



THE HARMONIZER

OFFICIAL NEWSLETTER OF THE
SHINTANI WADO KAI KARATE FEDERATION



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July 2005

Message from the President

In memory of Master Shintani,
Denis Labbé

I would like to invite every club to send in an article in the next Harmonizer describing the geographical location of your dojo and a little bit about your club.

We are now going into the summer months. For those who are taking a break, have a safe summer and travel well.

My e-mail address is ddlabbe@sympatico.ca

In memory of Master Shintani,

Denis Labbé
President

Editor's Thoughts

Take advantage of your time off this summer to try some different activities which will ultimately compliment your Karate. Whether you go hiking in the mountains (serenity), fly fishing (patience), water skiing (technical skill development) or do a triathlon (endurance). Karate does transcend many of these activities.

I am always amazed at how well karate ka are able to pick up new activities as if they had trained for it since they were a kid. One could ponder about Sensei Shintani's giftedness as an all around great athlete, was it natural ability or all the karate training which added to his natural abilities??????

Sensei Heather Fidyk
Editor

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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 regular text, a word document, adobe acrobat, jpeg (pictures)
tournament results in excel.

****Send your submissions for October ASAP****

Sensei Peter's Most Wonderful Mexican Adventure

My wife Darlene and I had a wonderful time in the little town called Bucerias, just 15 minutes north of Puerto Vallarta, Mexico. This beautiful Sandy Beach Paradise is located on Bandaras Bay, which is reportedly the second largest bay in the world. We met many old friends and made many new friends during our stay. There were many adventures but two are standouts. The first was a trip to the deserted beach of Playa Razo with friends Bob and Lorraine Orthlieb, from Calgary, Alberta. We traveled by car traversing a very rough, dirty and rocky road, and over very hilly terrain arriving at the beautiful Playa Razo Beach. This beach was about 2 miles long, and we were the only sunbathers insight. Bob and I brought along our Boogie Boards to body surf in the waves, which turned out to be over 15 feet high and very strong. After about five tries to ride the surf, both Bob and I realized that it was much too dangerous for amateurs and we got out of the water very quickly.

The other adventure was with our friends Will and Virginia Mattox, from Oregon, USA. We traveled to a small fishing village on the south coast and walked up, over and around some very dangerous cliff areas to discover two beautiful beaches. During our one and one half-hour walkabout we observed beautiful birds, insects, dolphins and rock formations. At times we were on paths that were less than a foot wide with sheer drops of hundreds of feet to the rocks and crashing ocean below. We spent the rest of the day at a wonderful beach swimming and jumping off the dock with the natives. Near days end we took a 10 minutes water taxi (motorized Boat) ride back to the small fishing village. The safe boat ride was faster but not as exciting.

One of the highlights of the trip was the formation of a new Karate Club in Mexico. It is called the Bucerias Wado Kai Karate Club. In 2004, I had been asked if I could teach some karate if I returned. I was very fortunate to have some very young at heart students. We worked out for about one hour every Monday, Wednesday and Friday mornings. The club comprised of 7 students ranging in age of 18 to the high 80's. The students were Jim Guess, Courtney Henry, Lorraine Orthlieb, Ray Braun, Bob Orthlieb and Moe Caron. Warren Rolek is the official photographer of the Bucerias Wado Kai Karate Club. Moe and Ray were the Karate Kids of the Club and at the end of the session we had turned their bodies into lethal weapons. I can say with complete certainty that I have never had the opportunity to teach such a wonderful and enthusiastic group. Many people at the complex would sit on their balconies or come out and sit under the palapa (palm branch covered building) and watch the members of the Club learn their Kata and some Kumite techniques. We had Graduation Day and Certificates were presented to the students during the afternoon happy hour. Next year we hope to have more students join in the fun.

BUCERIAS WADO KAI KARATE CLUB, MEXICO



Left to Right
Moe Caron, Toots Braun, Ray Braun, Robert Orthlieb, Courtney Henry, Laraine Orthlieb, Jim Guess and Sensei Peter Ruch



GRADUATION DAY MARCH 23, 2005



Left to Right
Ray Braun, Robert Orthlieb, Laraine Orthlieb, Sensei Peter Ruch, Jim Guess, Moe Caron, Warren Rolek



Courtney Henry and Sensei Peter Ruch

Central Alberta travels to National Tournament

by Colleen Gustavson

Fourteen members of the Iwa Yama Karate Club from Didsbury travelled to Ontario to compete in the Shintani National Memorial Championship Tournament. It was an experience that I am sure all of us will treasure and look forward to in years to come.

The week was an exciting mixture of sightseeing and karate. After landing on Thursday and storing our luggage, we had a few hours to roam before heading to a workout at the club in St. Catherine's with Sensei Neil Prime. An opportunity to spar with a large number of black belts was appreciated, and definitely challenging after a long day of travel and roaming. Friday was spent touring Niagara Falls. Rain ponchos were the style of the day while taking in the magnificence of the falls from above and then below on Maiden of the Mist. The sun made an appearance just in time for one group to hike the gorge and tour the butterfly conservatory while the other group took in the carnival-like atmosphere of Clifton Heights.

No time to rest our tired, wet feet before heading to Brock University on Friday night for the workshop hosted by the members of the Senate. The Senate members rotated every ½ hour through the divisions organized by belt rank. With only ½ hour to spend in each division, they focused on basic form and technique to build a solid foundation. Before moving on, each Sensei shared a personal memory or interpretation of Sensei Shintani's vision. The four hour workshop gave us all an opportunity to meet our fellow competitors and focus our energy for the upcoming day.

The tournament on Saturday morning began with opening ceremonies. This time was spent acknowledging the efforts of all members across the provinces; from the provincial reps and volunteers to the Canadian National Team. I am proud to say that western Canada presented very well with Alberta and Saskatchewan having remarkable attendance. Sensei Denis Labbe introduced Sensei Shintani's sister and stated that Sensei would have been proud of each and every one of us and what we represented as an organization.

There were approximately 340 competitors. Many of the divisions, especially in the lower ranks were very large. The majority of our group placed with medals. Those of us who did not place, came home with renewed knowledge and a pride of our personal growth.

Sensei Rathe and brown belt Delaine Seemann competed in the Masters Cup, performing a bunkai demonstration. In unison, they executed portions of a kata intersected by a smooth transition of the relative bunkai.

On Sunday, the brave woke up bright and early to attend a workout in Welland with members of the Senate in attendance. For the rest, with the tournament behind us, touring Toronto was our main focus. We were honoured with the presence of Sensei Ron Matte, his energy and fun sense of humour. Together we toured the Royal

Ontario Museum. Afterwards we took the subway downtown where one group split off to see the CN Tower while the other group sought to experience Queen Street West and China Town. (Watch Much Music to see Jan and Michelle's Speaker's Corner moment.)

Monday and Tuesday... Boom! Just like that, our adventure was coming to an end. Time to see and do as much as we could before the flight home. Zoo, Niagara Falls at night, Niagara on the Lake, the Locks, hiking in the canyon of the falls...Race to Hamilton and arrive at our gate just in time. Who wanted to hang out at the airport anyways? We were on our way home with mixed emotions. So sad that this trip has come to an end, while at the same time missing our loved ones back home.

Shindo Report

by Sensei Bruce Perkins

Since the 1st basic shindo clinic was held in Port Dover Ontario on October 24th 2004, there have been many more held across Canada. All told there have been seven clinics held to date, with approximately 200 people taking the basic course. Even though the response from the people that have taken the clinics has been very favorable, the shindo committee is continuing to modify the course content and presentation in order to improve the final product. Currently there are two more basic courses scheduled for the early fall of 2005. The intermediate course has been approved by the committee, and scheduling of these clinics has already begun. For more information about upcoming clinics or shindo in your area contact your provincial rep.

Shintani National Team

by Sensei Ron Mattie

This is usually the manager's job, but since we were looking for a new one, it fell on my lap. Here are the highlights.

First, a notice went out for a new manager for the team with various skills and time to dedicate to the organization. It went up to the senate and Sensei Kris Reynolds from Lindsay Ontario was selected. Please help me to welcome Sensei Kris aboard. From what I've seen and heard, he will do a great job. Sensei Neil Prime will be greatly missed. Thank you very much Sensei Prime for going over and above the requirements as the manager for the last few years.

Second, the team entered the 17th Kuboto Canadian Open tournament on June 26 in Toronto. The team members organized this tournament on their own, mostly Sensei Lauren (Fast) Pankratz. Unfortunately Sensei Sanford DeWitt and Sensei Eric Sumbler were unable to attend at the last moment. We entered 2 three man teams, one team was made up of Sensei Rathe Mokelky, Sensei Scott Hill and Sensei Alex Fast, and the second team was made up of Sensei Mike Russ from Toronto, Sensei Samir Elbaccouch from Quebec and our new Manager, Sensei Kris Reynolds. All members also entered in individual divisions with Sensei Rathe Mokelky entering the most events. Sensei Rathe worked on the

techniques we have been practicing. Also, the team did a great job in kata. It was one of the best I've seen. In the end, Lauren Pankratz and Heather Fidyk tied for 4th in kata in the open division, and Heather winning a 2nd in another kata division and 3rd in kumite. The 2 male teams we had ended up fighting for 1st place, with Sensei Rathe, Alex Fast & Scott Hill receiving 2nd and Mike Russ, Kris and Samir receiving 1st place.

We are looking at a couple more international tournaments overseas in the near future.

Third and final, please take notice, that the next team selection in May of 2006, will be WEIGHT division. This is due to the international team divisions that the Shintani team needs to enter. All Shintani tournaments **WILL** remain rank division. Good luck when the time comes.

Grading Date Notice

by Sensei Ron Mattie

Please take note. Any group planning a Black Belt Grading, must have the Regional Rep contact ALL clubs that he/she represents and come up with a mutual date. Then, he/she **MUST** contact Sensei Denis Labbe for approval of that date.

Gradings

by Sensei Ron Mattie

Please take note:

Prior to a grading, all applicants should have attended a pre-grading (evaluation) to avoid disappointment on the day of the grading.

All applicants must have the minimum time requirements only if they are outstanding at their rank, otherwise, they should wait an extra 6 to 12 months.

You must have attended a minimum of 2 Black Belt Clinics per calendar year and it must be recorded in your passbook.

You must have competed in at least 2 tournaments during your present rank in either kata or kumite and it must be recorded in your passbook.

All applicants **must** have the correct age requirement **on the day** of the grading.

Application **must** be filled out **completely** by the student and then completed by the instructor recommending them. An incomplete application form **will not** be accepted and will be returned which may disqualify the applicant if the application is not returned, completed, a month prior to the grading.

Applicant **must** have been registered with the S.W.K.K.F. for **all the time** required to grade.

Only applications forms downloaded from the S.W.K.K.F. web site will be accepted.

All applications **must** be sent to Sensei Denis Labbe at least **one month** prior to the grading date.

All monies **must** be received at least **one month** prior to the grading.

Please print legibly on the applications. What is read is what will be written on your Grading Certificate.

Your cooperation will greatly be appreciated and will reduce the workload of the grading committee.

Thank You

Silent Auction – thank you!

The National Team would like to thank everyone for their generous support of this event. Thanks also to those who helped Sensei Lauren Pankratz on the day of the event and the weeks leading up.

Scholarship – Award Winners

by Heather Fidyk – Scholarship Committee

Thanks Sensei Bruce Perkins for giving me the opportunity to chair this very special committee; I know that it is very dear to him. Thank you to the selection committee of Sensei Lyle Muenchrath, Sensei Dan McKee and Sensei Judy Bouffard. The applications were all very competitive leaving the committee with a very difficult task. I would encourage each student to take the time to fill out an application for next year, whether you are attending university, a technical college or an accredited trade school. Each applicant has an opportunity, think of it as another competition and work on your strategy to win.

Congratulations to this year's two recipients of the Wado Kai Student Development Fund Sensei Jack Maslen, Shodan, from Calgary and Sensei Kelsey Ross, Shodan, from Edmonton. We wish them the best in their educational endeavors.



Sensei Jack Maslen



Sensei Kelsey Ross

Upcoming Events – Western Canada

Please submit your events for the Fall

Upcoming Events – Eastern Canada

Please submit your events for the Fall

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Master Shintani Memorial Karate Tournament results for Youth Divisions

May 15th, 2005

Kata - Toddlers 5-6 years old

1st – Drew K
2nd – Emily O
3rd – Hannah C

Kata – Midget 6-7 years olds

1st – Emily Menard
2nd – Alexandre St
3rd – Adam Sp

Kata – Mini Pee Wee - White 8-9 yrs old

1st – Anthony R
2nd – Deanna M
3rd – Hailey O

Kata – Mini Pee Wee – Yellow 8-9 yrs old

1st – Roxanne S
2nd – Hannah D
3rd – David L

Kata – Mini Pee Wee – Orange-up 8-9 yrs old

1st – Jason M
2nd – Austin W
3rd – Colleen M

Kata – Pee Wee – White 10-11 yrs old

1st – Geoffrey Mc
2nd – Danny M
3rd – Taylor-Bree G

Kata – Pee Wee – Yellow 10-11 yrs old

1st – Troy Fitzpatrick
2nd – Lauren S
3rd – Sydney H

Kata – Pee Wee – Orange-Green 10-11 yrs old

1st – Tyler D
2nd – Shavonne M
3rd – David S

Kata – Junior - White-Yellow 12-13 yrs old

1st – Brandon L
2nd – Christopher M
3rd – James L

Kumite – Junior Boys – White-Yellow 12-13 yrs old

1st – Christopher M
2nd – James L
3rd – Brandon L

Kata – Junior-Orange-Green 12-13 yrs old

1st – Brayanne L
2nd – Nathan B
3rd – Michael M

Kumite – Junior Boys – Orange-Green 12-13 yrs old

1st – Michael M
2nd – Darnell C
3rd – Nathan B

Kata – Junior-Blue-up 12-13 yrs old

1st – Michelle H
2nd – Christina B
3rd – Emilie G

Kata – Senior – White-Yellow 14-15 yrs old

1st – Shannon B

Kata – Senior – Orange-Green 14-15 yrs old

1st – Craig O
2nd – Matt L
3rd – Stephan J

Kata – Senior – Blue-up 14-15 yrs old

1st – Cassey S
2nd – Jake F
3rd – Thomas W

Kumite – Toddlers 5-6 years old

1st – Drew K
2nd – Jesse M
3rd – Sarah M

Kumite – Midget 6-7 years old

1st – Jake F
2nd – Alexandre St
3rd – Emily M

Kumite – Mini Pee Wee – White 8-9 yrs old

1st – Anthony R
2nd – Mathew J
3rd – Felice R

Kumite – Mini Pee Wee – Yellow 8-9 yrs old

1st – Michael S
2nd – David L
3rd – Zachary C

Kumite – Mini Pee Wee – Orange-up 8-9 yrs old

1st – Shannon M
2nd – Colleen M
3rd – Michael K

Kumite – Pee Wee – White 10-11 yrs old

1st – Geoffrey M
2nd – Troy F
3rd – Michael H

Kumite – Pee Wee – Yellow 10-11 yrs old

1st – Lauren S
2nd – Lisa C
3rd – Julie A

Kumite – Pee Wee – Orange-up 10-11 yrs old

1st – Kaitlyn M
2nd – Jennifer J
3rd – Jessie H

Kumite – Junior Girls – White-Yellow 12-13 yrs old

1st – Candice M
2nd – Ashley K
3rd – Deanna P

Kumite – Junior Girls – Orange-Green 12-13 yrs old

1st – Amber-Lynn S
2nd – Amanda To
3rd – Bailey C

Kumite – Junior Girls – Blue-up 12-13 yrs old

1st – Christina B
2nd – Nicole S
3rd – Kelsey D

Kumite – Senior Girls- Yellow-Green 14-15 yrs old

1st – Alyssa La
2nd – Michelle L
3rd – Krista D

Kumite – Senior Boys – Yellow-Green 14-15 yrs old

1st – Chris H
2nd – Julian P
3rd – Stephan J

Kumite – Senior Girls – Blue-up 14-15 yrs old

1st – Michelle C
2nd – Cassey S
3rd – Sarah K

Kata – Pee Wee – Blue-up 10-11 yrs old

1st – Jason C
2nd – Jerome A
3rd – Kathryn K

Kumite – Junior Boys – Blue-up 12-13 yrs old

1st – Alexander W
2nd – Alexander Y
3rd – Taylor S

Kumite – Senior Boys – Blue-up 14-15 yrs old

1st – Thomas W
2nd – Jake F
3rd – Jassy F