



THE HARMONIZER

OFFICIAL NEWSLETTER OF THE
SHINTANI WADO KAI KARATE FEDERATION



VOLUME 8 ISSUE 3

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Message from the President

I would like to welcome everyone back to karate this fall. I have connected with many of you in the past and I am looking forward in meeting with you all in the upcoming clinics and tournaments. If our path does not cross within the next few months, I would like to wish everyone a safe and happy holiday.
Sensei Denis Labbé

Editor's Trivia

Pomegranates

At this time of year pomegranates are beginning to appear in grocery stores coast to coast. They are seen as a symbol of fertility, hope and prosperity in various cultures. They are used to decorate centerpieces, wreaths, and gift baskets at this festive time of year but did you know you can eat them too? Pomegranates are loaded with vitamin C, so of course they are healthy. A good way to get at those seeds is to cut the crown end off, score the rind five or six times, immerses the fruit in a bowl of water and soak for five minutes. Hold the fruit under the water and break the sections apart allowing the seeds to fall to the bottom of the bowl, discard rind and drain seeds. The seeds can then be eaten, made into juice, or stored for later use. Now that you have this wonderful bit of information ...Enjoy a healthy holiday snack.

Sensei Heather Fidyk
Editor

Reminder

Club Instructors: SWKKF student yearly registration is now due. Please send your registration information and payment to either Bruce Dunning - Western Canada or June Lebrun -Ontario/Quebec.

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Submission deadlines and Publishing dates for the Harmonizer

- December 15th for January 1st publication
- March 15th for April 1st publication
- June 15th for July 1st publication
- September 15th for October 1st publication

Submissions are to be sent to

heather@calgarywadokai.com

Submissions are to be sent as either regular text, a word document, adobe acrobat, jpeg (pictures)

Send your submissions for January ASAP

The Very First Shindo Seminar of the S.K.F

by Sensei Lawrence Blakemore, Rokudan

The notices went out. And they came to participate in the very first Shindo seminar sponsored by the Shindo Council of the Shintani Karate Federation. Thirty six people registered for the eight-hour seminar held in Port Dover at the Lions Community Centre, Sunday, October 24, 2004. The floor was full with enthusiastic students, some never having practiced any kind of martial art at all. The mood was one of long-awaited anticipation with a sense of a beginning. Senseis Jim Atkinson, Bruce Perkins and myself led the class in basics, combinations and kata, reflecting the standard novice course required. The presentation was interesting, thorough and informative.

To the appreciation of everyone, three other senate members, Sensei Ron Mattie, Sensei Peter Ruch and Sensei Brad Cosby attended and participated in the seminar as well.

Thanks goes out to the Shindo Council members who structured, revised, rewrote (many times) and contemplated ideas and suggestions to finalize this section as it was presented.

On a personal note, I strongly feel that history was made and that Sensei Shintani would be very pleased and proud of the efforts made this far.

It's here.....and we're ready for it !

Reflections on the 1st training session for the Shintani Team

by the SWKKF team members

Sensei Ron Mattie, Sichidan National Team Coach

The team met for their 1st training session on Aug. 6th, 7th and 8th. A clinic was held on the Friday night from 7:30 till 10:00 pm with the team members teaching. Participants all had a chance to pair up with a team member and received a variety of 2 step techniques. Sensei Denis Labbé took time out of his busy schedule to spend time watching the team and speaking to them afterwards.

Saturday morning started with a 6:30 am run, then breakfast, a little rendori followed by learning Bassai-Dai kata. A few morning hours were also devoted to some side stepping drills. Lunch was quick as we had

participants arriving for the afternoon session to help out as sparring partners. More 2 step drills were practiced followed by free style sparring till 3:30. We went over Bassai-Dai kata again and then over some takedown techniques. The day ended with dinner and a movie. Sunday morning started with rendori then back to Bassai-Dai kata and a review of the weekend. Then we worked on the katas for their rank as I took every one of them individually aside and critiqued their kata. To end the session, the team members all gave their input of their weekend and their expectations for the next 2 years.

I have to thank our trainer Sensei Dave Brunarski (Dr. of Chiropractic) for the work he has done with this team ahead of time. He has put them all on a nutritional diet and a training schedule, which included weight training, swimming, biking and running. Sensei Brunarski is keeping records of their weight and body condition. With my intense training schedule and drills, without Sensei Dave, the team members would have probably injured themselves. Sensei Dave worked on all our muscles through massages, pressure points and adjustments.

Sensei Neil Prime who is manager of the team is keeping all the bookkeeping, flight schedules and info in order to prevent chaos. Both the manager and the trainer have made my job easier by letting me just concentrating on the coaching.

Sensei Rathe Mokolky, Godan

I appreciate the support of the organization and hope that we can represent the Shintani Wado-Kai Karate Federation the way Sensei Shintani always wanted it to.

We will continue to have clinics with team members teaching a section in the future and invite anyone who would like to join us.

What a weekend! I think we all headed into the weekend with a bit of apprehension. What's expected of me? What will the other team members be like? What will I have to change? Am I up to the challenge? What evil plan does Heather have in mind? Even those of us who have been on previous teams know that as the team concept has evolved the commitment required has gotten larger and the work for everyone more serious.

But we need not have worried. Sensei's Ron, Neil and Dave did a fantastic job of answering all our questions and in no time we were hard at work. It also didn't take long to notice that everyone else on the team is going to be great. Over the 3 days everyone worked extremely hard and the only complaint I heard was just getting up in the mornings, and that might just have been my joints.

It's going to be an exciting 2 years. We're still not sure what tournaments we will be attending but thanks to the great job of previous teams and the exposure they received, more and more invites are coming in all the time. Wherever we end up I know we're going to have a lot of fun and like teams before us we will continue expanding the great reputation of Sensei Shintani's organization.

**Sensei Heather Fidyk,
Yodan**

As an experienced team member it was very exciting to meet and get to know the newest members of the SWKKF team. The Friday evening workshop gave each of the teammates an opportunity to share their karate knowledge each in a unique way. The students participating in the workshop were great sponges; absorbing every detail and making us look great as instructors. Saturday morning gave way to some mental training as we learned and worked on Bassai Dai – the Shito Ryu version. The afternoon session held great importance, as experienced members of the team were expected to be polishing some of the developed kumite drills taught by Sensei Ron in the last two years while the new members were expected to be learning the techniques. Sunday was also a working class, which reinforced the concepts from the weekend, which the team members will be required to have further developed by Christmas. Sunday was finished off with goal setting and a heart felt question and answer session.

**Sensei Sanford deWitt,
Yodan**

As I drive away from the Welland dojo I find myself swimming in an almost overwhelming flow of emotions. A goal that has been held very close to me has finally been actualized, a chance to represent Sensei Shintani as a member of the national team. However now that I have completed my first training session with this most special group, I'm forced to recognize that my goals must be quickly re-evaluated. To be skillful on a certain day is not enough. To have the honor of such an opportunity and the ability to maintain it. These are some of the things my first training session revealed.

There is a definite psychology involved when addressing concepts of teams. If you know even one hockey player, then you have witnessed some team behavior. When someone truly feels that there are others standing in their corner, with the same drives and desires then the inner spirit of an individual finds it much easier to dig deep with their actions. Some of these actions are less desirable than others in the athletic world, but the power of the team always balances the weaker. My title for this piece was new

beginnings... in saying this I'm hard pressed not to think on some of my predecessors. After one weekend I'm filled with admiration and awe over our new team. Our relationship has only started, and already I feel the bonds. The lives of all ex-team members must forever be enriched by the creation of national team bonds.

I was asked by a team member once if my first experience was everything that I hoped it would be. At the time of the question we as a group were having a summary session that had gotten a little emotional for me. So under less duress I say it surpassed all things my mind came up and provided me with the strength and passion to take it to the next level.

**Sensei Scott Hill,
Sandan**

The 2004 - 2006 S.W.K.K.F team is a very special group of athletes and people. We are the youngest team, but with each members experience we are one of the top teams. I believe that each individual will represent and honor each S.W.K.K.F. member to the best of their ability. The first Training session was a great learning experience. The advanced techniques are amazing. How each team member helped each other with the techniques reinforces that we are a special group.

**Sensei Lauren Fast,
Nidan**

A bond is that which brings individuals closer together. It is that connection that holds people together through any given circumstance. This is the core component to the National Shintani Wado Kai Karate Team. Since I became a part of the 2000-2002 team, and now the 2004-2006 team, I have had the privilege of working out with amazing karate competitors. Sensei Ron insisted, on the first night of training, that we all sleep in the dojo together to "bond," even though some of the team members lived nearby and could have easily driven in the next morning. After spending the last two years doing this, I have observed that we only become stronger for doing so.

It is true that in being on the team everyone is expected to develop on their own. However, in order to do that you must be able to work well with the Karate-ka you are training with, in order to learn and grow. A team functions best as a whole, encouraging and helping each other along the way. This bond ties in with representing the Shintani Wado Kai Karate organization. Each team sets an example of true Shintani Karate-ka.

The team represents karate practice, as it should be. The members do not hoard knowledge; they share what they know with each other and the rest of the

organization. This is true because each team member is confident in his/herself and secure in the knowledge that the others are cut from the same cloth. This attitude has helped the organization as a whole to progress both as Karate-ka and as human beings.

Sensei Eric Sumbler,

Nidan

I found my first weekend with the team to be quite enjoyable. Working out for three days straight and sleeping with one eye open (because of all the pranksters) was a little tough, but fun and helpful. I liked how the team sat down together at the end of the weekend and everyone discussed his or her strengths and weaknesses. We were able to open up to one another about our expectations and goals. Every person on the team was patient, kind, and helpful. I liked the fact that Sensei Dave (the team trainer) came prepared for the weekend with lots of fruit, energy drinks, and protein shakes that helped us stay energized and work to our maximum when training. I enjoyed the way that everyone was comfortable around one another and able to open up to each other about their thoughts and feelings. The input I received from fellow team members has helped me to focus more on my weaknesses and build on my strengths. I enjoyed the weekend as a whole and being with the team has helped me to push myself harder and strive to work harder. I only hope that I can do for the team what the team did for me.

Sensei Alex Fast,

Shodan

The weekend of August 6th, 7th, and 8th was the first time that the 2004-2006 National Team met for training. During this time, each of the team members

contributed a portion of the class to teach a sparring technique to the other team members and other wado karate-ka who attended this Friday class.

For the rest of the weekend, Sensei Ron Mattie took the time to teach specific Tai Sabaki (body movement) while sparring. He focused on side-stepping and the shifting of weight distribution. He also placed a large emphasis on timing and distancing (timing is everything).

I specifically enjoyed the personal attention that Sensei Ron gave me, by pairing myself with larger, stronger Wado Kai karate-ka, such as Sensei Brad Cosby, Sensei Brian Chmay, and Sensei Sanford deWitt. This forced me into utilizing the distancing and, more importantly, the sidestepping techniques, as opposed to using my size and muscle to overpower opponents. I personally feel that this "individual intensive" style of training is beneficial to all members of the team. I can see that this team has great skill and potential, and I look forward to the next two years of training and competing alongside my fellow team members.

Sensei Dave Burnarski,

Team Trainer

- 1) All team members looked more fit than they did at the team selection.
- 2) Most team members need to perform more stretching.
- 3) There were no injuries at this camp. Yeah!
- 4) The sport psychology of the team members is developing along the lines that Sensei Shintani would be proud of; namely humility, dedication, and honour.



10th Anniversary – South Calgary Wado Kai Karate Club

by TC Rurak – Brown Belt

It was 1994 when Sensei Heather and Sensei Darren Fidyk started the teachings of Sensei Shintani in the south part of Calgary. On October 1st and 2nd South Calgary Wado Kai Karate Club held their tenth anniversary celebration. There was a great turn out for both the adult and children workshops.

The workshop held on Friday night, for adults and high belts had a great number of black and brown belts show up. The workshop, held at Li Rio Daniels School, was decorated with a display of the class pictures from the last 10 years, special thanks goes out to Sensei Ray Muller for his creative efforts. The instructors were Sensei Sanford deWitt, Lindsay ON, and Sensei Blaine Beemer, formerly from Vancouver, now in Calgary; the warm up was done by Sensei Kelsey Ross from Edmonton. The workshop was started by Sensei Kelsey with her wonderful warm up, and then the class was split into two groups, one consisting of color belts and the other of black belts. Each group was taught something new and different from Sensei Sanford and Sensei Blaine. A special thanks goes out to these Sensei's for there efforts. This workshop was very beneficial to both color and black belts, I am sure each rank learned something new and creative.



There were two workshops held on Saturday, the first was held for kids white to brown at Deer Run Community Center. This time the workshops were lead by Sensei Sanford and Sensei Darren Humphries. The kids learned different ways to break free from hand locks from Sensei Darren. This is one thing the kids remember most, and seemed to enjoy and have fun learning. Sensei Sanford also had a very interesting lesson for the kids. He taught them Bunkai from the beginning of katas they already knew and do very well. The

lesson showed them how they could apply the kata on the streets and how it could protect them. The workshop was very fun and enjoyable for the kids; it gave them a taste of something new, thank you Sensei Sanford and Darren.

The other workshop on Saturday was for the adults, and was held and Li Rio Daniels School again. This workshop was taught by Sensei Sanford and Sensei Darren Humphries, who once again divided into two groups, color belts and black belts. This time each Sensei taught the groups ways to draw in an attacker and then counter. Sensei Sanford had some interesting combinations, from spinning hook kicks, to quick short blocks then fast explosive attacks. Also he worked and touched on two against one fighting. Not to forget Sensei Darren, he had some pretty tricky yet effective sweeps and attacks for kumite. After each had finished their lessons to each group, they combined the groups and had them fight one another. This was very interesting, for the color belts were trying new ideas and moves on the black belts. Yet the black belts were doing the same. By the end of the night Sensei Sanford had everyone grab a partner and relax the muscles with simple but very effective massages.

After the workshops there was a banquet where students, friends and family were fed and entertained by MC sensei Frank Hagenars. Overall the weekend was a blast and great turnout. A special thanks goes out to Sensei Sanford for coming all the way out to Calgary from Ontario to teach the club some new moves. Thanks also to those creative Black belts who designed the anniversary hoodies. And finally thank you to Sensei Heather and Darren Fidyk for the South Calgary Wado Kai Karate Club.



Upcoming Events – Western Canada

- November 27th Saskatchewan Provincial Tournament**
Contact: Joan Adams ***Note: Workshop Friday, November 26th (Elementary School)
Location: Gordon F. Kells High School, Carlyle, Saskatchewan
***Note: Workshop Friday, November 26th (Elementary School)
- December 4th Seba Beach Karate Tournament**
Contact: Doug McDowell
Location: Seba Beach
- December 4th Canmore 2nd Annual Karate Tournament**
Contact: Reed Barrett
Location: Canmore, AB
- December 4th Beginner Shindo Workshop**
Contact: Crystal Johnson saskatoonwadoikai@shaw.ca
Location: Holliston School, 1511 Louise Ave, Saskatoon, SK
- January 15th Beginner Shindo Workshop**
Contact: Rathe Mokolky rathe@telusplanet.net
Location: Calgary area, actual location TBA
- February 13th Beginner Shindo Workshop**
Contact: Heather Fidyk heather@calgarywadoikai.com
Location: Calgary area, actual location TBA
- January 29th Saskatoon Regional Grading**
Contact: Crystal Johnson saskatoonwadoikai@shaw.ca
Location: TBA
- February 5th Manitoba Regional Grading**
Contact: Bruce Dunning bdunning@mb.sympatico.ca
Location: TBA
- February 5th Alberta Black Belt Grading**
Contact: Heather Fidyk heather@calgarywadoikai.com
Location: Calgary area, actual location TBA
***Note: Workshops on 4th
- February 26th Manitoba Provincial Tournament**
Contact: Bruce Dunning bdunning@mb.sympatico.ca
Location: Virden Collegiate Institute, Virden, Manitoba
***Note: Workshops on 25th
- March 5th South Calgary Tournament**
Contact: Heather Fidyk heather@calgarywadoikai.com
Location: West Island College, Calgary, Alberta
***Note: Workshop Friday, March 4th
- March 19th Saskatoon/Warman Tournament**
Contact: Crystal Johnson saskatoonwadoikai@shaw.ca
Location: Saskatoon or Warman, actual location TBA
***Note: Workshop Friday, March 18th
- April 2nd Western Canadian Wado Kai Championships**
Contact: Doug Scabar thescabars@shaw.ca
Location: Tri-Leisure Center, Spruce Grove, Alberta
- April 9th Beginner Shindo Workshop**
Contact: Bruce Dunning bdunning@mb.sympatico.ca
Location: Virden, Manitoba

The Official Website of the SWKKF

As many of you are aware, the SWKKF has an official website at www.shintani.ca

This has proven to be a great way to keep the information going through the organizations vast boundaries. There are tournament listings, clinic information, and a fairly large email directory of the Black Belts listed in their various regions.

If you are a registered BLACK BELT of the SWKKF and would like your name added to this listing please email Sensei Rudi Stocker tengu@shaw.ca with the following information:

Name, Rank, Province and Region. It would also help if you included your immediate instructor and your book number.

If you are a registered BLACK BELT and wish to be a part of the SWKKF emailing list WITHOUT being added to the email directory on the website, this is possible too. Please send an email to Sensei Neil Prime getyourkicks@wadokaikarate.com and you will be added to this private list.

If you register for the email directory on the website, you will be added to the email listing automatically. The only emails you will receive by being on this list is advanced notices of tournaments, clinics, and special announcements regarding the SWKKF.

People have wondered in the past why they or their instructors are not on this list. You MUST personally ask to be put on this list. We are not going to assume just because someone gives us your address that you want it listed. Some people have privacy issues that we would not want to jeopardize. There are 2 reasons why your name may be taken off the list. 1 - If you become inactive by not registering with the SWKKF or 2 - If your email address becomes not available and

we don't hear from you with the appropriate changes. To avoid being unlisted, please contact either Sensei Neil or Sensei Rudi with your new information.

If you have an announcement concerning a clinic, tournament etc., you may have it posted on the SWKKF website by contacting Sensei Rudi. You may also copy Sensei Neil Prime and he will also announce it through the email directory, and you may also copy Sensei Heather Fidyk heather@calgarywadokai.com and it will be announced in the next issue of the Harmonizer (pending the timing of the next issue).

Please take advantage of our electronic media! There's a team of people here trying to make sure that the whole organization stays in touch with each other.

In Harmony,
Sensei Neil Prime.

In Remembrance of Cathy Manara

November 11, 2004

It is with my deepest regrets that we announce Cathy Manara, Honorary Shodan and loving wife to Sensei Dave Manara passed away this morning, succumbing to complications related to her MS, which she had been fighting for 20 years.

Dave and the boys, Matthew, Andrew, and Jason want to thank everyone for your years of support to Cathy and the family.

Details will follow, but the funeral will be this Saturday, November 13, 2004 at 1:30pm at the Chapel Ridge Funeral Home in Unionville.

Regards,

Sensei Denis Labbé