



THE HARMONIZER

THE OFFICIAL NEWSLETTER OF THE
SHINTANI WADO KAI KARATE FEDERATION

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Welcome to another edition of the Harmonizer. It's great to have a forum like this to help us keep in touch with what the different areas of the organization are doing. It's very difficult... rather impossible to imagine being a part of all the events throughout the SWKKF since it is so large and so many events are taking place virtually every week somewhere. We are very grateful for those of you who do submit articles and share your thoughts with the rest of your fellow karateka.

Once again I feel we have exceptional submissions to this newsletter.

Please enjoy !!!

Heart-Rate Training and Karate
By Sensei James Freeman, Sandan
Edmonton, Alberta

Today, many of our karate students are active training in other sports, and they often wonder how their cross training in sports such as running, swimming, or cycling might benefit their karate training. I myself am actively training for triathlon competition, and so this question was also important to me. In order to understand how cross training might benefit an athlete, it is important to first understand how training affects the body in the first place. Many athletes today use Heart-Rate monitors as an intrinsic part of their training to correlate their body's performance to energy consumption and power output.

I have applied Heart-Rate training to karate activities as well as to these other sports, and can offer some insight into what specific types of cross-training activities might improve peak karate performance. First though, we should take some time out to understand a little about sport physiology. I point out that I am not a qualified Sports Physiologist, but have worked closely with trainers and professional athletes who are.

Physiological Metrics

There are four things that professional athletes know about their physiology:

1. VO₂ max or Maximal Oxygen Uptake (measured in mL/kg/min) – the volume of oxygen consumed by the athlete at maximum effort. Here, higher scores are better, and indicate that large amounts of oxygen can be delivered to fuel activities requiring higher power output (like hard-and-fast karate). The following table illustrates typical ranges for this parameter: (next page)

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Superior - >65 mL/kg/min
High – 50 – 64 mL/kg/min
Average – 35 – 49 mL/kg/min
Poor - <35 mL/kg/min

Elite runners have ratings of over 70, and a sample of elite tri-athletes who attended the 2002 Edmonton WTU triathlon competition in July showed average readings of 63. The highest ratings top out at about 75 ml/kg/min. VO_2 max is trainable (for example, if you lose weight, or improve your breath mechanics, your result will go up), but only by 10% - 15% at most, since it is limited by genetics and other lifestyle or physiological factors that affect the lungs. The ability to deliver large amounts of oxygen to hard-working muscles is key to the kind of energy consumption that the body will use, and to the body's ability to sustain such activity.

2. Maximum Heart Rate – (measured in beats per minute) – the maximum heart rate achieved under maximal physical exertion. Your maximum Heart Rate may be crudely determined by subtracting your age from 220 if you are a man, and 225 if you are a lady, but this can lead to very inaccurate results, since age is not the only determinant. The best way to determine maximum heart rate is to do a physiological test, where you need access to test equipment and the conviction to push yourself to your limits. Note that it might be possible to obtain slightly different readings based on different tests, and so a range of results is possible here.

Heart Rate and Oxygen consumption are linearly correlated, so one can expect to see VO_2 max when Maximum Heart rate is observed.

3. Anaerobic Threshold – (measured as a percent of VO_2 max) The point where anaerobic energy production begins to produce more lactic acid than the can be removed by the blood. This is a key figure for karateka, since crossing over to anaerobic energy production during high-intensity activities like full-speed Kata or Kumite will limit your ability to sustain the activity.

There are generally two ways that the body can produce energy for working muscles. Aerobic energy production, which occurs in the presence of oxygen, occurs at lower intensities, is very efficient, and can deliver huge amounts of energy over long periods of time with little lactic acid produced. However, this energy-release mechanism alone becomes too slow when the intensity of work or power increases, and aerobic delivery alone cannot meet the demands of working muscles. Faster sets of chemical reactions that require no oxygen (i.e. are anaerobic) occur, but these produce blood lactate as a waste product. While both types of energy liberation occur at all times, the point where the anaerobic mechanism begins to dominate is the Anaerobic Threshold (AT). Threshold is usually taken to be the point where lactate levels exceed 4 Mmol/L of blood. The presence and build-up of lactic acid begins to interfere with ongoing production of energy for working muscles, and will impair and shutdown performance within a relatively short period of time.

Anaerobic Threshold is highly variable but also highly trainable. AT varies depending on the sport, position of the body, and muscles used. For example, a typical physiological test done on a bike will predict where the threshold occurs for

cycling. To translate this to running, one can add as many as 10 heart beats per minute before the threshold is crossed (i.e., you can go harder), while for swimming, the threshold is crossed at a lower heart-rate because of the different body position and muscles involved. While I have not specifically had blood lactate levels tested while doing Karate, I am guessing that karate, which uses a variety of muscles and generally involves a vertical position, will have a threshold somewhere between that of cycling and that for running.

An average person might have a threshold at 60% of VO₂ max, while a well-trained athlete can have a threshold in the range of 75-90%. Some elite athletes are able to push their threshold as high as 98%, which means they are able to deliver huge quantities of oxygen to support aerobic energy release even at high work-out intensities. If we all could do this, then we could sustain reasonably hard kata for hours without a break!

4. Power Output – (Measured in Watts or Joules/s; sometimes, in Calories/s). Increasingly, professional athletes are focussing more and more on Power Output as a key training metric. They are able to correlate their heart rate, something that is

easy to monitor during a competition with a Heart-Rate Monitor, with certain Power Outputs and expected race times. The purpose of training is to give an athlete the opportunity to sustain a higher power output at a given heart-rate and with a given consumption of oxygen. This improvement in efficiency means that a karateka, for example, could go harder (i.e. produce more power) for longer, as we shall see in the following section. Unless you are willing to invest in expensive devices (like a power tap for a bike), it is difficult to accurately measure power, and so Hear-Rate is used as a proxy.

Training Zones

Knowing the above allows athletes to design a training program to improve performance. In general, there are three Training Zones defining different intensities that may be used to train for performance improvement. Often, these three zones are sub-divided, and most training programs use 5 zones instead. These are summarised in the following table, which is adapted from the U.S. Cycling Federation Tables. The % of AT varies from athlete to athlete as mentioned above. I have based the Threshold results on my own observed bike results.

Type of Training	Zone	% of Max Heart Rate	% of AT	PE	PE Feeling
Endurance – recovery	1	<65%	<78%	2-Jan	Able to Sing
Endurance – Over distance	2	65-72%	78-87%	4-Jan	Able to talk
Aerobic/Fast Tempo (sub-threshold)	3	73-83%	88-100%	7-May	Talking is hard
Long Intervals – Threshold training	4	84-90%	100-109%	9-Jul	Forced breathing
Speed/Sprint	5	91%-100%	110-120%	10-Sep	Very forced breathing

PE = Perceived Exertion

While activity up to Threshold can typically be sustained for hours, as is the case for endurance athletes, activities above Threshold cannot last more than a “few” minutes, because build-up of blood lactate will significantly degrade performance. In order to recover, a rest period is required to give the blood time to remove lactic acid. While lactic acid is almost completely removed if enough rest time is provided, insufficient rest between sets can result in a lingering presence of lactic acid that can persist for as long as 12 hours. Typically, a rest period is one where the athlete moves down to Zone 1 or 2, and need not be a complete cessation of activity.

Applying Zone Training to Karate

In order to improve as a karateka, training in all zones is important. The goal is to increase the anaerobic threshold, so that higher power outputs and intensities can be sustained at or below threshold. This is the key to surviving an “endurance” event like a Grading, which is significantly longer than the typical training session.

Here is an example of how some typical training sets done in karate map into training zones.

Type of Training	Zone	% of Max Heart Rate	% of AT	PE	PE Feeling
Yasime relaxation period, Seiza, Stretching Warm-up	1	<65%	<78%	2-Jan	Able to Sing
Strength Warm-up, Randore, Kihon sets or Kata (slowly)	2	65-72%	78-87%	4-Jan	Able to talk
Kihon sets (Medium to Hard and Fast) or Kata (Medium)	3	73-83%	88-100%	7-May	Talking is hard
Kihon Sets (Hard and Fast), Kumite (Hard and Fast), Kata (Hard and Fast)	4	84-90%	100-109%	9-Jul	Forced breathing
Kata (Hard and Fast), Kumite (Hard and Fast), Pad Kumite	5	91%-100%	110-120%	10-Sep	Very Forced breathing

A solid foundation for karate or any sport will train all zones. Runners often have sessions where they focus on either the lower, aerobic zones (like an LSD session, “Long, Slow Distance”) or work speed to stress the higher zones. In karate, training of all zones is typically mixed together in any given class, but there may historically be too much emphasis on “Threshold” training without as much emphasis on slower but sustained training. Also, when doing speed work, it is important to ensure that appropriate rest periods (and hydration breaks) occur in order to allow athletes to sustain efforts. An alternative way to structure a karate class would be to have designated “LSD” classes and designated “Speed” classes, much like runner’s structure into their training programs.

There have been some interesting studies done on runners and the lengths of intervals and rest periods when doing speed work. It has been found that sets that consist of shorter intervals followed by periods of comparable rest (for example, 30s on, 30s rest vs. 60s on, 60s off) result in longer periods sustained higher in the anaerobic areas and closer to VO_2 max and Heart-Rate Max than the longer sets offered, thereby offering higher-quality training. The U. of A. track team uses 30 on, 30 off intervals to improve speed and increase AT.

If you think about karate sets, we usually train “Intervals” on the count that are anywhere from 3-10 seconds in length, with rests of roughly 2-4 seconds, followed by longer rests between sets. Thus, a 10-count set might last for anywhere from 30 s to 1:40 minutes. Sometimes, “ladder” sequences are done

on longer sets in order to build to maximum intensity by the 8th or 9th count to maximum. Generally, the shorter sets, with shorter breaks in between, would be preferred and would sustain a student’s HR and power output at higher levels for more of the class.

The typical kata, when done at slow speed, takes about 45-60 seconds, and while done hard and fast, takes about 30 seconds, which is perfect for interval training provided a suitable rest period follows.

These would be examples of “Speed Work” in karate. Rendori, on the other hand, might be considered the karate equivalent of a runner’s LSD, since it is sustainable for hours at Zone 2-3 output intensities. Unfortunately, this type of training is often not given enough attention in classes, and should be better promoted. Even people who run 5 or 10-km road races train and benefit from LSD runs of 15 to 20 km at much slower paces than their race paces.

Cross-Training Benefits

Given the background, we will now close where we started, by looking at how cross training in other sports can translate back into performance improvements in karate.

Generally, cross training can provide two major types of benefits: peripheral and central.

Peripheral benefits are improvements in the skeletal/muscular system and in strength, so running or cycling, for example, which uses primarily the leg muscles, can translate into stronger stances in karate. Swimming, which relies

primarily on the trunk muscles and upper body, can increase strength in these areas, improving ki in karate. Swimming cushions joints and can be an excellent part of recovery training if injuries during kumite occur. Yoga, which focuses on flexibility and the ability to properly align the bones and muscles of the body, can benefit the ability to twist or focus techniques and increase “core stability” by creating awareness of balance and asymmetries, which could cause injury. Weight training increases strength in the muscles trained, and ball training (training with the sports balls or wobble boards) also improves strength and core stability.

Central benefits, on the other hand, are benefits to the cardiovascular system. Here is where intelligent application of zone training is important. If your cross-training goal is to improve your ability to sustain higher levels of output over longer periods of time (i.e. for a black-belt grading), then you should look to do similar intensity workouts in your cross training. For example, if you want to improve your Zone 4/5 abilities in karate (kata, kumite hard-and-fast, pad kumite), then you need to look at these types of workouts in your running, swimming, or cycling. This means sprint intervals of either 30s on/30s off for running, 50-100m sprints in swimming, depending on how polished your technique is, or cycling “Quad-burners” typically of 2-3 minutes. Over time, you’ll want to increase the number of sets of intervals that you do, but taking rest between sets of intervals, typically for 1-2 minutes in Zone 1, is important.

Cross-training offers other benefits as well, including **variety**, the opportunity to meet other people, and the ability to fall back on some physical activity **if an**

injury prevents training a certain sport.

While some karateka chose their parents wisely and are blessed with exceptional genetics, most successful karateka who achieve and sustain their black-belt ranks do train more than the twice-a-week karate workouts. Some teach classes, which adds extra time on the floor, but many are active in at least one other sport in order to achieve the benefits and overall fitness levels discussed earlier. Intelligent cross training is important and should be considered by all karateka in order to enhance their karate training.

Good Luck !

Fort Frances Summer Workout
Submitted by Sensei Lew Kempf
Fort Frances Wado Kai

On August the 2nd, 3rd, & 4th, Fort Frances Wado Kai held its fifth annual summer workout. This year, as in the past, we had a very special guest instructor. We were honored to have Sensei Ron Mattie instructing this year’s clinic.

On Friday at the beginning of the clinic, Sensei Chris Bazinet introduced Sensei Ron to the class. This was the first time for many of the class to meet sensei Ron. They were not disappointed.

Sensei Ron started Friday evening’s workout with a good warm up, then a stretch to get every body ready. The workout lasted about three hours on this evening. The main focus was on full extension. Rendori to this was then applied. At the end of the workout Sensei Ron showed great detail on a cool down stretch.

Saturday morning we went into Pinan Shodan as a warm up, then another stretch to get ready for the morning workout. Sensei Ron worked us on Pinan Shodan with stances and how to generate the power. He also worked on going to that next level with the combining all that is taught and putting it together to make the form, power, and speed triangle a little smaller.

In the afternoon the class broke up into small groups, with the black belts in attendance teaching a particular technique of their own choice to their group. After a few minutes the groups would rotate and be taught by the next sensei. After the class rotated threw all the black belts we all sat in a large circle and each sensei had to verbally describe their technique and then have one member from the floor come to center with the sensei and demonstrate the move or moves described. The black belts then lined up across the center of the Dojo and all the students then did rendori with each black belt. When all the kyu belts had rotated through this group the black belts then did rendori with each other. We then did a cool down stretch out and bowed out for the day.

The Saturday evening Bar-B-Q was a great way to cap off an exciting day of Karate. Most of the clinic's attendants were present at the bar-b-q. As it was Sensei Ron's birthday on Sunday, a cake in the design of the Wado-Kai fist and dove was bought out. There are some discrepancies about the actual age of Sensei Ron, so I will not state what age he said he was.

On Sunday the black belts came early for some black belt kata instruction. When the main class was all there Sensei Ron

instructed the class on the optional kata, Chonan Shodan. This kata will now be put in our regular instruction list at the orange to green belt level.

The Fifth Annual Fort Frances Summer Work Out was now coming to an end as Sensei Ron had a flight to catch back to Welland, and he had some instruction for Sensei Chris before he left, so the rest of the class was bowed out.

We would like to thank Sensei Ron and all the class for an exciting and informative weekend.

Hope to see you next year. Remember it is always on the August long weekend.



Thunder Bay Workshop

**Submitted by: Elana O'Connor, Sandan
Thunder Bay Wado Kai**

On January 11th and 12th Northwest Ontario Wado Kai hosted yet another very successful Workshop in Thunder Bay, Ontario. Members from Fort Frances, Devlin, Hearst, White River, Manitouwadge, Wawa, and Thunder Bay had an insightful opportunity to participate in a workshop instructed by Sensei Rick Leveille. The two-day training seminar

allowed the students to learn the



fundamentals of basic techniques, Kata/Kumite, as well as using the body efficiently while training for long periods.



In addition, Sensei Rick instructed and prepared individuals who were training for up and coming black belt gradings. Throughout the workshop the senior blue & brown belts were able acquire new skills through training with some of the senior ranking Yodansha. Thanks to all those who traveled long distances to support this annual event - a weekend

enjoyed by all! And Raymond, I told you



for the last time do the dishes!!!

Dominican Republic Visit:
By Sensei Ron Mattie, Sichidan
Welland, Ontario.

Sensei Bruce Perkins and I visited Sensei Geovanny's Wado-Kai group in the Dominican Republic in January. It was a great experience and we made a lot on new friends. We left on a Wednesday and returned on a Sunday. We were up at 4 a.m. to be on the dojo floor for 5 a.m. and some days we didn't get back to the room till after 10 p.m. having breakfast at ½ pass noon. (It reminds me of a song by Jackson Brown "Running On Empty").



We put on clinics for Sensei Geovanny's Wado-Kai clubs as well as touring the country to put clinics on for other styles that are interested in joining the S.W.K.K.F. We also ran 2 separate gradings for members of Sensei Geovanny's group.



The caliber of Sensei Geovanny's students was very good. The instructor's basics are very good and strong. Good fighters also. Most of the instructors teach the children for free. Wado-Kai karate may be all they have and they are good at it. The care, compassion and energy the instructors put into these children are what Sensei Shintani was all about. A lot of these children have very little.



This brings me to a project that I would like to embark on, on behalf of the S.W.K.K.F. Most of these children do not have video TVs, let alone video games. Wado-Kai karate is all they have which

makes them feel confident and good about themselves. Most don't even own a karate gi.

I would like to ask anyone who may have extra used gis, no matter what size, and would want to donate them, if they would kindly mail them to me and I will see that they get received by Sensei Geovanny's group on behalf of the S.W.K.K.F. Just think of the impact this will do in a child's life. I thank you all in advance for your effort and cooperation.

Saskatchewan Provincial Tournament **An Alberta perspective**

**By Vanessa Prosser, Brown Belt,
South Calgary Wado Kai Karate Club**

From Friday, November 29 to Sunday, December 1, 2002, six members of the South Calgary Wado Kai Karate club in Alberta traveled eleven hours to Carlyle, Saskatchewan to participate in their tournament. Turnout was good, participants came from throughout Saskatchewan and Manitoba, as well as a few Albertans. Participation was excellent, and everyone worked very hard to earn the best standings they could. It was a great time between several clubs, and the South Calgary club members all had a fantastic time.

The brown belt women, due to a rather small turnout in their category, were given a great opportunity to compete in the black belt women kumite division. The brown belts all gained valuable experience and learned some new moves. The black belt men all fought very well, as usual.

Highlights included the presence of Sensei Denis Labbé, president of the Shintani Wado Kai Karate Federation,

who passed on some awesome tips about stances and techniques, among other things, during a short workout on Friday night and during the tournament on Saturday; as well as meeting new people from outside our club and making some new friends.

Thanks to Carlyle for having us!

Nathan Goes for Gold...

**Submitted by Sensei Toby Wolfe,
Yodan and Dan Moore (PROUD DAD)
Warren Wado Kai, Pennsylvania**

On 01/25/03 at the Johnsonburg Pa High School, Warren Wado Kai karateka Nathan Moore participated in a Pennsylvania Junior Olympic Wrestling tournament. Nathan took first place in the 50lb weight class in the 6yrs and under age group. This was Nathan's first tournament championship, and he faced some good wrestlers in his bracket.

Lightning strikes twice!!! Nathan Moore of the Warren Wado Kai Children's Class took first place in the Ridgeway Junior Olympic Wrestling Tournament. This was Nathan's second consecutive first place finish in a wrestling tournament. Several of the area coaches have commented on Nathan's balance and good use of his hips for such a young age. This was quickly attributed to his karate training. His Wado Kai training and his wrestling complement each other nicely and are creating a well-rounded competitor.

And he's on a roll... Nathan won another wrestling tournament this week. He took first place at the Fort Lebuff Open JR Olympic Tourney. It is very unusual for a boy to go three or four week without a loss. This was a much tougher group of kids from three different states. He

competed and won against kids from Pa, Ohio, and N.Y. He has really developed well and is very coachable. This week in three different matches he was loosing in points and pinned his opponent late in the match for wins. It's tough to remember they are still very young, and the idea is not winning, but developing... Still, it's hard not to be proud.



Congratulations Nathan !!!

FORT ERIE WADO KAI KARATE CLUB HOLDS THEIR 20TH ANNUAL KARATE TOURNAMENT

On Saturday January 18th, 2003 the Fort Erie Optimist Club and the E.J. Freeland YMCA presented the 20th Annual Fort Erie Wado Kai Karate Tournament held at the Fort Erie Leisureplex. The Annual Tournament is one of the key events, which qualifies Black Belts to participate in the National Shintani Team competition, which is held every two years. The National Team is made up of 7 members from across Canada and competes both Nationally and Internationally.

This Tournament was dedicated to the memory of Sensei Rollie Day, who

passed away in 2002. Sensei Rollie was the founder of the Fort Erie Wado Kai Karate Club. He left Fort Erie in 1982 heading West and started many clubs in Manitoba, Saskatchewan and the North West Territories. Sensei Rollie was a true karate person who loved the karate martial arts. His dedication helped the establishment of the Shintani Wado Kai Karate Federation in Central and Western Canada.

Honourary Black Belts from the Optimist Club and YMCA made the presentations to the competitors. Martin Herbert and Guy Staveley represented the Optimist Club and Brad Stairs and Dave Simons represented the YMCA. The YMCA has sponsored the Fort Erie Wado Kai Karate Club for over 35 years, and the Fort Erie Optimist club has support the Fort Erie Wado Kai Tournament for 20 years. The involvement of these two organizations has been outstanding and a credit to the Town of Fort Erie.

A total of 121 competitors from across Ontario, Northern Quebec, and Western New York State participated in this annual event.

The 28 members of the Fort Erie Wado Kai Karate Club participated winning 25 medallions. Alexander Casella, Spencer Cudney, Max Gardiner, Nathan Kingston, Jerry Dostie, Kenny Reichelt, Carl Schmidt, Frank Szabo, Frankie Szabo, Jessica Szabo, Shane White, David Worden. Michael Che was 3rd place Kata and 2nd place Kumite Mini PeeWee Div., and Tyler Dostie was 2nd place Kata and 4th place Kumite Mini PeeWee Div. Michael Piccolo Jr. 1st Place Kata and 1st Place Kumite Pee Wee, Boris Borovcanin 4th Place Kata Pee Wee, Dustin Reichelt 1st Kumite Pee Wee Div. Alyssa Clarke

2nd Kata and 4th Kumite Junior Girls Green-Brown Belt Div, Susan Szabo 2nd place Kumite Junior Girls Green-Brown Belt Div., and Andrew Szabo 2nd Place Junior Boys Green-Brown Belt Div. Zack Parton 1st Place Kata and 1st place Kumite Senior Boys Green-Brown Belt Div., and Ryan McGuire 3rd Place Kata and 3rd Place Kumite Green-Brown Belt Div. Tom Leech 1st place Kata and 1st Place Kumite Men White-Yellow Div., Sally Champagne 2nd Place Kata and 3rd Place Kumite Women White-Yellow Div., Michael Thompson 4th Place Kata and 4th Place Kumite Men White-Yellow Div., and Marta Thompson 4th Place Kumite Women White-Yellow Belt Div. Derek Reay 3rd Place Kata Men Orange-Green Belt Div, and Renato Romanin 2nd Place Kumite Men Orange-Green Belt Div. Darryl Stapleton 4th place Men Blue-Brown Belt Div.

One of the most exciting events was the Kumite (Sparring Event) between two Fort Erie Students, Michael Piccolo and Dustin Reichelt. The initial two-minute round ended in a tie. There was an additional one-minute round, and the first to score a point would win. This ended with no score so they had to go another minute and again this ended with either competitor scoring a point. The Center Judge called a meeting of the corner Judges and it was decided to award 1st Place Medallions to both competitors. When this was announce to the audience, there was tremendous applause of approval because of the great effort and control displayed by the young competitors.

For further information please contact Peter Ruch Head Instructor FEWK
1- 905-871-1094
E-mail: pruch@vaxxine.com

SENSEI ROLAND DAY

On behalf of the Shintani Wado Kai Karate Federation, I would like to extend my condolence to the family, friends and all the karatekas who have known Sensei Roland Day.

Sensei Roland was an original student of Master Masaru Shintani. He started the Fort Erie Wado Kai Karate Club in Fort Erie, Ontario in the late 1960's. In the early 1980's, Sensei Roland moved to Western Canada and established clubs in Manitoba then proceeded to establish clubs into Saskatchewan. After planning his seeds, he moved ahead into Hay River, North West Territories. Eventually he moved back to Weyburn, Saskatchewan. Five years ago he had a stroke and was limited to a wheel chair. In the last two years he moved to Prince George, British Columbia where he was under the care of Doris Franus, his daughter.

Sensei Roland Day was one of the pioneers of karate in Western Canada for the Shintani Wado Kai Karate Federation. Sensei Roland had many friends and I for one loved him and had an opportunity to work with him and attended many karate events together.

Sensei Roland Day may you rest in peace and give my regards to Master Shintani, Sensei Peter Ciolfi and all the karatekas who loved and dedicated their lives to karate.

In harmony,

Sensei Denis Labbé, Hachidan
President
Shintani Wado Kai Karate Federation

The **Manitoba Provincial Wado Kai Tournament** will be held **February 22, 2003 in Virden Manitoba**. Once again the Manitoba Wado Kai Karate Association invites all Wado Kai karateka to our annual tournament. This year's special guests and clinicians are Senseis Ron Mattie and Rathe Mokelky who will be running a Clinic on Friday Feb. 21st from 7:00 to 10:00 pm.

For more information, billeting etc. please contact either:

Bruce Dunning (204) 748-3547
bdunning@gov.mb.ca

Lance Mc Lean (204) 748-1930
lmclean1@mts.net

Ron Cole (204) 748-1722
roncole@mts.net

South Calgary Wado Kai Karate Club Annual Spring Tournament March 15, 2003 Calgary, AB

I know that for people not living in Calgary it is a long way to travel for a tournament; however, in the past few years many participants have made the long trip from Saskatchewan, Manitoba, BC, NWT, and from across the province of Alberta to make the tournament a huge success. Last year we had well over 200 competitors. The tournament begins at 9am with white and yellow belts, mostly youth, then the black belts and the rest of the kyu belts in the afternoon. The evening consists of a dinner and social time, as most of you know tournament days leave little time for visiting. The Friday evening we will be hosting a workshop, which will feature a variety of instructors from the Shintani Wado Kai karate federation. For this year's

tournament Sensei Denis Labbé and Sensei Ron Mattie have been making plans to attend. Anyone interested in attending should contact Heather Fidyk (fid@shaw.ca or 403-257-4638) to arrange accommodations. Remember the mountains? You can consider extending your stay and travel an hour out to the mountains for a day of skiing or snowboarding. Hope to see you here!

The **Saskatoon and Warman Clubs annual spring tournament** is being held on Saturday, March 22nd, 2003 with a workshop on Friday, March 21st, 2003 with the guest instructor to be announced. This year the tournament will be held in Warman, Saskatchewan (10 minutes outside of Saskatoon) at the Warman Elementary School. If anyone has any questions please contact Sensei Crystal Johnson:

saskatoonwadokai@shaw.ca or call (306) 244-5333.

Invitational Grading

Sensei Rick Leveille, Rokudan, is holding an invitational Black Belt Grading on **Sunday April 27th, 2003 in Wawa, Ontario** at the Michipicoten high school. This grading will be open to all Karateka who have met the age and time requirements as outlined in Section G of the SWKKF Grading Manual for the respective rank applied for.

Karateka that are being tested must submit their completed application and grading fee (\$35.00) to Sensei Ron Mattie, Sichidan at least 90 days prior and no later than 30 days before the grading date. A copy of the application must be sent to Sensei Rick Leveille. Absolutely no applications will be accepted at the grading.

Karakeka should be on the floor of the Michipicoten High School ready to start at 9:00 a.m.

For more information, please contact Sensei Don Dumontier.

E-mail dpdumont@onlink.net

Phone (807) 826-3013

Northwest Ontario Wado Kai Events Calendar

Monthly Black Belt Workouts

3rd Sunday of every month

St. Basils School

White River, Ontario

For information contact:

Sensei Rick Leveille at 807-822-2306 or

at riclev@renegadeisp.com

Sensei Brad Lundquist at 807-822-2698

or at bradlundquist@renegadeisp.com

White River Tournament

February 22, 2003

St. Basils School

White River, Ontario

For information contact:

Sensei Brad Lundquist at 807-822-2698

or at bradlundquist@renegadeisp.com

Ken Brown Memorial Tournament / Black Belt Grading

April 25, 2003 - Clinic

April 26, 2003 – Tournament

April 27, 2003 – Black Belt Grading

Michipicoten High School

Wawa, Ontario

For information contact:

Sensei Duane Wenmann at 705-856-

2876 or at peaceandharmony@onlink.net

Fort Frances Summer Workshop

All Ranks Welcome!

August 1st, 2nd, & 3rd, 2003

Fort Frances, Ontario

For information contact:

Sensei Chris Bazinet at 807-274-4788 or at FFWADO@nwconx.net

Senate Report.

**Submitted By Sensei Peter Ruch,
Rokudan, Secretary General SWKKF.**

Members of the Senate and Provincial Representatives met in Edmonton Alberta on Friday and Saturday November 8th and 9th, 2002.



Those present (L-R) were Sensei Dan McCoy, Blaine Beemer, Peter Ruch, Norm Volk, Jaysen Humphries, Lawrence Blakemore, Rick Leveille, Willie Lebrun, Brad Cosby, Rathe Mokolky, Jim Atkinson, Denis Labbé, Bruce Perkins, Ron Mattie and Bruce Dunning.

The meeting on Friday started at 7:05 P.M. Sensei Rathe Mokolky was designated the recording secretary to assist Sensei Peter Ruch with the taking of the minutes. During this session 44 items were discussed ranging from the Financial reports to the proposed Mission Statement. This session ended at 10:57 P.M. The second session started at 9:03 am Saturday and the Senate met with the Provincial Representatives. The Provincial Reps brought forward requests

for information concerning the Kata Tapes, the Shindo, the Insurance policy e.g. specific coverage, and distribution of the minutes to name a few. The meeting with the provincial reps was very progressive.

This session was completed at 8:15 pm.

Over the two day period, there were many issues discussed, some are

ongoing and are not complete and therefore would not be reported in the Executive Summary of the Minutes which are made available to all Head Instructors of all Clubs. If you have not received a set of these minutes, please contact your Regional Representative.

The Senate members recognized the valuable support and input that comes from the membership through the Regional and Provincial Representatives. We encourage the members to talk to the Head Sensei and ask questions about our organization.

I would like to thank the members for their continued support and wish them every success in the future.

A request from our Senate

**Submitted by Norman Volk, Godan
Alberta Provincial rep.**

As our organization matures we find ourselves requiring specialized services for activities such as business planning, legal matters, advertisements, educational materials, etc.

We have been made aware of some individuals within our own organization with specialized skills that are willing to volunteer time to assist in these matters. At a meeting of the provincial representatives it was decided to petition the organization with the intent of collecting a list of people and the services they might provide.

If YOU have a skill/expertise/idea you would like to make available to the SWKKF then please contact your Provincial representative. All information will be kept confidential unless we are instructed otherwise.

Provincial Rep

British Columbia - Blaine Beemer

brbeemer@portal.ca

Alberta - Norm Volk

volkfolks@shaw.ca

Saskatchewan - Rathe Mokelky

rathe@telusplanet.net

Manitoba - Bruce Dunning

bdunning@mb.sympatico.ca

Ontario - Jim Atkinson

j.l.atkinson@sympatico.ca

Quebec - Roger St-Arneault

rstarneault@mtq.gouv.qc.ca

Regional Rep

British Columbia - Blaine Beemer (BC-S)

brbeemer@portal.ca

Dennis Olsen (BC-VIC)

djolsen@telus.net

Alberta - Doug Scabar (ALB-N)

thescabars@shaw.ca

Heather Fidyk (ALB-S)

fid@shaw.ca

Saskatchewan - Jason Humphries (SAS-S)

regalautobody@sasktel.net

Manitoba - Lance McLean (MAN-S)

204 748-2467

Ontario - Brian Chmay (ONT-NIA)

905 641-1426

Jeff Grantham (ONT-SWOR)

519 446-2436

Brad Lundquist (ONT-N)

bradlundquist@renegadeisp.com

Steve Taylor (ONT-HNAK)

steve.taylor3@sympatico.ca

Mike Kranyak (ONT-HAM)

905 574-8547

Richard Ouellette (ONT-SE)

rouellette@rational.com

Don Ouellette (ONT-TOR)

dono@carsengroup.com

Positions Available in the SWKKF.

The following 2 positions are currently available for filling:

Editor of the Harmonizer.

We are looking for someone to edit and produce the Harmonizer, the official Newsletter of the SWKKF. The goal is to release 3 to 4 copies of the Harmonizer per year. This is a very important element of the organization to keep people aware of what is going on in the various aspect of the SWKKF.

Requirements:

Computer Word processing skills

Website Assistant

We are looking for someone to maintain the smaller aspects of "shintani.on.ca" the official website of the SWKKF. This would include maintaining current event postings and the email directory. You would work in co-ordination with Jose-Carlos Garcia, the webmaster.

Requirements:

Versed in HTML processing

If you are interested in either of these positions, please contact Sensei Denis Labbé at (905) 734-4119 or email at dlabbe@attcanada.net

JOB OPPORTUNITY:

SHINTANI NATIONAL TEAM MANAGER

Applicants for this position must submit their resume to the Secretary/General by March 31, 2003.

All applicants will be acknowledged.

Start Date:

Immediately upon completion of the selection of the successful candidate

SKILLS:

1. Must be a self-starter
2. Must be a member in good standing with the Shintani Wado Kai Karate Federation
3. Must have a computer and e-mail capabilities
4. Must be computer literate
5. Must have good communication skills
6. Must have good organizational skills
7. Must have a good background in Karate

8. Must have good familiarity of other Karate Organizations
9. Must work well with others
10. Must be able to arrange work schedules to accommodate traveling with the team

JOB DESCRIPTION:

The Team Manager is responsible for:

1. Communicating to all members of the Team
2. Arranging training clinics with the assistance of the team trainer
3. Co-ordinating and/or arranging travel plans for the Team Members to the various tournaments
4. Co-ordinating and/or arranging accommodations and food for the team
5. Working within the budget established by the Senate and responsible for the accounting of all monies in the Team Account
6. Preparing a proposed budget for the next National Team (2004-2006) within two months of the National Team Competition usually in May 2004
7. Keeping detailed records of expenses incurred by the team for each clinic or event attended
8. Will report to the Senate Liaison person on a regular bases

Please submit your resume to:

SENSEI PETER RUCH
SECRETARY-GENERAL SWKKF,
1447 NIAGARA PKWY, R.R. #1,
FORT ERIE, ONTARIO L2A 5M4
PHONE & FAX: (905) 871-1094
E-MAIL: pruch@vaxxine.com