



Important Shindo Message!

Anyone with a Shindo Rank Certificate issued by Sensei Shintani is to forward the following information by September 2004 to Sensei Bruce Perkins at pbs@flarenet.com

- Date of Issue
- Highest Rank achieved
- Name of Organization on top of Certificate
- Registration Number on Certificate... if there is one

This information will be used to give the Shintani Wado Kai Karate Federation Senate a better understanding of what Ranks & Certifications are out there and to assist in grand fathering all ranks that Sensei Shintani has issued prior to September 2004.

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White River competes in Timmins Tournament

Sensei Ron White, Yodan

On Saturday Jan 31, 04 the annual Timmins Wado-Kai Karate tournament was held. After much hectic preparation White River Wado-Kai sent a team of ten competitors led by Sensei Ron White. I, however, was unable to compete but did assist with judging. I was very happy to see the number of competitors, especially beginners that were at the tournament. There was also a large group of black belts from Shodan to Godan in attendance to compete and participate in judging.

The White River participants were: Sensei Ron White, Tara Hart, Matthew Hart, Joshua Hart, Roland Marchand, Mathia Marchand, Danielle Stewart, Julia Godin, Natalie Godin, Nathan Godin, Jessica Jean.

Medal winners from White River are: Mini Pee Wee 7-9 years old - Kata - White and Yellow belts Roland Marchand - Silver

Pee Wee 10-12 years old – Kumite – White and Yellow belts – Matthew Hart – Bronze

Junior 13 – 15 years old- Kata - Brown and Red Belts – Natalie Godin – Silver

Adult 16 and up – Kata – White and Yellow belts – Tara Hart – Gold

Adult 16 and up – Kumite – White and Yellow belts – Tara Hart – Bronze

The tournament began shortly after 10 am and ended around 5 pm. I believe we all found the tournament to be a good experience and a lot of fun. It was a show of good kata and fast controlled Kumite. On behalf of all the students and myself we would like to thank Sensei's Willie LeBrun and June LeBrun for their hospitality and warmth in hosting their tournament. We really enjoyed it.

I would also like to congratulate all the competitors from our club as well as those from other centers for competing with honor and respect with each other. We hope to see you all again in the near future.

California Karate Tournament

Sensei Ron Mattie, Sichidan

On the weekend of February 21st, the team traveled to California to Sensei Fumo Dumara's tournament. This was one of the better tournaments outside our organization that I have seen. The competition was very good with members from different countries

competing. All men black belts were in the same division regardless of rank and weight as well the women. They did have a 40 and over division which Sensei Roger St-Arneault entered. Most of the members made it to the semi-finals with Lauren Fast winning 1st in the women's black belt

kumite division. As members of the team, they all carried themselves with the most humility, which made them noticeable.

On Saturday we all participated in workshops, working on open tournament techniques and strategies. Sunday was the tournament starting off with an excellent iaido demonstration. All the kid divisions were first and followed by adult kyu belts then black belts. On top of the kata and kumite divisions, they also had a weapons sparring division with foam weapons of all kinds. This looked interesting and amusing.

Sensei Neil Prime and I made a few contacts with other organizations very similar to ours. Sensei Dumara was very hospitable, approachable and always willing to make arrangements for us to get around. We will most likely return to this tournament again.

In closing, I would like to thank Sensei Neil Prime for a great job of managing this team. Everything was well taken care of for everyone. Sensei Prime checked and double-checked and made it stress free for all the members to compete without worry as well as a great aid to me.



White River Wado Kai Karate Tournament

Sensei Ron White, Yodan

On Saturday Feb 21, 2004 White River Wado-Kai Club hosted its annual tournament. Clubs from Wawa, Hearst, Timmins,

Manitouwadge and Sault Ste. Marie were in attendance. We began with Black Belt Competition with both mandatory and optional kata and

mixed black belt Kumite. After the black belts, we commenced with mini pee wee, white and yellow, and worked out way to adult blue/brown. We would like to congratulate all competitors for a spirited and exciting tournament, thanks to all who attended. We commend Sensei Brad Lundquist for a well-run tournament. See you in Manitouswadge!

Medal Winners are as follows:

Mini-mini pee wee:

Josh Arnold - Silver Kata, Bronze Kumite

Cassidy Campbell – Bronze Kata, Silver Kumite

Pee-wee white/yellow:

Roland Marchand – Gold Kumite

Jr. White/Yellow:

Josh Hart – Gold Kumite

Matt Hart – Silver Kumite, Gold Kata

Jr. Orange/Green:

Matthia Marchand – Bronze Kata, Silver Kumite

Christian Lundquist – Gold Kata, Silver Kumite

Jr. Blue/Brown/Red:

Natalie Godin – Gold Kata, Gold Kumite

Adult White/Yellow:

Tara Hart – Gold Kata, Gold Kumite

Adult Blue/Brown:

Nathan Godin – Gold Kata, Silver Kumite

Harvey Shaganash – Bronze Kumite

Black Belt:

Ron White – Gold Kata

Port Alberni Clinic

Sensei Ron Mattie, Sichidan

I had the opportunity to travel to Sensei Denis Olsen's Dojo in Port Alberni, B.C. in the last week of February. Sensei Olsen had workshops scheduled for 3 hours on Friday and 7 hours on Saturday with a nice little banquet on that evening. I found the basics of the karate were very strong so we got to work on some advance techniques and drills to enhance their training. All the students were very receptive which made the training so much easy for all of us. They were a very strong group, looking out to helping each other and all very good friends. It would have made Sensei Shintani very proud. I appreciate the opportunity to have trained with them.



Also, I had a chance to listen to Sensei Olsen's daughters' play their musical instruments as well as see his wife's artwork. This is a very talented family who are so humble about their skill. Thank you Sensei Olsen for inviting me into your home as well as Leonna, Greg, Griffin, & Sidney Dolling.

Core Training Comments

Sensei John Saremba

Vancouver Wado Kai Karate Club

I read with great interest your latest edition of the Harmonizer. I am extremely gratified to see the types of informative and well-researched articles in the Harmonizer. You and the contributors are to be commended for putting together a very useful publication. I have several additional comments regarding the articles in the February edition.

The Vancouver Wado-Kai Karate club, under the direction of Sensei Blaine Beemer, has been focusing on using Core Strength exercises as one of the foundations for exercises in our training program. We have come to realize the value of such exercises in developing healthier, postural alignment and maintaining good mobility, particularly for our (shall we say) mature members (including myself). In fact, as you may know physiotherapists are using core strength to rehabilitate and prevent a wide range of injuries, many of which are common to karateka. I would urge other Wado clubs to investigate the benefits of these types of exercises and consider incorporating them into their program.

There are several very helpful sources of information for learning more about core strength and proper stretching techniques that I wish to pass along to you:

1. A very good book on proper stretching techniques for sport written by a Canadian, Dr. Steven D. Stark: "The Stark Reality of Stretching", which can be purchased or ordered through Chapters. The book provides extremely useful diagrams and explanatory text in describing our current understanding of what proper stretching technique is and how to properly stretch.
2. Another Canadian from Calgary, Charlene Prickett (www.charleneprickett.com), has produced a very affordable and useful series of instructional videos on conditioning and stretching. Some of her videos are used by sport medicine rehabilitation specialists in the Vancouver area. That is where I first learned about her tapes. Two that are particularly relevant to the area of core strengthening are entitled: Critical Strength (a complete series of exercises on a 90 minute tape with special focus on core strength exercises); and, "Abdominal Workouts (2 separate half-hour ab workouts at beginner and intermediate-advanced level routines).
3. One of the things that clubs may wish to consider purchasing to enhance their balance routines is a wobble board, also used by personal trainers and physios to develop core strength and balance. Even doing simple balancing exercises become much more effective by using this training device. A good board (costing around \$70) is the wooden fitter first balance board (16 or 20") adjustable, manufactured by Fitter International Calgary.

4. And finally, the publication "Stronger Abs and Back - 165 exercises to build your center of power" by Dean and Greg Brittenham, provides a wealth of suitable stretch and strengthen exercises, many of which will help develop core strength.

White River competes in Manitowadge Tournament

Sensei Ron White, Yodan

On Saturday march 27, 2004 Manitowadge Wado-Kai Karate Club held its annual tournament. Clubs from White River, Wawa, Hearst, Thunder Bay and Timmins attended. The tournament commenced with mixed Black belt Division with a fine display of kata and fast explosive and controlled Kumite. After the Black belt competition, two rings were set up starting with mini-pee-wee white/yellow and peewee divisions. Through the day we worked our way back up to adult blue/brown. The kata and Kumite were done with good power and control and excellent spirit. The majority of competitors all seemed to have fun. Sensei Jordan Atkins is to be commended for a well-organized and enjoyable tournament. Congratulations to all see you in Wawa!
Mini-mini peewee:

Josh Arnold - Silver Kata, Silver Kumite
Cassidy Campbell – Bronze Kata, Bronze Kumite
Peewee white/yellow:
Roland Marchand – Gold Kumite, Silver Kata
Jr. White/Yellow:
Matt Hart – Silver Kata, Gold Kumite
Jr. Orange/Green:
Christian Lundquist – Silver Kata
Jr. Blue/Brown:
Danielle Stewart – Gold Kata, Silver Kumite
Jr. Brown/Red:
Natalie Godin – Gold Kata
Adult White/Yellow:
Tara Hart – Gold Kata, Bronze Kumite
Adult Blue/Brown:
Nathan Godin – Bronze Kata
Harvey Shaganash – Bronze Kata
Black Belt:
Ron White – Silver Kata

Heads up...

The Shintani Wado Kai Karate Federation Website will be changing from www.shintani.on.ca to www.shintani.ca very soon. An email will be sent to all indicating the new change, so keep an eye out for it!

Kata Tapes Available

The Official SWKKF sanctioned Kyu Belt and Black Belt Kata Tapes are 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.

Orders of 10 or more, Please include \$25.00 for shipping. To order tapes please contact the following:

Eastern Canada: Jim Atkinson (519) 446-3555
RR#2
Vanessa, Ontario N0E 1V0

Western Canada: Bruce Dunning (204) 748-3547
Box 963
Viriden, Manitoba R0M 2C0

Please make cheques payable to Shintani Wado Kai Karate Federation

9th Ken Brown Jr. Memorial Karate Tournament

Sensei Duane Wenmann, Sandan

This year's KBM (Ken Brown Memorial) in Wawa Ontario turned out to be a huge success with the attendance of more than 155 competitors from throughout Ontario and Quebec. In addition to a few new faces, we were pleased to see many karateka and Yodansha back again in Wawa for this year's tournament. This year marked the ninth in honour of Ken Brown Jr. Kenny was a Wawa student who died as a result of tragic circumstances on November 18, 1994.

In addition to thirty-three (33) Black Belts being in attendance, twenty-three (23) competed in three divisions making this the most exciting and intense Black Belt competition for Wawa in years.

With a few single entries, clubs represented included but were not limited to; Timmins, Manitouwadge, White River, Lindsay, Welland, Personal Best (Timmins), Red Rock, Sault Ste Marie, Thunder Bay, Fort Frances, Grimsby, Rouyn-Noranda, Michipicoten, Wawa, Karate Hearst (*Shotokan*).

Michipicoten Wado Kai and Wawa Wado Kai were also honored to host our special guest Sensei Ron Mattie 7th Dan of Welland, Ontario. Sensei Mattie traveled to this little community where he joined our other guest's Sensei Rick Leveille 6th Dan of White River, Ontario and Sensei Willie Lebrun, 6th Dan of

Timmins. Together with several senior black belts they were on hand to judge and supervise the competition. They also took the opportunity to offer some valuable advise on Wado technique to many students throughout the day as often as time permitted.

Sensei Mattie was also the guest instructor for Friday night's workshop. This year's workshop (an annual tradition) was well attended by both Kyu and BB ranks and was a rare opportunity for many Wawa and area Wado students to meet Sensei Ron and receive first hand instruction from the SWKKF Chief Instructor. Sensei Mattie's knowledge of Wado and his personal instructional style are well known within the Federation. I am sure that every karateka that was present for his workshop took home a valuable lesson that will improve their Wado for many years to come. Indeed, Sensei Mattie's personable character in and out of the dojo undoubtedly left many karateka with a lasting memory of his visit to this little town.

The weekend was wrapped up with a black belt grading on Sunday April 25th starting at 9:00 am. Butterflies and nervousness soon gave way to sweat and intensity as nine prospective applicants had their abilities, technique, and kata scrutinized by a Joseki Board under the direction of Sensei Mattie and Sensei Leveille. Several future applicants were also on hand to take part in the workout and assisted as partners for the kihon, sanbon, and free style Kumite. Congratulations to all the successful applicants. Job well done.

I would like to add that every year, despite the competitive atmosphere in this sport, it is heart warming to see old friendships renewed and new friendships started both in and out of the dojo. Wawa has many friends and we are looking forward to seeing most or all of them again next year.

Black Belt Competition Results:

Shodan/Nidan Kata: 1st – Rod Sumbler, 2nd – Samir Elbaccouche, 3rd – Greg Veltri

Shodan/Nidan Men's Kumite: 1st – Rod Sumbler, 2nd –Darcy Shelton, 3rd – Adam Wenmann

Shodan/Nidan Women's Kumite: 1st – Jacqueline Boisvert, 2nd – Denise Baxter, 3rd – Martine Collin

Sandan Up Kata: 1st – Bill Lebrun, 2nd – Darren Marshall, 3rd – Duane Wenmann

Sandan Up Kumite: 1st – Terry Tennant, 2nd – Michel Gosselin, 3rd – Darren Marshall

Kyu Belt Competition

Gold Medals: Melanie Lacroix, Shealynn Boulianne, Aaron Fournel, Mariah-Leigh Fell, Sandi Onolack, Joshua Laroque, Kevin Gauthier, Roland Marchand, Brandon McCarthy, Kyle Findlay, Remi Beaudoin, Angele Vellieux, Skylar

Weilgosch, Matthew Hart, Michael Clarke, Melanie Watson, Sarah Dumoulin, Mathieu Boileau, Dylan Kuehl, Kyle Lamothe, Evan Junkin, Natalie Godin, Matthew Calnan, Andrew Zimmer, Gaetan Allard, Nova-Rosa Wheatley, Corey Munro, Brenda Roy, Rene Leclerc, Fortunato Scolaro, Kelly Horvath.

Silver Medals: Melanie Lebrun, Callie Paddock, Tanner Paddock, Charles Roy-Willet, Mariah-Leigh Fell, Riley Kant, Kevin Gauthier, Islay Smedley, Joshua Hart, Remi Beaudoin, Wesley McCauley, Emilie Gosselin, Danielle Stewart, Bryan Apar, Jonathan Green, Bryan Gilmartin, Jonathan Sullivan, Trista Rhodes, Jimmy Cote, Dillon Chouinard, Ryan Murphy, Michael Sullivan, Evan Junkin, Dominique Dumoulin, Tyler Wenmann, Ron Archambeault, Brent Berolo, Michele Levesque, Rhonda Salatino, John Sutherland, Danielle Tourout, Jesse Parnell, Melina Malette, Maria Tamming,

Bronze Medals: Callie Paddock, Shaelynn Boulianne, Charles Roy-Willet, Tanner Paddock, Stevie Weilgosch, Joshua Laroque, Islay Smedley, Brandon McCarthy, Kyle Findlay, Eric McKinnon, Dasha Kotova, Sara Lamothe, Sophie Bilodeau, Jonathan Green, Xavier Stone, Adream Spoon, Brandon Gerrior, Stephanie Lefebvre, Melanie Watson, Dillon Chouinard, Jean-Francois Meloche, Tanya Sumbler, Cynthia Sullivan, Dean Cayan, Matthew Calnan, Tara Hart, Nicole Becking, Ray McCauley, Casey Byrnes, Nathan Godin, Clarence Boutin, Melanie Cote, Jenny Reynolds

Results of the Black Belt grading on Sunday April 25, 2004

1. Tammy Stewart –Shodan (White River/Sault Ste Marie)
2. Erin Davidson –Shodan (Michipicoten, Wawa Ont)
3. Melanie Cote – Shodan (Nordik , Hearst Ont)
4. Jesse Parnell – Shodan (Lindsay, Ont)
5. Kris Reynolds – Nidan (Lindsay, Ont)
6. Denise Baxter – Nidan (Thunder Bay, Ont)
7. Samir Elbaccouch – Sandan (Rouyn, Que)
8. Darren Marshall – Yodan (Lindsay, Ont)
9. Sanford Dewitt – Yodan (Lindsay, Ont)



Mariah-Leigh Fell (left) & Stevie Weilgosch (right) in the 8 & 9 white/yellow division.



Sensei Sanford DeWitt pauses to explain the rules of Kumite to two young Karateka.



Sensei Jim Lebrun (right) throws a roundhouse kick as Sensei Michel Gosselin (left) blocks.

(Thanks to Brenda Grundt – Superior Image, Wawa, ON for allowing the use of these photo's)

Plyometrics for Karate

Sensei James Freeman, Yodan

Part 1 - Theory

The Bushido Karate Association, a SWKKF member club in Edmonton, has worked this past year with faculty of the University of Alberta Physiology Department and Personal Trainers from a local elite training studio *Custom Fit* to develop a base training program for our club. The purpose of a base training program is to prepare the body for the sport-specific demands of our particular activity, karate, and to improve the ability to generate power through a combination of speed and strength while reducing the risk of injury.

In previous Harmonizer articles, and at the South Calgary Wado-kai Tournament clinic this past March, I have talked about Core Stability training. Karate is all about using core stabilization both before and after movement, and while the karate training we have received over the years is excellent for this, there are specific ways of targeting and improving stabilization and strength.

Once a person has trained this base, the next phase of a training program would involve training for speed. Ultimately, the strength work combined with speed will lead to superior power development, something important to our striking and shifting ability.

A formal body of knowledge has developed around the training for speed and is known as ***plyometrics training***.

What is plyometrics? Put simply, it is training where you pre-stress/load a muscle, and then explosively release the energy stored in that muscle. This would involve stretching muscles and then powerfully contracting them, or in more technical terms, eccentric loading followed by a short amortization period (or transition time between the two phases) and then rapid concentric action. The goal of plyometrics is to train the nervous system to react quickly to lengthening and then rapidly shortening the muscle with maximal force and minimal amortization.

We are all familiar with examples of plyometric training, though we may not recognize this. Any skipping, jumping, or bounding activity would fall within the realm of plyometric training. In Europe, elite athletes used this sort of training just prior to competitions to great effect through the 1970s and 1980s, and it is now accepted as an integral part of training programs around the world.

Plyometrics training ultimately helps us to improve economy and efficiency where sport-specific exercises are done. Why does plyometric training work? There are four adaptations that occur:

1. Neurological adaptations – by forcing the body to move explosively and fast, we create neuromuscular pathways that improve the kinetic recruitment of muscles = better efficiency
2. Glycogen stores increase – the body adapts over time by improving glycogen stores, and glycogen = fuel for activity. This is not as important in karate as it is in aerobic endurance events.
3. Enzymatic adaptation – forcing fast action from muscles ultimately improves the speed at which the chemical reactions take place to break down glycogen into energy for working muscles.
4. Muscle Fibre Changes – the muscle fibres trained adapt to balance superior force generation with superior endurance (they become Type IIA, which is a compromise between fast and slow twitch muscles). This may come as a surprise to people; naturally occurring Type IIB fast-twitch muscles, while fast, actually have poor endurance and strength. By training them, we transform them into slightly slower but much more powerful Type IIA muscles.

Part 2 – Program Design

A Plyometric Program may be designed with three different goals in mind. To achieve these goals, the intensity, duration, and recovery between intervals of training vary.

- a) Goal 1: Power – in this program, you are training the neuro-muscular system to react fast.
 - a. Interval length – 5-10 seconds
 - b. Recovery time – 6 seconds for every second of work
 - c. Intensity – fast
- b) Goal 2: Power Endurance – in this program, the focus shifts to sustainment of power over longer durations
 - a. Interval length – 15-30 seconds
 - b. Recovery time – 6 seconds for every second of work
 - c. Intensity – medium to fast
- c) Goal 3: Aerobic Endurance – in this program, you move away from pure speed work into a combination of strength and endurance with power
 - a. Interval length – 30-60 seconds
 - b. Recovery time – shorter
 - c. Intensity – medium

For karate, we would focus mostly on Goals 1 and 2. Goal 3 would become a focus for endurance athletes, such as triathletes.

Within the context of one of the three main goals, a progressive program built around five types of training is then possible:

1. Level 1 - Floor Agility/Plyometric Patterns
2. Level 2 - Floor Agility over Objects
3. Level 3 - Bounding
4. Level 4 - Box/Depth Jumps
5. Upper-body Plyometrics with the Medicine Ball

The program is built around 6-8 week timelines, and starts with 1-2 work-outs/week and 60-100 contacts/workout, increasing up to 200-300 contacts/workout. A contact is a single load-release cycle, and could be a touch of a foot on the floor, or a grab and release of the medicine ball.

Part 3 – Sample Exercises

Floor Agility/Plyometric Patterns

Set 1 – Cross Jumps

Use a quadrant on the floor consisting of intersecting lines painted or taped onto the gym floor. There is no height component in this set. The quadrant is numbered clockwise from the upper left quadrant for the purpose of naming the exercises. Try to keep both feet and legs close together when jumping with two feet, and they should land at the same time.

Duration: 10-15 seconds (two feet) or 10 seconds (single foot)

Recovery: 1:6 rule, i.e. 6 seconds of rest for every second of work

Intensity: Move back and forth between the quadrants as fast as possible; minimize the contact time on the floor

Exercises (always begin in quadrant 1) Count how many contacts you make in the time limit for each set:

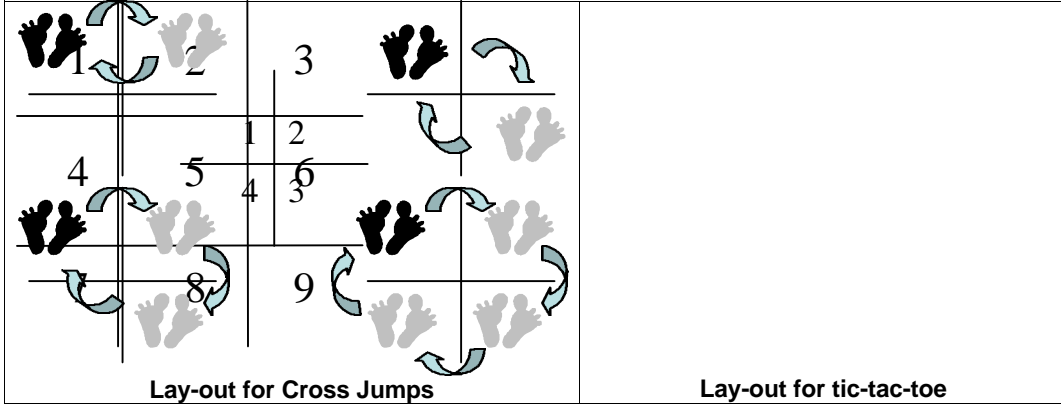
- a) Jump back and forth between quadrants 1 and 2
- b) Jump back and forth between quadrants 1 and 4
- c) Jump back and forth between quadrants 1 and 3
- d) Cycle around quadrants 1, 2, and 3 and then back to 1
- e) Around the clock 1-2-3-4

Set 2 – Tic-Tac-Toe

This is a more advanced lay-out, and expands from 4 to 9 quadrants, as shown. Durations and recovery remain the same as for Set 1, or they can be lengthened to shift the goal to power endurance.

Exercises (count how many contacts you make in the time limit):

- a) Triangle Jumps, such as 3-6-9-8-7-5-3 or 1-2-3-5-3
- b) Figure Eights, such as 3-6-9-5-1-4-7-5-3



Floor Agility over Objects

We now add the element of height to the “lines” on the floor. At this point, the height should not be more than a few cms.

Set 1 – Revisit Cross Jumps or Tic-tac-toe

You can redo the Cross jumps, but now, instead of tape, use a low height (like a shindo or bo) to give the lines some thickness (and consequence, should you hit them)

These may be done by laying a ladder or equivalent on the floor. Legs stay together and feet land at the same time. For karate variations, blocks or other techniques could be added after 4-5 jumps, or when the ladder has been traversed. Try to minimize the contact time on the floor.

Duration: 15 seconds (two feet) or 5-10 seconds (one foot)

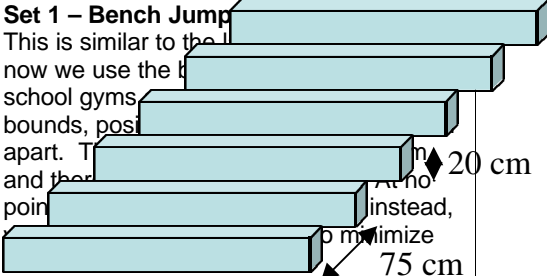
Recovery: 6 seconds rest per second of work

Exercises:

- a) Jump forward through the ladder
- b) Jump backwards through the ladder
- c) Zig-zag jumps through the ladder

Bounding

We now add more air-time by challenging the movement with higher objects.

<p>Set 1 – Bench Jump</p> <p>This is similar to the [text obscured] now we use the [text obscured] school gyms [text obscured] bounds, posi [text obscured] apart. T [text obscured] and the [text obscured] point [text obscured] instead, [text obscured] to maximize [text obscured]</p>  <p>Duration: 10 seconds</p> <p>Recovery: 6 sec for every second of work</p>	
<p>Set 2 – Single leg bounds</p> <p>These are somewhat reminiscent of bounds seen during the floor exercise in gymnastics, or in ballet. They may also remind you of a deer. These are single-leg leaps where the back leg pushes off and generates both the height and distance, and the front leg is tucked until landing.</p>	

Box/Depth Jumps

<p>Here, we include boxes for added height and we always start on a box and may end on a box after touching the floor. These should be done with spotters, and height must be carefully chosen, since it is possible to use heights that are too high, risking injury. The goal here is to “fall off” the starting box and minimize the contact time on the floor before bounding either straight up or onto another box.</p> <p>Exercises:</p> <ul style="list-style-type: none">a) Box to vertical jump from the floorb) Small box to floor to small boxc) Big box to floor to small boxd) Small box to floor to big box <p>You know the starting height is too high if you cannot rebound and reach the same height that you could from lower starting heights.</p>

Kick Toss

This is done with a medicine ball. Sit and lean back with a 45-degree angle to the floor and hands supporting your position. The knees are bent and feet are raised off the floor. Keep the legs fairly close together, to create a surface with your shins. Catch the medicine ball with the shins (use 2 kg ball or less) and toss it back to the thrower.

Upper Body Plyometrics

Set 1 – Clap Push-ups

This one is well familiar to karate-ka, and can be easily done without equipment. For added difficulty, you can rest the legs on a stability ball

Duration: 10-20 seconds, as many push-ups as possible. For added degree of difficulty, have the legs resting on a stability ball.

Set 2 - Kneeling overhead throw

Kneel in a tall body position with the hands extended overhead. You'll appreciate having a mat to kneel on. A partner stands about two meters away facing you, ready to toss the medicine ball to you. Receive the ball overhead (accurately tossed by the partner!) and immediately toss the ball back to your partner. If you do not have a partner, you could replace the medicine ball with a basketball, and do this against the wall.

Duration: 15-20 reps

Set 2a – Push-up and Overhead Throw

This modification involves following throw after the return toss to your partner and falling forward to perform a push-up before returning to the starting position.

Set 3 – Depth Drops

Lay flat on the floor with your arms extended upwards. A partner will stand above you (perhaps elevated on a bench) holding a medicine ball. They drop the ball to you, and you receive and immediately return straight upwards to your partner.

Duration: 15-20 reps

Other Exercises

There really is no limit to what can be done with the medicine ball and plyometric training. It is important to add in this component so that explosiveness in the upper body can be worked. A 2kg medicine ball is sufficient and safe for most karate-ka who are beginning this training.

Guide to Pictures

Picture 1: Sensei Stephen Howard and Sensei Kelsey Ross doing the cross jumps.

Picture 2: Sensei Blaine Beemer works his way down the ladder

Picture 3: Personal Trainer Kevin Masters (right) gets us set up for the box to floor to box depth jump

Picture 4: Sensei Freeman ready to receive the ball tossed by Kevin Masters for the Kick Toss

Picture 5: Sensei Kelsey dropping the ball to Sensei Tristan Khaner.

Picture 6: Kevin Masters and Sensei Natty Aytenfisu drop balls to Tony Eckstrand and Jason Wlodarczyk



Picture # 1



Picture # 2



Picture # 3



Picture # 4



Picture # 5



Picture # 6

Three Generations... Interesting

Sensei Tom Foster & Jane Smith

The following newspaper clipping was taken at a recent tournament put on by the Simcoe South Club at Port Dover.

Note: Article reprinted with permission, courtesy of the Simcoe Reformer.

Port Dover karate tournament shows off three generations of competitors

Dharryl G. Smart
Tanz-Reference

PORT DOVER — The Shinto Kai Karate Federation is a Japanese-oriented martial art that fractures on family and the Simcoe South Wado Kai Karate Club showed that off Sunday.

At the Port Dover Community Centre, more than 200 kids and adults competed at the annual tournament hosted by the South Simcoe club.

Among those was a family three generations deep in the sport.

Peter Ruch, his daughter Cory and her son Brayden Tanz took part in the event. It's the first year that all the three family members shined in on the local martial arts tournament.

Tanz, 6, of Waterford is in his first year of karate and was the last baby of the three. He came away with a hard-earned silver medal in kata, he also took part in the kumite competition, which is his favourite.

"I like the fighting (kumite)," Tanz said with a grin as he looked at his silver medal. "I didn't win, I still like it better."

Although Tanz didn't get a medal in his favourite discipline, that didn't matter.

"The best part is getting a medal," he said as he held it up to show off. "I had a lot of fun today."

While Tanz was hanging around with friends after his competitions were done, he was also paying close attention to his mother and grandfather, who were both officiating events.

"I like watching my mom," Tanz said. "I learn a lot."

Tanz and his mother, who holds a fifth degree black belt, practise the sport at the South Simcoe club. Peter, meanwhile, is an instructor at the Fort Erie club and holds a sixth degree black belt.

Sensei Bruce Perkins, head instructor of the South Simcoe Wado Kai Club, said it's not only special to see the three generations at the tournament but to have two of them in his club.

That is one of the reasons why karate numbers have grown.

"Seeing something like that is great to see," tournament organizer Tom Foster said. "I remember when Cory first came to the club. To see her go all the way up the ranks is great. And now she's bringing her son."

While one family spaced and officiated with each other at the tournament, there were plenty of others in action. Competition came from as far as Rosja, Ontario.

"The turnout is great," Perkins said. "We're pleased to see so many people here, especially with the wide range of ages."



Dharryl G. Smart/TIMELINE/STAFF PHOTO
Brayden Tanz, 6, mother Cory Ruch and grandfather Peter Ruch take a moment from the South Simcoe Wado Kai Karate tournament to show off three generations of their family competing Sunday.

News from the Senate

Sensei Peter Ruch, Rokudan

It has been a while since I have had the opportunity to send out a message. It goes without saying that the world is going faster and faster. Who ever said that when you retire, like I did in 1996, that things will slow down and you can take time to smell the flowers. The person who made that statement must be living in a Mental Institute.

The Senate had a meeting in December 2003, and the minutes were distributed down to the Club level for their information. If you have not had a chance to read the minutes contact your Sensei. Of course the minutes will be an Executive Summary because there

are many things that are still being discussed.

We are most fortunate to have Sensei James Freeman from Edmonton working on a Business Plan for our organization. The Senate members at the December meeting reviewed this document and we will be moving forward with developing strategic plans for the organization. Sensei Denis Labbe and I traveled to Edmonton in April to continue the Business Plan review with Sensei Jim. Hopefully in the very near future members of the Federation will start to see some changes to the way we operate. Having said that, anyone who has

ideas for the betterment of our organization should contact their Regional Representative who can forward the information.

Sensei Lawrence Blakemore and Sensei Bruce Perkins have been tasked with the development of the Shindo. This development covers the entire scope for the basic organization to the kata(s) and kumite rules. Sensei Masaru Shintani would be most impressed with the progress that is being made. The discussions at the Senate level are ongoing and hopefully in the fall we will be able to inform the members of the SWKKF the directions that we will be taking.

As Secretary General for the SWKKF and would like to thank all the members for their support. Constructive input is always welcome. Sensei Denis Labbe has been extremely busy this year and I truly believe that when Sensei Shintani named Sensei Denis as his successor, it was a wonderful decision.

Congratulations to the new National Team Members. The Competition was great. I know that Sensei Neil Prime will be reporting on the team. Again I would like to thank Sensei Neil, Sensei Ron Mattie and Sensei Dave Burnarski for their continued enthusiastic support for the Team.

New Shintani Canadian National Competition Team.

Sensei Neil Prime, Godan
Canadian National Team Manager

Friday May 21st, 2004 was the date for the Shintani Wado Kai Karate National Team selection competition held in Fort Erie, Ontario at the YMCA. The competition in each and every division was absolutely outstanding. There were representatives from British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, and Quebec in the various divisions.

One thing I have noticed, and it has also been discussed by many others, is that the level of competition through out the organization has been lifted to great heights over the past few years. Not only in this national competition, but at the regional levels also. I attribute the exposure of the Shintani National Team to part of this trend. Also, the amount of people who are traveling from coast to coast within the organization is another reason.

The format for the Shintani Team is to have a representative for each of the ranks for men from Shodan to Godan (and up) and a female competitor chosen from the Shodan/Nidan divisions and 1 from the Sandan and up divisions. In each of these divisions there is an alternate who will replace the team member due to absence if necessary. In many of the world competitions the categories are chosen by weight, and age too. With the variety of team members and

alternates, we can field a competitive team in any competition taking into consideration their rules in which we are obliged to conform to.

I would like to thank the Fort Erie YMCA for donating their gym for this event. The YMCA has always been a great supporter of Shintani Wado Kai events through their affiliation with Sensei Peter Ruch. I would also like to thank the judges who showed undivided attention for the 2-hour event. Each competitor competed in 2 different rings, having the opportunity to be judged by 10 different tournament savvy eyes.

Also, if it weren't for the very capable help at the scoring tables and the set-up of the rings etc., this event would have never run so smoothly. Special thanks to all of those who volunteered and did such a great job.

The successful candidates for the 2004-2006 team are: **Alex Fast** (Shodan), **Eric Sumbler** (Nidan), **Scott Hill** (Sandan), **Sanford deWitt** (Yodan), **Rathe Mokelky** (Godan), **Lauren Fast** (Nidan), and **Heather Fidyk** (Yodan).

Sensei Ron Mattie (Sichidan, team coach), Sensei Neil Prime (Godan, team manager) and Sensei Dr. David Brunarski (Sandan, team trainer) will be looking forward to working with you to represent the Shintani Karate Federation.

Congratulations to all!!!



From left to right: Sensei's Rathe Mokelky (Godan), Heather Fidyk (Yodan), Sanford DeWitt (Yodan), Scott Hill (Nidan), Lauren Fast (Nidan), Eric Sumbler (Nidan), and Alex Fast (Shodan)