

# The Harmonizer

The Official Newsletter of the Shintani Wado Kai Karate Federation



Volume 31, Issue 2

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# The Harmonizer

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Sensei Ron Matte  
With  
Sensei Darren  
Humphries

Visit  
our website

[www.shintani.ca](http://www.shintani.ca)

## SWKKF VALUES

• Honour • Excellence • Kindness •  
Humility

"The ultimate aim of Karate lies  
not in victory or defeat, but in  
the perfection of the character  
of its participants."

-Gichin Funakoshi

## SWKKF VISION

The Shintani Wado Kai Karate Federation will be the premiere traditional karate and Shindo organization in North America, through the work of our highly skilled and dedicated instructors in developing unparalleled character, skill and pride in our students.

## Message from the President

This issue is dedicated in memory of  
Master Shintani,

Hello SWKKF members,

I hope that this message is received in good health and that you and your families are doing well.

To start just a couple reminders:

- Please visit our incredible website [www.shintani.ca](http://www.shintani.ca) for all updates.
- Instructors - please send in your 2023 student registrations.

In this message I would like to take the opportunity to thank all of our event coordinators across the country. Your continued dedication, support and organization for the various events across the federation is appreciated (clinics, workouts, tournaments, etc.). These events are a great way to come together and grow as a community. Hope to see you soon.

We are also asking you to plan ahead. The Shintani Memorial National Tournament and Symposium will be in person this year. The clinic on Friday night and the tournament on Saturday. Visit the website for further information. I encourage all to attend!

Many have commented that they would like to continue the virtual classes in some form once we get back to the dojo because of all the opportunities it has created. You can find the current schedule on the website, shintani.ca, listed under the "Event" column.

The Senate will be meeting in December to go over all committee work and SWKKF operations. We are very pleased with the work the various committees are doing. At this point the Senate is only there for guidance and advice - these committees are the ones doing the work!

If you have any questions at all, please feel free to contact Sensei Ron Mattie or myself for guidance. I would like to wish everyone a great holiday. Thank you and please stay safe.

In Harmony,  
Sensei Denis



**Shintani Wado Kai Karate Federation**



## Shintani Wado Kai Karate Federation

### Internal Announcement

#### Rank Promotions

I am happy to announce senior rank promotions. Each of these promotions are going to individuals that have made significant contributions to the Shintani Wado Kai Karate Federation (SWKKF) both on the floor as karateka and instructors as well as outside the organization. Achieving these ranks has been a lifelong commitment to Hanshi Shintani and the SWKKF.

Congratulations to **Sensei Neil Prime and Sensei Ray Poulin** on receiving the rank of **Hachidan (8th Dan)**.

I am also happy to announce the **posthumous promotions for Sensei Peter Ciolfi (Kudan – 9th Dan), Sensei Rolland Day (Kudan – 9th Dan) and Sensei Dominic Morabito (Hachidan – 8th Dan)**. Each of these individuals were instrumental in shaping the organization we have today.



**Neil Prime (Hachidan – 8th Dan)**. Sensei Neil Prime is a direct student of Hanshi Masaru Shintani. He started karate in St. Catharines, Ontario in the 70's.

In 1987 he opened his own dojo in St. Catharines and has been teaching there ever since. He is a current senate member and a key contributor to running the SWKKF. Sensei Prime is very involved with promoting the SWKKF internationally.

Sensei Prime loves to train and teach. He had a desire to learn to compete in kickboxing in the 90's and he had the opportunity to meet and train with Bill "Superfoot" Wallace. He is now the Canadian representative to the Superfoot System. In 2019, he was the corner man for Bill Wallace at the charity kickboxing match at Capital Conquest. This started his relationship with the World Kobudo Federation and today he is the SWKKF liaison to the World Kobudo Federation. You will see Sensei Prime teaching at the World Kobudo Capital Conquest in Ottawa on November 5th.

Congratulations Sensei Prime on a well-deserved promotion.

**Ray Poulin (Hachidan – 8th Dan)**. Sensei Ray is a direct student of Hanshi Shintani. Karate was something he wanted to do for a long time and he seized that opportunity in 1971 when Hanshi Shintani started the dojo Welland.

In the 80s, Sensei Poulin was the instructor at the YMCA club in Welland. Needless to say, he is very active in the Welland dojo, and you will find Sensei Poulin training and teaching classes 3 or 4 times per week. He covers the Friday night classes for Sensei Mattie when he is traveling across the country. Sensei Poulin currently oversees the Shindo program for the Welland Dojo.

Sensei Ray has always stayed loyal to Hanshi Shintani's teachings, remained humble and is known as a true gentleman in our organization.

Congratulations Sensei Ray on a well-deserved promotion.



## Posthumous Rank Promotions



**Peter Ciolfi (Kudan – 9th Dan).** Sensei Peter Ciolfi was a direct student of Hanshi Shintani. He started karate in Ontario in the 60's and quickly established himself as a fierce competitor that brought realism to everything he did. The impact he had on the organization is felt today.

Sensei Ciolfi was a quiet man and when he got on the floor, he was one of the most explosive karateka you would ever see. When he trained, he brought the realism to everything he did.

He will always be remembered and honoured in our organization for his many contributions.

It is an honour to present the Ciolfi family with Sensei Peter's Kudan certificate.

**Rolland Day (Kudan – 9th Dan).** Sensei Rolland Day started karate under Sensei Peter Ciolfi in the early 70's in the Niagara area. He went on to establish the Fort Erie dojo. In the early 80's, Sensei Day ventured west and was responsible for starting dojos in Saskatchewan, Manitoba and the Northwest Territories.

His easy-going character and smile was contagious and you always had a great time with him. On the dojo floor, he was fast and explosive.

It is an honour to present the Day family with Sensei Day's Kudan Certificate.



**Dominic Morabito (Hachidan - 8th Dan).** Sensei Dominic Morabito started karate in Welland, Ontario under Sensei Peter Ciolfi. He was a key member of the dojo and never missed a practice. You would see Sensei Morabito in the dojo training with the Shintani Teams in the late 90's, sparring and teaching the team fighting strategies.

This picture was taken when Sensei Dominic was 74 years old.

It is an honour to present the Morabito family with Sensei Dominic's Hachidan certificate.



## Shintani Wado Kai Karate Federation

Internal Announcement

October 27, 2022

Media Release:

Over the last two years the Shintani Team has remained with the same members due to the COVID pandemic. This year as things have started to re-open the Shintani Team undertook a recruitment of new members for the 2022-2023 Shintani Team.

We are proud to announce the Shintani Team Members for 2022-2023:

Name	Hometown	Position
Brodie Hicks	Peterborough, ON	Elite
Erin Couture	Thunder Bay, ON	Elite
Alex Liu	Edmonton, AB	Developmental
Maisie Rathwell	Calgary, AB	Developmental
David Yao	Edmonton, AB	Developmental
Arielle Morissette	Hearst, ON	Developmental
Braden Oishi	Edson, AB	Developmental
Stefan Iordache	Edmonton, AB	Developmental
Cristina Iordache	Edmonton, AB	Developmental
Skye Cotter	Welland, ON	Developmental
August Holmlund	Edmonton, AB	Developmental
Emily Muddle	Edmonton, AB	Developmental
Seth Brewer-Desouza	Lindsay, ON	Developmental

For anyone who may be interested in joining the Shintani Team in future years the minimum requirement to join the team is 14 years of age and blue belt rank. The Shintani Team holds regular monthly workouts virtually on the 4th Sunday of each month (except December). All registered SWKKF members are welcome to join those workouts at no cost.

Sincerely,

SWKKF Shintani Team Staff



[shintani.ca](http://shintani.ca)

# Scholarship Recipient

**By: Sensei Steffannie Hancharyk**

## **Welland Martial Arts Center**

It is with much gratitude that I write this letter of thanks for being granted the SWKKF scholarship. I have worked diligently over the four and half years as a member of the Brock community fostering Shintani karate to the community through their supporting neuro-diverse activity program (SNAP, special needs). Furthermore, the department of physical education/ kinesiology at Brock has included a martial arts course as an elective in the undergraduate timetable for the first time ever in history we are now teaching karate at Brock, and it will be Shintani Wado Kai that the students will have the opportunity to take part in. I look forward to the potential opportunity this may afford the SWKKF and the greater Brock community.

It is with much pride that I accept this award as I have taken a unique root in my scholarship. With regard to my studies, I left high school and opted for a general equivalency diploma (GED), followed by a general arts and science diploma from Niagara college for university transfer. Through Brock I completed a BA in physed, and a BA in education. After teaching for a year in a private school, I went on maternity leave and spent some wonderful time with my two children, now nine and eleven. Economically, teaching jobs were sparse, so taking the

advice of a friend, I went back to Brock and completed an MA in applied health sciences studying scholarly teaching practices of elementary physical educators. After completing my MA, once again after taking the advice of a friend, I started offering physical activity programs (mostly martial arts) for diverse populations in the community in partnership with other community organizations, such as the Brain Injury Clinic, March of Dimes, the RAFT, the Red Roof Retreat, Community Living, Ridley College. In 2015 a friend, connected me to sensei Labbe and Sensei Mattie to discuss teaching special needs classes out of the Welland Martial Arts Centre.

I have since been training with the SWKKF and have earned my Yodan in June of 2019. I am currently working on my Shodan in Iaido under the leadership of Sensei Ron Mattie. Moving forward I will continue to work diligently on my studies to further karate accessibility for our SWKKF communities.

Once again, a sincere thanks for the support in my scholarship and in my training.

Sincerely,



## **Shintani R.E.A.C.H. Program**

Recognizing Extraordinary Achievement, Contribution and Hard-Work Program

**To nominate a leader, contributor, ambassador, scholar or karate-ka for their contributions, click on the QR Code or [Nomination Form](#)**



# Delhi Karate Club 2021-2022

**By: Sensei Katrina Marques**

## Delhi Karate Club

With the COVID-19 pandemic continuing to keep our regular karate classes pivoting with new and innovative ways to hold class, resilience has become one of the strong points within the Shintani Wado Kai Federation.



**Pic 1**

Our junior karate class saw 12 new students and 1 previous student come out – ages ranged from 4 to 10. They all worked very hard at their own levels. We were able to submit 7 videos from the students for the National tournament – impressive group of karateka students.

Pic 1 and Pic 2 are some drawings done by 2 students showing why they started karate.

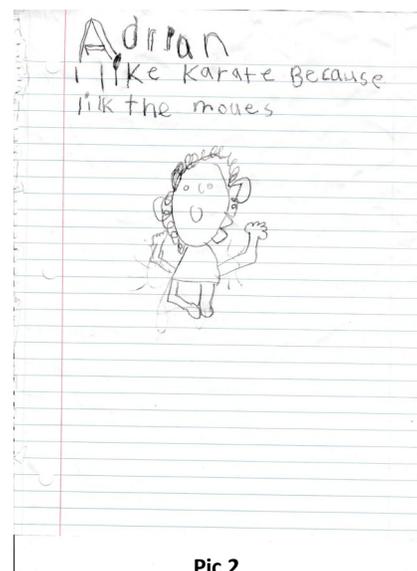
Our classes ended on June 1 with a grading ceremony. We were able to grade 5 of our students to their next rank, while the others received a range of stripes

The adult class under the direction of Sensei Jim Atkinson had a great year of learning. We were able to have other sensei's within

our area also come and instruct portions of the classes. Sensei Tim McCullough, Sensei Tom Foster and Sensei Darwin Sherman were able to provide high level instruction to the group.

The adult group was very busy this year. The first part of the year had students preparing for a Shindo grading in November and then the new year students were preparing for their next dan grading. The grading was held in Welland on

June 4th. It was a great day. The calibre of the students on the floor being graded was excellent. Hanshi Shintani would be very proud. There were students being graded from brown belt to Shodan, Shodan to Nidan, Nidan to Sandan, Sandan to Yodan, and Yodan to Godan. Wes Dawson was graded to his yellow belt.



**Pic 2**



**Group photo of our junior class – Sensei Jim Atkinson, Sensei Katrina Marques, Sensei Brandon Marques, Sensei Todd Lawrence, absent from photo Sensei Karen Atkinson and our students, graded to orange belt Hunter, graded to yellow belt – Owen, Jax, Rylee, Belle and Victoria, stripes received by Kaleb, Kooper, Zachary, Jacob, Teegan, Adrian, Lucy, Michael, and Oliver.**

I personally had attended a special circumstance grading the week prior to the June 4th grading so I had the privilege of watching the students on the floor. The focus of the group and the precision in the movements was incredible to watch. As the day went on you could see the nerves reduce as everyone focused on their moves and trusted their bodies to perform as they had been training for. Sensei Denis and Sensei Ron are excellent instructors – clear instructions to the group. Sensei Jim Atkinson led the group through a great two step session. Sensei Darwin had to demonstrate his instructing abilities as he was grading for his Godan. He gave clear precise instructions and demonstrated the Bunkai for the technique with ease.

As the Katas were performed first for form, then for sequences, then for reality the power of the moves could be felt across the floor. The group finished their katas, and a short lunch break was taken. Sensei Darwin was being graded for Godan, so he had to perform 2 katas on his own. The entire dojo was mesmerized by his focus, precision and execution of the moves. An incredible site to watch and experience.

The level at which all the students performed is a great testament to the wonderful instruction from the higher-ranking sensei's within the Shintani organization.



**Delhi Karate club group photo – Sensei Deb Hill – graded to Nidan, Sensei Darwin Sherman – graded to Godan, Sensei Jim Atkinson – chief instructor for Delhi Karate Club, Sensei Brandon Marques – graded to Sandan, Sensei Katrina Marques – graded to Yodan.**



**Group photo for the grading**

## Shintani Members at KC Nationals

**By: Sensei Heather Fidyk**

### **South Calgary Wado Kai**

Shintani Members representing at the Karate Canada National Championship, July 1-3, 2022 in St. John's, NL.

The following members made the trip to the rock in late June to compete for their province at the Karate Canada National Championship. All athletes put their best effort forward to achieve personal bests, medals and learning experiences. Yes, I kissed the cod-fish!

- Natalie Olson – Para-Kata – Gold
- Conrad Graup – Para-Kata - Gold
- Maisie Rathwell – Cadet Kata-participant & Cadet Kumite Bronze
- Sophie Lawrance – Junior Kumite Bronze
- Lucas Filan – junior Kumite-participant
- Leila Lawrance – Senior Kumite-participant & U21 Kumite 5th
- Jakob Montgomery – Senior Kumite-participant & U21 Kumite 7th
- Robin Fidyk – Senior Kumite 5th
- Teresa Graup – AB Para-Karate Coach
- Geraldine Young – National Official
- Heather Fidyk – President of Karate Alberta
- Natalie Olson – Para-Karate Athlete of the Year

Congratulations athletes, coaches and officials!



# Kickin Karate Camp

**By: Sensei Joanne Johnson**

## **NWA Wado Kai Karate Club**

On July 15th, I pulled into Shady Acres Resort in Keene, Ontario not sure what to expect. Most of my connections within the SWKKF were in Alberta where David & I had trained and ran the Olds Wado

Kai, many years ago. I knew a few of the instructors that were going to be teaching but also looked forward to making new friends out east in Ontario.

Our trip actually started back on June 23rd when we left North West Arkansas and drove to just outside Montreal,

Quebec. We had plans to stay for 2 weeks before heading home. But when the opportunity to attend the Shintani Symposium came up we decided to extend our vacation another week and attend. In total during our trip, I ended up driving over 3100 miles or 5000 kms. I think that made us the people that had traveled that farthest to attend.

We arrived fairly early in the afternoon with plenty of time to help set up some of the shade tents and to set up our own camp spot. We were lucky enough to be able to borrow a tent from Sensei Sanford for the weekend. Other people enjoyed tents, RV's, and cabins on the resort grounds. Friday evening they kicked off the training with each of the instructors for the weekend, giving us a short taste of what they would be teaching the next day. This was helpful, so you knew what classes you wanted to sign up for Saturday. All the instructors were high ranks within the SWKKF it was excellent to challenge ourselves to strive to be more like them in our skills.

In the morning we stumbled out of our tents and those that got



up early enough attended a stretching session. I missed most of it but enjoyed the parts I did get to attend. Saturdays classes were broken down into 6 sessions of an hour with 3 classes going in each session. This meant you had to pick and choose what you wanted to learn, and it was hard because all of the classes were amazing. I tried to pick different instructors that I had either never worked with before. There was self-defence, bunkai, kata, shintani kihons, sparring, and shindo to choose from. Daniel chose to do both the shindo classes and a pinan nidan class. I did distancing and speed drills, sparring techniques, bunkai, shindo, and self-defence. I walked away from all the classes with my head full of knowledge. After each hour there was a short break where we all would come back together and each instructor would do a short review of what they had taught. It was amazing to see what all there is to learn within the knowledge base of the SWKKF. Saturday after the workout many people went and jumped into the pool to cool down and rinse off after the workout.

Sunday started with a shortened version of Instructor training, followed by almost all of the black belts teaching for 10 minutes. It was amazing to see how every instructor starts with the same basics but can interpret and apply them in different ways. It's always challenging when you are put on the spot to teach something, but I felt I rose to the occasion.

In the evenings many of us gathered around the fire, visited, got connected, and made new friendships. I met people I was friends

with on Facebook. Many stories were shared. All in all, when I drove off Sunday just before noon, I felt I had learned a lot, made many new friends, and rejoined the family that is the



Shintani Wado Kai Karate Federation. In all my martial arts training, I have never found an amazing family like those that are in the SWKKF. It's only been 2 years since I rejoined, but it feels

like I never left. Daniel and I have already said we want to go back next year.



# Sport Calgary Hands Out Prestigious Awards at Celebration of Sport

**By: Sensei Heather Fidyk**

## **South Calgary Wado Kai**

September 2022

South Calgary Wado Kai Karate Club wins Perry Cavanagh Award for sport leadership, Canadian Tire Jumpstart Charities claims with Ron Southern Business and Sport Award

Media Release from Chris Dornan

Media and Public Relations

Sport Calgary

Edited by Heather Fidyk

Sport Calgary recognized two organizations for making a positive impact on the sporting community in Calgary by handing out two prestigious awards at the 2022 Celebration of Sport gala.

South Calgary Wado Kai Karate Club was recognized with the Perry Cavanagh Award for sport leadership, while Canadian Tire Jumpstart Charities was presented with the Ron Southern Business and Sport Award that celebrates a corporation that provides outstanding and innovative support to sport in the Stampede City.

“We have all been challenged during the pandemic, but the commitment of the South Calgary Wado Kai Karate Club and Canadian Tire Jumpstart Charities to ensuring the health and wellness of our community did not waver and will continue to help us build back stronger,” said Catriona Le May Doan, chief executive officer, Sport Calgary. “It is the work of organizations like these that play a critical role in supporting Sport Calgary’s mission to ensure sport and play in the city is an inclusive, and welcoming place for all physical and cognitive abilities while also reducing financial barriers to increase participation in an effort to once again make Calgary the healthiest and most active communities in Canada.”

South Calgary Wado Kai Karate Club won the Perry Cavanagh Sport Leadership Award which recognizes the outstanding contribution of a sport club or organization that has made a significant positive contribution to the betterment of

sport in Calgary.

Established in 1994, the Club has trained more than 3,000 youth, teens and adults in south Calgary. Boasting 25 active black belts, who are also dedicated volunteers, the Club hosts two tournaments a year and in 2023 will host the 25th Annual Spring clinics and tournament which brings athletes and officials from across Canada.



With passionate and respectful people at the heart of the Club, members are wonderful ambassadors for the Calgary community, regularly hosting Stampede Breakfasts, participating in demonstrations at the city malls, Calgary Zoo, private company luncheons, Calgary Flames Foundation, amongst other events.

It is also a Club that prides itself on being a safe, inclusive place for all regardless of ability or background. The Club's inclusion of persons with a disability has created a role model, film star, and international medallist in Natalie Olson, who is a Club member with Down Syndrome.

Olson started with the Club when she was eight years old. Now 34, she is a two-time Pan-American Karate champion and four-time World Championship medallist in Karate. Last year, Olson and her coach Heather Fidyk – a seventh degree black belt, mother and grandmother – were featured in an award-winning documentary filmed in Calgary, "Sensei". Olson has developed into a community role model and has played an important role in creating a safe and welcoming environment for other Calgarians with a disability.

South Calgary Wado Kai Karate Club joins a long list of past winners including: Calgary Booster Club; Canadian Sport Institute Calgary; KidSport Society of Calgary; Calgary Senior High School Athletic Association; Girls Hockey Calgary; Greater Calgary and Area Football Association; Special Olympics Calgary;

WinSport Canada; Calgary Track Council; Dino Women's Volleyball Club and YMCA.

The awards were handed out at the return of Sport Calgary's Celebration of Sport gala following a two-year hiatus during the pandemic. The annual event connects Calgary's sport community while recognizing the people and organizations that make the community a world-leading city for sport and recreation. All of the proceeds from the event go to support amateur sport in the city, and programs that encourage sport participation.

Sport Calgary is a volunteer, non-profit society, representing more than 300 sport organizations in Calgary as a Civic Partner. As an advocate of sport, we strive to assist, support and influence the growth of sport in Calgary.

"Congratulations to all the leaders of the South Calgary Karate club for your commitment, leadership and dedication to karate."  
 – Heather Fidyk



## Shindo Workshop in Spruce Grove, Alberta

**By: Sensei Chris Marler**

**Edson Wado Kai, Alberta**

October 2nd rolled around, and that means Shindo. It was taught by Senseis Dan Hill, Clint McCrea, and Walter Greening, at a facility just outside of Edmonton - thanks to Sensei Mike Bujold for getting the venue. I hadn't been to a strictly Shindo workshop in a while, and I think it showed a little, especially at the beginning of the workout. But like riding a bike or doing karate, it's not really a mental thing, but a mind-body connection. Once you start moving, everything comes back. And of course, if you practice more, it comes back faster.

Like karate, Shindo has some basic techniques, some advanced techniques, and kata. The kata we were working was Chonan No Shindo. That means Chonan with Shindo, for those who didn't know. I had seen it before, but like each time you perform a kata, when it is taught by someone else, there is always something new that you pick up - some wrinkle or nuance that maybe you never noticed before, or never paid attention to. Hanshi Shintani called each kata a jewel or a treasure, and it is easy to see why. When you pull out a kata that you haven't used in a while, you need to dust it off, and you often get to see something new.

There was also time spent on the basic strikes, some of the gotchas, and also time on a couple of the advanced moves that are demonstrated in Shindo gradings.

Travelling to a workshop on a beautiful day, such as it was, is sometimes a lot to ask of people. That is why I feel all the more

grateful to the senseis who have dedicated themselves to the art. It is difficult to explain to others, sometimes, how useful a Shindo is. It substitutes almost any object with a shaft of "about that length" that can be found. It is not like you'd carry a Shindo around, on your person or in your car (although, you never know when you might have need to practice it - always bring extras for others in your class). With karate, you've got a response to an unarmed attacker, but if you have with something like a rake, shovel, pipe, sword, etc., possession of said object is like a force multiplier, and more so in the hands of someone who has trained practice in its use. Those nasty attackers might be bigger, meaner, stronger, or more than one. Plus, if you are jumped by ninjas, you might need to that Shindo. You may laugh at the prospect of ninjas, but it is not impossible, no matter how unlikely. Shindo practitioners appreciate that kind of humour, and that is often evident in the occasional use of lightsaber sounds when wielding a Shindo.

Our workshop was 4 hours, but it didn't feel like it. I thought maybe that it was 2 hours, but the clock said otherwise. I recommend that, in any club, dedicating a small amount of time every week (even 10 minutes) adds variation to your class, gets people excited about Shindo, and improves ones karate. Plus, you need a ninja equalizer.



**SWKKF/Shintani Wado Kai  
Karate Federation**

@SWKKFShintaniwadokaikaratefederation-  
Martial Arts School



# Dynamic Karate Resumes Annual Fall Clinics with Sensei Mattie

**By: Sensei Dianne Dickinson**

## **Dynamic Karate**

### **Training. Reconnecting. Growing.**

It's been three years since Dynamic Karate has been able to host an in-person clinic without restrictions. What a joy it was to return to the dojo October 14 and 15, 2022 and welcome Sensei Ron Mattie as we resumed our annual fall clinic. As you can see by the responses from event coordinator, Sensei Darren Humphries, Sensei Doug Taylor, and Sensei Cheryl Boivin, events like this are incredibly valuable in our lives, both in a developmental sense as we continue our karate journey and as an important element of our personal wellbeing. We truly have a strong culture of family and connection across SWKKF. It is something we embrace and celebrate whenever several dojos gather to train together. This year, the importance is even more evident as we get back in our kiba dachi and move forward as an organization.



Thank you to everyone who contributed and participated in this event, including our friends and family members who arranged and rearranged schedules to ensure we were able to enjoy this opportunity.

### **Personal Glimpses**

Dynamic Karate (Calgary) was excited to host a great weekend of training with Sensei Mattie. Two clinics on Friday (Youth/Family and Adult) focused on Shintani Kihon-Kumite techniques. When I looked around the Dojo, there were smiles on all faces as we worked through the Kihon techniques.

Saturday focused on Kata and Bunkai that

corresponded to certain sequences. For the White – Orange belts, we chose Pinan Nidan as a universal kata. When we moved to the Green – Brown, the focus was on Seisho. The black belt focus was on learning Gahanshu and some practical applications.

We knew we'd provided a wealth of instruction when we looked around the room after an hour and 45 minutes and black belts asked for no more information.

We had 70 attendees across the workshops. Most were in person, but we were honoured to be joined by online participants from Arkansas, Ontario and Australia.

Thank you to everyone who supported the weekend clinic.

Sensei Darren Humphries



I am very grateful for the opportunity to train in person over the weekend, taking advantage of being together to focus on Kihon and Bunkai. Sensei Mattie has a way of looking at what you're doing and giving just the right feedback on just the right technique to help you progress along your path. I enjoyed his focus on different learning styles for students - talking, demonstrating, taking your hands/body and moving them so you can feel the correct way of performing a technique. I enjoyed training with people from other dojos and meeting new friends.

I feel very privileged to have these opportunities to learn from Sensei Mattie each year, and grateful that he travels from his dojo and family to work with us. I also appreciate the coaching from other senior Sensei. This weekend clinic was truly a learning environment where everyone helped one another practice and improve their Karate.

Sensei Doug Taylor

My training over the past few years has been mainly done in isolation in my basement, on Zoom. So, when this clinic came up, I was very excited to train with people. The clinic did not disappoint. The energy and excitement were infectious, starting from the first person I saw Friday night to our final goodbyes on Saturday. Friday's session working Kihon was amazing. We worked different drills with different people and had a lot of fun as we learned. Watching Sensei Ron demonstrating the drills on Sensei Darren brought smiles out of everyone (good thing Sensei Darren knows how to breakfall).

During Saturday's black belt session, we worked Gahanshu. It was pleasant overindulging. By the end, my brain was full - the more we tried to pour in, the more fell out. What a great feeling to be overfull with karate.

Clinics like this leave me energized and looking forward to everything karate brings me.

Sensei Cheryl Boivin



## SWKKF/Shintani Wado Kai Karate Federation

@shintani.ca



## Getting Our Kicks... Again

**By: Sensei Kevin Dyck**

### ***Moose Mountain Karate***

The Moose Mountain Karate Club in Carlyle, SK, was excited to host their annual clinic and tournament on November 25 and 26, 2022 for the first time since 2019. The weekend was made extra special with a Grand Opening workout at our new dojo location.



When the pandemic hit in early 2020, our club was like many others across the federation that were no longer allowed to hold classes in a school. Fortunately, that summer we were made aware of an available space to clean up and convert for use as a dojo. After nearly three months of scrubbing and renovation, we

were ready to open the doors to in-person classes in November 2020. A grand opening had been scheduled with a clinic and tournament in 2021, but the Government of Saskatchewan re-implemented restrictions that forced us to cancel that event. In 2022, however, we were able to extend an invitation to Sensei Denis once again to join us in Saskatchewan. The tournament weekend began with Sensei Denis arriving on Friday afternoon and leading a group of fifteen blue, brown, and black belts in an advanced workout at the new dojo.



After a short break for supper, the tournament clinic began at G.F. Kells High School in Carlyle. This clinic began with a workout for age 5 to 11-year-old students. For many of these children, this was their first experience with karateka from other communities. They were all very excited and worked well for

Sensei Denis as he led them through various techniques and partner drills. The next part of the clinic was for karateka age 12 and up of all ranks. It was great to reunite with tournament buddies whom we haven't seen since 2019. Everyone worked hard as Sensei Denis led the group through a series of kumite techniques and training methods we could all use in our own dojo.

Tournament Saturday began with a Black Belt meeting

at 9:15 am.

Thirty brown and black belts were in attendance.

The tournament opened with an official bow-in at 10:00 am



followed by the Black Belt divisions. The kata division was especially interesting as every competitor performed a different kata. The kumite division was also a highlight of the tournament for many in attendance. The kyu belt divisions began after a short break for lunch. Although attendance this year was lower than in previous events, many people indicated that they were already making plans to attend next year and bring along a few more participants from their home dojos.

At every tournament, we ask Sensei Denis to observe and take note of outstanding karateka in the youth, junior, and adult categories. These Outstanding Competitor trophies are



presented at a banquet following the tournament. There is another trophy awarded at each tournament, the Clint McFarlane Memorial Trophy. This award is presented to a tournament participant or participants of any age or rank as nominated by any black belt in attendance at the tournament. The trophy is sponsored and named by the family of a former

karateka who lost his life in a tragic work accident. It is intended to be presented to a recipient who most represents the ideals and character of Sensei Shintani and whom the nominator feels



should meet Sensei Shintani. During the banquet, all black belts meet away from the group to discuss the nominations.

Each black belt

can nominate only one person. Once the nominations are made and the nominator gives a brief explanation behind the nomination, voting takes place. The recipient is then announced. A person can only win once. A large trophy with a photograph of Clint is presented to the winner to keep at their home for one year until the next tournament. This year marked the 31st presentation of the trophy. Moose Mountain Karate is honoured to present the Clint McFarlane Memorial Trophy for 2022 to Sensei Denis Labbe!

Sensei Denis has devoted his life to the teachings and philosophy of Sensei Shintani and the SWKKF. His humility and generosity of character coupled with his skills and enthusiasm made him a natural choice for this award from our club. It was surprising to all the black belts who have attended our tournament for the past 30 years that he has never been a recipient.

The 2022 Moose Mountain Clinic and Tournament was a great re-start to the Saskatchewan/ Manitoba tournament circuit. We look forward to participating, in person, in the tournaments as they return this season.



# Karate – a great foundation for life

**By: Sensei Brandon Marques**

## **Delhi Karate Club**

When I started Karate at the age of 9, I started because I thought it was interesting. I had heard my mom – Sensei Katrina Marques talk about it all the time. She talked about the friends she made in karate, how it helped her focus when she studied for exams – if she was stressed, she would do a workout and then go back, and study and her focus was better. Also, karate is how my parents met – my dad was an orange belt and my mom had just received her black belt. They had been sparring getting her ready for her first tournament as a black belt and after a long sparring match my dad hit my mom in the nose.



**This picture is members of the Delhi Karate Club that came out to support me at my awards ceremony.**

**Members of the Delhi Karate Club – Sensei Terri Hill, Sensei Mike Fulop, Sensei Deb Hill, Tylana Atkinson, Sensei Karen Atkinson, me - Sensei Brandon Marques, Sensei Katrina Marques, Sensei Jim Atkinson, Sensei Darwin Sherman, and Sensei Todd Lawrence.**

He broke her nose – he was a golden gloves boxing champ and hooked his punched and my mom was able to block it a bit, but if you know my dad, his hands are massive. Anyways, they got married and are going strong still after 31 years.

The reason for this article is karate has been a big part of my life – after all that is how my parents met but this year has been

filled with several very rewarding achievements for me within karate but also outside of karate, but I think it is still because of the karate.

I work out beside my mom and other members of the Delhi Karate club, and under the direction of Sensei Jim Atkinson and Sensei Darwin Sherman I was able to achieve my 3rd degree black belt along side my mom who received her 4th degree. It is very special to be graded together along with other members of our club – Sensei Deb Hill received her 2nd degree and Sensei Darwin received his 5th degree. Sensei Karen was out getting ready for a grading and supporting us all the way, but an injury prevented her from grading with us. We all work hard, support each other, help each other grow and then to be graded together is very rewarding. The SWKKF is full of supportive

people. Sensei Denis, Sensei Ron, and Sensei Neil are always offering support when we are together for clinics, and even during COVID when we were doing zoom workouts- Sensei Heather, Sensei Darren and Sensei Michel offered helpful comments that helped me along with others demonstrate the moves better. The SWKKF is like an extended family.

This year I was honoured with another award – Citizen of the Year for Delhi, which is the town I live in. This award is a community-based award given to an individual(s) that supports and give back to the community. I was fortunate to be awarded the Junior citizen of the year award in 2011 and this is based on contributions within our school community. This award was special as my brother Tyler

had won the year before, so to win the award the following year was very exciting.

When I was informed, I won the Adult Citizen of the year award I was very honoured. I belong to many organizations and committees in Delhi – this ranges from coaching 2 soccer teams, being a director on the German Home Board of Directors, being

the communication director for the Multicultural Heritage Association of Norfolk, holding the position of outside guard with our local Knights of Columbus, Parade Marshal for our Fall Fest Committee, as well helping teach our kids class for karate. I am also a registered Early childhood educator. I love being involved in all these organizations.

When I was in school – primary or high school I was not involved directly on teams, but I was the biggest and loudest fan at the events. People have described me as being the person they can hear, before they actually see me. I guess that is why I was awarded the school spirit and principals awards.

With everything that I have accomplished I know that it is because of my family – they are very supportive and are involved in most of the activities I listed above, but I also believe

it has to do with my karate training. I was a shy quiet child when I started Karate, but now I feel I am a confident outgoing focused person and not quiet anymore.

Sensei Jim has been a very big part of my karate training and my achievements. He knows the right way to push me to get me succeed. Thank you, Sensei Jim.

We recently had the awards banquet where I received my award. I had many people there from the organizations I belong to, and Sensei Jim bought tickets for our karate club so they could be there to support me. I am very grateful for that.

The saying is – it takes a village to raise a child, well I belong to many villages that have helped support me along the way. Karate has given me the resources and support to grow within myself and be the best person I can be.



This picture is Sensei Jim and myself when I was presented with my award.



**SWKKF/Shintani Wado Kai  
Karate Federation**

@swkkf



# “Sensei”

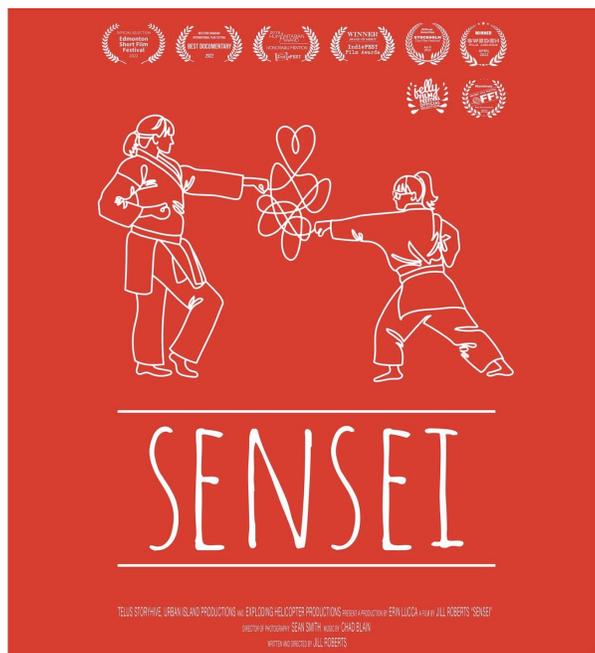
**By: Sensei Heather Fidyk**

## **South Calgary Wado Kai**

Follow up from last Harmonizer Issue

[Harmonizer Volume 31 Issue 1.pdf \(shintani.ca\)](#)

“Sensei” is an award winning film about Natalie Olson, a person with Down syndrome who has overcome barriers to earn her sandan (3rd degree black belt) and become a three time world karate medallist.



Finally, it is available to view!

Thank you again to Jill Roberts and her team, Natalie, Conrad and Teresa, the amazing South Calgary club members and the Shintani Karate Federation!

Link to film

[Sensei - YouTube](#)

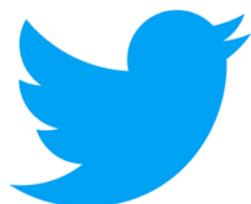
Other Links

[Sensei | STORYHIVE](#)

[Sensei \(Short 2021\) - IMDb](#)

[\(5\) Sensei | Facebook](#)

[Jill Roberts | STORYHIVE](#)



**SWKKF/Shintani Wado Kai  
Karate Federation**

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# Shintani Wado Kai Karate Federation

*"The Shintani Wado Kai Karate Federation is an inclusive organization modeling Hanshi Shintani's kindness and humility, through the teaching of his traditional karate and Shindo."*



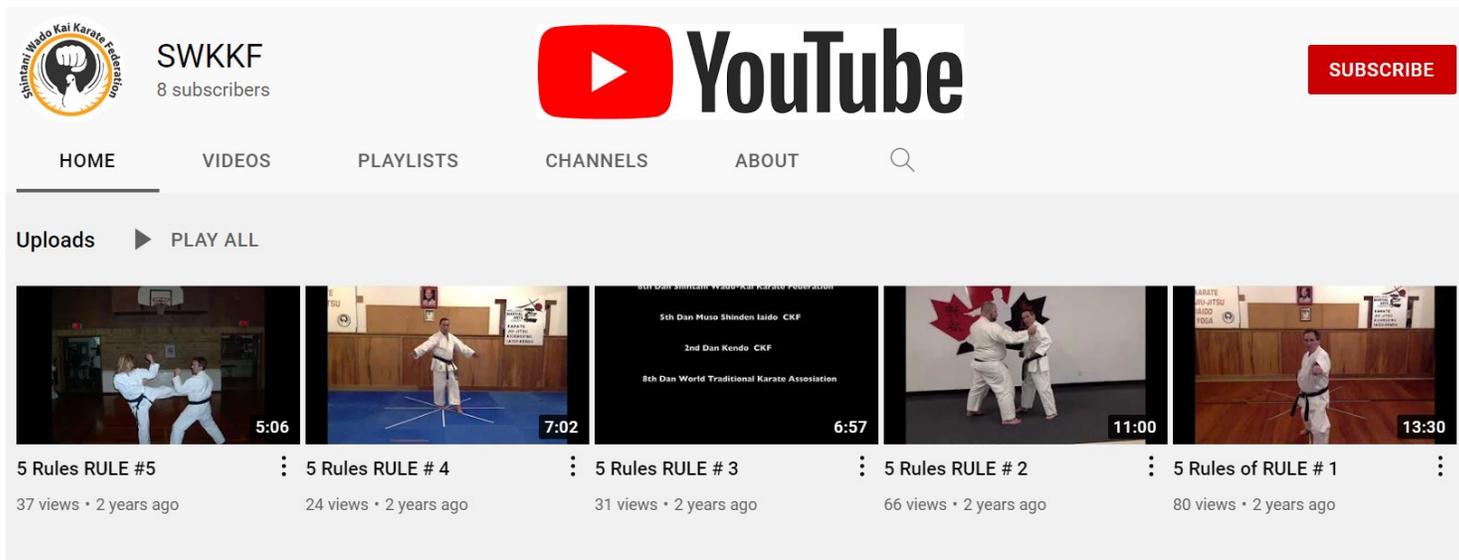
**Breaking News:**

Members needed for SWKKF Fund Raising and Grants Committee.

We are excited to share that one of our projects is ready for the big reveal...our **new SWKKF website** visit <https://www.shintani.ca/>

As part of the new website, we have also launched a **YouTube channel** as part of the Hanshi Shintani Legacy initiative.

We encourage you to subscribe at <https://tinyurl.com/Shintani>




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## Michael K Rust Karate Journey

**By: Michael K Rust**

I started martial arts training in 1989 and Karate training in 1992. For 7 years I practiced Shotokan. I attend Brock University for school in St. Catharines in 1996. I searched for a Shotokan club for a couple years and found one. I didn't really like the club. So I continued to train with my fellow students and in the summer at home at my original club. In 1999 I did a computer science webpage on karate for one of my classes. Sensei Dave Bockus was helping teach. We talked about Karate and he said if your looking for a place go train go to Sensei Neil Prime, they're good people. I attended and was greeted by Sensei Walt Fast who had a similar story to me. I started training and met Sensei Brad Cosby a few days later. I was newer black belt and was being called Sensei by all these senior ranks. That's called Humility! I had never been around so many high ranking black belts that were so humble and kind. I was always taught

Karate was more about character than technique. I knew right away this group was were I was supposed to be. I was told if you go to the upcoming National tournament you will meet Sensei Shintani. I couldn't wait. A true Master who embodied what Karate was all about. Unfortunately Hanshi Shintani died right before I could meet him. So I decided I would train, spend time, ask questions about him learn as much as I could about him from his Senior Students. I believe in his message and karate and I wanted to pass it on and due Hanshi proper justice. My message to all of the members of the SWKKF /Shintani Wado Kai Karate Federation who have not met Hanshi Shintani, spend time and learn from his Senior students, ask questions train. Let's keep his teaching alive. He was a very special human being. Support this video. Thanks to Sensei Ron Mattie, Neil Prime, Brad Cosby and Sanford de Witt. Someone like Hanshi Shintani doesn't come around in life very often . I know that without meeting him!



***"The art of Shindo was devised by Sensei Masaru Shintani, 9th Dan in the early 1970's. Sensei had made the Shindo methods and principles known to Otsuka Sensei who gave it his full endorsement.***

***Sensei began teaching Shindo in the early 1980's. The roots of these basics and other techniques taught by Sensei can be traced directly back to his extensive Wado Kai training under Otsuka Sensei. Sensei Shintani used the sabaki motion and explosiveness that he was renowned for to develop the same effects with the Shindo.***

***Sensei Shintani once held the Shindo up in front of a class at a black belt workout and said "This is my life".***

## Meaning of Ki-ai

**By: Sensei Gary LaPlante**

The word Ki-ai is made up of the Kanji characters “Ki” meaning energy or spirit, and “ai,” meaning unification. Many practitioners believe a force flows through all things, known as “Ki” in Japanese. Ki-ai is taken to mean “the harmonizing of Ki” or “unification of spirit.”



The first character, for ‘Ki,’ is the symbol for spirit, mind, energy, force. The second character, for ‘ai,’ is the symbol for meeting, or coming together. ‘The coming together of mind’

The expulsion of intent. Ki-ai acts as a declaration of your fighting spirit, your internal desire to prevail in those circumstances. This can be for intimidation, self-reassurance, rallying (the war cry was essentially a form of Ki-ai. When you learn to Ki-ai properly the additional focus that it gives you helps reinforce your technique. You also learn not flinch and freeze at sudden loud noises, making it easier for you to quickly assess the source of the noise, whether it poses a threat and whether any response is required.

How to do a Ki-ai

The sounds martial arts students make when sounding a Ki-ai are varied, including “Hai-ee,” “Huuss” and many variations. The exact sound of the yell varies from person to person. I encourage students to experiment to find the best sound for them. When teaching women’s self-defence class, it’s good to teach them to vocalize using a word that helps bring attention to their need for help, like “Nooo!” or “Stop!”. Whatever sound you use, it should emanate from your Hara (your lower abdominal area), not your throat.

Sensei Shintani described it as a grenade going off in the lower abdomen...quick, explosive and loud.

As for timing, the Ki-ai should be sounded:

1. At the moment of impact of a technique, whether it be a block or an attack
2. When you are taking a blow to the abdomen
3. Anytime you want to accentuate an action you are performing

The shouting, called Ki-ai, has multiple purported purposes. The forced and trained rapid exhalation of breath. This can be used as both focus (by focusing on breath, one is less inclined to focus on the fear of failure when faced with the thought of breaking something apparently hard), and as a method of rapidly exhaling carbon-dioxide from the body to increase oxygenated blood flow to the extremities.

The external (outer or omote) harmonizing of Ki energy (気合 - Ki-ai ), as opposed to the internal (inner or ura) harmonization of ki energy (合気 - aiki). The expulsion of intent. Ki-ai acts as a declaration of your fighting spirit, your internal desire to prevail in those circumstances. This can be for intimidation, self-reassurance, commitment.

A Ki-ai can also be used in addition with tightening the core muscles to prevent damage to the stomach. The physical aspects of a Ki-ai are often thought to teach a student proper breathing technique when executing an attack

If Ki-ai is the “Shout or Yell” it does not seem right to be yelling the word “Shout or Yell”? Try shouting the vowels: a, e, i, o, u. with different consonants to create your very own unique Ki-ai.

- ei! - A growling shout, meant to accompany an attack; intended to force the opponent to lower his guard momentarily.
- toh! - A heavy shout, meant to accompany a counter; intended to make the opponent believe he has left an opening.
- ya! - A boisterous shout, meant to respond to a series of blows; intended to dishearten your opponent, making him believe that you believe you’ve already victoriously won the battle.

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## From the Harmonizer Committee

The Harmonizer is YOUR newsletter!

It's purpose is to celebrate, showcase, and inform all of our members. We want to share your excitement and passion for karate. Please send us articles and pictures of your journey along the karate "way". We want to share in your successes and revelations, your special occasions and events, your fundraisers, fun days, tournaments and any other aspect of your martial arts that you wish to share with us.

All the best in the New Year!

[harmonizer@shintani.ca](mailto:harmonizer@shintani.ca)

Committee Members:

*Chair* - Sensei Alice Pinto – Nordik Wado Kai - Hearst, ON

Sensei Yvon Lebel – Nordik Wado Kai - Hearst, ON

Sensei Kevin Dyck – Moose Mountain Wado Kai - Carlyle, SK



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