who fought Sensei Walter Fast, Sensei Adam Older who fought Sensei Michel Gosselin and Sensei Adam Brozar who fought Rathe Mokelky. The members of both teams meet before the challenge and it was quite apparent that we were dealing with extraordinary young competitors. Almost immediately the two teams started to talk back and forth. It was great to see the interplay between the two groups. Sensei Ron Mattie took picture of the grouping of the fighters.

The USA Team won the competition; their style of fighting differed from our Team in that they were open competition style where we were traditional style. The fighting was furious but very well controlled.

There was not a specific woman's team competition but another Canadian Team put forth a team of three females and two males. Sensei Lauren Fast, Sensei Danielle Tardif and Sensei Rachel Deschamps along with Sensei Alex Fast and Sensei Neil Prime made up our Team. Again we were sparring against open style fighters where the rules are quite different then our traditional rules. The members of the Canadian Team from London, Ontario were the victors. I was most impressed with the way our team members quickly adapted to the different fighting styles. It was definitely a

learning experience for all members of the Team. Sensei Scott took 2nd place in Kumite, Sensei Darren took 4th place in Kata, Sensei Walt was 3rd place in Kata and 3rd place in Kumite, Sensei Alex was 4th place in Kumite, Sensei Michel was 1st place in Kata, and Sensei Rathe was 3rd place in Kumite. Sensei Brad Cosby took 4th place in Kumite, Sensei Lauren took 3rd place in Kata and 2nd place in Kumite, Sensei Danielle Tardif was 4th place in Kata and 3rd Place in Kumite. Sensei Scott received an injury to his elbow, and Sensei Rachel received a broken nose.

I received an e-mail from Sensei Bill Viola Jr. congratulating the members of the team for their outstanding professional contribution to the Tournament. Many of the team members were asked to judge the kyu belt events and they jumped right in to help.

I would like to let all our members know that even though there was contact at this event, in most cases it was totally controlled as not to seriously injure the other competitor. There was a genuine concern for the safety of all competitors. After each sparring match, the competitors would meet outside the ring to congratulate each other and talk about their match. This is very similar to our tournaments. We have been invited to return next year and I am sure we will take up the challenge.

Announcements

Warren Karate Clinic

Your host, Sensei Bill Sorvelli, Godan

The Warren Wado-Kai Karate Club will present the 3rd annual Shintani Wado-Kai Karate Clinic at the Warren Student Union on Saturday July 6th 2002. This clinic will be tribute to the life of our great Instructor Masaru Shintani.

Dr. Robert Graham 7th Dan, President & Chief instructor of the United States Shintani Wado-Kai Karate Federation will preside. He will be covering Tai-Sabaki movements, and offensive/defensive use of the Shindo weapon.

Time: 2:00 p.m. 'til 5:00 p.m.

Cost is \$10.00 for all students ages 7 to 80.

This will be a good opportunity to meet and train with Sensei Graham and the people who make up the United States Shintani Wado-Kai Organization. There will be a small charge of \$1.00 at the door for spectators. All proceeds will be donated to the United States Shintani Wado-Kai Karate Federation and the Warren Area Student Union. All styles of Karate in the area are invited. It is planned to be a fun sharing day for everyone.

Contact: Sensei Bill Sorvelli

Rd. # 1 Box 1364A,
Clarendon Pa., 16313.
Email: pawado@WestPA.net

BC Wado-Kai Douglas Lake Karate Convention August 30 - Sept 2, 2002

Your host, Sensei Blaine Beemer, Godan, Administrator for BC

On behalf of the Vancouver Wado-Kai and the Salmon Arm Wado-Kai, we invite you to a weekend of karate and camaraderie in the high hills of interior British Columbia.

We're hoping that our third event of this kind will be enjoyable to you. We expect to have a mix of seminars, informal martial arts sharing, some friendly competition (this will function as the BC Invitational Wado-Kai Championships), and lots of time just to hang out. A best-ball (or some other silly format) golf tournament will be held nearby one

afternoon. Again, of course, all manner of non-karateka family and friends are welcome.

Douglas Lake Ranch is a 450,000-acre private ranch, and the Salmon Lake Resort, site of our get-together, is easily accessible (try the website at www.douglaslake.com). Cabins, RV and tent-sites are available - book cabins and RV's directly (RIGHT AWAY!) at resort@douglaslake.com or phone 1 (800) 663-4838. There's a pool and a little store; fishing and boats; horses to ride nearby. The fee is \$20 for the weekend per karateka (\$45 per family of karateka) - camping fees are payable to the resort and run about \$15 per night. There's even a beautiful hotel about 50 minutes away for those who abhor roughing of any kind (the Quilchena Inn).

For more information, contact Blaine at brbeemer@portal.ca or at (604) 879-5446.

BC Wado-Kai
c/o 405 - 1417 East 8th Avenue
Vancouver, BC V5N 1T3

Summer Camp in Rouyn-Noranda

Your host: Sensei Roger St.Arneault, Rokudan

Once again the Rouyn-Noranda Wado Kai will host a karate camp this summer from July 19th to 21st. Since 2 years has been such a great success, its cost will be absolutely FREE to all.

All you need to bring is your camping gear... that's all. During the time of the camp I will be on vacation so if people would a summer camp longer it will be possible. Just let me know.

Fort Frances Wado Kai

**Your host:
Sensei Chris Bazinet, Sandan**

Located in beautiful Northwestern Ontario, Fort Frances invites you to its 5th Annual Summer Time Workout

This year's event will be held on the weekend of August 2nd, 3rd & 4th, 2002

August 2nd - 6:00 p.m. - 9:00 p.m.

August 3rd - 10:00 am - 4:00 p.m.

August 4th - 9:00 am - 12:00 p.m.

All ranks of belts are invited. Black Belts are asked to contribute 1 - 2 hours of instruction. It can be Kata, Kumite, Self-Defence, Shindo or any other type of Karate technique(s). Black Belts willing to contribute please contact Sensei Chris Bazinet prior to event so that a schedule can be prepared

Hotels/Motels numbers can be provided if required. Campgrounds and Billeting are available \$10⁰⁰ Admission fee at the door for the entire weekend

For more information regarding the event please contact Sensei Chris Bazinet :
807-274-4788 (home)
807-274-5311, Ext. 1955 (work)
Email chris_bazinet@abicon.com

Saturday evening there will be a Bar-B-Q at Sensei Chris' home. Sunday afternoon will include fishing and/or touring beautiful Rainy Lake (Weather Permitting).

The Wado Kai Student Development Fund is offering two scholarships of \$500.00 to secondary school students across Canada. The conditions of the scholarship is as follows:

The scholarship is open to students applying to post-secondary institutions who are involved in the Shintani Wado Kai Karate Federation.

The scholarship is also open to parents/guardians of students applying to

post-secondary institutions on their son's/daughter's behalf. The parents/guardians must be involved in the Shintani Wado Kai Karate Federation. The application will be judged on their (parents/guardian) accomplishments in the Shintani Wado Kai Karate, their Sensei's recommendation (on application) and on their son's/daughters admission grades.

Recipients of the scholarship must be prepared to show their level of education is sufficient to allow admittance to an approved institution of higher education, such as university, technological institute, teacher's college, nursing school, etc...

The application form is to be submitted no later than midnight June 30th of each calendar year, and accompanied with any extra documentation, if required.

Proof of acceptance at an institution of higher education will be requested before an award is made.

In all cases, the student or parent that is a member of the Shintani Wado Kai Federation must provide his or her registration book number.

All applications are judged on three categories:

Academic accomplishments (0 – 10)
Extra curricular achievements (0 – 10)
Martial arts Achievements (0 – 10)

Please submit applications (available from your sensei) before June 31st to:

Sensei Bruce Perkins
36 Ridgeway Avenue
Pinehurst Subdivision
RR#1 Simcoe Ontario
N3Y-4J9

519-582-3737 (phone/fax)