

The Harmonizer

The Official Newsletter of the Shintani Wado-Kai Karate Federation



Volume 30, Issue 1

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The Harmonizer

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HANSHI

MASARU SHINTANI,

10th DAN

(1928-2000)

Shintani Print Available

<https://shintani.ca/store.html>

Visit

our website

www.shintani.ca

SWKKF VALUES

• Honour • Excellence • Kindness •
Humility

"Wado, way to harmony and peace the finest quality of human race, a total goal to peace on earth. We the Wado students of Karate must be the leaders of unity and happiness through the universe. And guide our students to an ultimate human alliance with understanding." - Hanshi Shintani

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.

Unfortunately due to the pandemic many clubs have not reopened yet. We are working closely with them to ensure the SWKKF provides the support and resources they need.

Typically, your dojo instructor takes care of your SWKKF membership each year. To continue to be a member in good standing we encourage you to still register. As part of the registration process, you will access to online workouts in the interim.

Please take advantage of the opportunities to train with amazing instructors across the country! 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.

You can find the current schedule here: <https://shintani.ca/events.html>

If any black belt instructor wishes to conduct classes on line 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.

I would like to wish everyone a great holiday. Thank you and please stay safe.

In Harmony,

Sensei Denis



Shintani Wado Kai Karate Federation

Chief Instructor's Commentary

Sensei Ron Mattie



Karate training

Karate training should in most times be enjoyable. Struggling for perfection, cuts and bruises, frustration are all roads taken to becoming a higher rank. However, with that higher rank, (4th dan and up), you cannot slack on your training. At the higher rank, you should be training even more and studying other martial arts. I believe taking other martial arts to amplify your karate is a great way to enhance your training and knowledge. As well, it is good to train with other instructors to get a different perspective. Sensei Shintani never restricted us from learning from others. In fact, some of those other instructors may not have been very nice people or knowledgeable. I think he felt that you needed to learn the good and the bad. You figured it out. Those who didn't, did not stay in karate very long.

Another thing he used to say when people were complaining a lot was, "work the complaining out of them". He saw that the more people worked out, the less they complained. Some of the biggest complainers are some of the 4th dan and up. You don't necessarily have to be active on the floor but you can still be very active in the training process as you can see in our organization with most higher ranks. They are there to help and support dojos and members.

So, if you are feeling frustrated, and need to vent out, go to your basement or dojo and workout just for you. Feel Sensei Shintani's spirit flowing through you as you move. If you're training with this attitude, you may find in the future, that among your colleagues, you are one of the few to survive and direct this organization in the future.

Good luck,

In peace by way of harmony,

Sensei Mattie



Shintani Wado Kai Karate Federation Shintani Team

Media Release

February 24 2021

For Immediate Release

Internal Announcement

The Shintani Wado Kai Karate Federation is pleased to announce Sensei Darren Humphries has been appointed by election to become one of nine Senate Members.

On February 5th, 2021 Sensei Brad Cosby retired from his position on the Senate. I would like to thank Sensei Brad for his many years of dedication and welcome Sensei Darren in his place.

Sensei Darren will start transitioning to his new role as one of nine Senate Members. He will also carry on with his other responsibilities to the SWKKF as well continue to lead his organization in Calgary.

Darren has proven to be a valuable asset in his time with the Shintani Wado Kai Karate Federation. Please join me in wishing Sensei Darren every success as he assumes his new responsibilities.

Denis Labbé

President

Shintani Wado Kai Karate Federation

Senate Members: Jim Atkinson, Ron Mattie, Bruce Perkins, Heather Fidyk,
Neil Prime, Brian Chmay, Michel Gosselin and Denis Labbé

Senate Advisors: Peter Ruch, Rick Leveille, Danial McCoy, Brad Cosby



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

Recognizing Extraordinary Achievement, Contribution and Hard-Work Program

The Shintani Wado Kai Karate Federation will announce the award winners of the Culture of Recognition Program weekend of the National Tournament May 22, 2021 in Simcoe, ON.

The Shintani Culture of Recognition Program will be recognizing some of the organization's leaders, contributors, ambassadors, scholars and karate-ka for their contributions and achievements over the past year.

Nomination period – through May 1, 2021 at midnight.

Nominations – nominees must be a SWKKF member, must be a SWKKF register member to nominate.

Name of Award	Leadership Award	Contributor Award	Ambassador Award	Karate Athlete Award Male & Female
LINKS	Leadership	Contributor	Ambassador	Karate Athletes
Recognition of:	This award recognizes an individual who demonstrates outstanding leadership and effective mentorship within the SWKKF.	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 award recognizes an individual with a strong, positive voices, who advocates, raises awareness or enhances the image of the SWKKF in the greater community.	This 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.
Key Associated Values	Honour, Humility, Community	Excellence, Community, Humility	Community, Kindness	Excellence, Kindness, Humility
Nominated by	Shintani membership	Shintani membership	Shintani membership	Shintani membership
Nomination eligibility	Yudansha only, excluding senate members. Not eligible in consecutive years.	Yudansha only, excluding senate members. Not eligible in consecutive years.	Shintani members, excluding senate members. Not eligible in consecutive years.	Shintani members, excluding senate members. Not eligible in consecutive years.

Selected by	The selection is at the full discretion of the Selection committee	The selection is at the full discretion of the Selection committee	The selection is at the full discretion of the Selection committee	The selection is at the full discretion of the Selection committee
Example <i>(Think outside the box regarding how members engaged through COVID-19)</i>	Someone who demonstrates leadership and mentorship 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. Member recruitment. Raises funds for charitable organizations. Brings the SWKKF to community activities. Promotes the activities of 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.

Awards Selection Committee: Each club is asked to submit a person's name to be a part of a selection pool to review the nominations for each of the awards. [Awards Selection Committee Link](#)

Qualifications (preferred):

- Yudansha and not be part of another SWKKF committee
- Be available May 3-9 via email
- Be willing to spend time reviewing the nominations

On May 2 the selection committee will be created from the pool, taking into consideration any potential conflicts of interest.

YEAR	President's Award	Leadership Award	Contributor Award	Ambassador Award	Karate Athlete Award Male & Female
2018	Sensei Jim Atkinson	Sensei Shelley McGregor	Sensei Marco Reyes	Sensei Kris Reynolds	Sensei Natalie Olson & Sensei Nicolas Gosselin
2019	Sensei Heather Fidyk	Sensei Raye Willms	Sensei Darren Humphries	Sensei Darren Humphries	Sensei Elise Leong-Sit & Sensei Kyle Chambers
2020	Sensei Neil Prime	Sensei Bernadine Jugdutt	Sensei Lauren Pankratz	Sensei Calvin Pittet	Sensei Brodie Hicks & Sensei Robin Fidyk

Sensei Denis Labbe
President SWKKF

Key dates/details:

- Nominations are now open
- Volunteers for Selection committee - members must be available for submission review May 1-9, 2021
- Deadline for nominations is May 1, 2021 at midnight MST
- Award presentations will be May 22, 2021 in conjunction with the National Tournament Weekend - NTPC will be including the presentation of awards (to be pre-recorded) in their organization of the event weekend

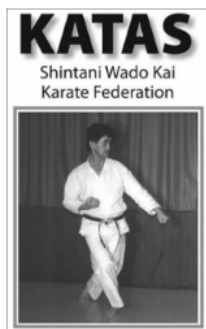
Leadership Award Nomination Link <https://form.jotform.com/210324145101940>

Contributor Award Link <https://form.jotform.com/210324177419957>

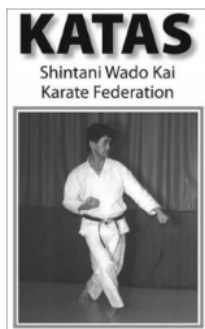
Ambassador Award Link <https://form.jotform.com/210325094399963>

Athlete Award link <https://form.jotform.com/210324723727956>

Selection Committee sign up Link <https://form.jotform.com/210324089231951>



SWKKF Kata DVD - Vol. 1
(Complete)
SWKKF | SWKKFDVD-V1
C\$13.27



SWKKF Kata DVD - Vol. 2
(Complete)
SWKKF | SWKKFDVD-V2
C\$13.27



SWKKF Kata DVD - Vol. 3
(Complete)
SWKKF | SWKKFDVD-V3
C\$8.85



SWKKF 60th Anniversary DVD
SWKKF | SWKKF60
C\$8.85

50 years in Wado Kai Federation

By: Sensei Ray Poulin

Welland Martial Arts

I joined Karate in February 1971, under instructor Sensei Masaru Shintani. I was the first student from Welland to achieve the Black level in Wado Kai . I competed in many tournaments and put on demonstrations of breaking concrete blocks with my hands and feet. I was known as "YOKO RAY".

In 1974, I started " Ray's Karate Club" at the YMCA and taught students of all ages.



During many years, I instructed Black Belt workouts for Sensei Shintani . Now I teach Shindo on Sundays and help instruct Karate on Friday nights.

I was privileged to have worked out with Sensei Hironori Otsuka the founder of Wado Ryu.

In 2009, the Gord Sykes "Grassroots Coaching" award was presented to me by Malcom Allan MP and Peter Kormos MPP .

I hold the rank of 7 th Degree Black Belt in Karate and a 4th Degree Black Belt in Shindo .

Ethan Denis

By: Ethan Denis

P.O.P. Wado Kai

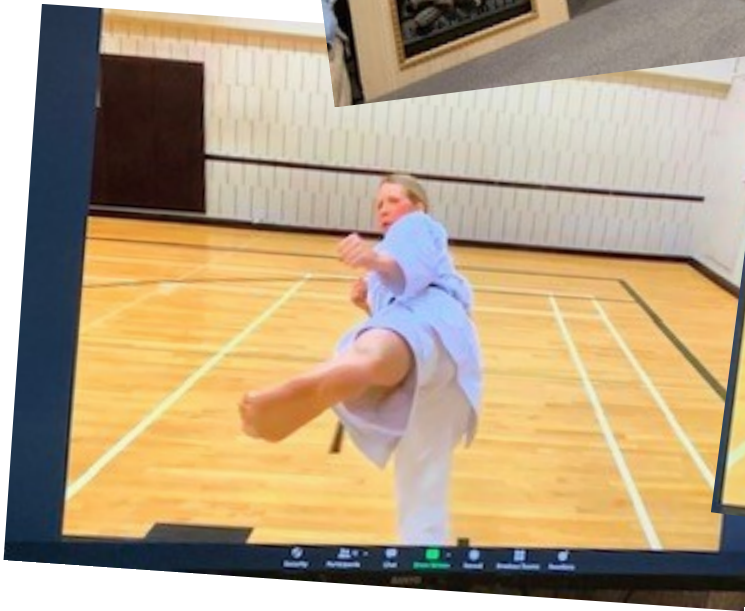
Bonjour, je m'appelle Ethan Denis et j'ai 8 ans. J'ai commencé le karate avec P.O.P Wado Kai en septembre 2020, virtuellement. Quand j'ai commencé mes leçons, j'ai trouvé ceci très difficile car je ne connaissais aucun nom des mouvements de karate. En octobre on a finalement pu suivre nos leçons dans un vrai Dojo. Cela était plus facile car j'étais avec mes Senseis qui étaient capables de m'aider si j'avais de la misère. Maintenant nous sommes revenue au leçons virtuelles, mais cette fois je suis capable de bien suivre car j'ai appris les mouvements et même des Katas. Je travaille très fort pour obtenir ma ceinture jaune. J'aimerais remercier Sensei Mélanie et Sensei Brian et j'espère qu'ils sont fières de moi.



National Team Workout



Kata Clinic



**SWKKF/Shintani Wado Kai
Karate Federation**

@SWKKF



Pandemic Karate Blues

By: Annika Vastamaki

Millbrook Wado Kai

I wake up to the sound of my alarm... mostly for entertainment these days as I have nowhere to go and nothing to do except repeat the last day, and the day before that and the day before that. Gone is the life of sweat-dripping sparring matches and tables of tournament medals waiting to be taken home. So far gone that I don't even know anymore if any of that was real... or just a distant dream. It's been a year since I stepped foot into what I had no idea would be my last tournament... in maybe forever.



I make myself a cup of coffee, pick up the remote and turn the TV on to see what more the pandemic could possibly have taken away from me since yesterday morning's news. More cases. More restrictions. More lockdowns. No vaccine in sight. I look out the window and see a fresh blanket of snow... and silence.

The words of B. B. King ring through my mind:

The thrill is gone
 It's gone away from me
 The thrill is gone, baby
 The thrill is gone away from me
 Although, I'll still live on
 But so lonely I'll be.

I open up facebook and see my heroes, other karate viking warriors, charge on with zoom trainings and facebook live workouts, even online tournaments and gradings. And I can hardly get myself past Cobra Kai episodes and Eagle Fang Karate. If Netflix was handing out belts, I'm sure I'd at least be a blue belt in Netflix karate by now. Instead, my green belt is probably fading to white as it sits in my duffle bag.

I play back memories of my karate journey since the beginning and all the people I've met along the way. My first karate class in Thunder Bay and the row of black belts I trembled in front of as I took my first bow. My first gold medal and my first out-of-town tournament. My first national tournament as a

spectator watching the big leagues like Sensei Atkinson and his majestic hair as it bounced whenever he chi'd down. My first and best karate frenemy, Shani.

What I wouldn't give to be back in any one of those moments. If I could just practice sparring with Sensei Erin one more time or learn one more sneaky competition move from Sensei John. If Sensei Gary could show me one more bunkai application or Sensei Nico perfect one more detail of my kata. If I could walk with Sensei Denise once more and glean from her wisdom, or get to work out with Sensei Faith in her dining room. Just one more time.

Even as terrified as I was of Sensei Kris Reynolds the first time I participated in one of his shindo clinics, I would give all my medals back if I could even be his uke for one more demonstration.



When you've got the blues sometimes you just gotta sing. But when you sing the blues you do it from the depths of your soul. Why? Because that's where the spark is... the one that keeps your spirit alive. And if you've lost your spark maybe you need to sing the blues for a little while to help you find it again... because if you're alive, it's still in there.

I think back to how much I took for granted in life before the pandemic. My last tournament was my first tournament as a green belt. And how I wish now that I would have tried harder and trained longer. I wish I would have fought like it was my last tournament. I wish I would have given it my all. And I wish I would have eaten one more of Sensei Alice's famous sugar pies.

It's easy to feel like it's all over... that life will never be the same and we will never gain back all we've lost. And maybe that's partially true... life may never return to the "normal" we knew and there are definitely irreplaceable things we've lost in the last year.

But...



As I look outside the window I also see the sun still rising every day. I see the world keep turning and children continue playing. And in the absence of all the busyness and all the people I am starting to see myself, without all the noise... maybe for the first time. And what I am beginning to see is that what I thought my karate depended on,

all of the external factors of classes in the dojo and live tournaments and gradings, those were all the extras to support my real training. I am realizing that karate starts from within... from that spark inside. And I'm realizing that sometimes it takes the absence of a whole lot of things for that spark to truly be found.

I open my phone and see our faithful leaders

across the country continue to provide instruction and top notch training to all who are willing to keep learning and hungry to be fed. I see their sparks fly online with encouraging comments and messages (which sometimes come by way of loving threats of throat punches and neck cranks). And in the collective sparks I feel the warmth of a flame...and suddenly I don't feel so isolated and alone, and I'm finding my own spark begin to grow again.

So tomorrow when I hear my alarm go off it will be more than just for entertainment. It will be my reminder to get up and pick up where I left off.

Pinan Yodan.



SWKKF/Shintani Wado Kai Karate Federation

@swkkf





SWKKF Virtual Tournament Series #3

Feb 15 – Mar 15, 2021

**Recognizing the 24th Annual
South Calgary Wado Kai Karate Tournament**

[registration link](#)

**Upload your Videos and Register as a Judge
beginning February 15, 2021**

Medalists will be announced March 20/21, 2021





RECOGNIZING SWKKF CLUB'S tournaments normally held in Spring

- Living Skies Wado Kai Karate
- Nordik Wado Kai Karate
- Whitecourt Wado Kai Karate Club
- Melfort Wado Kai
- Port Alberni Wado Kai Karate
- Welland Martial Arts Centre
- Michipicoten Wado Kai
- Spruce Grove Wado Kai



**EVENTS: KATA * KUMITE
SHINDO * KIHON / BUNKAI**

A Cup of Tea

By: Sensei Gary LaPlante

This saying tells us that we must face who we really are. We all have faults and have done mistakes in our lives...but so has everyone. If you have learnt from your mistakes and not

"A learned man once went to a Zen teacher to inquire about Zen. As the teacher explained, the learned man would frequently interrupt him with remarks like, 'Oh yes, we have that too,' and so on.

Finally the Zen teacher stopped talking and began to serve tea to the learned man. He poured the cup full, then kept pouring until the cup overflowed.

'Enough!' the learned man once more interrupted. 'No more can go into the cup!'

'Indeed, I see,' answered the Zen teacher. 'If you do not first empty your cup, how can you taste my cup of tea?'"

The above story is one that many have heard or read on their own but carries inside a deeper meaning, meant for the individual. We are a sum total of all experiences that we have gone through in our lives. Some have left positive imprints while some have left larger negative traits that hold us back from living life as it is meant to be.

The sad part of this lesson is that some individuals become lazy at living. They take the easy way out with everything they do and follow the paths that have been laid down before them while "growing up". If you do the same thing, the same way each day....then the results will of course be the same! Life is meant to be enjoyed by experiencing each day as a new start and not by getting older and thinking about what we failed to do!

There is an old saying that I learnt years ago: "In order to be completely free, one must learn to extinguish the self".

repeated them, then you have gained wisdom. Now if we can get rid of our Ego, learn how to accept ourselves for who we truly are...then life will become easier by not wasting so much time trying to convince others or yourself, who you are.

The story at the beginning also points out a "Human Flaw" in many of us. When we criticize others, it is because we recognize that weakness or flaw in ourselves. Many use this method to deflect attention away from themselves but many times it just serves to amplify their own lack of character.

Let each person walk their own path of life. Each one of us has our own trail through the uncharted forest of life. The Masters of the past laid down some foundations for us....but the structure that we build with the knowledge is completely up to us as individuals to build.

"When you deny a fear, the fear is doubled. We you accept a fear, then the fear is cut in half"

Sensei LaPlante

When you do something or face something that you fear and overcome it, in spit of your fear....then you are truly a hero.

Sensei LaPlante

May 29th, 2012

Do not allow the desires of your heart, to overcome the wisdom of what you know is wrong.



**SWKKF/Shintani Wado Kai
Karate Federation**

@SWKKFShintaniwadokaikaratefederation-
Martial Arts School



Understanding Your Rank

By: Sensei Kris Reynolds

Karate Kawartha Lakes

Rank in karate is likely the most misunderstood concept in the martial arts. It is usually, only useful for beginners. For most people, the moment a rank is earned it becomes an obstacle and impairs learning, judgment and training. Rank today has become a wide-spread cancer of the martial arts.

It's time to accept that the rank you believe you have earned is worthless and like all diseases, you would benefit from having it removed.

HOLD IT!!!

I can already hear the keyboard warriors gearing up for a fight of epic proportion.

Who does this guy think he is? What an arrogant <expletive>. He clearly has no understanding what martial arts is about. My rank is not worthless.....you can just try and take it from me.

Don't worry. I am not going to take your rank away.

I don't want it.

Neither does anyone else.

IT'S WORTHLESS REMEMBER.

The truth is, very few people care about what rank you have.

They care about their own rank...and their next rank likely.

Sometimes, very loyal students will perhaps care about their instructor's rank, which they follow devoutly, and who bestowed upon them the super-secret knowledge, missed by all other schools, or styles, or federations around the world because their instructor is special and is the "Highest Rank" that they recognize, or perhaps the next link in the chain of the only instructors they recognize.

I liken this to a 4 year old I once heard tell another child that his dad could "beat up" their dad.

FINE..... IT WAS ME! It was a long time ago..... and I had a tough dad.... So it was probably true! You're reading my article..... So pound salt, and write your own if you don't like it!!!

Ok, two thirds of readers are now sufficiently

offended....but I can do better. Let's look at the other side of the spectrum. Those "enlightened" individuals that champion the cause and claim that rank holds no importance.

There are people who believe they are "above" rank, and the ego that comes along with it. Often these people do not train in an actual "martial art".

They perhaps teach classes with no indicators of rank.....or so they think. Although, even with no belts.....the guy at the front of the class teaching must be a higher rank.....and the guy telling him what to do is even higher....right?

Ask some of these people and they will tell you rank is an obtuse concept and only for traditional martial arts....and it has no use in the **famed and notorious "streets"** anyway.

This is ridiculous concept and usually serves to justify the credibility of the position of those who claim it. They are usually somewhat proficient at fighting, but they are lacking the embodied knowledge and experience to understand what they are doing and how to improve, how to teach it, and most importantly how to apply it to everything else. They haven't realized that being an instructor, or being a higher rank is not **ONLY** about being a more skilled fighter than someone else.

It is a little about that though.... So if you really suck....stop reading and go work out some more. When you can punch hard enough, come back and keep reading.

This group has usually "fast tracked" through their basic training, and trains usually for a specific sport (by which I mean a specific rules set.) They will often describe themselves as training in "MMA" or something alike. They have no use for rank, because unbeknownst to them, they do not study a "martial art". They practice for a sport competition, which is a small part of martial arts, but does not come close to encompassing what would be required to be considered one itself.

In karate specifically, these individuals will also drastically adjust their training to fit the competition rules. The biggest example of this is practicing Kata for the sake of the kata, and not to understand the core principals and knowledge it contains. (That is a whole other article). As in all sports they can become impressive and skilled athletes. They can gain skills that would apply to a martial art, however by this standard they are no more a martial artist than would be a talented gymnast.

Here we arrive at the main points.

- RANK IS IMPORTANT WITHIN ALL MARTIAL ARTS.
- YOUR RANK IS NOT IMPORTANT IN ANY MARTIAL ARTS.
- You should show respect for everyone else's rank.
- You should never expect or demand your rank is respected.

Since rank is a concept that means so many different things to so many different people, it is a very tough idea to grasp. It is something that is not real, but is ever present in most arts.

Everyone has different opinions on rank, and on what is right and what is wrong. Who has what rank, and who gave it to them. Who has the highest rank. **Should** "person X" wear their black belt to my class. **CAN** I wear my black belt to a new art. You have righteous champions who will pick up the fight on both sides.

Some people go as far as to suggest that everyone wear no belts, or wear odd colour belt so that rank is not discernible, which they believe will somehow magically purify the training that is done. This mirrors the other side of the argument where you might see someone wearing black belts with bars on them per dan rank, or to wear belts that even have the rank embroidered on it..... "GODAN" so that everyone knows how important they are.

In the reality we live today, with 6 year old black belts and people grading themselves to 10th dan or even higher how can anyone take the idea of rank seriously?

All these concepts, and all these "ranks" are unimportant to those who have a real understanding of what rank is. To these people, the colour or the amount of wear on the belt you have, or the number of stripes, or the rank written on your certificate isn't even a consideration. They don't care which belt you wear to their school, or class. They don't think about which belt they will wear to your school or class. They will simply wear "their" belt. These people will expect that you live up to the rank you claim, and they will expect to be held to the standard of their rank. To them, progressing through rank is like paddling a canoe upstream. If you stop paddling, you move backward. As you age, your ability to make strong and fast strokes will fade, and to maintain moving forward you will be required to paddle smarter to make up for it. Most certainly a

rank will not be something you can use to hide from the current. Rather it will act as an anchor, towed behind you. An anchor that is proportional to the size of the rank.

The higher rank you achieve, the more difficult it is to continue forward.

The "belt" system, is largely the cause of the misinterpretation of rank. People "get" the belt, which is seen as the action of "getting" the rank. - This is a huge misconception.

You do not "get" a rank.

It is not something you can wear, or put on display.

A rank is not a badge of honour.

Real rank (or natural rank as I like to call it) is something you become, something you accept, and something you embody and represent for others. As the story goes, (although with questionable accuracy) before modernization, the belt system was simply a white belt or a black belt. Through years of training and hard work, the white belt would become soiled and darken, eventually becoming a "brown belt". This reflected better the difference in a karate-ka's concept of rank. Although not a true historical account of how belts came to be, it does serve to point out a truth about honest training and honest rank. True rank takes effort, over long periods of time.

Rank is an obligation

Rank should never representative of what you "**have done**". It is entirely representative of "**what you are doing**". It is an obligation you have accepted to those who have come before you, to fulfill the expectations of that rank. That obligation is to honour all of the history and development that has taken place over the generations before you. It is also an obligation to those who will follow after you to serve as an example and a role model to which they can aspire.

*For those who command **Natural Rank**, it is the only kind that holds importance. They understand that rank is not an achievement that can be awarded.*

Rank is demonstrated.

It is not earned.

It is not static.

It does not withstand time.

Everyone will recognize natural rank, although they may not understand that they do.

Within most groups of martial artists, it remains unspoken; in the background. An easily related example is

shown in the silent hierarchy within a rank. In most clubs or organizations there may be many people with a rank. Let's choose "nidan" (2nd degree) for our example. If 5 people are told they are Nidan rank, and you put all of them into a room together for a day, a natural hierarchy between them will develop. When they first meet, it will not be apparent. As they train, and speak, they will quickly separate into a natural rank. The majority will follow the lead of the individual who's actions and words embody the highest natural rank.

Similarly, if you put a 1st degree black belt, and a 5th degree black belt on the dojo floor, and have no markings indicating which is which, it SHOULD be naturally apparent who is who.....providing they both train. This is not by necessarily prevalent in how fast they move, or how hard their techniques are, but as a whole how they move, and what they understand and demonstrate. As people age, naturally their abilities may change, but so does their understanding and knowledge, which allows them to be effective and still demonstrate rank.

For those looking to make a difference in the visible interpretation of what rank is and what it means, there is only one way to do it. Don't talk about it. Get on the floor, work out hard and show the difference. You will find yourself in one of three realities (none of which care about the certificate on your wall, or who signed it.)

1. Your knowledge and performance will **command rank**. It will happen organically. You will not ask for it, or in some cases even realize it. Other students will be drawn to you, to absorb what you have to offer. Respect and admiration from these people will happen naturally, and will likely seem undeserved and make you feel self-conscious. Stop worrying about it..... its going to take an enormous

amount of time and effort to live up to their expectations. Get to work.

2. Your knowledge and performance will not command rank. Good news though.... You are on the floor and working out, so you are making that happen. It's not likely, but perhaps tomorrow you will be in group 1..... probably not though, so suck it up, stop thinking about it and get back to working out!
3. You will (consciously or subconsciously) realize you are unwilling to put in the work required to become a member of group 1. Upon this profound realization you will try to focus on making rules or relying on regulations that you believe will justify you to "demand" the respect and admiration of the rank you desire instead of "**command**" it..... or you will quit.

If you find yourself in the third group, you will inevitably reach the point that you look back and regret the choices you made that stole the time away from you that you could have been improving yourself to actually achieve your goal. You can't get that time back..... but you can always get on the floor and join group 2 today. Tomorrow you will be one step closer to joining the first group.

When you find yourself **talking** about karate, that means you had time to **BE** training.

IT'S A CHOICE.

Respectfully submitted from a lifelong group 2 member



SWKKF Live Workouts
Open to all members in good standing



\$10
per class

\$100
full year

2021 VIRTUAL CLASSES

Via Zoom
January to December

11:00 - 12:30 EST
10:00 - 11:30 CST
9:00 - 10:30 MST

Brown & Black Belts

Classes will be held
on the **second Sunday**
of every month.

Classes will be counted towards
your grading requirements.

Kyu Belts

Classes will be held
on the **third Sunday**
of every month.

Payment Method

E-Transfer
ddlabbe3@gmail.com

Mail
P.O Box 20028 Grantham
St. Catharines, ON
L2M 7W7

Payment must be made to
Sensei Denis Labbe prior to attending.

shintani.ca

SWKKF



From the Harmonizer Committee

The Harmonizer is YOUR newsletter! Its purpose is to celebrate, showcase, and inform all of our members. We want to continue 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, and we especially want to hear about the ways you are maintaining your excitement and dedication to your training in these trying times of home dojos and virtual training. We are happy to receive stories about any aspect of your martial arts journey 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 Kevin Dyck – Moose Mountain Wado Kai - Carlyle, SK

Sensei Yvon Lebel – Nordik Wado Kai - Hearst, ON

Sensei Alice Pinto – Nordik Wado Kai - Hearst, ON



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