



Northwestern Ontario Wado Kai competes in Western Canadian Championships

Sensei Elana O'Connor, Sandan
(Thunder Bay Wado Kai)

On April 3rd to the 6th, six members from Northwest Ontario Wado Kai participated in the annual clinics and Western Canadian Championships hosted in Edmonton Alberta. The



following members who attended are
Back Row - Hearst: Michelle Gosselin (Sandan), Manitouwadge: Mike Baleck, Thunder Bay: Elana O'Connor (Sandan), and White River: Rick Leveille (Rokudan).
Front Row – Manitouwadge: Don Dumontier (Nidan), Christopher Baleck (Blue) and Bonnie Baleck (Brown).

Sensei Rick was invited by Sensei Bruce Perkins to teach portions of the clinics offered over the four days. Needless to say the whole

experience was once again enlightening and informative.

The first evening Sensei Bruce instructed the clinic, which consisted of a combination of techniques focusing on body shifting and proper timing when fighting multiple opponents at one time. The second day was a long day, with Sensei Ron Mattie following up from the evening before with two-step sparring, effective body shifting, and focusing all the training through randori. Sensei's Bruce, Rick and Danny hosted a judging and referring clinic. Sensei Bruce handed out a small package of terminology, policies, procedures, and etiquette for tournament referring. Sensei Bruce really kept everyone focused on what is to be expected by the SWWKF.

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The day was not over yet... there was still a five-hour black belt

grading to be held. Congratulations to all those successful participants!!! While the grading was taking place Sensei's Rathe Mokelky, Elana O'Connor, Rod Sumbler, and Lauren Fast instructed a junior Kyu belt clinic preparing those for the following big day.

The third day was the tournament event. The Northwestern Ontario members represented their region with great effort. As a member I can only express the enthusiasm, interest, and desire that was demonstrated that day. Some of us found our new calling as the Edmonton news covered the event and we looked pretty good on camera (ha, ha). This was also another highlight as Sensei Norm Volk stole the show with his charisma and love for the camera. The teamwork out west to make this tournament flawless was invaluable. The dedication of all the clubs, family members, and volunteers was deeply recognized. Thank you for making us all feel welcome.

Kihon Training

Sensei James Freeman, Yodan
(Edmonton, Alberta)

In 1998, Sensei Craig Pettie and I formalized many different basic Wado block-counter sequences into a set of Kihons that now form a regular part of the curriculum in our club. Kihon training forms a bridge between waza, kata, and kumite, and introduces students to sets of movement that may be done in formal stances or looser, lighter stances, and which may be

Now on to the dinner! Well the Senate members were in charge of barbecuing steaks and hamburgers and if I do say so myself they did a fantastic job even though they were cooking in the dark.

On the final day each member of the Senate reviewed the black belt kata's and spent time refining them.

Well, it was time to say goodbye, as we had to depart back to the "boonies" of Ontario. In closing I would like to extend my thanks to the following individuals: Norm and Cathie Volk for their hospitality and opening their home to Sensei Rick and I throughout our stay in Edmonton. Sensei Raymond O'Connor for the many hours of training, guidance, and support before this event, and Sensei Rick Leveille for building my confidence and sharing his deep knowledge and skills.

What a wonderful experience, & we look forward to next year.

progressively refined as students become more advanced.

We do not claim to have done anything original here. We observe time and again that these simple moves form the cornerstone of Wado training and are taught by the most senior people in our organization. We see them used by the most senior people in tournaments as well. Our contribution, however, is to formalize them into a system of movements that offer symmetrical ways to work the body movements in a variety of upper and lower body

combinations and forms of taisabaki. The individual kihons are indispensable to instructors, who can start with one or two and then string them together like “lego” into longer sequences of movements for interval training sets. For example, of

particular use are the one-step retreating kihons followed by an advancing kihon, since these sequences help training the use of taisabaki as a “body evasion” followed by an immediate counterattack.

The following table describes the basic kihons as taught in our club.

Kihon	Technique Executed	Blocking side	Dachi and Taisabaki
Kihon 1 (Jodan)	Soto Uke followed by Gyaku Tsuki	Lead Leg	Shifting forward from jiyu dachi to jiyu dachi or sanchin dachi, no step through
Kihon 2 (Jodan)	Ude Uke followed by Gyaku Tsuki	Lead Leg	Shifting forward from jiyu dachi to jiyu dachi or sanchin dachi, either with or without step through
Kihon 3 (Jodan)	Soto Uke followed by Jun/Oi Tsuki	Reverse Leg	Shifting forward from jiyu dachi to kokutsu dachi or kiba dachi, no step through
Kihon 4 (Jodan)	Ude Uke followed by Jun/Oi tsuki	Reverse Leg	Shifting forward from jiyu dachi to jiyu dachi or sanchin dachi, no step through
Kihon 5 (Jodan)	Soto Uke followed by Jun/Oi tsuki	Lead Leg	One-step retreat by pushing the lead leg back and setting kokutsu dachi
Kihon 6 (Jodan)	Ude Uke followed by Jun/Oi tsuki	Lead Leg	One-step retreat by pushing the lead leg back and setting kokutsu dachi
Kihon 7 (Jodan)	Soto Uke followed by Gyaku Tsuki	Reverse Leg	One-step retreat by shifting the lead leg back and moving from jiyu dachi to juji dachi
Kihon 8 (Jodan)	Ude Uke followed by Gyaku Tsuki	Reverse Leg	One-step retreat by shifting the lead leg back and moving from jiyu dachi to juji dachi
Kihon 1 (Gedan)	As above, replacing Soto Uke with Nagashi Uke		
Kihon 2 (Gedan)	As above, replacing Ude Uke with Gedan Uke		
Kihon 3 (Gedan)	As above, replacing Soto Uke with Nagashi Uke		
Kihon 4 (Gedan)	As above, replacing Ude Uke with Gedan Uke		
Kihon 5 (Gedan)	As above, replacing Soto Uke with Nagashi Uke		
Kihon 6 (Gedan)	As above, replacing Ude Uke with Gedan Uke		
Kihon 7 (Gedan)	As above, replacing Soto Uke with Nagashi Uke		
Kihon 8 (Gedan)	As above, replacing Ude Uke with Gedan Uke		

8th Ken Brown Memorial Karate Tournament

Sensei Duane Wenmann, Sandan (Michipicoten Wado Kai)

One hundred and twenty-nine (129) competitors representing 13 clubs throughout Ontario competed in 26 Divisions from 6-7 yr old white/yellow

belts up through Senior Black Belt on Saturday April 26th, 2003.

Hosted by Sensei’s Duane Wenmann (Sandan) of the Michipicoten Wado Kai Karate club and Larry Laforge (Yodan) of the Wawa Wado Kai Karate club, this event marked the ninth year since

Michipicoten W.K. student Ken Brown Jr's tragic death and the eighth tournament that was held in his memory.

To mark this event, Sensei Wenmann designed a special two-sided medal. One side of this medal bore Kenny's face with the memorial dates below his image. The opposite side is a full size image of Sensei Shintani executing a front snap kick. Both sides also bear the Wado kanji and while this medal was meant to be a tribute to both Ken Brown Jr and Sensei M. Shintani, it also serves as a reminder of the contributions of all our departed and beloved Wado practitioners who have left us with fine memories.

Additionally, 23 Black Belts were in attendance this year with 16 competing in two B.B. divisions for some very close, fast and exciting competition at the commencement of the tournament. Overall, Sensei Billy Lebrun of Timmins W.K. ended up the "golden man" in the (Sandan up) division with two 1st place medals for his performance while Sensei Claude Boucher of Devlin WK and Sensei Adam Wenmann of Mich. W.K shared that honour in the (Shodan-Nidan) division. Altogether it was a very successful day with a total of 152 medals being awarded for kata and kumite.

After the day's events many of the volunteers, competitors and their



Present at the tournament this year were senior shihan and senate members Sensei's Richard Leveille (Rokudan) of White River Ontario and Sensei Willy Lebrun (Rokudan) of Timmins, Ont. Other senior shihan present were Sensei June Lebrun (Rokudan) and Sensei Billy Lebrun (Godan) of Timmins Wado Kai who travelled here by bus with 40 of their karateka and their families. This significantly contributed to the tournament numbers and made for some very competitive divisions through out the day.

Sensei gathered at a local eatery to share and continue the friendship, experiences and thoughts over some well deserved sustenance and fluids. Later that evening a couple of the Fort Frances grading candidates were observed cooling their nerves for the next day's BB grading with some "near beer" while some of us devoured fresh fruit and some "not so near beer". As always, this is one of my favourite times of this weekend. It is a chance to catch up on "important stuff" with all our Wado

friends who after all these years seem more like family than friends.

You could taste the nervousness in the dojo the following morning but that quickly gave way to training and hard work when several brown and black belts hit the floor and were put through the paces for a full day of karate and testing. By the end of the day, the gradees were all pulling that extra 10% that only gradings like this can pull out of a person.

Successful and proud candidates are as follows; Bonnie Baleck – Shodan, Jordan Atkins – Shodan, Patrick Levesque – Shodan, Paul Forget – Nidan, Lew Kempf – Nidan, Chris Bazinet - Yodan

Sensei D. Wenmann and Sensei L. Laforge would like to extend their gratitude to all the visiting Sensei and Karateka who took time out of their busy lives and schedules to

SWKKF National Team Report

Sensei Neil Prime, Godan
(National Team Manager)

It has been a bit more than a year since the new team has been working together and I am very happy at the progress we are making. The team works well as a unit, all being open to new ideas.

Last September was the 1st real chance to work together. The training session was held in Welland, Ontario and went very well. This was an introduction to each other and the expectations of the team were laid out.

travel from great distances (*and not so great distances*) and to assist with judging and other duties at our tournament. Without this commitment, the tournaments in Northern Ontario (*and anywhere else for that matter*) would be difficult to hold on an annual basis. We sincerely appreciate all the support.

A last word - A few days after the tournament, Sensei Duane Wenmann drove to Hawk Junction where he spoke with Ken Brown's parents and presented them with one copy in each colour of the tournament's medals. Mr & Mrs Brown are a humble couple that as you can expect were devastated by their son's death in 1994. They were touched by the gesture and offered their hope and desire to see this tournament continue annually so long as there are there people to organize and fund it. I told them we'd do our best. And we will.

In February, the team headed to the Rouyn-Noranda, Quebec and continued the training there. We started our focus at this point on training for world tournaments. There are different requirements in these tournaments than what we are used to in both kata and kumite, but the transition is going well.

In April we headed for Spruce Grove, Alberta to attend the Western Canadian Championships and to partake in the clinics surrounding the event. Another good experience for those who managed to fly out before the airports got closed in the east due to severe ice storms.

In May we were in St.Catharines, Ontario at the Shintani Memorial Championships. We took advantage again of working together to instill the work ethics Sensei Ron has been promoting. We also had a chance to compete as a team in a "playoff" with the winners in each black belt division. It was one of the closest 7 matches I have witnessed and had to go into an extra fight to determine a winner. The challengers, the division winners in the end won by 1 point. We attribute this to Sensei Bill Lebrun's cheering section at ringside... all of whom had a great time in the spirit of competition!

The team is now preparing for the Kubota World Championships, which will be held in Toronto, Ontario from July 10th to 13th. The preparation has

been a lot by everyone. Each team member must learn at least 2 new katas. The format will follow WKA (World Karate Association) rules in which the divisions are regulated by weight. The point system for sparring allows variations to techniques from 1 point for a single punch, 2 points for body kicks, 3 points for head kicks, 2 points for sweep and punch combinations, and 3 points for a take down and strike, just to give you an idea.

I wish all the team members the best of luck at this competition.

There are plans for the next year with this team, exploring some options with other organizations that have the same values that Sensei Shintani has set forth.

Black Belt Kata Tapes now Available!

The official Shintani Wado Kai Karate Federation sanctioned Black Belt Kata tape is now available for sale at a cost of \$30.00. The Provincial Representatives encourage all Yudansha to purchase a copy for use as a measure of standardization of Mandatory Black Belt Katas within the SWKKF.

Note: Kyu Belt Kata tapes are also available.

To order either tape, please contact:

Eastern Canada – Jim Atkinson:

j.l.Atkinson@sympatico.ca

(519) 446-3555

RR # 1

Vanessa, ON

N0E 1V0

Western Canada – Bruce Dunning:

bdunning@mts.net

(204) 748-3547

Box 963

Virden, MB

R0M 2C0