

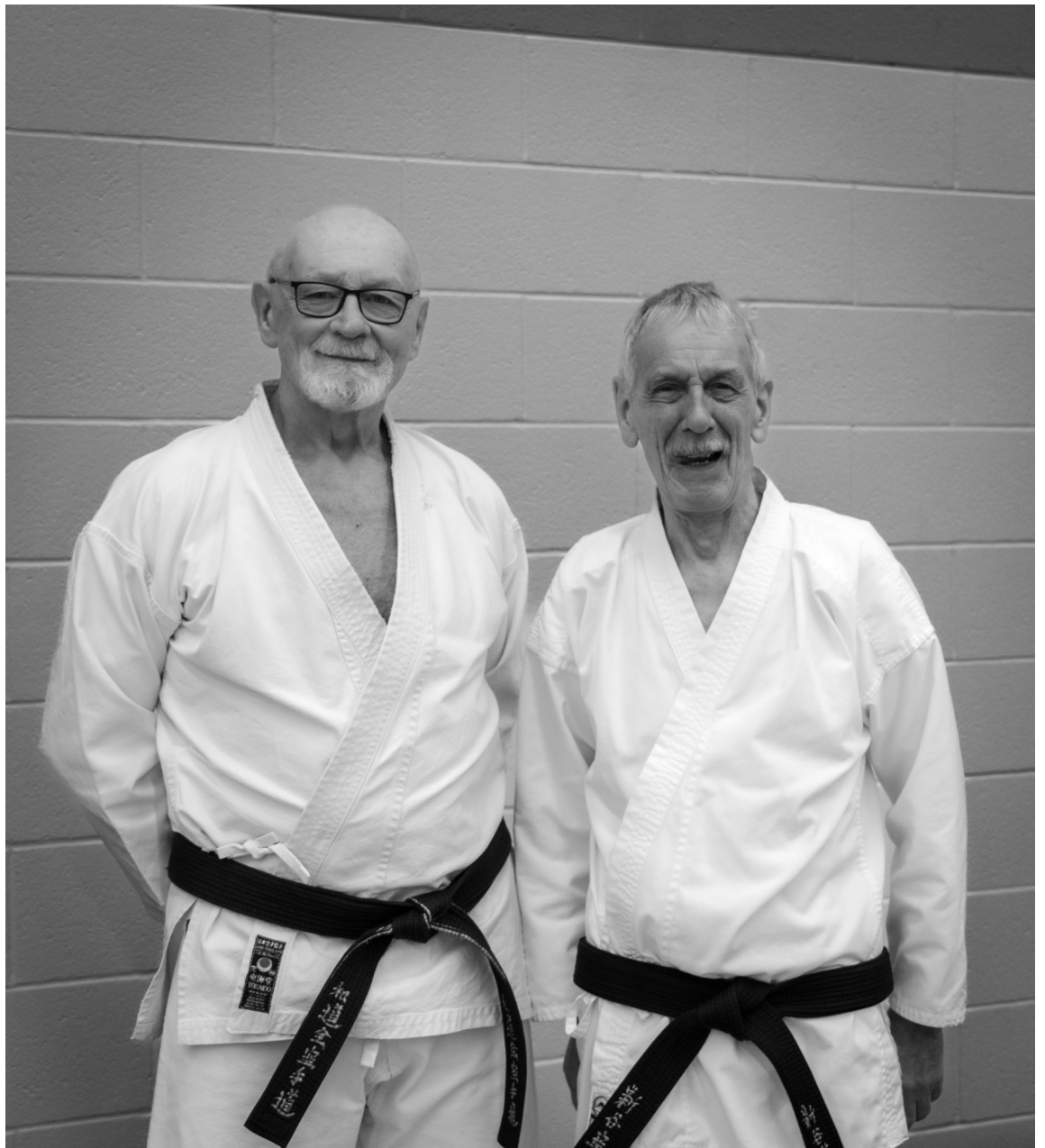
The Harmonizer

The Official Newsletter of the Shintani Wado Kai Karate Federation



Volume 33, Issue 1

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The Harmonizer

Current Issue:

Message from the President	3
Thunder Bay 9th Annual Clinic and Tournament	4
The 2024 SWKKF REACH Awards are now OPEN!	5
A Karate Family	7
Simcoe South Annual Tournament Collage	8
SPECIAL ANNOUNCEMENT The Way of Karate-Do	10
Shintani Team Silent Auction	12
Play it Safe	13
Shintani National Memorial Tournament Info	14
Karatepalooza Unleashed: Grasshopper Island	15
Why Study the Art of Wado Kai Karate	19
5th Annual Shintani Symposium 2024 Info	20
Did You Know	21
From Your Harmonizer Committee	22

On the Cover
Sensei Bruce Perkins
And
Sensei Tom Foster
Pictured at the
Simcoe South Karate
Tournament

SWKKF VALUES

• Honour • Excellence • Kindness •
Humility

Visit
our website

www.shintani.ca

“Think of everyday life as karate training.”

— 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 you enjoy this edition of the Harmonizer. As with every issue there is a lot of work which takes place, personally I would like to thank the committee for their hard work and countless hours. Just a reminder that anyone in the SWKKF can submit articles if they wish. Anyone and everyone are welcome.

The National Tournament Planning Committee would like to welcome everyone this year to the National Tournament and Shintani Symposium. The clinics will start on Wednesday and ending on Friday night and the tournament on Saturday. There will also be a workout on Sunday with the National Team. The National Tournament every year has always been a very special event for me personally - this was Sensei's tournament. Visit the website for further information. I encourage all to attend!

I would like to thank all Club, Regional and Provincial representatives. These individuals do a great deal of work keeping the flow of information and encouraging unity with the clubs and students in their regions. We certainly appreciate all the extra work and dedication these members do throughout the year.

Currently we are working on a new procedure to select these representative positions and a description of their roles and responsibilities. This information will be presented in the next couple of weeks.

Also, I would like to take the opportunity to thank all 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.

Train with passion, be true to the basics and I look forward to seeing you in my travels.

In Harmony,
Sensei Denis



Shintani Wado Kai Karate Federation

Thunder Bay 9th Annual Clinic and Tournament

By: **Albany Sutherland**

Thunder Bay Wado Kai

The tournament and clinic held earlier this month in Thunder Bay were hosted at Pope John Paul II School and St. Bernard Catholic School, courtesy of Thunder Bay Wado Kai.

The clinic on February 2, 2024 was led by Sensei Denis Labbe and Sensei Michel Gosselin and was a valuable workout for all participants. The clinic commenced with a focus on refining our basic techniques, complemented by engaging in team building competitive games involving participants across all belt levels.

Following this, Sensei Michel guided us through sparring techniques and randori, providing valuable insights and practical training.

The structured workout not only honed our skills but also served as excellent preparation for the upcoming tournament held on February 3rd, 2024. The dedication displayed by all attendees during the clinic emphasized the strong spirit of our Wado Kai community.

Tournament day arrived with excitement and eagerness to compete among all participants. This event marked the first

tournament since the February 2020, drawing an impressive turnout of over 90 competitors from clubs across the region.

The day commenced with a black belt meeting, setting the stage for the competitions ahead, while the kyu belts were led through a group warm-up. As the day unfolded, each



category, ranging from white belts to black belts, showcased their skills and dedication for the sport.

Throughout the tournament, a spirit of healthy competition and sportsmanship was present among all participants. Every competitor demonstrated their abilities and mutual appreciation for martial arts.

As the tournament concluded, it became evident that this experience served as a memorable journey for each participant, leaving them enriched by the experience of competition and community.



The 2024 SWKKF REACH Awards are now OPEN!

SWKKF Members,

The Shintani Culture of Recognition Program recognizes the organization's leaders, contributors, ambassadors, scholars and karate-ka for their contributions to the SWKKF and their achievements over the past year.

Announcing our 2024 REACH Awards

REACH = Recognizing Extraordinary Achievement, Contribution and Hard-Work

As an organization, we feel that it is important to recognize our generous members who embody the SWKKF core values of Honour, Excellence, Community, Kindness, and Humility.

As part of growing our Culture of Recognition, we encourage ALL black belts and karateka to consider who they may nominate for these awards and to take a moment to fill out the nomination. It only takes a few minutes however, the impact can last a lifetime.

Here is the link and QR Code to the REACH Awards and the nomination form:

<https://www.shintani.ca/reach-program>

Here is the link to view past recipients:

<https://www.shintani.ca/reachawardrecipients>

Nomination Information:

- Nominees must be SWKKF members and you must be a SWKKF registered member to nominate.
- Nominations are anonymous when sent to the Selection Committee
- You do not have to fill out all categories



The deadline is April 21st.

One final note, if you haven't watched the Shintani Stories and Memories Videos from our REACH Awards of the past, here is the link: <https://www.shintani.ca/interviews> . These interviews talk about Sensei Shintani and how he demonstrated our SWKKF values.

In Appreciation,

Sensei Denis

**IT IS TIME TO SUBMIT
YOUR NOMINATIONS**

SWKKF REACH AWARDS



**RECOGNIZING EXTRAORDINARY ACHIEVEMENT
CONTRIBUTION AND HARD-WORK**

**APR
21**

A Karate Family

By: George Gascoigne

Jarvis, Ontario Club

I wanted to share a story with you—a tale about our family’s karate journey. It all started with the boys, their eyes wide and filled with wonder, as they watched “Lego Ninjago.” The show ignited their imaginations, and suddenly, they yearned to become masters of earth, wind, ice, and fire. And so, karate found its way into our home.

But the story doesn’t end there. As our daughter grew older, I gently suggested that she join her brothers for Saturday morning karate classes. Her response caught me off guard: “I’ll do it, but only if Dad does it with me.” And just like that, our family embarked on a shared adventure: family karate.

We have been doing karate as a family now for 8 years. Brynn (purple belt), Isaac (purple belt), Noah (brown belt), Tanya (brown belt) and me (George-Brown belt). Despite differences in our ages, interests, and abilities it has been an activity we have all been able to do together. Can you think of another activity for which this holds true? In the whirlwind of work, school, part-time jobs, and friendships, karate stands as one of the pillars in our home. It’s more than kicks and punches; it’s a conduit for connection. Conversations sparked by our training sessions often meander from martial arts to whatever is on someone’s mind. Through these exchanges, we’ve kept our family ties strong, and our lines of communication open.

This past Saturday (Feb 17), Noah, Tanya, and I participated in the South Simcoe Tournament at Holy Trinity High School. While I planned to assist with tablework, Tanya was going to perform Teisho, and Noah was gearing up for his attack

on Kushanku. In the days leading up to the tournament our small basement buzzed with conversation and practice as we fine-tuned our moves. Questions like “Where should I be looking during this move?” and “Should my hand be here or here?” filled the air. And yes, there was even a request to be kicked so that blocking techniques could be practiced. To an outsider, it might sound peculiar, but for us, it’s a testament to our family’s unity—a shared effort to conquer those pre-tournament jitters.

On the big day, Noah proudly secured a Gold medal in his division, while Tanya gracefully earned a Silver medal for her Teisho performance. And as for George—well, he found himself unexpectedly thrust into the spotlight. Instead of hiding behind the scorekeepers’ table, he was appointed to lead the entire gym through the warm-up session during the black belt meeting. The family couldn’t help but chuckle at this twist of fate.

But the karate spirit didn’t fade once we were home and showered. Our conversations flowed, fueled by adrenaline and camaraderie. Had you managed to chat with that Sensei? What were your thoughts on “so-n-so’s” kata? And how did you feel about your own performance? The post-tournament

analysis was in full swing. We compared this tournament to the last, strategized about future katas, and even playfully suggested a hilarious warm-up dance for next time. No TV screens, no heads buried in phones—just us, reliving the day’s triumphs and pondering the next steps. It was more than a great experience; it was a shared journey.

So, to every parent with a karate-loving child: step off the sidelines. Join the ranks, share the mat, and let karate become your family’s common ground. It’s more than kicks and punches; it’s a bridge between generations. And who knows? Perhaps your next family memory will be etched in the echo of a well-executed kiai.

KARATE
空手



**SWKKF/Shintani Wado Kai
Karate Federation**

@shintani.ca



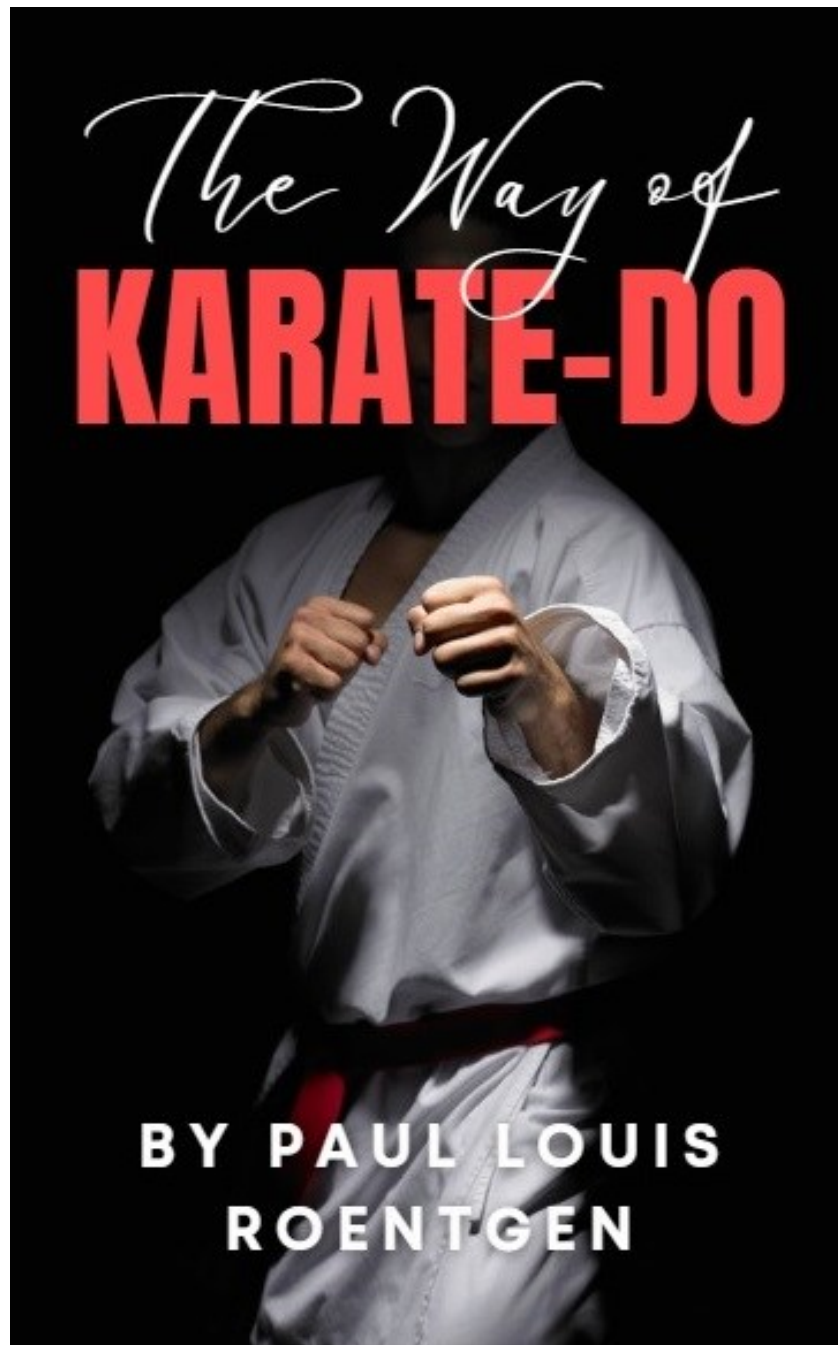
Simcoe South Annual Tournament





SPECIAL ANNOUNCEMENT

The Way of Karate-Do by Sensei Paul Louis Roentgen is Now Available for purchase on [LULU.COM](https://www.lulu.com)



By Sensei Brad Cosby, Kudan (9th Dan)

I first met Sensei Paul “Lou” Roentgen (who was a brown belt at the time) in October of 1966 at the first ever Shintani karate club in Grimsby, Ontario, Canada. This was the first time I had ever stepped into a karate dojo, which at the time was run by Hanshi Masaru Shintani.

After a couple of years of constant training, I eventually received my blue belt. By then, Sensei Roentgen had earned the rank of Shodan (black belt) and opened his own club in St. Catharines, Ontario. He was looking for an assistant at the time to help him out, so he asked Hanshi Shintani who he should take with him. Hanshi recommended me, and so, I got my first real shot at instructing.

Sensei Roentgen went on to become a very competitive fighter, and had many championships under his belt. Later, under the guidance of Hanshi Shintani, he eventually started his own organization – the North American Wado Karate Association. Over the years, Sensei Roentgen spent a lot of time training and conversing with Hanshi Shintani.

Much of Hanshi Shintani’s philosophies, as seen through the eyes of Sensei Roentgen, can also be seen throughout The Way of Karate-Do, which discusses certain attributes of martial arts training, as well as the true meaning of Peace and Harmony.

A novice martial artist might pick up The Way of Karate-Do and say to themselves, “I know all of this.” In reality however, The Way of Karate-Do is something that is meant to be read, put away, then taken out again throughout your entire personal journey in the martial arts, and then re-read many times over. The content of this book may stay the same, but an individual’s understanding of its contents will constantly evolve.

Sensei Roentgen often compares his journey in the martial arts to a train ride. “Don’t get off the train,” he says, “but if you must get off, make your stop-over short or you’ll miss an amazing journey.”

Sensei Roentgen, now ranked as Hachidan (8th Dan) in the Shintani Wado Kai Karate Federation (SWKKF), has trained in various styles throughout multiple countries over numerous years, but the influence of Hanshi Shintani has been everlasting.

To purchase a copy, please follow the attached QR Code or visit LULU.COM

Any questions can be directed to Sensei James Ryan (editor) via email:
jamesryan.writer@outlook.com



Bottom Row: Hanshi Shintani, along with green belt (middle) Sensei Brad Cosby, and black belt (far right) Sensei Paul Lou Roentgen.

Location: Old Peach King Arena Dojo, Grimsby, ON Circa 1968

Shintani Team Silent Auction

Each year at the Shintani National Memorial Tournament the Shintani Team hosts a silent auction in conjunction with the tournament. Proceeds raised from the silent auction are used to help defer costs for travel and registrations for Shintani Team members attending tournaments and team training events.

The Shintani National Memorial Tournament will be held on 25-May-2024. For this year the silent auction will have two elements.

The first element will be similar to past years where auction items are displayed on a table at the tournament with bids placed on a bid sheet.

The second element will involve certain items being made available through an online bidding process. This will allow SWKKF members from around the organization to bid on items even if they are unable to attend the tournament in person.

I am writing to the SWKKF membership to ask if your club, business or club members may have items that could be donated to the Shintani Team for the silent auction. Items could be anything you, or your business or club members, wish to donate. Donated items do not need to be karate related in nature and all donations are greatly appreciated.

If you have any items you wish to donate to the silent auction please reach out to me directly, or to a Shintani Team member to let them know you have an item for donation to the Shintani Team silent auction.

If you have any questions please feel free to reach out to me directly at team@shintani.ca.

Thank you

Colin Frans

Shintani Team Manager



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



**SWKKF/Shintani Wado Kai
Karate Federation**

@SWKKFShintaniwadokaikaratefederation-
Martial Arts School



Play it Safe

By: Sensei Neil Prime

St. Catharines Wado Kai Karate

I have always been an advocate for safety when practicing at the club and competing in karate tournaments. I can't imagine if you are training with any intensity, how you would not want the protection safety equipment provides but most of all, the protection you use on your hands and feet are not necessarily just for you. It is for the protection of your training partners also.

Tournament hosts and participants should also be aware of the

mandatory requirements.

The SWKKF has in-depth tournament rules and equipment requirements & recommendations.

Equipment requirements are on page 16 of the Tournament Rules Manual that can be found on the official SWKKF website, but following this link:

https://www.shintani.ca/files/ugd/ada4a_b11f0e2467bf4bf28c90b7623cda1ae1.pdf

Play safe!

Sensei Neil Prime.

QUICK REFERENCE

TYPE OF EQUIPMENT	REQUIRED
MOUTH GUARD	MANDATORY
HAND PADS (see FIGURE 5 – page 16)	MANDATORY
GROIN GUARD	RECOMMENDED
FOOT PADS NOTE: Foot pads must be a boot style which covers the toes and has a soft vinyl covering or of similar construction as gloves with shin and foot guards contiguous that cover toes. No rubber or hard plastic guards can be worn. (see FIGURE 6 – page 16)	RECOMMENDED
PRESCRIPTION GLASSES (WHEN REQUIRED FOR KUMITE)	NOT ALLOWED
SPORTS GLASSES (WHEN REQUIRED FOR KUMITE) NOTE: This is for competitors who choose to wear prescription glasses. Sport glasses must meet ASTM standard for impact protection.	MANDATORY
CHEST GUARD	RECOMMENDED
HEAD GEAR	OPTIONAL
SHIN GUARD (see FIGURE 7 – page 17)	RECOMMENDED
FOREARM GUARD	RECOMMENDED
PROPERLY PADDED PROSTHETIC DEVICE *	MANDATORY
PROPERLY PADDED SUPPORT BRACES *	MANDATORY
<i>* These items only apply to competitor with special needs</i>	



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Karate Federation**

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Karate Federation**

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SHINTANI

NATIONAL MEMORIAL TOURNAMENT

SATURDAY MAY 25, 2024

Join us for the Shintani National Memorial Tournament on **SATURDAY MAY 25, 2024**, where we celebrate skill, dedication, and camaraderie in the karate community! Elevate your expertise with intensive clinics held from Wednesday to Friday before the tournament, offering invaluable opportunities to refine techniques and engage with esteemed instructors.

NATIONAL TOURNAMENT

SATURDAY MAY 25TH

REGISTRATION IS 8-9AM
TOURNAMENT STARTS 9AM
HOLY TRINITY
CATHOLIC HIGH SCHOOL
128 EVERGREEN HILL RD.
SIMCOE ONTARIO

SHINTANI KATA LIST FOR BLACK BELTS:

- TAISEI • GENSHO SHODAN • KEMPEI • SEIPAI
- TEISHO DIE • SEI SHUN TEI • KUMSHO • GENSHO
- GAHANSHU

PRE-REGISTRATION DEADLINE

THURSDAY MAY 23, 2024 BY 10PM (EST)

ON-LINE REGISTRATION

<https://forms.gle/eByMvrURGGQNMo9p8>

CLINIC / WEDNESDAY MAY 22ND

6:30 PM - 9:30PM

INSTRUCTOR SENSEI JIM ATKINSON
DELHI GERMAN HALL
443 JAMES ST.
DELHI ONTARIO

CLINIC / THURSDAY MAY 23RD

7:00PM - 10:00PM

INSTRUCTOR SENSEI TIM MCCULLOUGH
PORT DOVER / IVEY'S BUILDING
PORT DOVER . ONTARIO

CLINIC / FRIDAY MAY 24TH

6:00 PM- 9:30PM

INSTRUCTOR HANSHI RON MATTIE
HOLY TRINITY CATHOLIC HIGH SCHOOL
128 EVERGREEN HILL RD.
SIMCOE ONTARIO

BANQUET: SUPPER AFTER THE TOURNAMENT / GERMAN HOME, 443 JAMES ST. DELHI, ONTARIO / \$45.00

Menu: Breaded Schnitzel, cabbage rolls, mashed potatoes, corn, bread, salad and dessert. There is a vegetarian lasagna available if requested - must be ordered prior the banquet.

To order tickets for the banquet, contact Sensei Katrina Marques by May 10th, 2024 at katrinamarques68@outlook.com



TRAVELING? WE'VE GOT YOU COVERED

We have prearrange group accommodations. All people need to do is click on the link <https://rb.gy/qv9o1k> or use the QR Code and fill out the necessary information to make their reservation. Deadline to take advantage of the group reservations is May 8th, 2024.



Contact Person: Ken Johnson, General Manager,

Travelodge Simcoe & Norfolk Fitness Centre, ken@travelodgesimcoe.com, (519) 426-4751 x102

PRESENTED BY
THE SHINTANI WADO KAI KARATE FEDERATION

Karatepalooza Unleashed: Grasshopper Island (on Rice Lake near Peterborough)

By: Sensei Brodie Hicks and John Mealin

Peterborough Wado Kai Karate

Where Karate Meets Nature, Laughter, and Pure Awesomeness!

Remember the trumpet call for the 4th Annual Shintani Symposium 2023? It felt like an invitation to a karate-themed carnival, a Spielberg-esque masterpiece. Little did we know our own dynamic duo, Annika, and Sensei Sanford de Witt, were cooking up a karate weekend on Grasshopper Island that would put Jurassic Park to shame.

Hold on to your black belts; the 4th Annual Shintani Symposium 2023 was an absolute knockout!

Close your eyes and envision this: Every detail meticulously planned, from the perfect karate punch to deciding whether you'd cozy up in a cabin or embrace the wild side in a tent. Sure, the accommodations had a touch of rustic charm, but that's what made it an adventure! Never camped before - fear not! Annika, and Sensei Sanford de Witt had a camping gear list longer than a Shaolin monk's training schedule to ensure your debut camping experience was legendary.

But guess what? There's a whole lot more! Beyond a weekend packed with karate wizardry led by the SWKKF maestros, you could immerse yourself in the wonders of island life. Picture breathtaking sunsets, free-roaming critters (and we're not just talking about your quirky dojo mates), canoes, paddleboards, ancient stone bread/pizza ovens, and surprises waiting around every corner – Grasshopper Island had it all.

Three intrepid warriors from the Peterborough Club, Eli Haley, John Mealin, and yours truly, had the honor of being there. I even got to be part of the instructor squad.



Talk about a VIP pass to karate nirvana!

The karate workshops were next-level: Pinan Clinic, Shindo Basics & Advanced, Self-Defense (yes, even for those who think a karate chop is a new sushi dish), Sparring Techniques, Optional Kata, Bunkai Basics & Advanced.

Hats off to the dream team of instructors - Senseis Brad Cosby, Brian Chmay, Peter Avino, Neil Prime, Sanford de Witt, Darren Marshall, and Mike Rust. Apologies if I missed someone; blame it on the karate-induced adrenaline rush!

Annika and Sensei Sanford promised an experience that would tickle the funny bone of adults and kids alike, and boy, did they deliver! It was like an island wide, open-air dojo on steroids.

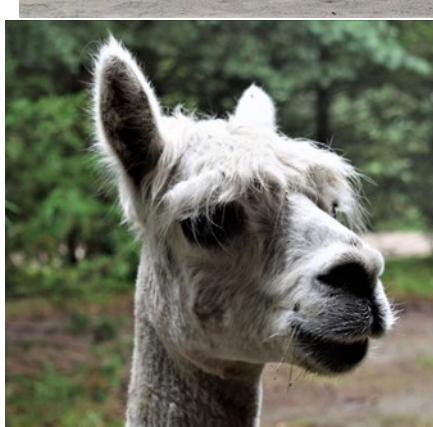
Imagine waking up to the melody of a rooster or a gang of goats competing for the title of "Tent Boss." An alpaca playing peek-a-boo through your tent vent? This event was like a comedy show in a nature amphitheater.

As the island escapade neared its end, you could see a mix of satisfied grins and a tinge of melancholy as everyone bid farewell. This was more than an event; it was a journey etched into the hearts of every Grasshopper Island adventurer.

So, if you're pondering whether to dive into the 2024 summer extravaganza, here's a ninja tidbit – snag those reservations pronto! Contact Annika and Sensei Sanford de Witt. This event vanishes quicker than a ninja realizing the oven was left on, searching for Wi-Fi at a martial arts-themed teen party – faster than you can say "karate chop" with your mouth full of pizza!

Picture this: July 12-14, with an extra bonus day on the 11th to ninja-kick it with the national team or simply soak up the island vibes. And guess what? For our tent-dwelling warriors, there's no extra fee for the bonus night. It's like a free roundhouse kick from Grasshopper Island!

A colossal thank you to Annika and Sensei Sanford de Witt for crafting the 2023 weekend that went down in history quicker than a karate chop! Now, let the photos teleport you back to the karate utopia we discovered on Grasshopper Island.







Why Study the Art of Wado Kai Karate

By: Sensei Gary LaPlante

Learning Wado Karate offers a multitude of benefits that extend beyond physical fitness. Here are some of the advantages:

Self-Defense Techniques:

- Wado Karate is a complete martial art that equips practitioners with effective techniques and strategies for self-defence.
- You'll learn blocks, strikes, joint locks, throws, grappling, pressure points, situational awareness, and evasion.
- Some Wado Karate styles also incorporate traditional weapon training and defenses against common weapons like knives, sticks, and guns, focusing on disarming techniques and creating opportunities to escape.

Character Building:

- Even if you rarely use karate techniques in real-life situations, consistent training can profoundly impact your character.
- Adhering to the ethical principles embedded in Wado Karate shapes not only your physique but also your heart and mind.
- Each disciplined movement builds perseverance, every bow strengthens respect, and hard-earned triumphs fuel confidence.
- This delicate interplay between physicality and philosophy molds a character defined by resilience, humility, and self-mastery, ready to face any challenge, on or off the mat.

Improved Mental Toughness:

- Wado Karate enhances mental toughness through rigorous training, discipline, and facing challenges.
- It cultivates unwavering determination and resilience, enabling you to perform consistently under pressure and overcome obstacles.

Physical Fitness:

- Wado Karate develops strength, flexibility, and cardiovascular endurance.
- It improves hand-eye coordination, focus, and concentration, which can benefit other areas of life, such as work or school.

Self-Discipline and Stress Relief:

- Wado Karate fosters self-discipline and helps relieve stress.
- The controlled atmosphere of training allows students to develop practical self-defence skills while maintaining discipline and focus.

Concentration Skills:

- Doctors recommend Wado Karate for individuals with Attention Deficit Disorder (ADD) and Attention Deficit and Hearing Disorder (ADHD).
- The training drills and practice of kata (series of movements) enhance concentration skills through the use of karate techniques.

Remember, like anything worthwhile, progress in Wado Karate demands commitment and perseverance. So, embrace the journey, and may your passion for karate continue to grow!



"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".

5th Annual SHINTANI SYMPOSIUM 2024



FRI JUL 12 - SUN JUL 14, 2024
@ Island Spirits, Grasshopper Island, Rice Lake ON
A BUSHIDO ISLAND EXPERIENCE



Come join us for a weekend on a 25-acre solar-powered island! Along with days full of karate taught by some of our federation's top instructors, you will enjoy all of the amenities of island life and nature, with spectacular sunsets, free-roaming animals, canoes, paddleboards, century-old stone bread/pizza ovens and so much more!

WORKSHOPS:

Pinan Clinics, Shindo Basics & Advanced, Shintani Techniques, Sparring Techniques, Optional Kata, Bunkai Basics & Advanced ... and more!

BONUS THIS YEAR!

Reserve a limited spot to arrive a day early on Thurs July 11th for an extra day on the island to enjoy the amenities and have a chance to train with the National Team! (3rd night included in tent camping fees, \$45 for extra night cabin bunk fees)

This will be an experience like no other and one you won't want to miss!

LIMITED CABIN BUNKS AVAILABLE, UNLIMITED SPACE FOR TENTS!
(30min north of Cobourg/Hwy401)

LODGING (full weekend rate):
\$195/person cabin bunk (not private) (to rent a full cabin email for pricing)
\$165/adult tent camping
\$110/child tent camping (under 18) (tent camping includes up to 3 nights)

KARATE FEES:
\$100/adult weekend rate
\$50/child (under 16) w/end rate
\$200/ family weekend rate

For more information and to register, visit <https://www.facebook.com/MillbrookWadoKai> or email shintanisymposium@gmail.com



CLICK HERE TO REGISTER:



Did You Know

We are always looking for stories to share from past years of the SWKKF. We especially enjoy sharing stories about Hanshi Shintani. The Legacy Committee is asking for members to send in any stories, photos, articles, etc. from years past that include mention, or an image, of Hanshi Shintani.

You can check out the “Legacy” committee work on the federation website.

shintani.ca/historyinfo

We look forward to hearing from you!



Hanshi Masaru Shintani awarded Sensei Chris Logger a certificate for a competition to name the official newsletter of the Shintani Wado Kai Karate Federation

YouTube channel visit [Masaru Shintani Legacy - YouTube](https://www.youtube.com/channel/UC...)



Masaru Shintani Legacy

@masarushintanilegacy1318 65 subscribers 44 videos

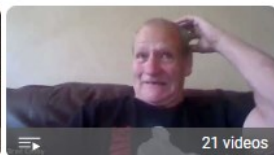
Video Archive dedicated to Hanshi Masaru Shintani and the Shintani Wado... >

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Created playlists



Shintani Video Archive 17 videos



SWKKF Interviews and Reflections 21 videos



SWKKF REACH Awards 3 videos



Interviews with Hanshi Shintani 3 videos



SWKKF Curriculum 1 video

From the Harmonizer Committee

Thank you SWKKF members, for supporting this newsletter!

Remember that the Harmonizer is your newsletter
and that every member is welcome to submit an article at any time.

harmonizer@shintani.ca

Committee Members:

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

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

Sensei Yvon Lebel – Nordik Wado Kai - Hearst, ON



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