

# The Harmonizer

The Official Newsletter of the Shintani Wado Kai Karate Federation



Volume 32, Issue 2

新谷和道会空手道



## The Harmonizer

### Current Issue:

Message from the President	3
Capital Conquest	4
Canada Winter Games 2023 PEI	8
24th Peter Ciolfi Memorial Tournament—Para Karate	10
25th Annual Spring Tournament & Workshop, Calgary, AB	11
4th Annual Shintani Symposium 2023	14
12th Annual Nordik Wado Kai Clinic and Tournament	15
Summer Challenge Edition IV	19
SWKKF - 2023 National Tournament	20
After 4 years of Pause ..... the Start button was pressed!	
My Week Long Experience	23
REACH Awards	24
Local man earns national recognition posthumously	28
Global Games 2023 Vichy, France	30
From Your Harmonizer Committee	33

### On the Cover

Sensei Bruce Perkins  
gifted his signed Shindo  
from Hanshi Shintani to  
Sensei Darwin Sherman  
after the Shindo  
Grading in May

Visit

our website

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

### SWKKF VALUES

• Honour • Excellence • Kindness •  
Humility

“Karate is not about winning over others. It is about winning over one’s self. Ultimately, the most challenging opponents we face reside from within – our hang-ups, our insecurities, our prejudices. Overcome these and you will have truly won.” ~ David Walker

## 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,

Thank you to the members of the Harmonizer for another great edition. And thank you for everyone who submitted articles. Just a reminder that anyone in the SWKKF can submit articles if they wish – this is not limited to only black belts, instructors, etc... Anyone and everyone is welcome.

The National Tournament & Symposium this year in Simcoe, ON was a great success with a terrific social afterward in which we recognized some individuals with our REACH Award Program. I would like to personally thank everyone who was able to come out and back this event. Hanshi Shintani would have been very proud of the community, respect, competition, and support from all.

This month we will be holding a Senate meeting. At the end of the meeting our main goal is to ensure that we follow in the footsteps of Hanshi Shintani. He gave us a wonderful organization and it is our commitment to keep it strong. For these meetings we require the support of our Club, Regional and Provincial Representatives and most importantly, the students of the SWKKF.

The 2022-2023 seasons is almost at a close. It has been an incredible season and I look forward to the 2023-2024 seasons.

Event organizers (club host) – keep in mind to get your events into me as soon as possible. That way they can be added to the calendar of events, onto the [www.shintani.ca](http://www.shintani.ca) website and I can plan my travels for the year.

Until then,

Enjoy your summer, be safe and I look forward to seeing you.

In Harmony,

Sensei Denis



**Shintani Wado Kai Karate Federation**

# Capital Conquest

**By: Sensei Neil Prime**

## **St. Catharines Wado Kai**

There's something inspiring about doing what you love to do with large groups of people that share a common interest. Attending martial arts seminars is one of those things for me. It provides insight from many different perspectives.



Sensei Shintani preached about keeping an open mind. He also practised what he preached. Sensei Shintani was a master in both Kitagawa Shorin Ryu and Wado Ryu. In addition, he held black belt ranks in Judo, Kendo & Aikido. Sensei Shintani was also a key component to promoting sport karate during its developmental years in the 1960s and 70s. You don't attain these accomplishments without devoting a lot of time and having an open mind.

Initially, all of my training was under the direction of Sensei Shintani and that was important to build a foundation and certain level of expertise. But I couldn't stop there. As the years went by, my foundation grew, so did the desire to learn, expand, and adapt.

Having the opportunity to teach at an event that welcomes all styles of martial arts with no prejudice is absolutely amazing. It allows me to share what I have learned over the years and show how I have combined my traditional martial arts training with sport (both point and contact) and self defence.

The SWKKF provides opportunities by supporting a National Team that competes in events hosted by The World Karate Federation, Karate Canada, and the various provincial subsidiaries. The SWKKF provides the opportunity to practise and be graded in Shindo, which on its own is an art that can take a lifetime to master. There are clubs and opportunities that allow you to participate in organizations like the Superfoot System that has 12 recognized black belts from within the

SWKKF. If you are looking for international recognition you can become involved in the World Traditional Karate Association and the World Kobudo Federation.

As a direct student of Sensei Shintani and member of the SWKKF Senate, I feel I have a responsibility to show the world what a great organization we have and how we continue his great legacy. From a personal perspective, I love to teach and share my journey.

This past November, we had 30 members of the SWKKF attend one of the best organized events that I have experienced. It is called Capital Conquest and it is hosted annually by the World Kobudo Federation.

Hanshi John Therien (President WKF) invited Sensei Ron Mattie, Sensei Jim Atkinson and myself to teach at this event. He also involved Sensei Michel Gosselin and Sensei Colin by having us organize an introductory black belt tournament to the event using Shintani rules as the foundation.

As things go, there were some holes to fill in the teaching line up and I ended up teaching 4 sessions which to me, was absolutely fine. Two of my sessions focused on kicking techniques based on what I have learned directly from Bill Superfoot Wallace and two of my sessions focussed on Shintani Karate techniques.

To me, the Shintani Wado Kai Karate Federation and the World Kobudo Federation are a great match. They both provide opportunities for people to learn in a positive environment and are open and keenly interested in promoting the values of martial arts. There are a couple submissions following this introduction about Capital Conquest, so I will not expand further on that event, but don't miss those articles.

I do want club heads to know that if they are learning more about how to get involved in our affiliation with the World Kobudo Federation, that you can reach out directly to me.

Current SWKKF clubs that are members of the WKF are: The Delhi Karate Club (Ont.), Dynamic Karate (Alta), Moose Mountain Wado Kai (Sask), Nordik Wado Kai (Hearst Ont.), Regina Shintani Wado Kai (Sask.), Simcoe South Wado Kai (Ont.), St. Catharines Wado Kai (Ont.), Wainfleet Wado Kai (Ont.), Welland Wado Kai (Ont.), and Whitecourt Wado Kai (Alta)

Sensei Neil Prime

Hachidan SWKKF / Hanshi WKF / Shichidan WTKA / Rokudan Superfoot System

[getyourkicks@wadokaikarate.com](mailto:getyourkicks@wadokaikarate.com)

# Capital Conquest

**By: Sensei Jim Atkinson**

## **Delhi Wado Kai**

Capital Conquest has to be one of the greatest premiere martial arts events I have attended in a very, very long time, possibly the greatest ever.

The atmosphere was full of excitement and energy. I can't remember being among so many people with the same common interest. Everyone was so nice, with a smile from everyone you walked by. Many hellos, bows, handshakes and conversations. Many new friends.

I was amazed at how organized the event was with so many areas being taught. 26 classes at one time 4 times a day for two days is mind blowing.

So many talented instructors, all sharing their knowledge. Once finished instructing, running for a drink and then finding another class to now become the student. I loved it!!!!

I thank Hanshi Therien, who calls me "his Shindo guy" for this opportunity.

I met so many legends, each and every one was so friendly and humble.

I was fortunate enough to meet:

- Wally Slocki ( So much knowledge , whose class I attended)
- Billy Blanks ( super nice guy)
- Darrell Henegen ( true gentleman & champion)
- Alain Saily ( True gentleman and a pleasure to be around)
- Jean Yves Theriault ( My ideal , greatest Canadian kickboxing Champion)
- Victor Theriault ( Hall of Fame inductee)
- John Therien (A true gentleman, our host. I am so honored to have met him)

And the list goes on.



I was honored with the opportunity to instruct 3 different classes with the Shindo. I was very excited to see the overwhelming interest and the many who attended my sessions. A great presentation for our Shindo program.

It was a great honor to have been presented with a title along with my other SWKKF family members from Hanshi Therien & Hanshi Saily. The biggest honor was when Jean Yves Theriault came up beside me and asked to join the picture with his hand on my shoulder. I was in the company of a great Canadian Champion..

I cannot thank Hanshi Therien enough for hosting this event and making me feel so welcome. As well, Sensei Neil Prime for getting me involved with the World Kobudo Federation and suggesting I attend Capital Conquest.

I can't wait until next year, It will be great!!!!

In Harmony

## Capital Conquest

**By: Sensei Michel Gosselin**

### ***Nordik Wado Kai***

This event was so much fun for me. I got to spend some quality time with members of our organization (SWKKF). This includes working out with them, learning new things with them, and meeting new people. We had so many opportunities to explore new things!!! I have heard it described as a “kid in a candy store” type of feeling. It certainly was like that for me. The most difficult thing, at the beginning, was choosing where to go. We had so many choices!!! Every choice I made seemed to be the right one, but I have a feeling that I could have made other equally great choices. All the instructors and people working out were all very kind and respectful.

Thank you Sensei Prime for making it easy for our group to attend. I know that you put countless hours into this project!!! Please thank the organizers on our behalf for the huge

efforts needed to organize an event like this and for the kindness and respect they have shown our organization.



# Capital Conquest

**By: Sensei Colin Frans**

## **Millwoods Karate Club**

This was the first event of this type for me. It was truly a grand experience. The sheer number of people gathering to share their martial arts knowledge blew me away.

The training day started on Saturday with a team competition. The SWKKF was asked to host this event and the competition was under Shintani Rules. As the manager of the Shintani Team I was asked to field two teams for a field of eight teams in total. We did not have enough team members to field two teams of five and turned to regional SWKKF members to fill the remaining spots. I also stepped up to participate. After a hiccup related to kumite (out of any of the organizers control) many teams removed themselves from the team competition. We were left with three teams in total – two Shintani Teams and one team from New York State. The competition was great, very controlled and was great to see the skills of all of the competitors.

Then we got into training seminars. In a very large room there are 20 – 25 mats with instructors from various disciplines all running at the same time in one hour time slots. 4 sessions each day (Sat and Sun). The part I enjoyed about this is you control your learning. Do something that interests you. You want a session about kicking you might visit Sensei Neil, want to learn a little about JuJitSu go there, want to learn about kick boxing then go over there. Long bow training – you bet it's there. Nunchaku – absolutely! It is all about what you want to learn. Sometimes it is even about just getting out of your comfort zone.



The questions I will inevitably be asked I will answer below:

Q: Did you enjoy Capital Conquest (CC)?

A: Absolutely! For my first experience at this type of an event it just blew me away.

Q: Would you go to CC again?

A: Absolutely! The people I met were fantastic. The sessions I attended were very well organized with high caliber instructors and instruction.

Q: Would I recommend you go?

A: Absolutely! This was a great training opportunity second to none. Make it yours!



On a personal note – I would like to take a moment to thank Sensei Neil Prime for all of the work he did in his support of this event, encouraging everyone and generally just getting all attendees pumped about being there. He did such a good job at this I was chomping at the bit weeks before the event. I just wanted to get on the plane to get down there. It was very clear from when I first spoke to Sensei Neil about CC that he is very passionate about this and sharing the legacy of Hanshi Shintani with others. I never had the opportunity to meet Hanshi Shintani personally but every time I speak to one of our SWKKF senate members, and others who knew and trained with him, I feel like I knew him very well.

I also understand that this letter will be shared with Hanshi Therien and his wife Terrilynne – Thank you both for all of the work you have put in to host such a great event. I know there is a team behind you that also helps and everyone should be commended for a job well done. For my first experience at this type of event I was truly blown away!

Shintani Team Manage.

# Canada Winter Games 2023 PEI

**By: Sensei Heather Fidyk**

## South Calgary Karate

This year marked the inclusion of Karate as a sport at the Canada Winter Games. Over 3600 athletes from across the country competed for their province or territory across 20 different sports from February 18 to March 5, 2023. Alongside them were coaches, officials, sponsors and volunteers.

Members of the SWKKF were there representing as coaches, organizers, athletes and spectators, Heather & Darren MacDonald of Nova Scotia.



Saskatchewan was represented by:

- Taylor Downey, Melfort Karate Club, competed in womens -59kg kumite finishing in 9th place
- Axcel Lorezca, Living Skies, Saskatoon, competing in mens -68kg kumite finishing in 7th place after winning his second match
- Laszlo Veszi was on the organizing and team training end preparing athletes in SK

Alberta was represented by:

- Maisie Rathwell, South Calgary Karate, competed in womens kata losing the bronze medal match to place 5th and in the womens +59kg kumite losing the semi final to claim Bronze



Northwest Territories

- Heather Fidyk, South Calgary Karate, coached the two members of Karate Team NT
  - \* Vincent Lumacad – Yellowknife Karate club, member of the Shintani CASK organization in both Kata and Kumite
  - \* Matthew Bui – Yellowknife Karate club, member of the Shintani CASK organization in both Kata and Kumite
- Calvin Pittet was on the organizing and team training end preparing athletes in NT

“I was very proud to represent a sport I have been a part of for over 35 years”, Heather Fidyk





# 24th Peter Ciolfi Memorial Tournament—Para Karate



# 25th Annual Spring Tournament & Workshop, Calgary, AB

By: *Sensei Heather Fidyk*

## South Calgary Karate

South Calgary hosted their 25th Annual Spring Tournament & Workshop March 10-12, 2023.



Huge shout out to the Government of Alberta for a grant which supported women in karate.

The grant enabled female members in karate to be in positions of leadership at the organizational level, as workshop



conductors, as coaches and officials. South Calgary would like to recognize the following women who contributed to the event: Heather Fidyk, Geraldine Young, Beverly Beuermann-King, Mandi Rabeau, Robin Fidyk, Patricia Karl, Leila Lawrence, Lily MacDonald and Heather MacDonald. The Friday workshop also welcomed, new to Canada from Ukraine, Yevhen Motovlyin as a clinician.



The big thank you goes to Doug Taylor of Dynamic karate and Bill & Cherie Rathwell for all their support in executing a well run event, and to Garrett Hykawy for the signing of our National anthem.

Thank you to Sensei Denis Labbé, president of the



SWKKF, and the Shintani Team for their attendance at the event.

Congratulations to Brodie Hicks who was awarded the Sensei Lyle Muenchrath memorial trophy for over highest performance at the tournament.

The three day event featured the Friday clinics for youth to adults, beginner to black belts, a SWKKF & WKF official's clinic and set up of the tournament. Followed by a SWKKF rules tournament which included Shindo and para divisions. Sunday's tournament ran with the WKF rules. In total there were 80 divisions with over 200 medals awarded!

Book your ticket for next year – March 8-10, 2024!

**Results**

[Publish Results 20230312.xlsx \(wsimg.com\)](#)

[PublishResults.xlsx \(wsimg.com\)](#)





## **SWKKF/Shintani Wado Kai Karate Federation**

@SWKKFShintaniwadokaikaratefederation-  
Martial Arts School



# 4th Annual SHINTANI SYMPOSIUM 2023



FRI JUL 14 - SUN JUL 16, 2023

@ Island Spirits, Grasshopper Island, Rice Lake ON

## A BUSHIDO ISLAND EXPERIENCE

We have found a new home for our annual Shintani Symposium... a 25-acre solar-powered island! Along with a weekend 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!

### INSTRUCTORS:

Senseis Brad Cosby, Brian Chmay, Peter Avino, Neil Prime, Sanford de Witt, Darren Marshall, Mike Rust & Brodie Hicks

### WORKSHOPS:

Pinan Clinic, Shindo Basics & Advanced, Shintani Techniques, Self-Defense (open to non-karateka), Sparring Techniques, Optional Kata, Bunkai Basics & Advanced... and more!

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



**LODGING (full weekend rate):**  
\$175/person cabin bunk (not private)  
\$150/adult tent camping  
\$95/child tent camping

### KARATE FEES:

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

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

For more information and to register, visit  
<https://www.facebook.com/MillbrookWadoKai>  
or email [sensei\\_sanford@hotmail.com](mailto:sensei_sanford@hotmail.com)

# 12th Annual Nordik Wado Kai Clinic and Tournament

By: *Sensei Alice Pinto*

## **Nordik Wado Kai**

Nordik Wado Kai hosted our 12th Annual Clinic and Tournament March 31 to April 1st.

The Nordik Club had so much support from not only SWKKF clubs but also our neighbouring Wado Kai and Shotokan clubs.

Not only did we have the honour of so many high ranking Instructors, we also had six of the nine Senate members present.

On Sunday April 2nd, Nordik also hosted a black belt grading.

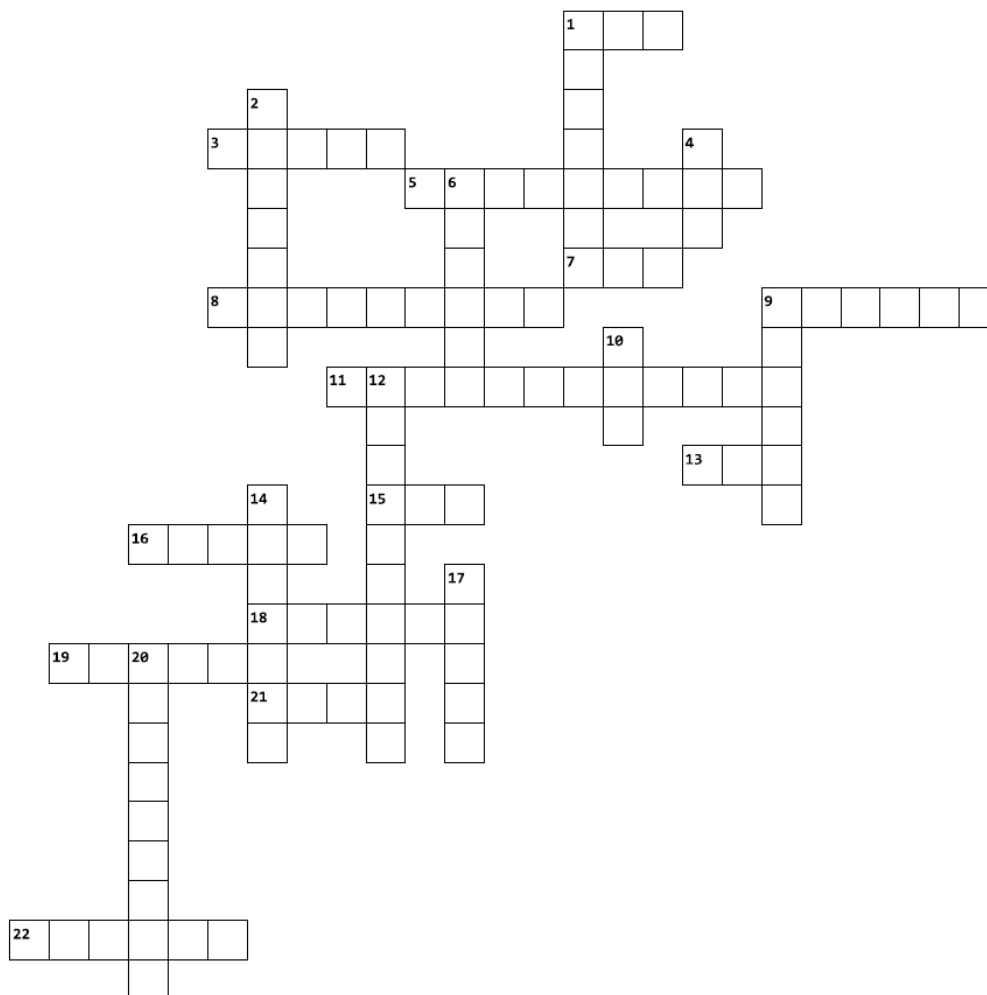
Congratulations again to all that graded.

What an amazing weekend!

Thank you to all for attending and hope to see you next year.



## NORDIK WADO KAI TRIVIA



### Across

- 1.** How many SWKKF senate members are here with us?
- 3.** What is the last name of the president of the SWKKF?
- 5.** Where did Sensei Michel start karate?
- 7.** Who is going to submit an article for the Harmonizer?
- 8.** Where was Hanshi Masaru Shintani born?
- 9.** What was Sensei Shintani referring to when he said "This is my life"?
- 11.** What is Sensei Michel head coach and kumite coach of?
- 13.** In what year did the Nordik club start? 200\_
- 15.** When is the Shintani National Tournament?
- 16.** How many black belts in the Gosselin family?
- 18.** What is another word for sparring?
- 19.** What is the name of the board that oversees a grading
- 21.** How many senate members are with the SWKKF?
- 22.** What is your favorite sport?

### Down

- 1.** Who is the latest member to join the SWKKF senate?
- 2.** What type of clan was Hanshi Masaru Shintani's mother part of?
- 4.** What is the first name of the chief instructor with the SWKKF?
- 6.** How many tournaments has Nordik hosted?
- 9.** Where is Sensei Tom's dojo location?
- 10.** Who is the Vice-president & Secretary of the SWKKF?
- 12.** What is the name of the SWKKF newsletter?
- 14.** What is Sensei Bruce's last name?
- 17.** What is the name of the SWKKF program that recognizes leaders, contributors, ambassadors, scholars and karate-ka for their contributions and achievements.
- 20.** What rank is Sensei Michel?







# BUSHIDO

## KARATE ASSOCIATION

FITNESS WITH A PURPOSE  
SINCE 1993



# SUMMER OF KARATE IV

Wish that you could keep doing karate all summer long? Us too!  
Join the BKA team for a series of fun online karate challenges this summer!

**What:** A series of online martial arts themed challenges, appropriate and accessible to ALL RANKS. Join us virtually from your own home — or wherever in the world you're spending your summer!

Over the course of the summer 6 different challenges will be posted. Each time you'll have 2 weeks to complete the challenge, and submit your photo response on our website.

If you miss some of the challenges, no problem! Each one will be a stand-alone challenge, and you're welcome to join for as many as you like — there are prizes for every level of participation!

**Who:** Any BKA Program members! All ages and ranks are welcome.

**When:** Every 2 weeks from May 28 - Aug 20. New challenges will go live every second Sunday and close for submissions at midnight on Saturdays.

- Challenge 1: Opens May 28, closes June 10
- Challenge 2: Opens June 11, closes June 24
- Challenge 3: Opens June 25, closes July 8
- Challenge 4: Opens July 9, closes July 22
- Challenge 5: Opens July 23, closes Aug 5
- Challenge 6: Opens Aug 6, closes Aug 20

**How to Participate:**

- Go to [www.edmonton-karate.com/summerofkarate/](http://www.edmonton-karate.com/summerofkarate/) for a video explaining the current active challenge
- Submit your challenge response via the Dropbox Link by Saturday at midnight
- Check back every two weeks for the next challenge!

**Prizes:**

BRONZE tier: complete 1-3 challenges  
SILVER tier: complete 4-5 challenges  
GOLD tier: complete all 6 challenges

Note: We may post some clips of your submissions (without names or identifying information) on the BKA's social media platforms, which consist of our closed Facebook and Instagram accounts. If you would like to participate in the challenges but would NOT like your video/photos posted, or if you have any other questions about the event, please let Sensei Bernadine know at [bernadine@edmonton-karate.com](mailto:bernadine@edmonton-karate.com).



EDMONTON-KARATE.COM

# SWKKF - 2023 National Tournament

After 4 years of Pause ..... the Start button was pressed!

By: **Mark Ghesquier**

## North Simcoe Karate Club

This year's National Tournament will be remembered.

The last annual live tournament was 4 years ago - 2019.

COVID. That is the elephant in the room. It was a tough time for so many people and organizations. Activities were regulated or prohibited. Events were essentially mothballed for 3 years. That could have a devastating effect for any organization.



Welland NT Workout – May 23, 2023

But not for SWKKF.

During that period, I was able to see first-hand the dedication of our sensei as they did everything they could to keep us all safe and yet continue teaching Karate. Their care and perseverance has paid off. The National Tournament was a testament to the vitality of SWKKF and its leadership.

The National Tournament is so much more than a one-day event. Black belt workouts were held daily leading up to the tournament. I was able to attend a few of these here in Norfolk County and would highly encourage others to join in. The teaching is of course top notch, led by some of our highest ranked sensei from multiple different clubs. Each of them brings a fresh new perspective and skill set in karate. These clinics are a unique opportunity to build your karate skills. Do not let the high rank of the instructors intimidate you. They may be masters at what they do but they epitomize the humility that is such a part



Delhi NT Junior Workout – May 24, 2023

of SWKKF. Not only are these workouts great teaching but they are just downright fun. And if you wanted to step it up a notch further you could always work out with the National Team on the Sunday after the tournament.

On Thursday I went to the Port Dover workout and I was struck by the number of young karateka coming out of class. I wondered how they fit all of them in the dojo. Seeing so many young people involved gave me confidence that SWKKF is thriving and growing.



Delhi NT Senior Workout – May 24, 2023

The National tournament itself is the highlight of the week. This year there were over 150 participants and over 50 black belts. It was a busy but well run event. The karateka showed impressive skills at all levels and were a credit to SWKKF.



**Pt Dover NT Senior Workout – May 25, 2023**

I asked my son what were the standout memories of the event and he immediately spoke of the friendships he made with other brown belts from various clubs. I saw families competing together. I saw old friends meeting. I saw sensei taking time to be present with their younger karateka. Therein lies one of the greatest strengths of SWKKF. It is a club that cares for all its' members regardless of rank, age, or abilities. I was struck by a comment made by one of the leading sensei at the Nationals. He told the group that each of us is responsible for the well-being of those we compete with. Our purpose in SWKKF is to build each other up not tear down. Humility, friendships, caring and pursuit of excellence are core elements of SWKKF and they were on display at the National Tournament.



**National Tournament Bow-in – May 27, 2023**



**National Tournament Competition – May 27, 2023**



**National Tournament Workout – May 26, 2023**

For me personally, the 2023 National Tournament will stand out. I was able to compete with my son at a brown belt level. In two weeks, he and I and many of the 20 or so brown belts at the clinic will be going for our grading. When I looked at this group of young people I saw good character and friendships. I saw future leadership. I saw the future of SWKKF and the future is bright.



**National Tournament Competition – May 27, 2023**



National Tournament Competition – May 27, 2023



National Team Workout – May 28, 2023



Shindo Grading – May 28, 2023



Simcoe South Wado Kai

## My Week Long Experience

**By: Sensei Emily Muddle**

### ***Derrick Wado Kai Karate***

My week long experience

The Shintani memorial national tournament of 2023 was an amazing experience. Last time I had gone was in 2019 when I was 15 and a blue belt and it was such a fun experience that I was determined to go again. Unfortunately my plans were derailed due to covid so it was only this past year that I made it back, as a 19 year old shodan. Between the two competitions I not only jumped from a kyu belt to a black belt but I also jumped in age quite a bit. This made me a little bit nervous coming into this competition, but my nerves slowly dissipated throughout the week leading up to the tournament. I flew in the Monday before the tournament and was able to attend Sensei Ron's clinic on Tuesday and Sensei Steffanie class on Wednesday as well as the Shintani team training Friday and the Friday night clinic. I have also had the honour to be on the Shintani team this past year and have learnt a lot and grown a lot due to that experience. My nerves also disappeared due to the welcoming community that we have. Every person and Sensei I met made me feel like I belonged and like I was ready for the weekend. I got a very cool opportunity to go for a little hike with Sensei Ron Mattie on the Thursday before the tournament and was able to have a fun walk with him and learn a lot more about our association and him as a person. All of these experiences made me feel not only comfortable but also excited and more than ready to compete on Saturday.

Saturday came and I got the opportunity to judge at the

tournament. I got to judge para as well as an orange belt ring and a brown belt ring which helped me gain more knowledge on both judging itself and on what judges look for. After I was finished with judging it was my turn to compete. I got to compete in 3 kata rings, open, mandatory and Shintani kata. For open I competed seitan, for mandatory it was Kushanku and for Shintani kata I did Taisei. I was very proud of my performance and my practice and silliness to always want to learn more paid off. I ended up getting first for all my katas.

Later in the day we headed to the banquet for dinner and the reach awards. I couldn't wait to cheer everyone on and get to know more about the people in attendance. The R.E.A.C.H. awards began and it's something I love to see because it allows people in our organization to get the thanks they deserve. That's when female athlete came up and they announced me as the recipient. I was shocked! There are so many females in the association that I look up too and strive to be like so when they said my name I was so honoured and shocked.

I would also like to mention how thankful I am to have a team of Sensei who have helped me and guided me to get to this spot. My Sensei from home has helped me become the athlete and person I am so I am forever grateful to Sensei Kelsey. Of course my national team coaches have also helped me branch off and expand my karate a ton so thank you Sensei Michel, Sensei Brodie and Sensei Colin for that.

All in all my week in Ontario that I spent for the tournament was one of my favourite experiences in karate and will forever be ingrained in my memory.



**SWKKF/Shintani Wado Kai  
Karate Federation**

@swkkf





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

Recognizing Extraordinary Achievement, Contribution and Hard-Work Program

### Leadership Award

The Leadership Award recognizes an individual who demonstrates outstanding leadership and effective mentorship within the SWKKF.

This year’s recipient was described as quiet, resilient, and with a ‘never-quit’ perseverant ‘do-or-do-not attitude.

These characteristics have pushed those around them to achieve more. He sets the bar at reachable levels for those whom he works with. He earns respect, not demands it.

As one karateka wrote: “Everyone who ever meets this Sensei respects this man and looks up to him...and that was before his accident.”



As soon as he was released from the hospital after losing part of his left leg after being struck on his motorcycle, he was back in the dojo in a wheelchair, then on crutches, and later with a prosthetic leg.

And he has kept on doing it, traveling around Alberta to events. His commitment to Karate, Shindo and WKF officiating is appreciated.

Please join us in congratulating **Sensei Dan Hill** as this year’s Leadership Award recipient.



The SWKKF Reach Program



The REACH Award Presentation Video



### Contributor Award

The Contributor Award recognizes an individual who has truly made a difference to the SWKKF through their contribution to committees, governance, policy development, or financial sustainability within the SWKKF.

This year's recipient contributions have had an impact at the local and national levels. Their technical wizardry sees the creation of

online registrations, big-screen promotion of tournament results, and many hours spent assembling our SWKKF family tree on-line.

As one nominator wrote, he "spends many weekends putting everything together to provide readers with a very impressive Harmonizer. Often when things are almost done, another article comes in and things need to be rearranged. He just does it!!!"

Please join us in congratulating **Sensei Yvon Lebel** as this year's Contributor Award recipient.



### Ambassador Award

The Ambassador Award recognizes an individual with a strong, positive voice, who advocates, raises awareness, or enhances the image of the SWKKF in the greater community.

This year's recipient worked hard to build community with the local Legion which enabled them to continue classes during COVID. She has built a positive reputation for karate in the community and is instrumental in her club and in her Region. She organizes the tournament, teaches classes, travels across the province to attend clinics and tournaments, and is part of the amazing duo who ensures that we have a Harmonizer to keep us all informed.

As quoted in her nomination, "She manages to give so much of her time to this organization. I don't think a day goes by without her doing something for our club, our region, or the SWKKF. We have many great people working to make this organization better and she is one of them. Her efforts go beyond expectations and impact everyone in our organization."

Please join us in congratulating **Sensei Alice Pinto-Lebel** as this year's Ambassador Award recipient.



### Male and Female Athlete Award

The Male and Female Athlete Award recognizes an individual who excels as a karateka through their dedication to training, attending tournament and clinic opportunities, and achieving excellence as a result of this dedication.

This year's **Female Athlete** has passion and dedication. She embodies the values of karate, hard work, compassion, and lifelong



**EMILY MUDDLE**  
FEMALE ATHLETE OF THE YEAR

**SWKKF**  
**REACH**  
**AWARDS**

SHINTANI WADO-KAI  
KARATE FEDERATION **2023**

learning. She is a leader to the karateka and to other Shodans in her club. She trains, participates in clinics and tournaments, and coaches, even providing extra instruction outside of class to those who may be grading or competing.

This female athlete is an accomplished competitor and is a member of the Shintani Team.

Please join us in congratulating **Sensei Emily Muddle** as this year's Female Athlete Award recipient.

This year's **Male Athlete** is dedicated, passionate, and approachable, and many youth members are keen to learn from him.

He has demonstrated exceptional dedication to his training and has taken his karate a step further through his success on the tournament circuit, and involvement in the Shintani team. He is a positive role model for those training alongside him and encourages other karate-ka to improve their karate abilities and patiently guides junior karate-ka, taking the time to understand each student's unique abilities and tailoring his instruction to ensure learning proceeds in the best way possible.

His dedication to both his own training and teaching others demonstrates his exceptional work ethic and leadership skills.

Please join us in congratulating **Sensei Stefan Iordache** as this year's Male Athlete Award recipient.



**STEFAN IORDACHE**  
MALE ATHLETE OF THE YEAR

**SWKKF**  
**REACH**  
**AWARDS**

SHINTANI WADO-KAI  
KARATE FEDERATION **2023**



2023 REACH Award presentation on  
YouTube

[https://www.youtube.com/watch?v=-6\\_36hjpReE](https://www.youtube.com/watch?v=-6_36hjpReE)



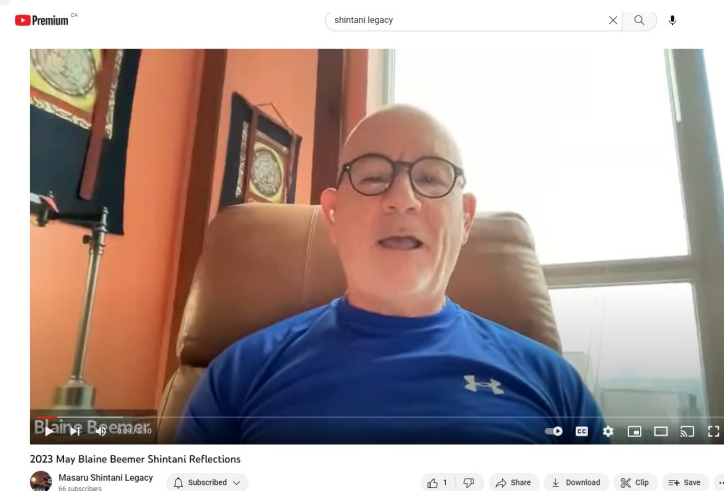
Sensei Heather Fidyk's Reflection

[https://www.youtube.com/watch?v=KxjNziviF\\_0](https://www.youtube.com/watch?v=KxjNziviF_0)



Sensei Brad Cosby's Reflection

<https://www.youtube.com/watch?v=CPPOx5Y-XGg>



Sensei Blaine Beemer's Reflection

<https://www.youtube.com/watch?v=8f-vrOrMnnA>

# Local man earns national recognition posthumously

**By: Sensei Morgan Duchesney**

## **Okuden Karate Jutsu**

COCHRANE TIMES POST-TIMMINS DAILY PRESS-SUDBURY STAR  
NORTH BAY NUGGET

June 6, 2023

Sensei Paul Leonard was a Black Belt, 9th Dan of Shintani World Congress Wado Kai Karate and Shintani Shindo and was inducted posthumously into the prestigious Hall of Fame in a ceremony in Ottawa on May 27.

Unless you are really into Karate, you basically know it from movies or television. But, it is a disciplined art that takes years to master. With that dedication, participants could raise in the ranks of this centuries' old sport and can become a renowned member of the ancient order. Recently, Paul Leonard earned his place in the Canadian Karate Association Hall of Fame for that dedication. Unfortunately, he passed away July 29, 2021 at the age of 74. Sensei Leonard was a Black Belt, 9th Dan of Shintani World Congress Wado Kai Karate and Shintani Shindo and was inducted into the prestigious Hall of Fame in a ceremony in Ottawa on May 27.

Born in Rouyn-Noranda he moved to Kapuskasing then to Driftwood and members of his family still remain in the area.

According to Morgan Duchesney, one of Sensei Leonard's students "As a young man, Sensei Leonard was a noted strength athlete who embraced Karate in 1971 after witnessing a demonstration by senior students of Hanshi Masuru Shintani. Hanshi Leonard's strength was balanced by lightning speed and technical precision, especially when executing Shintani's trademark tai sabaki techniques. Hanshi's double block and leg sweep combination spun his opponent off balance while he slipped behind the stunned attacker.

"Hanshi Leonard was also the highest ranking Shindo instructor in Canada. He taught Wado Ryu Karate and Shindo to thousands of Canadians and guided lifelong students to success in provincial and national competition. Leonard's many students in Ontario, Quebec and Alberta continue this sporting tradition."

He continued "Sensei Paul has played a positive role in the lives of his family, friends, colleagues and countless students. On a lighter note, he was a gifted storyteller with a playful sense of humour. Sensei Paul's noble philosophy of martial arts will continue to guide me on the karate path."

Another of his student's Sensei Gilles Michaud accepted the award during the ceremony in Ottawa. "Sensei Leonard was



a great man, he was humble, respectful and a good human being. I was Sensei Leonard's student in karate for 35 years. He gave directions and guidance in all aspects of life. He shown me the path to become like him – being humble and loyal. He was a great man loved by so many people. He was kind and generous and he loved everyone that he met. He left his path to all of his students. He was a man of honour and integrity and we will miss him for ever."

Sensei André Bernier, who also accepted the award for the Leonard family, noted "Sensei! That's how the people from my community knew him by. A big and tall and very strong man with a big big heart and always talking with people no matter who you were or how you dressed or what you did for a living. Sensei Paul was a humble man that respected everyone. I spent 38 years by his side and saw him teach karate to thousands of people. If your parents had a hard time to make ends meet he would discreetly tell you to join karate this year for free. His teaching, talks about karate, life experience and the values he gave us through the years to be a better human beings, to never give up and to have a heart was more important than anything. In my 38 years beside him, I saw him save lives and change lives. He was what karate is all about and he is greatly missed by everyone who knew him. His love and passion for karate and loyalty to his teacher Hanshi Masaru Shintani will stay alive by our continuing his legacy. Rest in peace Sensei and I know you are watching over us all."

Daughter Cassandra Leonard said that the induction was "a beautiful event. After hearing all these amazing stories it makes me beyond proud to have such an incredible father. They all said that my father was a well-respected and honourable man. One of his black belts Richard Ouellette once told me – If I

would look up the definition of honour, I would see a photo of my father underneath it.”

She added “We were six siblings raised in Driftwood. My father taught karate for over 50 years in Canada. We started karate by the time we started school. He would sometimes bring one or two of us along with him when he would teach in clinics across Canada. I noticed he was very well respected and loved by his students. They all had amazing stories to share with me of my father. Many had been practicing the art over 40 years with him.”

“Growing up, I noticed he helped countless people in his life and often put the needs of others before his own. He was a hard worker and loved his family more than anything. My father had a strong presence and often seemed intimidating to many. But he had a heart of gold. He didn’t have much growing up and he always worked hard and remained honest and humble. He was truly an amazing person and I’m glad his legacy will go on,” concluded Leonard.



## SWKKF/Shintani Wado Kai Karate Federation

@SWKKF



What’s in your cup?

You are holding a cup of coffee when someone comes along and bumps into you or shakes your arm, making you spill your coffee everywhere.

Why did you spill the coffee?

"Because someone bumped into me!!!"

Wrong answer.

You spilled the coffee because there was coffee in your cup.

Had there been tea in the cup, you would have spilled tea.

\*Whatever is inside the cup is what will spill out.\*

Therefore, when life comes along and shakes you

(which WILL happen), whatever is inside you will come out. It's easy to fake it, until you get rattled.

\*So we have to ask ourselves... “what's in my cup?”\*

When life gets tough, what spills over?

Joy, gratefulness, peace and humility?

Anger, bitterness, harsh words and reactions?

Life provides the cup, YOU choose how to fill it.

Today let's work towards filling our cups with gratitude, forgiveness, joy, words of affirmation; and kindness, gentleness and love for others.

Submitted by: Sensei Gary LaPlante

# Global Games 2023

## Vichy, France

**By: Sensei Heather Fidyk**

### **South Calgary karate**

June 2, 2023 Teresa Graup and Heather Fidyk boarded a flight to France alongside Conrad Graup and Natalie Olson to attend the Virtus Global Games. It was the 6th edition of the Virtus Global Games for athletes with intellectual impairments. The games also served as a qualification event for the Paralympics 2024 for the sports of athletics, swimming and table tennis. There were 13 different sports at the games. Karate and dressage made their debut at these games.



Karate ran 4 divisions, 29 athletes from 9 different countries. Spain earned 2 gold, with Italy and Canada earning the other two gold medals.

Sensei Heather Fidyk, Karate Canada Para-Karate National Team coach lead the team of four athletes, including two Shintani athletes, Conrad Graup of Dynamic Karate in Diamond Valley and Natalie Olson of South Calgary Karate,

alongside Florence Brodeur of Montreal, QB and Patricia Wright of Chatham, ON. The delegation also included Owen Konkle of Grimsby, ON who was competing in athletics and family and supporters of the athletes.



Opening ceremonies began with a parade of athletes through the town of Vichy, led by the two Canadian flag bearers, Conrad and Owen. Once the games began we were able to attend other sports after our training sessions. Thursday morning draws were held, followed by technical meeting and the competition began. Conrad had an excellent kata performance but learned a hard lesson by receiving a deduction for almost forgetting the final bow, I bet he will never forget again. Conrad ended up placing 5th in the pool and did not move to the second round. Natalie won in the ranking round and competed against Spain in the gold medal match. Natalie's



teammates cheered her on and she executed a great kata beating her opponent 22.5 to 21.8.

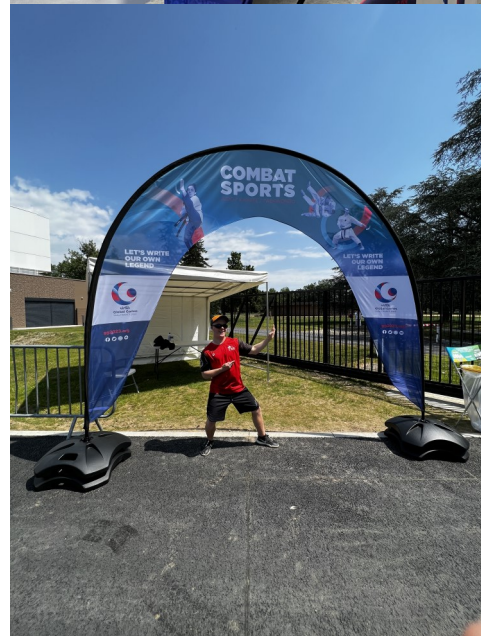
The Canadian flag was raised and Conrad's voice was heard above all during the anthem.

Congratulations to both athletes, their clubs, their families and the SWKKF!

[WKF - News](#)

Results

[SET-ONLINE WKF \(sportdata.org\)](#)



# SWKKF/Shintani Wado Kai Karate Federation

@shintani.ca



SWKKF website visit <https://www.shintani.ca/>



# Shintani Wado Kai Karate Federation

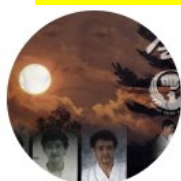
*"The Shintani Wado Kai Karate Federation is an inclusive organization modeling Hanshi Shintani's kindness and humility, through the teaching of his traditional karate and Shindo."*



**Breaking News:**

Members needed for SWKKF Fund Raising and Grants Committee.

YouTube channel visit [Masaru Shintani Legacy - YouTube](#)



## Masaru Shintani Legacy

@masarushintanilegacy1318 65 subscribers 44 videos

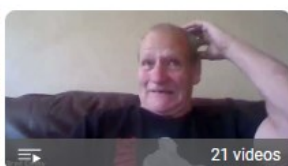
Video Archive dedicated to Hanshi Masaru Shintani and the Shintani Wado... >

Home Videos **Playlists** Community Channels About 🔍

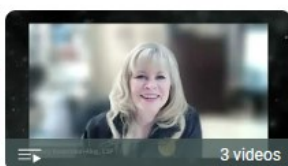
Created playlists



Shintani Video Archive



SWKKF Interviews and Reflections



SWKKF REACH Awards



Interviews with Hanshi Shintani



SWKKF Curriculum



## From the Harmonizer Committee

The Harmonizer is YOUR newsletter!

We appreciate your articles.

Without your stories there wouldn't be a newsletter, so keep sending them in!

Wishing you all a safe and memorial summer

[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



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.