



THE HARMONIZER

OFFICIAL NEWSLETTER OF THE
SHINTANI WADO KAI KARATE FEDERATION



VOLUME 9 ISSUE 4

October 2005

Message from the President

In memory of Master Shintani,
Denis Labbé

I hope everyone had a good summer. I would like to welcome back all junior and adult kyu belts and all black belts. Instructors, I invite you to submit an article in the next Harmonizer describing the geographical location of your dojo and a bit about your club. I would like to invite more clubs to send in an article for the next Harmonizer describing the geographical location of your dojo and a little bit about your club.

Travel itinerary:

Nov. 18-20 Delhi 25th Anniversary Tournament

Nov. 25-26 Saskatchewan 25th Anniversary Tournament

Dec. 3 Seba Beach Tournament

My e-mail address is ddlabbé@sympatico.ca

In memory of Master Shintani,

Denis Labbé
President

Editor's Thoughts

As we start a new season our clubs will see many faces return and welcome many new students with ambitions of becoming a black belt. Many of the new students we will see are youth. The youth of this organization are our building blocks of the future. It is very important that we teach them that karate is not just something they do once or twice a week but that all the physical and mental aspects of karate transcend the dojo floor to their everyday life. Students will come and go and when they do leave they should have a foundation of respect, confidence and self esteem too carry with them, what a wonderful gift to offer.

Sensei Heather Fidyk
Editor

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Reminder:

SWKKF registration for 2006

Yearly registrations for 2005-2006 are now due.

Western Canada - submit registration to Sensei Bruce Dunning PO BOX 963 Virden, MB R0M 2C0

Ontario & Quebec - submit registration to Sensei June Lebrun 195 Camille St. Timmins, ON P4K 1K2

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 December ASAP

Welland Dojo Visits

by Sensei Ron Mattie

We get our share of visitors at the Welland Martial Arts Centre and all are quite welcome. This summer we had Dave Pinkerton from the Whitecourt dojo under Sensei Shelley McGregor. While visiting his in-laws in Burlington Ontario, (an hour from Welland), Dave came out to 3 workouts in Welland. I was very impressed not only by his skill at a brown belt level, but his attitude and character. Dave is planning on attending clinics and a tournament this November in Delhi, Ontario. We are looking forward to seeing you out again Dave and bring the rest of your crew.



Sensei Darren Humphries and wife Debbie (who is soon to give birth to a baby boy) spent a weekend with Joanne and I touring the Niagara peninsula. I think we did Karate? Joanne and I really enjoy touring karate people around Niagara.



Also, Sensei Kyla Gould Sykes was visiting with husband Matt and son Tristan from New York City on Labour Day weekend. Sensei Kyla came out for our laido class as well as the karate workout right after. Sensei Kyla is a prime example that, if your basics are down, you never lose it. Many instructors taught that night as well as sensei Kyla. It was great to see her again. Joanne and I ended up in Niagara Falls and Niagara-on-the-Lake for the next 2 days just touring around with our New York friends with British and Canadian accents.

Anyone visiting Ontario or wishing to are always welcome to the Welland dojo and some touring. Give us a call so we can plan some free time with you and your family.



Sensei Ron Mattie & Sensei Kyla Gould Sykes



Sensei Ray Poulin 6th dan Sensei Kyla & Sensei Neil Prime 5th dan

On an end note, Joanne organized a 50th birthday party for yours truly and I surprised her with a diamond ring as I was opening my last gift. We are planning a late summer wedding next year as long as it doesn't fall on a workout night... hee hee. Hope everyone had a great summer and ready to start a new training year. Hope to see some of you in Manitoba in October for the Black Belt Grading or at the 20th tournament anniversary in Saskatchewan in November.

Strength Training – Part 1 – Why I am doing this Exercise?

by Sensei James Freeman

Have you ever been in a karate class where you did 100 push-ups or 100 sit-ups? Have you ever led a class where you required students to do this? Chances are, when you did it, you felt that this would somehow make your karate better. After all, your instructor made you do it, so it must be good, right?

Not likely. Push-ups and sit-ups can be beneficial as part of a balanced, progressive strength training program, but in isolation and to excess, they really are not going to improve your karate, and in fact, increase risk of imbalances and injury. A Push-up does involve many muscles groups. It belongs to a broader class of exercises involving chest presses, and depending on the positioning of the arms, involves elbow flexion and extension, shoulder flexion and extension or shoulder horizontal abduction/adduction, and stabilization in the core and lower body. A sit-up, on the other hand, when done correctly, involves trunk flexion, and targets the rectus abdominus. Often, however, this exercise is done

incorrectly, allowing either the hip flexors to take over the exercise or departure from a neutral cervical spine to introduce momentum and arm contribution to the exercise.

I have been developing a karate strength training program for the last two years, and have drawn heavily from the strength training techniques taught to me by my triathlon coach and Ironman competitor Kevin Masters, and from coursework I recently completed as part of the Alberta Fitness Leadership Certification Program.

I intend to write a manual for guiding strength training for karate students, but for now, I'll start with some questions that you as a karate instructor or student can ask when being asked to perform a given exercise.

The following list of questions is adapted from the book "effective strength training" by Douglas Brooks. The manual is recognized as the official Text for the International weightlifting Association, and is used as a text in the AFLCA's Resistance Training Course. These questions are designed to help you evaluate the effectiveness of a given strength Training Exercise:

1. What is the Goal of this exercise? The goal is usually to challenge a specific body part or muscle group or to improve the integrity of a given joint. Part of answering this question would be to understand how the exercise proposed is functional and will help improve your karate, whether it is your ability to stabilize and hold stances, your ability to recruit more muscle groups when throwing a technique, or your ability to ki at the end of technique.

2. What is the Joint motion? As unromantic as this may be, the beauty of karate and for that matter any sport may be deconstructed into a finite set of joint motions that the body can make.

3. What muscles are being used to create the Joint Motion? If you know the sequence of joint motions involved in a given movement, then you can name the specific muscle groups involved in making these motions. Knowing the muscle groups means being able to propose a set of strengthening exercises. Muscles contract along the line of their fibres, and tend to pull the least stable tendon/bone attachment (the insertion) towards the more stable bone/tendon attachment (the origin).

4. What is the proper path of motion? Specific movements in karate require specific joint actions. By knowing the proper joint action governed by anatomical considerations, you can improve your karate by maximizing efficiency and minimizing the chance of injury.

5. What are the proper and active Ranges of Motion at the joint? While there is a standard or classical ROM defined by an "average" person, actual range of motion is specific to a given karateka, and is influenced by many things. For example, if a student cannot extend the hip very well in performing a back kick, or keeps the knee slightly flexed, then the range of motion has been compromised, likely by tightness in the opposing muscles groups. (in this case, the hip flexors or in the case of the knee, the hamstrings).

6. Is the overload effective? This is very important in defining a strength training program, and will be discussed at length when I write part 2 of this series. Muscle Fatigue should be attained in 6-20 repetitions or 30-120 seconds, where fatigue is defined as the point where the last repetition performed is the final repetition possible while still maintaining good form. The bottomline here is the body must be stressed and overloaded in order to elicit an adaptive response and an increase in strength.

7. Is the direction of force or resistance in opposition to the movement pattern? When performing calisthenics i.e. exercises without equipment, we rely on gravity to create an opposing force. When using equipment, we add to gravity or create forces in different directions.

8. Has the necessary stabilization been established in the body prior to the movement, and has it been sustained throughout the movement? This is a well-known principle from karate, and says that we must stabilize other muscle groups not directly involved in the particular movement in order to avoid injury and to perform the movement. Most commonly, this involves ensuring there are neutral lumbar and cervical spines, upper back stabilization (through scapular retraction), and legs.

9. Do the risks outweigh the potential benefits? Strength Training is full of "traditional" exercises that do promote strength gain but pose risks for novice karateka that can risk injury. Areas of concern include deep flexion of the knees, shoulder impingement, and explosive movements done before proper technique is learned.

In closing, I rarely do push-ups and sit-ups in isolation (okay, see below), but this is not to suggest that I do not work the underlying muscle groups involved. There are other exercises that I prefer to use to target these groups and which I feel build other skills at the same time that are far more conducive to strong karate. The next time you are asked to perform 100 sit-ups and push-ups, discretely ask your Sensei afterwards why he/she feel this will make you a better karateka, and why the opposing muscle groups have not been worked at the same time to balance the training effect.



Sensei Freeman doing a push-up, but into a Stability Ball for added stabilization challenge and broader recruitment of muscles throughout the body.

Club Biographies

In an effort to connect the many clubs and organizations from across Canada and United States Sensei Denis has asked clubs to submit a short biographical article about their club or organization. This issue includes the Welland clubs, the St. Catharines group, the South Calgary clubs, the Bushido organization and Millwoods club in Edmonton, and Hay River club. Look for highlights from other clubs in the next issue.

Welland Wado-Kai Karate

Submitted by Sensei Ron Mattie on behalf of the Instructors of the Welland Wado Kai Karate Clubs.

The Welland Karate Clubs were founded by Sensei Masaru Shintani in 1968. The first dojo was located at the corner of Duncan and Cozy Streets, and housed not only the Karate Clubs, but the Kudokan Judo Club. In 1971 the Welland Karate Clubs became the Welland YMCA Karate Club when Sensei Shintani affiliated his organization with the Welland Area YMCA. In 1973, due to increased enrollment, the Duncan Street Dojo was no longer suitable. The Karate Clubs moved into school gymnasiums and into the YMCA itself. In October 1994, the clubs came full circle when they again found a permanent home independent from the Welland YMCA. We are located on Division Street, next to the Welland Post Office. At present, the Welland Karate Clubs are the oldest martial arts clubs in Welland.

Sensei Peter Ciolfi (6th Dan) was the Head Instructor of the Welland Wado-Kai Karate Clubs until his unexpected death March 20th, 1997 of cardiovascular complications. He was a true Master in the making. He was active in many committees and was a top competitor, practitioner and teacher in the Shintani Wado-Kai Karate Federation. He was a great friend and is immensely missed by those who knew him. We commemorate our Annual Welland Tournament in his honor and memory.

The instructors of the Welland Wado-Kai Karate Clubs are the following: Sensei Ron Mattie, Sichidan, Sensei Alain Bisier, Godan, Sensei Rod Sumbler, Sandan, Sensei Eddy Poulin, Sandan, Sensei Rick Rodrigue, Nidan, Sensei Janet Rodrigue, Nidan, Sensei Dean Brown, Nidan, Sensei Joe Veltri, Nidan, Sensei Rob Primerano, Nidan.

The Clubs Secretary-Treasurer is Sensei Anne Readhead, Yodan. The other members of our team are Sensei Dominic Morabito, Rokudan, Sensei Ray Poulin, Rokudan, Sensei John Thompson, Godan, Sensei Ron Bovine, Sandan, Sensei Eric Sumbler, Nidan, Sensei Nick D'Aurizio, Nidan, Sensei Mike Tarnawski, Shodan, Sensei Ron Ryan, Shodan, Sensei Keith Halborg, Shodan, Sensei Dianne Mattie, Shodan, Sensei Kevin Grenier, Shodan, Sensei Greg Veltri, Shodan, Sensei Jacqueline Boisvert, Shodan and Sensei Kelly Horvath, Shodan.

The Welland Clubs activities include the Annual Welland Rose Festival Parade, summer karate camp, Christmas and Halloween parties and demonstrations for the Welland community groups.

Welland Iaido Club

by Sensei Ron Mattie

In July, My Iaido Sensei came to visit our dojo for a 4 hour workout. Sensei Cruise, 6th dan Iaido, 5th dan Kendo is one of the main instructors at the Etobicoke Club near the Toronto airport. Welland Iaido members present were; John Thompson, 5th dan Wado; Alain Bisier, 5th dan Wado; Anne Readhead, 4th dan Wado; Nick D'Aurizio, 2nd dan Wado; and myself.

Sensei Cruise worked on all the basics and refined all 24 wazas (katas). The night ended with a late supper and talking about everyone's travels around the world. The Welland Iaido Club members are all members of the Etobicoke Iaido Club and travel twice a week to Toronto for workouts over and above the 2 nights in Welland. The Welland members also attended a clinic held by top Iaido instructors from Ontario at Brock University a few weeks ago. Like all other martial arts, it takes practice and practice and practice to accomplish levels of perfection.



St. Catharines Wado Kai Karate

Submitted by Sensei Neil Prime

The St. Catharines club is located in the center of the Niagara Region of Southern Ontario. We are surrounded by a large number of SWKKF clubs including Grimsby, Niagara Falls, Welland, Port Colborne, Fort Erie and only 40 minutes from the Buffalo New York club also.

Sensei Shintani started teaching in St. Catharines at Brock University in the early 1970s and at the Fairview Mall around 1977. It was at that time where my karate training started.

Being centrally located to a number of clubs and being privileged enough to have Sensei Shintani running the classes, the St. Catharines club was very fortunate to have a number of visitors on any given night, most of whom were up and coming black belts themselves.

In the mid-late 1980s Sensei Shintani focused more on training his black belts which took much more dedication to traveling and the club was left to the local black belts to

run. Due to a number of circumstances and personal commitments by these instructors the club dissipated. At that time I was a brown belt with a hefty appetite to continue learning and working out so I started calling around and found that Sensei Mike Bannister and Sensei Tony Robles were teaching a kids class at a local school.

I was not interested in teaching a junior program at that time (as I was deathly afraid of children) so I asked Sensei Mike if he was interested in helping me run an adult class. I didn't have to ask twice! I was fortunate enough to have friends that were involved at the Black Sea Hall (which has 2 magnificent halls donned with hardwood flooring) and it wasn't long before we started the most recent version of the St. Catharines Wado Kai Karate club, established September 1987.

To find out more about our club and see some great pictures you can visit the official website to the St. Catharines Wado Kai Karate Club at www.wadokaikarate.com.

If you're from an area club and looking for an extra workout or traveling through the area we'd love to have you drop in. As in all the Shintani clubs, visitors are always welcome.

South Calgary Wado Kai Karate

by Sensei Heather Fidyk

The South Calgary Wado Kai Karate Club was established in 1994 by Senseis Heather and Darren Fidyk. The club was started in the north east of Calgary and ran for a few years and at the same time another club was formed at a Leisure center in the south east end of Calgary. When politics came into play the club diversified and moved to a few different locations in the south end of the city thus being able to situate themselves in karate starved communities. Currently the South Calgary Wado Kai Karate organization runs a twice a week adult program and a once a week adult class. The club is largely made up of youth karate-ka with programs running Mondays, Tuesdays and Saturdays. The club has been working Shindo for a number of years and currently many of the members have joined the Shindo Federation and are following the program which was set in motion last winter. The club has a number of black belt instructors; the home grown ones who are active include Senseis Frank Hagenaaars, Lee Murray, Jeremy Olson, Ray Muller, Stephanie Hagenaaars, Nicole Dale, Jack Maslen, and Michael Kutchyera. The club also boasts some fabulous imported black belts including Sensei Lyle Muenchrath (from Calgary) who joined the club in 1995, Sensei Darren Humphries (from SK) who has been with us since 1998, and our newest asset is Sensei Lauren Pankratz from ON. Check out our website at www.calgarywadokai.com.

Bushido Karate Association

by Sensei James Freeman

The Bushido Karate Association was founded in spring 1993 by Sensei James Freeman and Sensei Craig Pettie, and has operated as a non profit organization since 1994. It is based in Edmonton's university area, and offers both youth and adult training programs. Today the club has

roughly 80 members across 6 different class times. In recent years, the club has incorporated the latest theories in strength and interval training to improve the quality of instruction, and Sensei Freeman is also certified with the Alberta Fitness Leadership Certification Association in Resistance Training. All senior instructors have taken Fitness Theory classes. The club currently has over a dozen black-belts and has an active Board to steer the club's strategy and direction. The club is a member of the Edmonton Sport Council and has received a Community Services Operating grant for the City of Edmonton. In 2005, Sensei Freeman celebrates his 20th year in Karate.

Millwoods Karate Club

by Sensei Bill Hynes

The Millwoods Karate Club is 21 years old this year and is located in the southeast corner area of Edmonton. For many years Dr Neil Hanon provided Karate instruction from a physician's point of view and this unique perspective continues to be taught by the Millwoods Karate Club. We were also fortunate enough to have had Sensei Shintani attend our club many times and many of our black belts have had the pleasure of experiencing his direct teachings.

We currently offer classes for children, teens and adults and have three semesters, Sept to Dec, Jan to April and May to July. While our primary focus is traditional Wado Kai Karate, we also include classes in self defense, takedowns and grappling. We are a well rounded club and organize backpacking trips and cross country skiing trips into the Rocky Mountains. This summer we summited Mt Edith Cavell.

Hay River Wado Kai Karate

by Sensei Santiago Lau-a, Jr.

The Hay River Wado Kai Karate club was formed when Roland and Kathy Day came to Hay River around the summer of 1988. Prior to that, we had our club named Hay River Karate. I had trained a little in the 60's and boxed in high school (in the Philippines where I came from) so I had a little bit of an idea. I did not receive my formal training until Sensei Rolly came up here. He lost his job so he had to move. He left me the club in approximately 1991 when I was a green belt. With the help of my wife and son (Sandy – now a Shodan) we managed to keep the club going and turned to Danny McCoy for help. Two years later, I was promoted to a black belt. At present, the organization produced eight black belts, two moved out of town, and four are still active and two inactive. We also have a black belt in another style that joined us and turned out to be a valuable addition. Once a year we travel to Alberta (spring time) for the tournament which is a 13 hour drive. We have been going to this workshop/tournament (Western Canadian Championships in Stony Plain) for the past 10 years. Sometimes other black belts travel twice a year. At this moment, we have a co-club in Yellowknife which is run by our brown belt. We train three times a week, Mon. 8 p.m. to 10 p.m., Fri. 7 p.m. to 9 p.m. and Sat. 10 a.m. to 12 noon. The children's

schedule is Tues. 6 p.m. to 7:30 p.m. and Sat. 10 a.m. to 12 noon, also. We warm up together and separate for the work out.

Our Hay River club is interested in having a tournament or workshop here. If there is anyone interested, please let us know and we can incorporate a fun weekend with fishing and hiking if required.

Fall Team Training Weekend

by team members

On September 16th, once again the members of the Shintani National Team gathered for a weekend of training. Even though we are into our second year you can still feel the excitement among us when we gather. This time was especially nice for me because not only did I have Heather to travel with but now that Lauren is officially a Calgarian there was three of us traveling together. A thorn between two roses, so to speak.

Kris Reynolds, going above and beyond as the new team manager, met us at the airport in Toronto and it was off to Welland. Fortunately we arrived at the dojo relatively early and after claiming our sleeping spaces upstairs on the mats some of us were able to join Sensei Ron and his laido group for their workout. I'm lucky the sword I was given was only wood or I'm sure I would have hurt someone; odds are it would be me. But I did provide some humour for the rest of them several times by holding my sword backwards and slicing with the back of the 'blade'.

The rest of the team arrived in time for Welland's regular Friday night class. Sensei Ron taught the first bit and then the senior ranking black belts and the team members each took a turn working line drills. There were students of different ages and ranks and everyone had a great time working the varied techniques.

After a short visit and a late supper it was off to bed. No one wasted any time going to sleep because we all know by the end of the weekend we're going to be exhausted and we need all the rest we can get. And besides, if you're first asleep, you don't have to listen to everyone snoring!

- Sensei Rathe Mokolky

On September 17th the team kicked off Saturday's full day of training with a good half hour of randori to stimulate the muscles and get the blood flowing, after a hearty breakfast at the Blue Star restaurant of course. When everyone was warmed up, Sensei Rathe Mokolky took the team through Bassai Dai, a kata the team has been working on for International tournaments. After which, we went through another non-Wado Kai kata with Sensei Heather Fidyk. This lasted for a good four hours, then lunch, and then right back into training again for the afternoon.

Sensei Rod and Sensei Kelly, from the Welland club, joined us at this point, along with Zack from Fort Erie, for an intense afternoon of strictly sparring. Sensei Ron lead us with basic two-step sparring drills using side stepping, gradually increasing the difficulty by adding more techniques and thus building the intensity of the workout. Nearing the end of the workout, Sensei Heather went through distancing. By this point all of us were really feeling the burn at the soles of our feet from the unfinished hardwood floor. Sensei Dave Brunarski, the

team trainer/nutritionist, talked us through deep massage while we did this and buddy stretching with partners.

For dinner we filled up at Kimono's restaurant buffet, and then went back to the dojo for an evening of team bonding. We discussed where we each think the team is headed, future goals, and how the team has impacted each of us.

Later, Sensei Kris Reynolds, our new team manager, had a couple of team building exercises which really opened us up and brought us closer together both as a team and as friends. For being Sensei Kris' first team training weekend, he aced it, and definitely helped make for a memorable evening. It was interesting to find out more about each other as well as the character in ourselves.

Team training is more than just a condensed weekend of great physical workouts but also a mental and somewhat spiritual workout too.

- Sensei Lauren Pankratz

A Team Bound for Success

Sunday September 18, 2005 marked the end of a weekend training session for the Shintani Wado Kai Karate National Team, and for me, an amazing realization about our karate and our federation.

As the new manager of the team, attending my first training weekend, I found myself both excited and nervous. I had heard stories from current and previous team members, and I was not quite sure what to expect, except that I would gain a new understanding of the phrase "stiff and sore".

Now that the weekend is over, I can surely say that is the truth, but there is much more that happened over the weekend than hard workouts. The part of the weekend that I will most remember, is the quality of character that each member of the national team exhibited, not only on the floor or in the ring, but all the time. I could not be more proud to be part of a federation that is represented to the rest of the world by the 9 individuals I was lucky enough to join for the weekend.

Having been a part of another federation's national team last year, this past weekend has opened my eyes to the greater opportunity for success that any team should aim for. Although the last team I was involved with enjoyed an impressive tournament record, and are remembered as skilled fighters, that is where their success ends. Their memory will live on only as long as their fighting ability does. The Shintani Wado Kai Karate National Team now and in future will enjoy a much different and far better type of success.

If you or I made a list of the most successful people in history, and then made a list of the attributes they possessed, very few words on the list would be skills. The majority would be attitudes. After this weekend, and seeing all of the positive attitudes within our national team, I am confident that we shall be remembered as much more than skilled fighters, and that our team will gain success both personal and together far greater than a place or title in any tournament.

It is my honour to have the opportunity to be part of this group, and I would like to extend my most sincere thanks to each and every member of the team. You all made this weekend a very special experience.

- Sensei Kris Reynolds

Upcoming Events – Western Canada

October 1st, 2005 – Glammorgan Wado Kai (Calgary)
Tournament – Dan McKee/Kevin Bowes

October 22nd /23rd, 2005 – Saskatoon Wado Kai – Basic
Shindo Grading and Intermediate Shindo Clinic – Crystal
Johnson

October 28th /29th, 2005 – Virden Wado Kai – Clinic and
Black Belt Grading – Bruce Dunning

November 5th, 2005 – Alberta Shintani Karate
Association – Basic Shindo Grading and
Intermediate Shindo Clinic – Dan Hill

November 25th /26th, 2005 – Carlyle Wado Kai – Clinic
and Tournament – Jayson Humphries

December 3rd, 2005 – Seba Beach Wado Kai –
Tournament – Doug McDowell

February 18th /19th, 2006 – Whitecourt Wado Kai – Clinic
and Tournament – Shelly McGregor

February 24th /25th, 2006 – Virden Wado Kai – Clinic and
Tournament – Bruce Dunning

March 3rd /4th, 2006 – South Calgary Wado Kai – Clinic
and Tournament – Heather Fidyk

March 30th – April 1st, 2006 – Alberta Shintani Karate
Association – Clinics and Tournament - Doug Scabar

March 2006 – Saskatoon Wado Kai – Clinic and
Tournament – Crystal Johnson

May 5th /6th, 2006 – Bushido Karate Association
(Edmonton) – Clinic and Black Belt Grading
Jim Freeman

Upcoming Events – Eastern Canada

November 18th – 20th, 2005 – Delhi Wado Kai – Clinics
and Tournament – Jim Atkinson

January 21st, 2005 - Fort Erie Wado Kai – Tournament –
Peter Ruch

January 28th, 2006 – Timmins Wado Kai – Tournament –
Willie Lebrun/June Lebrun

February 12th, 2006 – Welland Wado Kai – Black Belt
Grading – Ron Mattie

February 18th, 2006 – Simcoe South Wado Kai –
Tournament – Tom Foster

March 2006 – Hanmer Wado Kai – Tournament – Gilles
Dupuis

April 2006 – Welland Wado Kai – Tournament – Anne
Readhead

April 22nd /23rd, 2006 – Michipicoten Wado Kai/Wawa
Wado Kai – Tournament – Duanne Wenmann and Larry
Laforge

May 12th /13th, 2006 – National Master Shintani Memorial
Karate Tournament – Clinic and Tournament – Anne
Readhead and Jim Atkinson


Shintani Wado Kai Katas

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| Volume 1 | \$25 Pinan Katas |
| Volume 2 | \$25 Black Belt Katas |
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| Volume 1&2 | \$15 |

KATAS

Shintani Wado Kai
Karate Federation



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