

The Harmonizer

The Official Newsletter of the Shintani Wado Kai Karate Federation



Volume 32, Issue 3

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The Harmonizer

Current Issue:

Message from the President	3
Media Release - Scholarship Recipients	4
Scholarship Recipient - Sensei Natalie Wong	5
Scholarship Recipients - Sensei Jeff Gervin and Gillian Gervin	6
2023-24 Shintani Team & Capital Conquest	7
From Glamorgan to Three Elements Karate Club, the journey...	8
The quick fix	11
Melissa Lyons Journey	12
Capital Conquest - Gatineau, QC	13
From Your Harmonizer Committee	18

On the Cover
Sensei Geoff McDonald
preparing for his kata
competition
at Capital Conquest

SWKKF VALUES

• Honour • Excellence • Kindness •
Humility

Visit
our website

www.shintani.ca

It is obvious that these kata must be trained and practiced sufficiently, but one must not be 'stuck' in them. One must withdraw from the kata to produce forms with no limits or else it becomes useless. It is important to alter the form of the trained kata without hesitation to produce countless other forms of training. — Hironori Otsuka

SWKKF VISION

The Shintani Wado Kai Karate Federation will be the premiere traditional karate and Shindo organization in North America, through the work of our highly skilled and dedicated instructors in developing unparalleled character, skill and pride in our students.

Message from the President

This issue is dedicated in memory of
Master Shintani,

Hello SWKKF members,

I hope that this message is received in good health and that you and your families are doing well.

As with every issue there is a lot of work which takes place, personally I would like to thank the committee for their hard work and countless hours.

To start just a couple reminders:

- Please visit our incredible website www.shintani.ca for all updates.
- Instructors - please send in your 2024 student registrations.

In this message I would like to take the opportunity to thank all of our event coordinators across the country. Your continued dedication, support and organization for the various events across the federation is appreciated (clinics, workouts, tournaments, etc.). These events are a great way to come together and grow as a community.

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

We are also asking you to plan ahead. The Shintani Memorial National Clinic/Tournament is on May 24-25th, 2024. The clinic on Friday night and the tournament on Saturday. Visit the website for further information. I encourage all to attend!

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

The Senate will be meeting in December to go over all committee work and SWKKF operations. We are very pleased with the work the various committees are doing. At this point the Senate is only there for guidance and advice - these committees are the ones doing the work!

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

In Harmony,
Sensei Denis



Shintani Wado Kai Karate Federation



Shintani Wado Kai Karate Federation Scholarship Committee

15307 44 Ave
Edmonton, AB
T6H5W4

July 31, 2023

Media Release: FOR IMMEDIATE RELEASE

Scholarship Selection Committee Announces Recipients for 2023

The SWKKF Scholarship Committee is thrilled to announce the successful completion of the scholarship selection process. Each year, three recipients are supported by the SWKKF Scholarship Fund and the Jean Miller Memorial Fund. This year, we are grateful to grant a fourth scholarship via an anonymous donor. Please assist us in congratulating the following exceptional individuals who have been selected as this year's scholarship recipients:

1. David Yao - SWKKF Scholarship Fund
2. Gillian and Jeff Gervin - SWKKF Scholarship Fund
3. Natalie Wong - Jean Miller Memorial Fund
4. Alex Liu - Anonymous donor

The SWKKF would like to extend its sincerest gratitude to all the applicants who participated in the selection process. Your dedication and passion for education inspire us and we commend each one of you for your hard work and perseverance.

Once again, congratulations to this year's recipients. We are immensely proud of your accomplishments and are excited to see the positive impact you will have in the future.

Sincerely,

A handwritten signature in black ink that reads "Kelsey Mramor".

Sensei Kelsey Mramor, SWKKF Scholarship Committee Chairperson

Scholarship Recipient

By: Sensei Natalie Wong

Bushido Karate Association

To the SWKKF family:

Thank you so much for your generosity in awarding me a scholarship from the Jean Miller Memorial Fund. I am incredibly humbled to have received this honor, and feel very encouraged by this award to continue to pursue excellence. This scholarship will greatly aid me in covering my undergraduate expenses at the University of Ottawa.

Looking back, it's amazing to see where I have come from to get to this moment. I began my karate journey at the age of 4 with the Bushido Karate Association. I was incredibly honoured to earn my Shodan rank in May of 2021, and since then I have also become an assistant instructor for youth classes at my home dojo. Over the years, I have enjoyed competing in numerous tournaments and honing my skills at various clinics. I am proud to have been a part of the Bushido Karate Association tournament team since 2018, which never failed to push my limits, improve my technique and give me a good workout. Last, I was shocked but very grateful to have received the Female Athlete of the year REACH award in 2022. For a little bit extra

about who I am outside of karate, I love to stay active. I enjoy a wide range of sports such as volleyball, running, backpacking and skiing, and I am an avid explorer of the mountains with friends and family. Furthermore, I am extremely passionate about music, and I love to be active in leadership roles in my school and community.

With the aid of the SWKKF scholarship, I will be studying at the University of Ottawa in the fall hoping to complete a Bachelor of Music performance degree in cello. I would like to thank the SWKKF Scholarship committee and all those that contributed to make this scholarship possible. I appreciate all the hard work you put in to make this scholarship possible.

To conclude, I would like to thank the many Senesis, friends and family that have supported me continually throughout my karate journey. Sensei Scott, Sensei James, Sensei Craig, Sensei Bernadine, Sensei Chmay, Sensei Mike, Sensei Adam, Sensei Elliott, Sensei Sidney, and of course Sensei Cris, Sensei Stefan and Sensei Kira - you constantly push me to expand my knowledge and skill in karate, and you all continue to inspire me to be a better person. I am excited to see how my next steps unfold in karate, and throughout university! :)

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



Masaru Shintani Legacy

@masarushintanilegacy1318 65 subscribers 44 videos

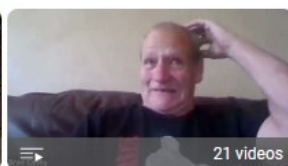
Video Archive dedicated to Hanshi Masaru Shintani and the Shintani Wado... >

Home Videos **Playlists** Community Channels About 🔍

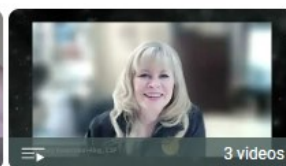
Created playlists



Shintani Video Archive



SWKKF Interviews and Reflections



SWKKF REACH Awards



Interviews with Hanshi Shintani



SWKKF Curriculum

Scholarship Recipient

By: Sensei Jeff Gervin and Gillian Gervin

Dear SWKKF,

Synthesis Martial Arts

To the SWKKF scholarship committee, members of the senate, and the general membership;

I was genuinely excited for Gillian and me to be named as recipients of one of this year's SWKKF scholarships and would like to thank you all for this award. Thank-you to the scholarship committee for your work in evaluating the candidates, and thanks to the leaders, scholarship donors, and members of the organization for making these scholarships possible.

My name is Jeff Gervin, and in the fall of this year I will celebrate the milestone of 40 years of involvement in the SWKKF. In October of 2022 I was awarded the rank of Shichidan (7th dan), an achievement that I never imagined I might reach all those years ago at the beginning of my karate career.

I am very happy for my daughter, Gillian, who has managed to find success in university academics as well as becoming an instrumental player on the Minot State University's women's hockey team. This year they were runners up in the ACHA Division 1 national tournament held in Boston, Massachusetts.

The SWKKF encourages a culture of honesty, integrity, humility, and generosity, and the scholarships are an embodiment of these ideals.

Again, many thanks, and all the best to each of you.

In harmony,

Jeff Gervin

My name is Gillian Gervin, and I am honoured to be one of this year's recipients of the Shintani Wado Kai Karate Federation scholarship. I would like to take this opportunity to thank you for your generous contribution to my schooling at Minot State University.

I am going into my fourth year at Minot state University, continuing a degree in Exercise Science while playing on the Women's Hockey team. After my time in Minot, I plan to pursue a master's degree in occupational therapy. I have a great passion for exercise and sports in general, which is why this scholarship means so much.

Thanks to your generous donation, my educational pursuits have been made more attainable. Thank you for your support.

Sincerely,

Gillian Gervin



**SWKKF/Shintani Wado Kai
Karate Federation**

@SWKKFShintaniwadokaikaratefederation-
Martial Arts School



2023-24 Shintani Team & Capital Conquest

By: Sensei Geoff McDonald

Hamilton Canadian Japanese Cultural Centre

The beginning of a new Karate season is always exciting. From the new white belts joining our clubs and the return of students from a summer away. For the Shintani Team, it means new members joining our returnees as we prepare for the many events in the upcoming season. I would like to welcome our newest members joining this year:

- Dave Blanchett – Yodan
- Kira Slator – Shodan
- Michael Fulop – Shodan
- Farhann Iyub – Brown Belt
- Gavin Campbell – Brown Belt
- Parth Sakpal – Brown Belt

I can't wait to meet, train, and compete with everyone in the coming months when we are able to meet in person.

The first event for the team this season was to travel to Gatineau and attend Capital Conquest. Many of our team members from Ontario made the trip to train and compete throughout the weekend. This was my first time at the event, and it was such an incredible experience. For us on the team, the weekend began the Friday night with the Black belt competition. All our competitors placed well and went home with some hardware.

To begin the Saturday, the team got together for a

morning workout in the park before heading back to the venue for a full day of seminars. These seminars were on all sorts of different martial arts and were a pleasure to train in.



Each instructor was unique, enthusiastic, and extremely knowledgeable. Following the seminars, we decided to take a walk across the canal into Ottawa for team dinner before meeting up with the rest of the SWKKF attendees.

We had an early Sunday morning start as we gathered to cheer on Arielle in the youth competition followed by another day full of seminars. Overall, the weekend was a great success, and I would urge anyone to attend in the future as it was an incredible weekend.

I would like to thank our coaches Sensei Michel Gosselin and Sensei Brodie Hicks along with our team manager Sensei Colin Frans for preparing and coaching our athletes for this event. I would also like to thank Hanshi John Therien for organizing this phenomenal weekend of martial arts. It was incredible to experience and meet all the other martial artists. And finally, thank you to Sensei Neil Prime for getting the SWKKF involved with Capital Conquest.



Results:

- Brodie Hicks – 2nd Kata & 2nd Kumite
- Colin Frans – 3rd Kumite
- Steffanie Hancharyk – 2nd Kumite & 2nd Weapons
- Erin Couture – 1st Kumite
- Geoff McDonald – 1st Kata & 3rd Kumite
- Seth DeSouza – 2nd Kumite & 3rd in Weapons
- Skye Cotter – 1st Kumite

From Glamorgan to Three Elements Karate Club, the journey...

By: Sensei Dany Babakhanian

Three Elements Karate Club

Have you ever wondered why a business or organization is named what it is and what their logo means? Take Amazon for example, why didn't Jeff Bezos call it Bellevue Online Books or BOB for short with a flying book for their icon? After all that is where he started his little company and books were his only focus back in 1995? Well as we've come to learn it's probably because Mr. Bezos is a marketing genius and had a grand vision for his brand.

What is a brand? Simply put, it's the identity of a company or organization. One of the most common ways of communicating the brand is the use of the logo which is often made up of two parts, the name, and the icon. The name well that doesn't need an explanation, the icon is the image or symbol that represents the brand – think of the dove and fist for Wado Kai karate. Wrap Shintani Wado Kai Karate Federation around the fist and dove and you have a complete logo.



In 1999 Glamorgan Karate Club was born. We incorporated the name with the fist and dove and voila, we were official! Why the name? Well because we started in the community of Glamorgan in Calgary, and we wanted to teach karate. Marketing is not one of our strong points, Mawashi and Mikazuki Geri's are, and Mr. Bezos likely already had the rights to Amazon Karate Club.

Within ten years of first opening our doors, we relocated the dojo twice. Both instances were in districts other than Glamorgan, so we slowly shifted the focus of our name to GKC. In 2018 we began the initiative of building our club specific brand identity. We had discussions with the members and asked what they thought of when they worked out with us, what was

common language that would be heard in the dojo?

With that, we set the task of working on an icon. Many concepts were considered but ultimately, we settled on a stylized triquetra, also known as a trinity knot. There was nothing religious about the symbol – to us each interlaced pointed oval represented our training philosophy:

Form Train with mindfulness and care to develop good form.

Speed Train with responsiveness and efficiency to gain speed.

Power Train with intent, intensity, and spirit to gain power.

Kaizen is a Japanese term for continuous improvement. It captures the essence of training in karate as you cycle between form, speed, and power to continuously improve.

These small incremental gains sneak up on you and present themselves as major improvements. Our team jumped on that idea and incorporated swooshes around the image to represent Kaizen. Cleverly it was designed using a dry brush look which added an element of traditional Japanese calligraphy respecting the origin of karate.

Side note - To this day we are still questioning if it was the luck of the Irish in our name that helped us land on the triquetra as the centering symbol in our icon, it subtly pays homage to the roots of Glamorgan which has a Celtic background.

We now have an icon that feels "right" for the club!

It's 2023 and we are ready to pick up the next stage of this project, the name.

Why?

Well from a marketing perspective (we're still learning) Glamorgan or GKC doesn't represent where we train – imagine



moving the Hamilton Tiger Cats to Toronto and keeping the name... I can already feel some of you getting worked up about this and it's very confusing for the fans, right? The search for the perfect name began. We brainstormed amongst the original founding members of the club. We talked to the young and the more seasoned karateka of the club. We surveyed all the members asking for name submissions. We even engaged artificial intelligence into the search (it is 2023 after all) we asked Chat GPT for ideas. All in, we had well over 50 names for consideration. It was narrowed down to two names, and we did some market research asking non karateka about their

preference (remember we've been learning since 1999).

At the end of the day, Three Elements Karate Club was the choice. The name captures the essence of who we are, our brand as we have learned. When asked by outsiders "what does Three Elements mean" or "what are the Three elements" we tell them, "It's how we train" through the incorporation of Form, Speed and Power and the application of Kaizen as a philosophy to always be improving.

It allows us portability should the club move or expand (to Hamilton) and finally we just really like it.





WORLD KOBUDO Welcomes

HANSHI JIM ATKINSON

TEACHING AT CAPITAL CONQUEST 2023

8th dan, Shintani Wado Kai Karate
Vice President Shintani Wado Kai Karate Federation
Chief Instructor, Shindo Federation of North America
8th dan, Shindo
8th dan, World Traditional Karate Association
Hanshi Atkinson will be teaching the art of Shindo, a short bo that was developed by Soke Shintani.



NOVEMBER 3 - 4 - 5 2023

REGISTER NOW AT CAPITALCONQUEST.ORG

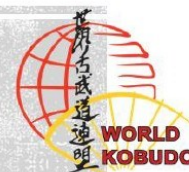


WORLD KOBUDO Welcomes

HANSHI NEIL PRIME

TEACHING AT CAPITAL CONQUEST 2023

8th dan, Shintani Wado Kai Karate
Director/Technical Advisor, Shintani Wado Kai Karate Federation
7th dan, World Traditional Karate Association
6th dan, Shindo Federation of North America
6th dan, Superfoot System
Hanshi Prime will be teaching basic kicking techniques for people who struggle kicking and advanced set ups / sparring strategies using kicks



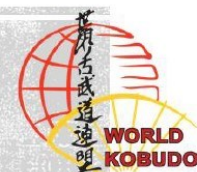
NOVEMBER 3 - 4 - 5 2023

WORLD KOBUDO Welcomes

HANSHI RON MATTIE

TEACHING AT CAPITAL CONQUEST 2023

9th dan, Shintani Wado Kai Karate
Chief Instructor, Shintani Wado Kai Karate Federation
9th dan, World Traditional Karate Association, Canadian President
7th dan, Shindo Federation of North America
7th dan, Superfoot System / 6th dan, Karate Canada
6th dan, Iaido / 2nd dan, Kendo
Will be teaching 2-step sparring & bunkai (hidden application of kata)



NOVEMBER 3 - 4 - 5 2023

REGISTER NOW AT CAPITALCONQUEST.ORG

The quick fix

By: *Sensei Gary LaPlante*

It seems that in today's world it's all about how fast things happen. There is no emphasis on quality, just on speed – people want instant gratification. People don't want to go through a learning process and work from the bottom. They want to start at the top. There is no longer a thing called "building wealth". People want it NOW. It is the same in martial arts! Nobody wants to go through the learning process. Nobody wants to go through the many years of sacrifice. Stories of blood, sweat and tears seem to be a distant memory.

People run after "Get rich quick" schemes instead of focusing on what will truly create wealth. I see martial arts clubs advertising "Get your black belt in 6 months", and "Get your online PHD in martial arts" courses. The sad thing is that so many people fall for it.

I don't blame people out there for having so little respect for black belts. They are well within their rights to say that a "black belt" is a useless piece of cloth. Gone are the days when a black belt represented perseverance, hard work, mental fortitude, and toughness. So called "black belts" are produced quicker than T-shirts in China these days. They come off the production line with somewhat of a resemblance to the real thing, and as soon as they are tugged on a little too hard, they tear.

"How long will it take me to get my black belt?" is a question I have heard countless times. What does it matter? Getting your black belt quickly doesn't make you any better. In fact, it makes you a whole lot worse. People are too concerned with the "title". They don't want to know about the training and the hardships that come with achieving a real black belt. They are only concerned with being able to run around saying that they have one. This type will never make it past the first week of training in my club. They are better off finding a McDojang/McDojo that will suit their needs.

A black belt should say something about the

person wearing it. A black belt is not only about a person's skill level. It should tell us that they are dedicated, loyal, hardworking and goal oriented. These days we can assume none of these things when somebody has a black belt. When a student is "fast tracked" the black belt becomes meaningless.

In this fast-paced world we have created a market for the martial "con" artist, and we have nobody to blame but ourselves. It is due to our endless desire for the quick fix. Hopefully the true Black Belt clubs out there don't die out completely to these "fast food" martial arts imposters. It is up to us to step back and realize that faster isn't always better. Sometimes quality is more important than quantity. Bring the meaning back to Black Belt.



**SWKKF/Shintani Wado Kai
Karate Federation**

@SWKKF



Melissa Lyons Journey

By: Sensei Melissa Lyon

Westcoast Wado Kai Karate Club

On November 21, 2023, I was awarded a black belt in karate. I wanted to share this because as a person with a disability, this is not only a personal achievement; it also shows the power of having the right support and accommodations.

For the last ten years as I worked my way through the karate belts, I have had people in my corner who have believed in me and cheered me on...my senseis, my family, my friends. This has made all the difference.

At each step along the way, I gained more skills and more confidence. When things didn't work for me, doors weren't closed and people didn't shut me down. Instead, we worked together to make adaptations so that I could do the katas and take part in karate just like everyone else.

In my work as a disability consultant I am always talking about how with the right mindset and the availability of the right accommodations, people with disabilities can excel in employment, in recreation, and in society in general. I am so grateful to be a real-life example of this, and I hope that it spurs others on to create the conditions for other people with disabilities to excel in whatever they are doing.

This is inclusion. This is what belonging feels like. The right support, the right mindset, and the right accommodations can make all the difference!

Thank you to Sensei Oliver Fitzpatrick and Sensei Megan Bond for their unwavering support of me both in and out of the dojo. Also, thank you to Sensei Ron Mattie, Sensei Steffannie Hancharyk, and Sensei Denis Labbe for your wonderful feedback and suggestions as I worked towards my black belt grading.



SWKKF/Shintani Wado Kai Karate Federation

@shintani.ca



Capital Conquest - Gatineau, QC

By: Sensei Brodie Hicks and John Mealin

Peterborough Shintani Wado Kai Karate

Capital Conquest 2023 (Gatineau, Quebec) witnessed outstanding performances from our Shintani Team and SWKKF members, and we are thrilled to share their impressive achievements!

Congratulations to all the winners, with special acknowledgment to:

- Sensei Geoff McDonald - 1st place in kata / 3rd place in kumite
- Sensei Erin Couture - 1st place in kumite
- Sensei Skye Cotter - 1st place in kumite
- Sensei Seth DeSouza - 2nd place in kumite / 3rd place in weapons
- Sensei Brodie Hicks - 2nd place in kata / 2nd place in kumite
- Sensei Colin Frans - 3rd place in kumite
- Sensei Steffannie Hancharyk - 2nd place in kumite / 2nd place in weapons

Our instructors, Senseis Ron Mattie, Neil Prime, and Jim Atkinson, conducted insightful seminars on Saturday and Sunday, showcasing the essence of Shintani karate and shindo.

Sensei Brodie Hicks took the opportunity to train in karate, kickboxing, Japanese and Brazilian jujitsu, and sword fighting. He even worked out with Canadian kickboxing legend, Jean-Yves Theriault - the original "Iceman" - who had 61 knockouts in his 18-year career. See the video below!



Click photo above for video!

Our team members' hard work and dedication were reflected in their success at Capital Conquest 2023. Kudos to everyone for their outstanding contributions in making the event memorable. We thank Hanshi John Therrien and his organizing



committee for their outstanding event organization!

The Capital Conquest experience is a platform where martial arts enthusiasts from around the world not only compete but also learn and grow. We look forward to seeing more achievements in the future. Keep up the excellent work, everyone!









The SWKKF Reach Program



The REACH Award Presentation Video

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.



SWKKF/Shintani Wado Kai Karate Federation

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YouTube channel visit [SWKKF—YouTube](#)



SWKKF

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5 Rules RULE #5



5 Rules RULE #4



5 Rules RULE #3



5 Rules RULE #2



5 Rules of RULE #1

From the Harmonizer Committee

The Harmonizer is YOUR newsletter!

Thank you for your continued support of your newsletter!

Seasons Greetings from the Harmonizer Committee

Wishing you all health and happiness for the new year



harmonizer@shintani.ca

Committee Members:

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

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

Sensei Yvon Lebel – Nordik Wado Kai - Hearst, ON

和道会

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