

The Harmonizer

The Official Newsletter of the Shintani Wado Kai Karate Federation



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The Harmonizer

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Adèle,
Charlotte Julien
P.O.P. Wado Kai

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SWKKF VALUES

• Honour • Excellence • Kindness •
Humility

"Train with both heart and soul
without worrying about
theory." - 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 Everyone,

I hope that this message is received in good health and that you and your families are doing well. I just wanted to check in to wish everyone well during our current situation and to let you know that the SWKKF is here to support you. If anyone has questions, concerns or simply needs to chat, you can contact me directly.

We are now getting closer to re-open our clubs. We continue to encourage people to stay in contact. Many clubs have been taking advantage of the technology available and have been running virtual karate classes. We highly encourage you and your students to participate if you are able. Although it is not the same as being in the dojo, it is still a great way to keep up your skills, release some physical and mental stress, and to keep in touch with your members.

Many have commented that they would like to continue the virtual classes in some form once we get back to the dojo because of all the opportunities it has created. There are many slots available from various SWKKF club to join in a class including junior, adult, and black belt curriculums. You are welcome to join in to any one of them that best suits your schedule.

You can find the current schedule on the website, shintani.ca, list under the "Event" column.

If any black belt instructor wishes to conduct classes online and would like to open them up to the rest of the SWKKF community, we will support that and ensure information is posted on the Shintani website.

If you have any questions at all, please feel free to contact Sensei Ron Mattie or myself for guidance.

Thank you and please stay safe.

In Harmony,

Sensei Denis



Shintani Wado Kai Karate Federation



Shintani Wado Kai Karate Federation

Internal Announcement

Rokudan & Up Grading Requirement and Procedure Changes

To: SWKKF Instructors

From: Darren Humphries

CC: Senate

In the past, the process to be graded beyond Godan was honorary and based on involvement in the organization and did not include physical or technical requirements. Based on feedback from our senior instructors and students, it was requested to add physical and technical components to gradings. Every rank achieved is an accomplishment and a testament of dedication to the martial arts journey that spans many years. The Senate of the SWKKF would like to hear and see where that journey has taken you and understand how the spirit of Hanshi Shintani has influenced you.

At the Senate meeting in December 2021, the Grading Committee presented and received approval to implement changes to all Rokudan & Up gradings in the Shintani Wado Kai Karate Federation. To progress beyond Godan, all SWKKF students must hold a Shintani Wado Kai Karate Federation Level 4 Instructor Certification (<https://www.shintani.ca/instructor-certification-program>) and will be required to complete a 20 – 30 minute presentation of his/her karate to the Senate. The presentation is open-ended and flexible to showcase your understanding of Hanshi Shintani's philosophies. The presentation can be either done in-person or via video submission. The following provides some ideas or suggestions to guide you through the presentation:

- Background and history
- Ido-Kihon (basics)
- Kata
- Bunkai
- Kihon Kumite / Kumite
- Other

Three months in advance of a Senate meeting, the President and Chief Instructor review eligible candidates and reach out to the eligible student's instructor. During the discussion with the student's instructor a decision is made to move the student to the next step in the grading process. The Chief Instructor notifies the eligible student they are being considered for grading and explains the presentation process required for the grading. The student prepares his/her presentation that will be presented to the Senate. At the senate meeting, the senate reviews the presentation (in-person or via video submission) of the candidate and decides if the student will progress in rank. Candidates will be contacted during the senate meeting or immediately following the meeting with the results of his/her evaluation.

The feedback we have received from the candidates that went through this process has been very positive. For full details, refer to the latest grading manual on our website. If you have any questions or concerns, please review the requirements in the grading manual (<https://shintani.ca/swkkf/black-belt-grading-information.html>), reach out to the Grading Committee or your regional / provincial representative.

Regards,

Darren Humphries
Grading Committee Chair

Shindo Clinic and Grading

By: Sensei Katrina Marques

Delhi Karate Club

The COVID-19 Pandemic has changed the way we do many things these days – work, socialization and sports but it will never beat those that want to continue to grow in these areas.

The Delhi Karate Club searched out an area where they could continue working out as they were not content to let the pandemic stop them. The Delhi Karate Club is working out of the Delhi District German Home as the local school where the club previously worked out still is not allowing outside groups in their school.

The third weekend in November is usually the Delhi Karate Club's Karate tournament but unfortunately with the Pandemic in person tournaments are not being held. So, in honour to celebrate the weekend the Delhi Karate Club was host to a Shindo clinic on November 20th.

Students from local area clubs from various ranks were on the floor working out and treated to excellent instruction from Sensei Jim Atkinson, Sensei Darwin Sherman, Sensei Brian Chmay as well as great input front Senate members that were in attendance – Sensei Neil Prime, Sensei Brad Crosby, Sensei Ron Mattie and Sensei Denis Labbe.

Shindo katas reviewed were Shindo Nidan, Cio Bo Tie, and Seishin No Shindo.

After the work out there was a dinner held at the German Home. 45 people – friends, family, and karateka family enjoyed a delicious meal.

On Sunday November 21, a Shindo grading was held – this was both an in person grading as well as virtual. The pandemic has taught us to be resourceful and the virtual connection allowed a number of students and instructors to participate in the grading.

Sensei Jim Atkinson led the grading. Sensei Darwin Sherman, Sensei Brian Chmay, Sensei Ray Poulin also reviewed techniques and katas. Sensei Darren Humpries, Sensei Nico Gosselin and Sensei Craig McCleary had to demonstrate some techniques as part of their grading – excellent job. Since the grading was done in person and virtually the level of teaching has gone to another level. The instructors teaching has become more advanced – they need to explain verbally as well as show physically what they what to get across to the students.

Shindo is a great extension of karate and is being picked up by more students as it is incorporated in regular classes. The calibre of instructors is amazing and being able to join in virtual workouts that are being offered across Canada is one positive take away from the Pandemic. To be able to have gradings virtually continues to make the Federation grow and brings students from across the country together.



"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".



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
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Karate Athletes representing the Shintani Federation at PKF, WKF and KC Events in the past six months

By: **Sensei Heather Fidyk**

South Calgary Wado Kai Karate Club

While most of Canada has been shut down a few elite athletes have been training in basements and over zoom to represent their nation and province.

In October 2021 Coach Heather Fidyk and para-karate athlete Natalie Olson travelled to Punta Del Este, Uruguay to compete at the Pan American (PKF) Championships. The city of Punta del Este is a resort town and was mostly shut down, in fact



we were the firsts guests in 18 months. It was a very safe and beautiful city on the sea and the food was delicious. We even got up close and semi personal with a few sealions at the port.

The tournament was small but was a great opportunity to shake off the cobwebs of not competing for 18 months. Natalie competed Chatanyara Kushanku and ended up winning Gold against her Canadian teammate by kiken due to an injury her opponent sustained during the classification session.

Upon returning to Canada the training



ramped up and Conrad Graup, Dynamic Karate club, joined Natalie at trainings with Coach Heather. Conrad, Natalie, Heather and Teresa (Conrad's mom) departed in mid-November



for Dubai, leaving behind the cold weather. Dubai is a very new city built on a desert on the Persian Gulf. The hotel provided the athletes a place to train, watch the sunset and a swimming pool on the roof top. Sight-seeing was part of the adventure, visiting the top of the Burj Khalifa, world's tallest manmade structure at the world's largest mall. Riding the Dubai Eye to view the Palm Islands, Burj Al Arab hotel, and the million-dollar yachts in the sea was Conrad's top pick. Natalie's pick was the dune bashing, camel ride and dinner in the desert, Conrad really enjoyed the belly dancers! We did get to the beach and swim in the Persian Gulf's warm waters. Of course, we were in Dubai to compete at the World Karate Federation Championships (WKF). The para divisions were held on the last day of competition which meant watching and cheering on the Canadian Team and meeting several the 2020(1) Olympic medalists to take photos for a few days alongside training sessions with Coach Heather. November 21, day of competition, Natalie and Conrad arrived early and changed into their gi to warm up. Conrad was first to compete, up against several previous world medalists. He was the youngest in the division and was well prepared. Conrad confidently walked on to the mat while his teammates cheered loudly in the stands above. He competed Kushanku and put down an amazing performance to finish ninth in the world and is now tied in ranking points for 5th in the world [WKF Ranking \(sportdata.org\)](https://www.sportdata.org). Natalie was up next; she was confident and ended up finishing second to the former gold medalist from Egypt in the elimination round so had to compete for bronze in

the finals against Croatia. Natalie dominated the performance and won to finish up with a Bronze and is now ranked third in the world [WKF Ranking \(sportdata.org\)](https://www.sportdata.org/).

After Christmas, and a well-deserved, break training started up again, for Conrad that meant learning a new kata. In early January Coach Heather taught Assistant Coach Teresa and Conrad Gojushihosho, a Shotokan kata which means 54 moves. Conrad, like a sponge, took it all in and trained it. Natalie continued adjusting some of her timing and polished her Chatanyara. Karate Alberta Provincial team trainings now included Robin Fidyk to the mix, kumite, training camps were held in preparation for the Karate Canada (KC) Senior Team Trails tournament in Calgary, AB. The event was held Feb 18 & 19, 2022 where on day one Natalie and Conrad, debuting his new kata, both



won Gold and were named to the Karate Canada National Team. Robin competed in the later afternoon, in her round robin matches she won 3 of her 4 matches, losing the one match by 1-1 by senshu (advantage for first point). In the semi finals she won by 1 point and went on to fight for gold against the same person she lost to in elimination round and ended up earning a Silver medal in the Senior female -68kg division.

All in all the events of the past six months have been challenging logistically but very rewarding. Next on the list is PKF Championships in Curacao, end of May 2022, and the KC Nationals in St. John's, NL, July 1-3, 2022 where several other Shintani members will be competing.

We are recruiting for the 2022 - 2023 year Shintani Team

The Shintani Team is currently recruiting new members for the 2022 - 2023 team year. Have you or any of your students thought about being a part of the Shintani Team and representing the SWKKF at tournaments and events? If the answer is yes or if you have a student who you think would be a great addition to the team, please pass along the attached information

For any additional information please reach out to Colin Frans @ colin.frans@outlook.com

SHINTANI TEAM
2022-2023



Finding Faults in others has no place in my dojo

By: Sensei Gary LaPlante

Some people think that they raise their own self worth and self esteem by lowering the "worth" or esteem with which people see others. This defense mechanism can also be used to hide one's own faults or deflect criticisms of one's own faults. Again, it is the idea of using destructive means to meet one's own ends versus using constructive means to improve everyone's life as well as your own.

Usually, people who suffer self esteem issues love to find flaws in others to make themselves feel better. The source of this, could be a painful past caused by parents, a painful breakup or a past failure that leaves them with a chip on their shoulder.

We judge others because it's a lot easier than looking at ourselves. Unfortunately, it's also completely unproductive and, in many cases, harmful. Judging others causes strife in relationships, and it prevents new relationships from forming.

Perhaps even worse, it prevents us from trying to improve ourselves

What can I do?

We make judgments about others all the time, usually without even realizing it. As a practical exercise, try to catch yourself in

the act of judging another person or group of people, and whenever you do, judge yourself instead. Consider how you can improve yourself.

The only way we find faults in another is by recognizing that the fault lies within oneself!

MEIYO (Honour) A student has only one judge of honour and this is himself! Decisions you make and how these decisions are carried out, are a reflection of whom you truly are. You cannot hide from yourself.

Why it is so important for students of Karate to adhere to the 7 principals of Bushido and to make them a living part of each day.

It is hard to rid oneself of all the wrong things we do in life, after all we have been doing them and getting away with them all our lives. It is the "easy" way....no effort needed to maintain who we pretend to be. The difficult way is toas the "Masters" once taught, "to extinguish the self". To start today to live the right way and do the right things all the time. Not to think on oneself in living life.... but instead to help others.

A man who lives without honour is no man.

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Black Belts

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SWKKF



Humility, Integrity, Honour,

By: Sensei Robert Parent

Wawa Wado Kai

Three words I have heard frequently since 1986. That is the year I started my karate journey. Now as a child in the late summer of that year I wasn't capable of completely understanding what those words meant. As my journey started I found out that there was a lot more to this karate stuff than just a movie montage and some flashy kicks. Around this time is when the Humility part started to kick in. Finding out how much work was involved and how little I knew was an eye opener, even at a young age. I spent years practising and working on my techniques, kata, etc. All while absorbing any insightful things my Sensei may have to say. The thing was everything he said was insightful, stories of his life experience, thoughts of the day, challenges to go out into the community and make it a better place, encouragement when needed and reprimands for inappropriate behaviour.

Those words spoken and sometimes unspoken helped to shape a young mind. Unknowingly at the time those same words were helping to develop Integrity and Honour. Being able to stand up to peer pressure and intercede into situations that were getting out of hand, were only possible because of the character development that karate and my Sensei helped culture.

Twelve years of training, shaping, and guidance, led to the day I was told I was ready for my Shodan grading. It was an amazing feeling having been told this, however deep down inside I felt I wasn't ready. It was one of the hardest things I had to do, telling my Sensei I wouldn't be grading. I felt I had let him down, but also saved him from the disgrace of watching his student fail a grading. I continued for another year and then found myself walking away from my training.

Lets fast forward ten years, college, illness, marriage, career, all seemed to flash before my eyes. One day though a co-worker mentioned they had karate class on a particular evening.

My interest was piqued I began asking questions and found that the fire I had started years before wasn't completely out. I dug out my old gear and made my way to class, when asked if I had trained before I responded accordingly and was prepared to start off as a white belt. There was that Humility part again. I was however told to wear my brown belt and they would see how much I remembered. Turns out I remembered a lot, don't get me wrong a lot had changed in ten years and although the mind remembered the body required more coaxing to get back into the swing of things. Humility and Integrity, it takes a lot to come back, accepting that others have passed you, younger students are now teaching you, setting your pride aside, opening your mind and letting the knowledge of others in. Showing up every class and learning something new every time; sometimes from those you would least expect to learn from. I forged new friendships, and reaped all the benefits karate brings.

Now lets skip ahead another ten years, kids, illness, career, and here I am still in it. One day the words I heard so many years ago came around again, "you're ready to grade to Shodan". This time I was ready, I felt ready, I was confident. I reached out to my Sensei and let him know I would be grading. "Finally" was his response, turns out he never lost faith in me, even after all that time. The grading came and with a lot of sweat, a little blood, and maybe a few tears, it was over. I was now a black belt, a Shodan, a Sensei, but there was no magical transformation. I was the same man I was minutes before. I quickly realized however Shodan was just a new beginning, the doors opened to new knowledge. My story continues as I hope everyone's will pushing forward continually learning.

I decided I would honour my Sensei along with all the others who had helped me get where I am. I will pass on this knowledge that was given to me, I will show compassion, patience, and dedicate my time to preserving and sharing all I can to the best of my abilities for as long as I can.

Humility, Integrity, Honour, three words that can mean so many things. What does it mean to you?



SWKKF/Shintani Wado Kai Karate Federation

@SWKKFShintaniwadokaikaratefederation-
Martial Arts School



24th Annual Spring Tournament & Workshop, Calgary, AB

By: Sensei Heather Fidyk

South Calgary Wado Kai Karate Club

With the onset of the pandemic and the shutdown of a nation the 23rd Annual South Calgary Spring Tournament in March 2020 was the last in-person Shintani Tournament hosted, March 4-6, 2022 was the first in-person Shintani tournament.

Friday's workshop featured Sensei Shelly McGregor and Sensei Robin Fidyk leading the students in kata and kumite preparation. Sensei Heather led a Shintani rules official's refresher clinic and Sensei Geraldine young led an intro to WKF rules clinic. Saturday tournament featured Shintani rules, modified for the youth white to orange doing Kata and Pad kumite rather than kumite, most students had not yet worked in partners yet. Events included 3 divisions of Shindo, 5 black belt divisions, a para black belt division and 31 kyu belt divisions. Sunday tournament featured WKF rules and a team competition at the end of the day. Huge shout out to all the volunteer organizers, officials, instructors, those who travelled from far away and to the athletes who participated. Lastly, congratulations to Sophie Lawrence on winning the Sensei Lyle Muenchrath Memorial Trophy beating her sister Leila by one point.



Some stats from the 3 days:

6 - number of provinces/territories with participants – BC, AB, NT, SK, ON, NS

29 - number of clubs that participated on the weekend

40 - approximate number of kyu belt youth participants at workshop

70 - approximate number of teen/adult participants at workshops

Saturday

18 – number of clubs represented

50 – number of divisions completed

50 – approximate number of Black Belt officials

170 – number of competitors

62 – Female competitors

Sunday

21 – number of clubs represented

33 – number of divisions completed

85 – number of competitors

10 – approximate number Female officials

53 - Female competitors

March 2022

Some stats from the 3 days:

4 - number of provinces/territories with participants – BC, AB, SK, MB

22 - number of clubs that participated on the weekend



How did the two events compare?

The statistics speak for themselves, people are excited to be back in person, but the sad side is that many clubs have lost members through the pandemic. It is time to rebuild and demonstrate how resilient karate-ka are!

We invite all Shintani members to attend the 25th Annual Spring Tournament and Workshops March 10-12, 2023.

March 2020

25 - approximate number of kyu belt youth participants at workshop

25 - approximate number of teen/adult participants at workshops

Saturday

13 – number of clubs represented

40 – number of divisions completed

35 – approximate number of Black Belt officials

128 – number of competitors

X – Female competitors

Sunday

9 – number of clubs represented

21 – number of divisions completed

75 – number of competitors

X – approximate number Female officials

X - Female competitors





Black Belt Ranks and Titles

By: Sensei Gary LaPlante

People studying karate at the color-belt level tend to think of a black belt as their ultimate goal. That frame of mind is useful up to a point, but once black belt level is reached an attitude adjustment usually becomes necessary.

To achieve *shodan* level (first-degree black belt) is really just the beginning of one's "professional" training as a serious martial artist. New black belts, who think they are now pretty hot stuff, often get a rude awakening when they attend their first black belt sparring class. It is not uncommon at that time for higher-ranked black belts to administer a sort of informal "initiation" in which the newcomer is thoroughly dominated and defeated in every match. The message is that he has a tremendous amount yet to learn, and some humility would be appropriate.

In all, there are ten *dan* levels of black belt, each promotion requiring somewhat longer to achieve than the last, so that to reach 10th dan one must generally be getting a bit elderly (though not necessarily frail, as for example Hanshi George Anderson, who can still knock people around quite easily). Usually a proficiency test is not required after 4th dan, the promotion being based more on years of experience and on "contributions" to the advancement of karate. Incidentally, the rank certificates from the official certifying organizations also escalate in price, up to hundreds or even thousands of dollars at higher dan levels.

Ranks are one thing but titles are another; titles do not generally come automatically with rank, but must be awarded or bestowed separately by the certifying organizations. Each title is usually restricted to a certain *dan* level or above, but is not necessarily granted at that level, or ever.

Table 1 shows the standard criteria for promotion in most traditional Japanese-Okinawan systems. It should be noted, however, that not every system follows the guidelines shown in Table 1 for number of years required in each rank. Taekwondo, for example, is particularly free with its ranks, often bestowing black belts in just a year or two, giving elevated ranks to young children, and promoting adult black belts to higher dan levels at shorter intervals. Even among the traditional Japanese systems, the specifications in Table 1 are not always rigorously adhered to by promotional authorities, but rather represent the longest period of time that should separate promotions for an active and

involved yudansha who can demonstrate the required proficiency. Karate masters have many reasons and justifications for promoting their black belts at shorter intervals. For example, a master may require the services of a 5th dan on his staff for other reasons, and may therefore promote the most senior 4th dan even if the prescribed interval is not yet completed. Or a dan grade may be purposely skipped when there is sufficient justification.

Table 1. Dan (black belt) ranks as defined by the Federation of All Japan Karate do Organizations in 1971 (F), Robert Trias for the USKA in 1987 (T), and John Linebarger for the KoSho Shuri-ryu organization (1997).

Dan Level		Required Years*			Minimum Age		Title** Possible
		(F)	(T)	(K)	(F)	(T)	
10	(Jyu-dan)				70	60	Hanshi
9	(Ky-dan)	10	8	10	60	60	Hanshi
8	(Hachi-dan)	10	7	9	50	55	Kyoshi
7	(Shichi-dan)	8	6	8	42	50	Kyoshi
6	(Rku-dan)	7	5	7	35	40	Renshi
5	(Go-dan)	5	4	6	none	35	Renshi
4	(You-dan)	3	3	5	none	30	none
3	(San-dan)	3	2	4	none	26	none
2	(Ni-dan)	2	1	3	none	22	none
1	(Sho-dan)	1	½	2	none	17	none

* Years required in grade before becoming eligible for promotion.

** A *renshi* must be 35 or over, and at least two years as a Go-dan. A *kyoshi* must be over 40, and must have held a *renshi* title for at least 10 years. A *hanshi* must be over 55 and must have held the title of *kyoshi* for over 15 years. Titles may not be granted irrespective of rank. They are awarded for exceptional achievement and outstanding character, and do not automatically come when a particular qualifying dan rank is reached.

There is also the subject of "cross ranks," that is, black belt ranks in *related* martial arts conferred without any special testing or training in them. For some systems (e.g. kobudo or jujitsu), a cross rank can be awarded simply by demonstrating proficiency to a master authorized to grant rankings.

In some cases the cross rank is awarded at a *higher* dan level than the existing karate rank held by a yudansha. There are no rules governing the waiting periods between ranks given for different martial arts, or for the same martial art given by different underwriting authorities. Shihan Linebarger, for example, was awarded his 6th dan in karate in 1992, his 7th dan in Taekwondo in 1993, and his 8th dan in "Chinese Martial Arts

Sciences” in 1992, all through Master Anderson.

Finally, there is the subject of “honorary” black belts, a respected tradition approved by international organizations including the Federation of All-Japan Karate-do Organizations (now the Japan Karate Federation, JKF), and the International Traditional Karate Federation (ITKF). The award of rank is in recognition of an individual’s direct or indirect service and support of the development of karate. To qualify, the individual must also have the respect of the community by virtue of good character. The full range of 10 dan grades is available, the first four of which recognize people who have supported or contributed indirectly to the development of karate at the local community level (1st dan), who have given direct support locally (2nd dan), who have given indirect support at the national level (3rd dan), and direct support at the national level (4th dan). The higher ranks are reserved for local and national dignitaries, leaders and sovereigns, and for international leaders and internationally respected figures. Rank can also be bestowed on individuals who have applied themselves diligently and have achieved a high level of spiritual development, but who have a physical limitation or handicap, especially those who have contributed to the advancement of karate through research.

A short glossary of titles and their meanings is given below, not all of which apply to every system.



Hanshi

Honorary title sometimes awarded to 9th or 10th dan karateka who are over 55 years old and have held the title of *kyoshi* for at least 15 years. Literally, “exemplary teacher,” and usually *the* master of a system or style. According to George Anderson (himself a Hanshi), the title indicates spiritual and organizational responsibility for an entire discipline. This is the highest position attainable in Japanese/Okinawan martial arts. It was once translated as “grandmaster,” but that term is

considered to be too ostentatious by some (though we still use it for Grandmaster Trias).

Kaicho

President of a major recognized national federation (*kai*) or international association.

Kancho

The administrative head of a *kan* or house of business. Sometimes also the highest ranking instructor of a style worldwide, or the owner of a particular dojo.

Kyoshi

Honorary title sometimes awarded to 7th or 8th dan karateka who are 40 years old or older and have held the title of *renshi* for at least 10 years. Literally “expert instructor,” perhaps equivalent to an “assistant professor.”

Master

The English-language title of “Master” is typically associated with 5th dan. In some systems it is adopted automatically at that level, whereas in others it requires a Master’s Teaching Certificate from an accrediting organization in order to be considered official.

Meijin

Literally “wise man,” a rarely used title for only the oldest, most dedicated and most skilled of instructors in a system. The title carries with it a sense of genius in the martial arts, and may also imply attainment of a high spiritual level.

Mudansha

Literally “person without dan rank,” a color-belt ranked person.

O’Sensei

“Great teacher,” a term usually reserved for the founding father of a system, or one who has achieved great standing internationally and among all practitioners of the style. It is used only for rare individuals, and carries connotations of reverence and affection from the students. Morihei Ueshiba (1883-1969), for example, was the founder of Aikido and is still referred to affectionately as “O’Sensei.” Among Shuri-ryu practitioners the term is reserved for Grandmaster Robert Trias.

Renshi

Honorary title sometimes awarded to 5th or 6th dan karateka who are 35 years old or older and have held 5th dan

rank for at least two years. Literally, a “polished expert,” and usually an assistant to a higher-ranked *kyoshi*. According to George Anderson, a *renshi* is “in spiritual and organizational charge” of one section of a system. (Fifth dan is considered equivalent to a Master’s Degree).

Sempai

A term for a senior student, usually brown belt or first-dan black belt, and often used only when the student is assisting the sensei, or leading a class in his stead.

Sensei

A sensei is simply a “teacher,” literally “one who has gone before,” i.e. is older or has taken the same path as the student but is now farther along. Usually each dojo has only one sensei, the owner or highest-ranked instructor.

Shihan

A “teacher of teachers” responsible for the structure and standards of style of those *senseis* under his authority. Most *shihans* have a rank of sixth dan or above, and preside over their own style, or at least over a group of schools each under a *sensei*. The title of *shihan* carries with it the privilege of wearing the red and white sectioned belt. (The title of *shihan* is considered equivalent to a Ph.D. or Professorship.)

Sosei

A rarely used term for “the great and unique leader of a major group.”

Tashi

Honorary title uncommonly used but sometimes awarded to 3rd or 4th dan karateka. Literally, “expert.”

Yudansha

Holder of a black belt, at any level.

Other Titles

Many other titles may be encountered from time to time. *Soke* is a term, originating in Buddhist temples, which refers to the “master of a family-household” (in the sense that a martial arts teacher and his students constituted a sort of family). *Osho* translates as “peaceful worshipper” but also refers to a “chief priest” in charge of martial arts training at a Buddhist temple. Other terms used to signify the headmaster of a style include *taiso* (“great master”), *soshi* (“head teacher”), *doshu* (“master of the Way”), *soshu* (“master of the art”), and *kaiso* (“opening ancestor” or founder of a style).

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SWKKF/Shintani Wado Kai Karate Federation

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Sensei

By: Sensei Heather Fidyk

South Calgary Wado Kai Karate Club

In fall 2020 Jill Roberts, a long time karate-ka in the Shintani organization in Calgary, approached me to ask if she could pitch a story about Natalie and myself. It was covid and really there was no better timing. The funding came through and filming started in early 2021. Natalie was doing a few things, one preparing for her next international championships and, two, training in preparation for her sandan grading. Originally the documentary would focus on preparation for the Pan American Championships but

since that was cancelled Jill pivoted her writing and focused her story on the grading. The grading turned out to be a wonderful opportunity to include fellow karate-ka Conrad Graup and his

Sensei “mom” Teresa Graup, since they were preparing for Conrad’s shodan grading. Filming was fun and we were able to include our in-person preparations at Deer Run community centre with other grading candidates as well as the grading of many other Shintani members across the country during the virtual grading. The filming included personal reflections and insight into all our lives and how much karate is a part of who we are. The last part of the filming took place in June in a “blackbox” theatre with a smoke machine and cool effects. Jill’s team did our hair and make-up and created a warm and inviting environment to show off our stuff. Yes, the cast was real, from a surgery a week earlier, not a special effect, LOL. I was incredibly honoured to be part of this project and grateful to Jill and her team for sharing our story.

The film premiered at the Globe Cinema in Calgary on Dec 5, 2021, the same day it premiered in the UK. The film was featured on Telus Optik TV March 8 – April 4 in honour of International Women’s Day and World Down Syndrome Day. Congratulations to “Sensei” on the awards that they have won and more to come!

[Sensei | STORYHIVE](#)

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

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



SWKKF REACH Awards 2022

25 Nominations Received

Nominees:

- Don Anderson
- Beverly Beuermann-King
- James Freeman
- Steffanie Hanckyrk
- Ronalda Melanson
- John Thompson

Leadership Award

This award recognizes an individual who demonstrates outstanding leadership and effective mentorship within the SWKKF.

THIS LEADERSHIP AWARD GOES TO

Sensei James Freeman

“He is a seasoned professional executive and he brings that experience to the organization and helps everyone think differently.”

Nominees:

- Beverly Beuermann-King
- Yvon Lebel
- Tom Liszt
- Alice Pinto-Lebel

Contributor Award

This 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 CONTRIBUTOR AWARD GOES TO

Sensei Beverly Beuermann-King

“Beverly has pushed past the politics of personalities and assisted in the harmonization of the SWKKF Strategic Plan for the future sustainability and growth of the SWKKF.”

Nominees:

- Steve Nagy
- Doug Taylor

Ambassador Award

This 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 AMBASSADOR AWARD GOES TO

Sensei Doug Taylor

“Doug was instrumental in all of the Shintani virtual tournaments, and he was second in tech command during the Karate Canada sanctioned PKF selection tournament in Calgary.”



IT IS TIME TO SUBMIT YOUR NOMINATIONS

SWKKF REACH AWARDS

RECOGNIZING EXTRAORDINARY ACHIEVEMENT CONTRIBUTION AND HARD WORK

May 1

SWKKF REACH Awards 2022

25 Nominations Received

Nominees:

Michelle Chmay

Conrad Graup

Sophie Lawrence


Tom Liszt

Natalie Olson

Natalie Wong

Athlete Award


This award recognizes both a male and female individual who excels as a karateka through their dedication to training, attending tournaments and clinics, and in achieving excellence as a result of this dedication.



THIS MALE ATHLETE AWARD GOES TO

Sensei Conrad Graup

"Conrad comes to class with a smile on his face. He has an attitude to learn, always receptive to feedback, and a drive to continually do better."



THIS FEMALE ATHLETE AWARD GOES TO

Sensei Natalie Wong

"Natalie is an incredibly diligent, enthusiastic, and inspired karate-ka. She works hard to improve and is very talented, but more than that, she genuinely takes joy in doing karate."



SWKKF/Shintani Wado Kai Karate Federation

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A Father and Son Journey

By: Sensei Mike McDonald

Hamilton Canadian Japanese Cultural Centre

Sometimes the small decisions we make have the most profound impact on our lives. Registering my son Geoff in karate 17 years ago was one of those small decisions. And that small decision has indeed made a profound impact not just on my son's life but mine as well.

Geoff began karate at age 11 at the Canadian Japanese Cultural Centre in Hamilton under the tutelage of Sensei Gord Derii. At age 14 Geoff moved from the junior to adult class and as I was driving him to karate anyway I thought it would be a good opportunity to get in a little exercise. I started karate and we have been practicing karate together ever since. Geoff is now 28 and I am 66. Time really does fly.

As I write this I remember Geoff's first black belt grading. He was just 16. I couldn't have been more proud of him. I even got a little choked up watching him receive his black belt. This weekend on June 4, Geoff and I both graded, he to Sandan and me to Yodan. These are memories we share.

Seventeen years ago my son and I began a lifelong journey within a community of Senseis and other karateka who support one another in pursuit of excellence in Wado Kai karate and the development of people of good character no matter one's age. In that time I have watched my son grow in his practice and understanding of karate and become a strong and compassionate man. Practicing karate with him has given me a front row seat to watch this. It has been a privilege.

I think in the end what matters most are memories we share, the stories we can tell, and the bonds that we build. Wado Kai Karate has made those things possible. Geoff and I are very grateful for that.

In Harmony,

Sensei Mike McDonald



3rd Annual

SHINTANI SYMPOSIUM 2022



July 15-17, 2022 @ Shady Acres Resort, Keene ON

INSTRUCTORS:

Senseis Ron Mattie, 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), Instructors Clinic, Sparring Techniques, Optional Kata, Bunkai Basics & Advanced... and more!

KARATE FEES:

\$20 per workshop
 \$100 for whole weekend
 \$75 weekend student rate
 \$250 weekend family rate

CAMPING RATES:

\$50 per tent/trailer per night
 Email below to book campsite!



REGISTRATION OPENS JUNE 15th

EMAIL: sensei_sanford@hotmail.com

SENSEI PAUL LEONARD OBITUARY

CHIEF INSTRUCTOR: WORLD CONGRESS SHINTANI WADO KAI
KARATE

Sensei Paul Leonard passed away on July 29, 2021 at his residence in Cochrane, ON.

Sensei Paul Leonard was born in 1946 and spent his youth in Kapuskasing Ontario. After he was married, he moved his family to Cochrane, ON where his wife Claire still resides. In addition to teaching Karate and Shindo, he was employed by the Timmins Daily Press for many years.

Sensei Leonard was a long-time student of Hanshi Masuru Shintani. Sensei Paul met Hanshi Shintani in 1975 and that meeting marked the start of a bonding process that deepened as the younger man absorbed Shintani's technical wisdom and martial philosophy. Sensei Paul earned a Shodan rank in 1977 and advanced rapidly under Hanshi Shintani's steady guidance. After Hanshi Shintani passed, Paul remained faithful to the spirit and legacy of his beloved Sensei Shintani by guiding the World Congress of Shintani Wado Kai Karate.

In 2020 Sensei Paul was inducted into the Canadian Karate Association Black Belt Hall of Fame.

Sensei Paul has played a positive role in the lives of his family, friends, colleagues and countless students. Sensei Paul dedicated himself to helping karate students achieve success both as martial artists and productive citizens. Throughout the years, he has placed students' interests above his own. He was a gifted storyteller with a playful sense of humor. Sensei Paul's noble philosophy of martial arts will continue to guide many of his students on their karate path.



Sensei Leonard will be missed.

When I started karate, Sensei Shintani used to tell us that when we were in niko-ashi-dachi, that you should only be able to fit a \$1 bill under your heel. When I say that today in my kyu belt class, I get very strange looks.

Sensei Neil Prime.

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. Please submit any articles or images to the email address listed below.

See you at the dojo!

harmonizer@shintani.ca

Committee Members:

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

Sensei Yvon Lebel – Nordik Wado Kai - Hearst, ON

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



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