



Manitoba Black Belt Grading

October 25, 2003

Virden Collegiate Institute

1. All applications with payment (\$35.00) must be submitted to Sensei Denis Labbe on or before September 25, 2003 (one month prior to the grading). Send applications to:

Sensei Denis Labbe
118 Golden Blvd. East
Welland, Ontario L3B 1J1
ddlabbe@sympatico.ca

Send Copy to:

Sensei Bruce Dunning – Box 963, Virden MB R0M 2C0
bdunning@gov.mb.ca

2. All students planning on being graded must have a current and up-do-date membership in the Shintani Wado Kai Karate Federation. Passbooks are required the day of the grading.
3. Lunch will be provided for the Joseki Board. Grading candidates must bring their own lunch.
4. The grading will be standard format as follows:

09:30 – 10:00 Written Exam	15:00 – 15:30 Randori
10:00 – 12:30 Basics/Advanced Basics	15:30 – 16:15 Kumite
12:30 – 13:00 Lunch Break	16:15 – 17:00 Joseki Meeting
13:00 – 14:15 Kata	17:00 – 17:30 Belt Presentations
14:15 – 15:00 2 Step Kumite	17:30 – Banquet & Certificate Presentations

5. Instructors are responsible for supplying Black Belts for their students grading to Shodan
6. Please pass this information on to your students being graded. If you have any comments or questions, contact Sensei Bruce Dunning at (204) 748-3547 or by email at: bdunning@gov.mb.ca

2003 Scholarship Winners

Sensei Bruce Perkins, Rokudan
Scholarship Committee

First of all, I would like to thank all of the people who took the time to apply for one of the two \$500.00 scholarships that are available to any registered student of our

organization, or the son/daughter of a registered student. This year, as with other years in the past, the competition was very close. The two successful applicants were Lauren Fast from St. Davids, Ontario and Brian Julien from St. Catharines, Ontario. Congratulations to both of you and good luck in the future.

Scholarship Applications

Sensei Bruce Perkins, Rokudan
Scholarship Committee

There are two categories in which a person can apply; one is as a student that is registered with the SWKKF or the son/daughter of a student that is registered with the SWKKF. Both of these categories are broken down into 3 different sections: 1. Academics 2. Karate Achievements 3. Extra curricular activities Each of the three sections is given a mark from 0 to 10. The marks are then combined for the three categories to give a total score out of a possible 30. The two people with the highest scores are awarded \$500.00 each.

In the past, I have received applications that have made no mention of any extra curricular activities – This means the applicant receives a “0” for that portion of the application. This severely damages the applicants’ chances of being successful. Points taken into consideration when grading the applicants are:

- a) Does application have any documentation to back up claims made? Letters of reference are a great help.
- b) Does extra curricular activity include any volunteer work, again backed up with letters of reference & phone numbers so that these claims can be substantiated?
- c) What things have you done in the past that is over and above what the average student has done?
- d) Any letters should be brief and to the point. It is important that letters contain the information for the category it is intended.

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These are just a few points to help you to understand that in most cases you are trying to impress someone that does not really know you. The more pertinent information that you include in your application, the better your chances of success will be. In the past, there have been differences of .1 or .2 that have decided who receives \$500.00 and who does not.

To receive a copy of the application form, contact your Sensei. If he/she does not have a copy, ask them to contact the Regional Representative in your area. If he/she does not have a copy, have them contact the Provincial Representative. If after you have tried all of these avenues and still had no luck, I can be reached at (519) 582-3737. Thank you, Sensei Bruce Perkins.

Kata Tapes Available

The Official SWKKF sanctioned Kyu Belt and Black Belt Kata Tapes are now available at a cost of \$30.00 each. (Plus \$3.00 shipping). The Provincial Representatives encourage all Yodansha and Instructors to purchase these tapes for use as a measure of standardization of Mandatory Kata's within the Shintani Wado Kai Karate Federation.

For the months of November and December, the tapes are on special. Purchase one Black Belt Tape & one Kyu Belt Tape for \$50.00 plus \$5.00 shipping. To order tapes please contact the following:

Eastern Canada – Jim Atkinson:

j.i.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

23rd Annual

DELHI
KARATE TOURNAMENT

SUNDAY, NOVEMBER 23, 2003
DELHI HIGH SCHOOL
DELHI, ONTARIO

Registration: Starts 9:00am, closes at 10:00am sharp!!

Black Belt Meeting: 10:00am

Tournament Start: 10:30am

All Events: \$20.00

Family Rate: \$45.00

Spectators: \$4.00

SPECIAL GUESTS

Sensei Danny McCoy - Rokudan
Spruce Grove, Alberta

Sensei Rick Leveille - Rokudan
White River, Ontario

Sensei Bruce Dunning - Godan
Virden, Manitoba

WADO KAI KARATE CLINICS & BANQUET

Dear Sensei's:

In conjunction with the 23rd Annual Delhi Karate Tournament four clinics have been scheduled throughout the weekend at West Lynn Public School and Hambleton Hall in Simcoe, Ontario.

Guest Instructors **Sensei's Danny McCoy- Rokudan** from Spruce Grove, Alberta **Rick Leveille- Rokudan** from White River, Ontario and **Bruce Dunning-Godan** from Virden, Manitoba have confirmed that they will be in attendance and instructing at the clinics.

This is a rare opportunity and karateka are encouraged to attend these clinics.

Clinic Schedule & Fees:

Thursday November 20, 2003	West Lynn Public School, Simcoe, ON	7:00pm- 10:00 pm
Friday November 21, 2003	Hambleton Hall, Simcoe, ON	7:00pm- 9:00 pm
Saturday November 22, 2003 Junior's Only Class	Hambleton Hall, Simcoe, ON.	10:00am- 12:00 pm
Saturday November 22, 2003	Hambleton Hall, Simcoe, ON.	1:00pm- 4:00 pm

One class	\$10.00
Two classes or more	\$20.00
Family Rate.....	\$30.00
Junior class.....	\$5.00

"NEW- Fundraising Banquet & Dinner"

Saturday Nov 22, 2003	Victoria Community Centre Victoria, ON.	5:00pm - 12:00 am
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Proceeds from this event will be used to support Junior Students travel to the
2004 Western Canadian Wado Kai Karate Championships
Alberta, Canada

If you are interested in attending and require additional details please contact:
Jim Atkinson @ 1-519-446-3555
Rod Philip @ 1-519-426-1986

2004 – Edson Kobushi Tournament

January 16th & 17th, 2004

Parkland Composite High School
4630-12 Avenue Edson, Alberta

Friday Workshop 6:30 – 9:00pm

Saturday Tournament 9 – 5:00pm

More Info? Contact

Edson.Wado.Kai@telus.net

A student approaches his sensei and asks, “If I train three times a week, how long will it take me to reach Shodan?” “Five years”, says the teacher. Perplexed, the student asks, “If I train every day for as many hours as I can spare, how long will it take me then?” “At least twenty years”, concludes the sensei. “If one eye is so strongly fixed on a destination, there is only one eye left with which to find the way”.

‘Unknown’

Core Stability Training

Sensei James Freeman, Yodan

The Bushido Karate Association, a Shintani Wado-kai Karate Federation member club in Edmonton, has been working hard these past 5 months integrating Core Stability training into its workout curriculum.

What is Core Stability Training?

Core Stability training has grown recently in prominence as an important tool used by professional sport trainers to build a solid and integrated body that can achieve sport-specific movements while minimizing the risk of injury. The main goals of this type of training are:

1. To maintain a neutral spine using our deeper abdominal muscles such as the transversus abdominus (TVA) and back muscles. These postural muscles are not trained for force production, but rather are trained isometrically for strength and endurance.

2. To stabilize the spine in order to promote economical movement. “Stability before mobility” is a key principle in all sport movement, and is of particular interest to Wado practitioners given the importance of tai sabaki to our style.
3. To prepare the body and sport-specific muscles for maximal force generation. For karate, this inevitably means the big muscles in the legs and the hips, which are the starting point for generating the drive and force in all our movements in karate.

Most of us have trained karate for years unaware of the concept of core stability and the kinetic chain that binds the neuromuscular system of our body together into the complex movements we perform in kata or kumite. In fact, the training that we have received in Wado is excellent at promoting core stability, and we have found

that our senior students have started our focussed program at a very high level. However, it is possible to isolate certain muscle groups, train them, and thus promote better ki and stability in movement. It is also important to train the body symmetrically, since over training one area inevitably leads to weaknesses in other parts of the body and the potential for chronic injury.

What we are doing

The club has engaged the services of Mr. Kevin Masters, a local Edmonton-area Personal Trainer and multi-sport athlete. Kevin was recently named the Alberta Long Course Triathlete of the Year at the Alberta Triathlon Association Awards of Excellence Banquet in Calgary, having completed Ironman Canada and other shorter-distance triathlon competitions this past year.

Kevin and his team at Aerobic Power Training Systems in Edmonton have experience working with both professional and amateur athletes in building development programs, and

Kevin has conducted two clinics with the club where he has reviewed exercises that may be easily done in the dojo as part of a regular workout.

For our club, Kevin has developed sets of exercises for the club that may be worked without any equipment what-so-ever, ideal for the strength-training and conditioning part of the class, and also exercises that are done with Fit/stability Balls, which the club has purchased and keeps in storage at our dojo.

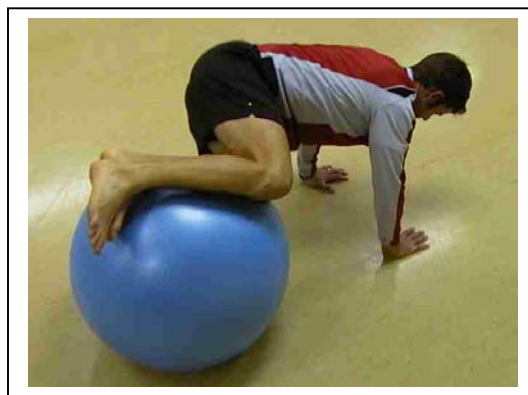
We now have an established repertoire of about 15 exercises, and this past week added another 15 more advanced exercises to our training plan. We typically perform these for 30 minutes at the start of class as a prelude to the main set of waza, kata, or kumite training that we do. We work the exercises in a circuit of stations, with minimal rest between sets, and typically perform 8 repetitions per set or for periods of 60-80 seconds where isometric (static) positions and poses are used.



Above: Sensei Jennifer Cockrall-King (Shodan) demonstrates the two-Ball Plank position, while Sensei Freeman shows the Star Side Bridge



Above: Sensei Craig Pettie (Sandan) demonstrates Single-Leg curls using the Stability Ball, while Kevin Masters demonstrates Reverse Crunches on the Ball with Sensei James Freeman assisting.



Personal Trainer Kevin Masters explains the difficult bent knee pike with lower torso rotation exercise on the Stability Ball

Shintani National Team Report

Sensei Ron Mattie, Sichidan

On July 13th, 2003, the Shintani Team competed in the 11th Kubota World Cup held in Toronto. The members of the team were very impressive. They all had to learn at least 2 new katas as well as some of our 5 mandatory black belt katas performed a different way. The members put in a lot of training time to accomplish their goals. We had entered 3 teams. Two, 3-man team and one, 3-woman team as well as individual competition. The tournament was in honour of Sensei Soke Takayuki Kubota, 10th Dan. One of our black belts were approached by Sensei Kubota and told he was very impressed with his physical and spiritual sparring. Sensei Neil Prime did a great job as manager of the team having every member ready in his or her designated ring from one end of the gym to the other.

We have one more training session in December with possibly 2 more tournaments before spring. In May of 2004 will be the last assembly for this team and a new team will be selected at a tournament organized by Sensei Peter Ruch. Listed below are the results from the 11th Kubota World Cup:

Alex Fast	4 th team Kumite	Roger St. Arneault	1 st Master Kumite
Darren Humphries	4 th team Kumite	Roger St. Arneault	1 st open Kata
Heather Fidyk	1 st over 65kg Kumite	Roger St. Arneault	1 st open weight Kumite
Heather Fidyk	3 rd Japanese Kata	Roger St. Arneault	1 st synchronized Kata
Heather Fidyk	4 th open Kumite	Roger St. Arneault	1 st Overall Competitor
Heather Fidyk	1 st open Kata	Roger St. Arneault	2 nd Grand Champ Kumite
Lauren Fast	2 nd under 65kg Kumite	Roger St. Arneault	2 nd Masters Kata
Lauren Fast	1 st open Kata	Roger St. Arneault	2 nd Self Defense
Lauren Fast	2 nd open Kumite	Roger St. Arneault	3 rd Heavyweight Kumite
Lauren Fast	3 rd Grand Champ Kata	Roger St. Arneault	3 rd team Kumite
Lauren Fast	4 th Japanese Kata	Roger St. Arneault	4 th Grand Champ Kata
Michel Gosselin	3 rd Masters Kumite	Suzanne Paquin	1 st synchronized Kata
Michel Gosselin	3 rd Team Kumite	Suzanne Paquin	2 nd open Kata
Samir Elbaccouch	1 st synchronized Kata	Suzanne Paquin	3 rd open Kumite
Samir Elbaccouch	2 nd open weight Kumite	Suzanne Paquin	4 th open Kata masters ladies
Samir Elbaccouch	4 th team Kumite	Suzanne Paquin	4 th over 65kg Kumite
Rod Sumbler	3 rd team Kumite	Rod Sumbler	4 th open Kata
Rod Sumbler	3 rd Heavyweight Kumite under 40	Rod Sumbler	4 th open weight Kumite

Northwest Ontario Wado Kai invites you to its:

BLACK BELT WORKSHOP

(SENIOR BLUE & BROWN BELTS WELCOME!)

WEST THUNDER COMMUNITY CENTRE

915 S. EDWARD STREET - THUNDER BAY, ONTARIO

9 am to 3 pm - SATURDAY, JANUARY 10TH

9 am to 1 pm - SUNDAY, JANUARY 11TH

For more information please contact:

Sensei Raymond O'Connor

Phone: (807) 577-1851

Email: roconnor@tbaytel.net

Total cost for both days - \$30.00

www.shintani.on.ca

(The official website of the Shintani Wado Kai Karate Federation)