

The Harmonizer

The Official Newsletter of the Shintani Wado Kai Karate Federation



Volume 32, Issue 1

新谷和道会空手道



The Harmonizer

Current Issue:

Message from the President	3
Internal Announcement—National Tournament	4
R.E.A.C.H. Awards	5
Sport is but a small part of the fascinating life of John Mealin	7
Poem	9
A Northwestern Ontario Karate Adventure	10
Miranda Teel's Karate Journey	11
Edson Wado Kai Regional Clinic	12
Mindset	13
Where is my Anger?	14
From the Harmonizer Committee	18

Sensei Kevin Bowes
with the next
generation of Black
Belts.

Visit
our website

www.shintani.ca

SWKKF VALUES

• Honour • Excellence • Kindness •
Humility

“Karate aims to build character,
improve human behavior, and cultivate
modesty; it does not, however,
guarantee it.” –
Yasuhiro Konishi (founder of Shindo
Jinen-ryu Karate)

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.

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.

The Shintani Memorial National Tournament and Symposium will be in person this year. The clinics, starting on Tuesday night and ending on Friday night and the tournament on Saturday. Visit the website for further information. I encourage all to attend!

As with every event we are looking for individuals who are willing to take photos and share with the SWKKF. Often, we look into the past for our archive and history, we forget that right here, right now we are making history. Let's all make an effort to capture this. If you are interested (black belts, members, active spectators) feel free to contact me.

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



Shintani Wado Kai Karate Federation

Internal Announcement


From: Denis Labbé

Date: February 13, 2023

To all SWKKF clubs,

After a few years of having the event cancelled due to Covid, we are happy to announce that May 27th, 2023, is the scheduled date of our annual Master Shintani Memorial National Tournament. As in the past, the event includes a week-long symposium, beginning Tuesday May 22nd until Sunday, May 28th. It is a great opportunity to train with Sensei throughout Canada and continue to celebrate the wonderful legacy of Sensei Shintani. This week-long event is to remind us of how important our SWKKF family is, and to remember what Sensei Shintani represented to help create those ties!

I encourage you to share the Shintani Wado Kai karate Federation mission and vision statements with all your students as they capture the essence of Sensei Shintani and the value he stood for:

	<p>SWKKF MISSION STATEMENT</p> <p>The Shintani Wado Kai Karate Federation is an inclusive organization modeling Shintani Sensei's kindness and humility, through the teaching of his traditional karate and Shindo.</p>
	<p>SWKKF VISION STATEMENT</p> <p>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.</p>

The SWKKF is a non-profit organization. Your registration dues are very important to this federation and used to fund the many valuable programs offered within the SWKKF. In past years, the Shintani Memorial Nationals were fortunate to receive donations from various businesses and clubs to help create a successful celebration of Sensei Shintani's memory. All donations received were 100% put into this event and proceeds back into the organization.

FOR THOSE OF YOU WILLING TO MAKE A MONETRY CONTRIBUTIONS TO THE SHINTANI MEMORIAL SYMPOSIUM, IT WOULD BE VERY MUCH APPRECIATED. YOU WOULD BE A BIG PART OF MAKING THIS HISTORIC EVENT A MEMORABLE SUCESS.

BUSINESSES AND CLUBS WHO WISH TO DONATE WILL BE RECOGNIZED AT THE TOURNAMENT, IN THE HARMONIZER, AND ON OUR SWKKF WEB SITE AT shintani.ca

To contribute, please contact me by mail at the address above or by email at ddlabbe3@gmail.com. E-transfers may be sent to ddlabbe3@gmail.com, please include a description directing the funds to the Shintani Memorial National Tournament.

Your continued support is appreciated!

In harmony,

Sensei Denis Labbé

President - Shintani Wado Kai Karate Federation



Shintani Wado Kai Karate Federation

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

Recognizing Extraordinary Achievement, Contribution and Hard-Work Program

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.

R.E.A.C.H. Objectives

In striving to meet our SWKKF Vision, the R.E.A.C.H. Awards will be recognizing some of the organization's leaders, contributors, ambassadors, scholars and karate-ka for their contributions and achievements over the past year that embody the SWKKF core values.

The Shintani Wado Kai Karate Federation will be present the Recognition Awards at the banquet following the [National Memorial Tournament](#) on May 27, 2023 in Simcoe, ON.

What Do You Need To Do?

Selection Committee:

Each club is asked to submit a person's name to be a part of a selection pool. This person must be a yudansha and not be part of any SWKKF committee and be available April 24-May 1 via email. The selection committee will be selected from the pool, taking into consideration any potential conflicts of interest. If you are interested in being on this Committee, talk to your Club Sensei and then fill out the form on our Submission Link: [Selection Committee](#)

Nominations:

Nomination period – September 1st 2022 through April 21, 2023 at midnight.

NOTE: in order to nominate you must be a currently registered SWKKF member. Nominees must be a currently registered SWKKF member.

[R.E.A.C.H. Award Web Site](#)

Follow the hyperlinks links below to fill out the nomination form.

Name of Award	Leadership Award	Contributor Award	Ambassador Award	Karate Athlete Award Male & Female
Links	Leadership	Contributor	Ambassador	Karate Athletes
Nomination Eligibility	Yudansha excluding senate members	Yudansha excluding senate members	Shintani members excluding senate members	Shintani members excluding senate members
Key Associated Values	Honour, Humility, Community	Excellence, Community, Humility	Community, Kindness	Excellence, Kindness
Recognition Of:	qualities of leadership and mentorship within the SWKKF	contributions to committees, governance, policy development, financial sustainability within the SWKKF	promotion of activities to raise awareness and funds for the SWKKF and their greater community	training, tournament both through participation and excellence in results
Examples	Someone who demonstrates leadership within a dojo, the SWKKF, with all students, peers, ranking yudansha.	Someone who contributes to committees, policy development, fundraising.	Someone who travels and supports both inside and outside their club. Raises funds for charitable organizations. Promotes the SWKKF.	Someone who trains karate over and above the usual karate-ka, attends everything possible in their area, contributes to their dojo and the greater SWKKF.

Sensei Denis Labbé,

President SWKKF

Sport is but a small part of the fascinating life of John Mealin

By: Randy Pascal

Sudbury Sports

At the tender young age of 74, some three years ago, John Mealin began to study karate.

By the time that he turned 77 last year, the local resident who was born in Burma had acquired his brown belt; a feat which I am told is, if not completely unique, most certainly extremely rare.

And yet the irony is that when it comes to the life and times of John Mealin, this notable tidbit might not even crack the top ten of interesting facts for a man whose interest, pursuits and journey are about as fascinating as they come.

Given the nature of this column, I will tend to focus largely on his sporting interests, the first of which began in Calcutta (India), the city where Mealin did most of his schooling.

“In many ways, the sports were not that much different (than what Canadian children might know),” explained the father of three who spent some eight years in the United Kingdom before making his way to Canada (the Toronto to Barrie corridor, more specifically), living there for the next thirty years before joining his daughter and son in Sudbury (with one other son and family living in Peterborough).

“We played football, which is what we know here as soccer, and we played field hockey as opposed to ice hockey – we didn’t have any rinks – and then we played all of the other sports like volleyball and basketball and such.”

“The exposure to sport (in India) depended a little on what school you attended,” Mealin continued. “Although everyone played soccer and field hockey, cricket was also very big in areas with the English influence. I was in a British school with Belgian

Jesuit teachers – and every season had a sport.”

“I focused on running, mostly the 400m and 800m; that was my area,” said Mealin. “In my last three years of high-school, I excelled at it. I won the interschool in the 400m and won the junior state championship in the 800m – and I had already taken up judo as well.”

In fact, it would be the martial arts that would remain the constant for the next fifty years or so, even as his career



Sensei Allan Feit, John Mealin and Sensei Brodie Hicks

interests would take him to the National Coal Board (UK), with a knowledge of actuarial sciences and the investment side of employee benefits, moving on to work with global giants such as Mercer Human Resource Consulting as well as Marsh McLennan.

Along the way, he would develop a keen interest in the entire area of I.T., co-founding International Systems Group with his brother, a company that was subsequently acquired by AT &

T (US). From there, he co-founded Anvil Technologies, an outfit that specialized in emergency wireless communications for first responders, with his knowledge in the field leading to world-wide travel and consulting assignments as an expert in the field.

It's entirely possible that his on-going commitment to the study of both judo and aikido, eventually leading to his recent push into karate, had at least as much to do with providing a physical outlet for Mealin, who is also a qualified private pilot and an extensive researcher of World War II activities that pertain to OSS (Office of Strategic Services – later became the C.I.A.) activities in Burma.

"It's funny because people often believe that if you become very good at judo, then you are brilliant in self-defence," said Mealin. "When you first learn judo, it's nothing like that. The first thing you learn might be to run away very quickly," he continued with a laugh.

"Aikido is closer to real self-defence in the sense that it's the art of using your opponent's strength and momentum to throw them or put them into a ground lock or whatever."

While he is quite comfortable in stating that had he pursued the belt options in judo, he likely would have reached 3rd or 4th Dan black belt status by now, this simply wasn't a priority at the time.

"I was teaching judo at the National Coal Board, but I never

focused on belts," he said. "At that time, they were not worried about what belt you had. You just trained and trained and trained and someone would come along and you would get graded."

Through it all, it's that starting point in martial arts that is likely his source of greatest comfort.

"Because I have done judo for so long, I have always preferred judo," said Mealin. "Of all of the martial arts that I have experienced so far, judo is probably the one that tries you the most. In judo, you learn everything from throws to groundwork and break falls. I think judo teaches you break falls better than any of the martial arts."

John Mealin should know.

As he noted very early in our discussion, he has been fortunate enough to experience far more than what the average person likely has – and his affinity for sport is but a small part of that picture.

Source:

Sudbury Sports

https://www.sudburysports.com/article.php?articleId=11175#_pZwHbMK39



SWKKF/Shintani Wado Kai Karate Federation

@SWKKFShintaniwadokaikaratefederation-
Martial Arts School



Poem

By: Miguel Breau

Nordik Wado Kai

Alas, the sun set upon the Japanese archipelago.

During this crucial time, a child was born.

This one person shall revolutionize the world of martial arts.

He was born in Canada during the second world war,
back then, Native Japanese were commonly subjected to
discrimination.

Even in these circumstances,

With the help of karate and his teacher's teachings,
He managed to make the best of what he had back then,

He forged his three ideals,

Integrity

Humility

Honor

During his lifetime, he trained to surpass his own best

He sought how to improve his techniques

And most importantly, he inspired everyone around him to do
their best

He was a calm and patient man, always present for the people
around him

However, one day, the sun set, and he went away.

His legacy shall forever live behind his teachings, his students
and the S.W.K.K.F

His name was Hanshi Masaru Shintani.

悲しいかな、太陽は日本列島に沈みました。

そして、この重要な時期に、子供が生まれました。

この一人が武道の世界に革命を起こすでしょう。

彼は第二次世界大戦中にカナダで生まれました、
当時、ネイティブの日本人は一般的に差別を受けていまし
た。

このような状況でも、

空手と彼の先生の教えの助けを借りて、
彼は当時持っていたものを最大限に活用することができま
した、

彼は三つの理想を鍛え上げました、

整合性

謙遜

名誉

彼の生涯の間に、彼は彼自身の最高を超えるように訓練し
ました

彼は自分のテクニックを向上させる方法を模索しました

そして最も重要なことに、彼は彼の周りのすべての人に最
善を尽くすように促しました

彼は穏やかで忍耐強い人で、常に彼の周りの人々のために
存在していました

しかし、ある日、太陽が沈み、彼は去りました。

彼の遺産は彼の教え、彼の学生、そして組織の背後に永遠
に生きるでしょう

彼の名前はハンシ新谷勝でした。



**SWKKF/Shintani Wado Kai
Karate Federation**

@swkkf



A Northwestern Ontario Karate Adventure

By: Alison Fraser

Thunder Bay Wado Kai

A Northwestern Ontario Karate Adventure

It was an early start at 5:15 in the morning when we left on our 4-hour drive to Manitowadge. This would be my first Northwestern Ontario karate adventure. I had a Southern Ontario karate adventure this past October but that is another story for another time.

It was a great turn out for the karate clinic hosted by Jennifer Grey, the instructor at Manitowadge Wado Kai – Northwestern Ontario's newest karate club under the Shintani Wado Kai Karate Federation (SWKKF) umbrella. Karateka came from Hearst, Wawa and of course our group from Thunder Bay (Sensei Gary Nicholls, Sensei Erin Couture and I) made the trip to Manitowadge to attend. Sensei Michel Gosselin was the clinic instructor. He started the clinic with a reminder that we should all remember to train with kindness. For the next 3 hours we delved into our karate. The first hour we worked on basics with the white belts. The second hour we explored kumite drills with

the kyu belts (yellow and up). The last hour was dedicated to brown/black belts and some adult kyu belts like myself. Where we continued to explore Kumite techniques and then finished off with Kata. We worked out hard and left the floor sweaty, happy and a little bit more proficient with our karate. It was a great day!

The Northwestern Ontario communities can be pretty spread apart from each other in distance but it is nice to see how close the karateka are. Thanks to Covid many people have not seen or trained together in years so there was plenty of hugs all around, it is truly a family. It was wonderful to see so many come out to support the new club.

Now that Covid restrictions have lifted and more and more events are popping up I look forward to many more karate adventures here in the Northwestern Ontario. Who knows what other karate adventures I might have across the country in the future. Someday I hope to make it out West to meet in person and train with all the fantastic people I have trained with and gotten to know thanks to Zoom classes. All I know is that I am taking it all in and loving every moment of the journey. I am thoroughly enjoying the wonderful people I am meeting and get to train with and learn from along the way.



Miranda Teel's Karate Journey

By: **Miranda Teel**

Lindsay Wado Kai

In late 2022 I was able to present Wado-Kai karate to my Japanese class at my school. I was lucky to have my Sensei, Craig McCleary, accompany me in my lesson. It was a very exciting experience but I was also a bit nervous to present



karate to a room full of my peers. In the end, the presentation went very well and I had a blast being able to demonstrate something to my classmates that I'm very passionate about. I've been doing karate since I was about 5 years old, and have always



enjoyed it and considered it a passion of mine. To be able to take this and give this experience to others was the one of the most highlighting moments in my years of doing karate.

When I was selecting courses for grade 10, deciding to do Japanese was kind of an accident. I had chosen another course in its place, but the way my timetable worked out I couldn't take this class and my only other two choices were Japanese class or Construction. So, I thought to myself, "Why not take another language course that I could enjoy?". Then, later on I realized that Japanese could



actually benefit me in karate. I could understand words that I didn't before and take a whole new meaning to karate by learning the language of the country it originated in. It was very exciting to me that I could learn something that could help me in so many



areas of my life, including the sport I love the most.

Karate has always been important to me, and having two things I love collide in one lesson, Karate and Japanese, was the coolest thing I could

have asked for this school year. And to have my Sensei come along with me to help me was even more amazing. I always love teaching things I'm passionate about to other people, and this was one of the top times I was able to do that. I can't wait until I get a chance to do something like this again, and I'm even more excited to be able to become a



Sensei myself to be able to teach karate to a new generation of kids that could find enjoyment in it like I did 10 years ago when I started. I could even teach a little Japanese on the side to those kids! I love the art of karate very much, and cannot wait to continue learning more of it over the years.



Edson Wado Kai Regional Clinic

By: *Crystal Fossheim*

Edson Wado Kai

On January twenty first, the Edson Wado Kai Club was honored to host Sensei Ron Mattie for a regional clinic. It was a well attended clinic with twenty five students ranked green and up from various clubs participating.

We spent several hours working in pairs learning Shintani kihon techniques. The first half of the clinic we covered foot sweeping and kicking drills. In the second half we covered blocks, counters, grabs, and distancing. In all we covered defensive, offensive, stationary, linear and lateral sparring methods.

There was such a wide variety of techniques that everyone came away with something they can utilize in their karate.

It was a real privilege to have Sensei Mattie share his knowledge of these techniques with us. Learning the kihon techniques Sensei Shintani developed and taught is a way to continue his legacy.



**SWKKF/Shintani Wado Kai
Karate Federation**

@SWKKF



Mindset

By: Sensei James Freeman

Bushido Karate Association

Mindset is important to success in all aspects of life. In martial arts, the mindset you bring to training and to the various activities that challenge your comfort zone and skillset is equally important. There are a series of concepts used in martial arts that capture different aspects of mindset, and the following are four that are particularly useful.

1 Shoshin (“Beginner’s Mind”)

The first idea is of Shoshin, which is written with two characters (初心). The final character, “shin”, is mind, heart, or spirit. The first part, “Sho” can translate as “first”, and taken together, the pair is read as “first/beginner’s mind”, or “original intention”, the latter being an interesting take on how beginners will view an activity or task. Note that we see the idea of Sho in things like Shodan, which is the first level of the black belt rankings.

It refers to having an attitude of openness, eagerness, and lack of preconceptions when studying a subject, even when studying at an advanced level, just as a beginner would. Always be learning.

2 Mushin (“Empty Mind”)

A second idea is that of Mushin 無心. We discussed that the second character “shin” represents mind, heart, or spirit. The first character represents “not” or “without”, and so taken together, Mushin is “without mind” or “No mind”. This concept links to Buddhist ideas of being in a state of no-mindedness or having a mind without attachment.

There is a lot written about the relationship between Mushin and meditation, but my focus here will be on achieving Mushin in sport and more specifically, karate. In our journey to mastery, we move through various stages of discovery to an ultimate state of unconscious competence.

This Model emerged in the late 1960s and early 1970s and argues that learning a skill entails a progression through four stages.



We might associate the idea of Mushin most closely with the 4th stage of Unconscious Competence identified above.

It is important to note that martial arts is not one skill, but many, and it is possible to be at different points in the Learning Model above with different aspects of your training. In karate, Mushin is most often associated with kumite sparring (when highly skilled and paired against someone of equal skill) but also kata. However, if kumite shifts to tegumi or close-range fighting/ grappling, even the most highly trained karate-ka can struggle as the skills required at one range do not work at another range, and you can move back down the scale to unconscious or conscious competence.

With solo practice of kata, there is no need for tactical or situational assessment, as the movement and pattern is prescribed. Here, it is possible to attain Mushin. A good technique to challenge students who are good at kata is to temporarily challenge them and move them earlier in the learning pathway by making a small change to the situation (do the kata mirror-imaged, do the kata with one foot pinned), so they can explore mostly familiar terrain but in a conscious way.

3 Fudoshin (“immovable mind”)

A third idea is Fudoshin (不動心). We already know that the final character, “shin”, is mind, heart, or spirit. The second part is “do”, and while we encounter different kanji that also sounds like “do” a lot in martial arts (wado, bushido, kendo, karate-do, etc, meaning the “the way” or “the path”), this kanji is different, and means dynamic or movement, a related but different idea.

The first character negates what follows, so taken together, we have a “not moving” or “immovable” mind, and some translators interpret the three taken together as “imperturbability”.

Rather than be seen as rigid and unbending, this mindset should rather be seen as one that is composed under pressure, unperturbed by what is coming at it. This is easier to do in kumite than it would be in a combat situation.

4 Zanshin (“Remaining Mind”)

Our final idea is Zanshin 残心. The first or top character translates to “remaining” or “residual”. The second character translates as “heart” or “mind”. In this sense, it is the mental awareness you need to retain after



executing a technique. It is to stay mentally and physically prepared so you can adapt to counterattacks or changes in situation. More generally, in karate in particular, we refer to Zanshin as the state of alert mindfulness. You might equate this to being in code Orange discussed two weeks ago.

WHERE IS MY ANGER?

By: Sensei Gary LaPlante

"A monk decides to meditate alone. Away from his monastery, he takes a boat and goes to the middle of the lake, closes his eyes and begins to meditate.

After a few hours of unperturbed silence, he suddenly feels the blow of another boat hitting his.

With his eyes still closed, he feels his anger rising and, when he opens his eyes, he is ready to shout at the boatman who dared to disturb his meditation.

But when he opened his eyes, he saw that it was an empty boat, not tied up, floating in the middle of the lake...

At that moment, the monk achieves self-realization and understands that anger is within him; it simply needs to hit an external object to provoke it.

After that, whenever he meets someone who irritates or provokes his anger, he remembers: “The other person is just an empty boat. Anger is inside me. “



**SWKKF/Shintani Wado Kai
Karate Federation**

@shintani.ca





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."

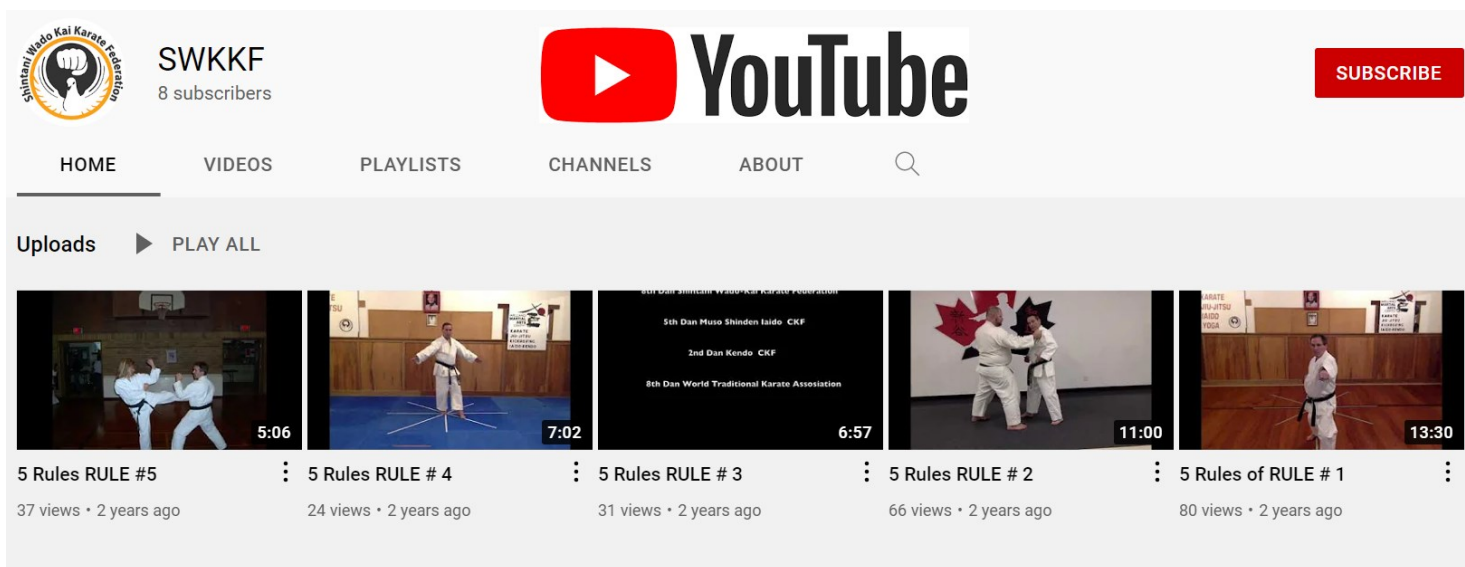




Breaking News: Members needed for SWKKF Fund Raising and Grants Committee.


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>









SWKKF
 8 subscribers


SUBSCRIBE

[HOME](#)
[VIDEOS](#)
[PLAYLISTS](#)
[CHANNELS](#)
[ABOUT](#)

Uploads ▶ [PLAY ALL](#)

 <p>5 Rules RULE #5 37 views • 2 years ago</p>	 <p>5 Rules RULE # 4 24 views • 2 years ago</p>	 <p>5 Rules RULE # 3 31 views • 2 years ago</p>	 <p>5 Rules RULE # 2 66 views • 2 years ago</p>	 <p>5 Rules of RULE # 1 80 views • 2 years ago</p>
--	--	--	---	---



SHINTANI NATIONAL MEMORIAL TOURNAMENT

**SATURDAY
MAY 27, 2023**





**IT IS TIME TO SUBMIT
YOUR NOMINATIONS**

SWKKE REACH AWARDS

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

**APR
21**

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.

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



THE HARMONIZER IS PUBLISHED UNDER THE MANDATE OF THE SENATE OF THE SHINTANI WADO -KAI KARATE FEDERATION (SWKKF). THE SWKKF DOES NOT ACCEPT RESPONSIBILITY FOR STATEMENTS OF FACT OR OPINION MADE BY ANY CONTRIBUTOR. STATEMENTS MADE BY INDIVIDUALS MAY NOT REFLECT THE OFFICIAL POSITION OF THE SWKKF. ACCEPTANCE AND PUBLICATION OF ARTICLES, ADVERTISEMENTS, PRODUCTS AND SERVICES DOES NOT INDICATE ENDORSEMENT OF THE SAME BY THE SWKKF AND THE SWKKF ASSUMES NO RESPONSIBILITY FOR THE ACCURACY.