

THE
HARMONIZER



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On the cover: Senseis Jordan Gilroy (left) and Josh Stricker of the South Calgary Wado-Kai Club compete in the SWKKF National Team selection camp recently held in Welland. (Healthier Fidyk photo)

Message From the President

In memory of Master Shintani Sensei Denis Labbé

We are now into the summer months. Travel safely and have fun. The following are the results of the 2010 National Master Shintani Memorial Tournament. I would like to thank everyone who participated in the tournament. Thank-you to Senseis Anne Readhead, Jim Atkinson and all of the tournament crew members who helped to make the tournament a success. *Editor's note: For complete tournament results, please see pages 5 and 6.*

As of July 1, 2010, the SWKKF must file with Revenue Canada for the GST/HST. Alberta, Manitoba, Saskatchewan, Quebec, and the Northwest Territories will be subject to 5% GST/HST, bringing yearly dues to \$40.00 plus \$2.00 GST/HST for a total of \$42.00 per student. British Columbia is subject to 12% GST/HST, bringing yearly dues to \$40.00 plus \$4.80 for a total of \$44.80 per student. Ontario is subject to 13% GST/HST, bringing yearly dues to \$40.00 plus \$5.20 totaling \$45.20 per student.

Message from the National Coach

Sensei Ron Mattie

As you read this, please feel like it's addressing you personally. This is to all instructors in the S.W.K.K.F. from big cities to remote little towns across the country.

I have met most of you and have had the privilege of working out with many. It has always been a pleasure being on the floor and socializing after classes. I want to thank you all for your hours of effort and dedication teaching week after week for our great organization on behalf of Sensei Shintani.

It really doesn't matter what you are teaching, if you make a positive difference in someone's life, then you have achieved one of Sensei's main objectives. Developing your style of teaching is a great journey. Learning different styles of teaching helps reach all our members. Use the style that works best for you, what gives you the best results with your students.

You don't need to be a tournament champion to be a good instructor or karateka. You are never too old or too high in rank to learn. This is why Sensei never liked to be called "Master". He felt that being called "Master" meant that you have learned all

there is to know. Sensei was always on a path of development. Passing this attitude down to us was one more of his objectives.

Enjoy training, enjoy teaching, and enjoy the people. Thanks again for helping us all to make this organization so great.

I am looking forward to being on the floor with you in the near future.



Sensei Ron Mattie, at left, with SWKKF founder Sensei Masaru Shintani.

EDITORIAL ON KARATE**Submitted by Mary**

My name is Mary. I am 14 years old and I live in Grande Prairie, Alberta. I am in the Peace Country Wado Kai Karate Club, run by sensei Dave Blanchet. I have been in karate for just over 2 years and I am a green belt. The Western Canadian Finals was only my third tournament I had ever been to. We left on Wednesday at around noon. The flights themselves were not too long, but the layover was. By the time we reached Saskatoon, we were exhausted. Thursday we shopped most of the day, and we went to a nice restaurant called the "Saskatoon Station Place". It was very fancy. After that we went back to the hotel and relaxed.

Friday morning we awoke to the sounds of high winds, and when we looked out our window, it was white. Snow drifts were everywhere. We had been talking to some friends in Grande Prairie who were raised in Saskatchewan. They had told us how bad Saskatchewan snowstorms could get, but we had not expected this. We decided to leave the room at noon to try to do some shopping. We opened the front doors of the hotel and were immediately blasted by the wind and snow. We fought our way to our SUV and realized we could not go out in this storm, so we had to go all the way back to the hotel. We were thankful when we reached the lobby doors, we were soaked. For the rest of the day we lounged around in our room and hung out at the pool. We met another karate club and our parents did some mingling. It was snowing so hard some of the roads had closed. The other karate club was not going to the Friday night workshops at the Warman High School but our parents decided we would at least try if the weather let up. We had rented an SUV but they ran out of the mid size ones which we had reserved. We ended up with a small SUV, but it was still a 4x4. The weather let up and we drove out to Warman and had no problems at all; the road was dual lane all the way. We were impressed by the size and quality of the Warman High School/Convention Centre. My parents registered my sister and me, and we went in to the gym. The gym was larger than I expected and there were lots of kids. We were told to line up by belt rank a few minutes after we arrived. There were so many black belts. They separated us by rank and then by age and we were assigned to different senseis. We then worked on different kicking combinations and techniques, along with kata. We met a lot of the National team as they also were giving instruction to some of the groups. The workshop was nice. I was looking forward to the competition the next day.

The drive back to Saskatoon was interesting. The wind had started blowing and the highway was drifting over. The wind was 100 km/h and a semi tractor was sitting in the ditch beside the road. Luckily it was a short drive from Warman to Saskatoon and we reached the hotel without incident.

Saturday morning arrived and we were up bright and early. We grabbed breakfast at MacDonald's and headed out to Warman. The roads were clear and my sister and I were excited and nervous about the competition. We walked into the gym and the bleachers were full of parents and their children. People from various Karate clubs were hanging out together but I hardly knew anyone as only a few of my club managed to make it through the storm to Saskatoon. My Sensei was trapped in Calgary and would not be here at all. I did not see any girls my age or rank so I was sitting with my family in the bleachers. I noticed a black belt waving at me to come down to the gym floor. I knew he was a member of the National Team but I could not figure out why he was waving me over. When I reached him he introduced himself as Sensei Kevin from Calgary, and he was looking for someone to warm up with. It was fun to spar with a National Team member and it really helped calm me down and to make me feel a part of the tournament. During our sparring warm up he asked where I was from and we made small talk. The next thing I knew we were all being called to line up and start the tournament. Sensei Kevin and I bowed and parted ways. It was very inspiring to see how nice the National Team members were to all the kids. They sat in groups and encouraged us and I got to see the female members up close. I realized they were not muscle bound giants but were quite small. I started to think that if they could make the National Team then I could as well. It would be nice to encourage kids and let them know what they could achieve. It would be awesome to travel to other countries and do Karate and represent our country.

We were quickly separated by rank and age and the tournament started. I made a friend right away from the South Calgary Club. My Sensei, Dave Blanchet, said that the whole point of tournaments is to have fun and make friends and I should not think of winning a trophy but having a good time. I still

did not want to go home without something but I was already having lots of fun and had made a friend. My sister and I both ended up bringing home a trophy but we were very tired as it was a long day. We did not make it to the closing banquet as things did not work out as we had planned time wise. I talked to my new friend on the phone that evening, and after that I fell asleep. The tournament was a success. The people who did all the extra things like getting an ice pack when we sister got hit in the nose by accident, and prepared food and helped us get to our rings on time made it easy. Every Sensei would stop when asked a question and do his or her best to answer it without rushing off, even though they were being pulled in several directions at the same time. When someone was hurt the judges gave them words of encouragement. When the younger kids froze up and forgot their kata the judges helped them and told them it was okay and calmed them down so they could try again. The Black Belts looked very proud to be standing and being introduced to the masses as visiting senseis, National Team members or former National Team members. I could see myself standing up there one day.

Editor's note: This is perhaps my most favourite submission of all that I have received during my four years as editor of the newsletter. I don't know who Mary is, but I do know that she writes extremely well for her tender age. The SWKKF emphasizes the importance of friendship and family, and Mary has already grasped this. I am pleased that she had a good tournament, and was able to meet members of the National Team. For your information, Mary, the only "muscle-bound giant" of the team is Sensei Kelsey Ross of Edmonton.

2009 SWKKF SCHOLARSHIP WINNER MARLIES HOUWING



To Kelsey Ross and other members of the SWKKF scholarship selection committee, Sensei Denis Labbé and the rest of the SWKKF Senate, as well as all members of the SWKKF itself, my name is Marlies Houwing and I sincerely want to thank you for awarding me with the SWKKF scholarship.

Since receiving my black belt in May of 2007, I have been training and assistant teaching with the Mill woods Karate Club in Edmonton. Although I absolutely love karate now, I do have a confession to make. When my parents first registered me in karate in 2000 when I was twelve years old, I was genuinely upset and afraid. I still vividly remember crying in the backseat on our way home after my first class and begging to never go back. I am now happy and grateful to say that that shy teenage girl eventually discovered how much she actually loved karate. I did return to class and eventually met new friends and learned how fun and rewarding karate can be. Because of karate, I have learned how to challenge myself like I never knew I could, both inside and outside of the Dojo. Now that I am an assistant instructor, I strive to keep in mind my initial experience with karate and use it to help new karate-kas learn to discover themselves and their own joy for karate.

In addition to karate, I enjoy hiking, running, and ballet. I completed my Bachelor of Science degree in Biological Sciences from the University of Alberta in the Spring of 2009 and am currently enrolled in the Education After-Degree program at the University of Alberta.

Again, thank-you for awarding me with this scholarship.

Sincerely,
Sensei Marlies Houwing

2010 NATIONAL MASTER SHINTANI MEMORIAL TOURNAMENT KATA RESULTS

AGE/RANK	DIVISION	GOLD	SILVER	BRONZE
4-6 YEARS	ALL RANKS	Cameron White	Eyja Thornbury	Cortney Semech
7 YEARS	ALL RANKS	Alexander Nagy	Alexander Vince	Ben Vanrooy
8 YEARS	WHITE-YELLOW	Simon Bell	Carter Semach	Matthew Lepp
9 YEARS	WHITE-YELLOW	Holly Brown	Mory Freeman	Lauren Singhuber
8-9 YEARS	ORANGE-GREEN	Olivia Terdik	Kloe Myke	Nickolas Spoto
10-11 YEARS	WHITE-YELLOW	Amanda Miller	Tracy Barnes	Brandon Pryce
10-11 YEARS	ORANGE-GREEN	Taylor Myke	Sasha Bjelic	Krista Tadic
10-11 YEARS	BLUE AND UP	Sarah MacLeod	Nick King	Hunter Deeters
12-13 YEARS	ORANGE-GREEN	Erin Corbett	Elise Leong-Sit	Ben Hallworth
12-13 YEARS	BLUE-BROWN	Alexandre St-Arneault	Anthony Romano	Adam Spoto
14-15 YEARS	WHITE-ORANGE	Alicia Hatton	Wyatt Boutilier	Sara Pereira
14-15 YEARS	GREEN-BLUE BOYS	Isaac Bedard	Ilija Stanic	Robbie Kelly-MacGillivray
14-15 YEARS	GREEN-BLUE GIRLS	Raye Willms	Janet Ross	Katya LePage
ADULT	WHITE	Steven Nagy	Laura Dellasmirra	Ellen Duffus
ADULT	YELLOW	Sheldon Schmidt	John Voyer	Tammy Passmore
ADULT	ORANGE-GREEN	Stephen Ellery	Robert Wingrove	Kent Graham
ADULT	BLUE	Philippe Guenette	Frank Hepworth	Mike McDonald
ADULT	BROWN	Josh Farrell	Isabelle Fillion	Daniel Thorne
JUNIORS	SHINDO KYU BELT	Keagan Robinson	William jacob	Alex Burgraeve
ADULT	SHINDO KYU BELT	Robert Grave	Nick King	Mike Kuczkowski
BLACK	SHINDO BLACK BELT	Shannon Kaye	Scott Hill	Kris Reynolds
SHODAN	MANDATORY KATA	Emilie Gosselin	Cassey Sumbler	Michelle Hayano
SHODAN	OPEN KATA	Emilie Gosselin	Cassey Sumbler	Michelle Hayano
NIDAN	MANDATORY KATA	Kelsey Ross	Nicolas Gosselin	Fortunato Scolaro
NIDAN	OPEN KATA	Kelsey Ross	Nicolas Gosselin	Mike Graves
SANDAN	MANDATORY KATA	Shannon Kaye	Kris Reynolds	Dean Brown
SANDAN	OPEN KATA	Shannon Kaye	Kris Reynolds	Dean Brown
YODAN	MANDATORY KATA	Michel Gosselin	Kevin Bowes	Scott Hill
YODAN	OPEN KATA	Kevin Bowes	Michel Gosselin	Rod Sumbler
GODAN & UP	MANDATORY KATA	Healthier Fidyk	Sanford DeWitt	Jeff Gervin
GODAN & UP	OPEN KATA	Heather Fidyk	Sanford DeWitt	Jeff Gervin
YODAN & UP	MASTER'S CUP	Jeff Gervin		

2010 NATIONAL MASTER SHINTANI MEMORIAL TOURNAMENT KUMITE RESULTS

AGE/RANK	DIVISION	GOLD	SILVER	BRONZE
4-6 YEARS	ALL RANKS	Matthew Jackson	Eyja Thornbury	Tor Thornbury
7 YEARS	ALL RANKS	Ben Vanrooy	Alexander Vince	David LePage
8 YEARS	WHITE-YELLOW	Blade Denham	Chelsea Prime	Matthew Lepp
9 YEARS	WHITE-YELLOW	Yonathan Abraha	Emma Scott	Chantell McKenzie
8-9 YEARS	ORANGE-GREEN	Nickolas Spoto	Nichola Gligic	Ethan Maddigan
10-11 YEARS	WHITE-YELLOW BOYS	Matthew Chute	Brandon Pryce	Warren Vanloon
10-11 YEARS	WHITE-YELLOW GIRLS	Tracy Barnes	Amanda Miller	Christine Yaromich
10-11 YEARS	ORANGE-GREEN BOYS	William Jacob	Christian Fitzgerald	Stefan Vlakovic
10-11 YEARS	ORANGE-GREEN GIRLS	Taylor Myke	Sami Fitzgerald	
10-11 YEARS	BLUE AND UP BOYS	Nick King	Colton Maddigan	Hunter Deeters
10-11 YEARS	BLUE AND UP GIRLS	Sarah MacLeod	Cynthia Khairallah	
12-13 YEARS	ORANGE-GREEN BOYS	Tony Kurani	Jake Fitzgerald	Robert Whiteman-Williams
12-13 YEARS	ORANGE-GREEN GIRLS	Madeline Goch	Elise Leong-Sit	Deanna Montpetit
12-13 YEARS	BLUE-BROWN BOYS	Alexandre-St-Arneault	Josh McGarry	Adam Spoto
14-15 YEARS	WHITE-ORANGE GIRLS	Sara Pereira	Alicia Hatton	Tiffany MacGinnis
14-15 YEARS	GREEN-BLUE BOYS	Ilija Stanic	Stephan D'Orizio	Frank Li
14-15 YEARS	GREEN-BLUE GIRLS	Raye Willms	Katya LePage	Kristina Vuletic
ADULT	WHITE BELT MEN	Kevin LePage	Dakota Bannigan	Steven Nagy
ADULT	WHITE BELT WOMEN	Ellen Duffus	Laura Dellasmirra	
ADULT	YELLOW BELT MEN	John Voyer	Chris Ault	Sheldon Schmidt
ADULT	YELLOW BELT WOMEN	Renee Fitzgerald	Erica English	Tammy Passmore
ADULT	ORANGE-GREEN MEN	Kyle Emberson	Brodie Hicks	Troy Densmore-Fornworth
ADULT	ORANGE-GREEN WOMEN	Heather Boeyenga	Mary Montpetit	Susan Kuczkowski
ADULT	BLUE BELT MEN	Frank Hepworth	Philippe Guenette	Tyler Dyck
ADULT	BROWN BELT MEN	Ed Dyck	Eric Masse	Josh Farrell
ADULT	BROWN BELT WOMEN	Helen Parkinson	Nancy Myke	Lisa Cuyugan
SHODAN	MEN	Dillon Chouinard	Evan Junkin	Daniel O'Brien
SHODAN	WOMEN	Cassey Sumbler	Emilie Gosselin	Sam Fitzel
NIDAN	MEN	Mike Kowtaluk	Mike Graves	Fortunato Scolaro
NIDAN & UP	WOMEN	Kelsey Ross	Healthier Fidyk	Ronalda Melanson
SANDAN	MEN	Shannon Kaye	Kris Reynolds	
YODAN	MEN	Scott Hill	Kevin Bowes	Michel Gosselin
GODAN & UP	MEN	Sanford DeWitt	Jeff Gervin	Neil Prime

**First Annual Nordik Wado-Kai Karate
Tournament**

By Sensei Michel Gosselin

People travelled from across Ontario to attend the first tournament hosted by the Nordik Wado Kai Karate Club on March 20th 2010 in Hearst, Ontario. There was a total of 108 competitors from as far west as Fort Frances, Ontario and as far south as Welland, including Lindsay, Barrie, Hanmer, Timmins, Kapuskasing, Wawa, White River, Longlac, Geraldton and Thunder Bay. It is important to note that 58 of the competitors came from neighbouring (within 2.5-hour drive) Shotokan clubs.

The weekend started with a clinic on Friday night. I did some basic techniques to warm-up the group and then Sensei Ron Mattie and Sensei Denis Labbé instructed a group of kyu belts and a group of brown/black belts. I had always talked to my students about the importance of attending clinics and on that night they got a chance to experience and appreciate the quality and knowledge of our two guest instructors first hand.

Tournament day started with a Power Point presentation on a large screen played to the National Anthem. Pictures of the Shintani team in Italy were shown in that presentation as well as pictures of Trooper Jack Bouthillier, a young soldier from Hearst who was killed by a roadside bomb in Afghanistan on March 20, 2009. It was the first anniversary of his tragic death. To acknowledge him, there is an inscription on the medals. Jack's parents, Raynald and Elaine Bouthillier, were our guests of honour and spent the day at the tournament handing out medals to all the deserving athletes.

March 20, 2010 also marks the 13th anniversary of Sensei Peter Ciolfi's passing. To honour and remember him, a picture of Sensei Shintani putting a ribbon on the belt of Sensei Peter before a kumite match was placed at the front of every table in every ring.

The tournament went very well thanks to the black belts who officiated all day and to all the



volunteers. Everyone pulled together to make the first edition of our tournament a successful one. For that I am grateful.

Thérèse Lehoux-Hamann volunteered to sew a karate-themed hand-made fleece blanket with a detailed appliqué for raffle. She also organized the canteen. Thank you for an excellent job and your generous contribution.

Throughout the day, onto the big screen, Marc Bédard was in charge of projecting match results and photos during the tournament! Thank you Marc! Maureen Aubertin, owner of Moto-photo, had a background set up for people wishing to be photographed. She also took pictures throughout the tournament of karatekas in competition for sale and for the big screen.

A banquet was held at the end of the day for those who could stay. A very nice meal was prepared by the Legion Ladies Auxiliary at the local Legion Hall. The tables were decorated with balloons, and pictures of the members of the club. This was a very nice touch! We even had

special Nordik Wado Kai placemats featuring our group. The colours of the balloons matched the colour of the belts worn by the karatekas featured on each table. Thank you very much to Lise Joanis for all of her work on that project and to Yvon Lebel for taking the pictures.

I was very impressed and grateful to all those who travelled long distances to attend the tournament. Special thanks to Sensei Denis, Sensei Ron, Sensei Willie and Sensei Fred for attending and helping with the tournament. Everyone present was happy to see you, work with you and learn from you.

As an instructor and first time tournament host, I am very pleased with the outcome of this event. The students of Nordik Wado Kai Karate club came together and hosted a really good tournament which was unique in many ways. I think that the experience has brought us closer together as a group and that is my biggest reward. Thank you for your support and your hard work. Because of your efforts people have already told me they will return next year and bring more people.



In memory of Trooper Jack Bouthillier

By Sensei Michel Gosselin

The First Annual Nordik Wado Kai Invitational Tournament was held on March 20th, 2010, exactly one year after Trooper Jack Bouthillier was killed by a roadside bomb in Afghanistan. This was an event that shocked our small Northern Ontario town and once I realized the significance of this date, I decided to dedicate the first edition of our tournament to Jack and his family.

At the beginning of the day I addressed the competitors, spectators and the Bouthillier family. I mentioned to them that... "A karate tournament is one of my favourite places to be. There is a lot of positive energy here...we have a room filled with friends from across the province who get together for some friendly competition."

I am very happy that Raynald and Elaine Bouthillier accepted our invitation and that they were able to stay with us all day and present medals to all of our deserving karatekas.

Opening ceremonies included a slide show that was played to the National Anthem. Pictures of the Shintani team in Italy as well as pictures of Trooper Jack Bouthillier were shown during the presentation. Thank you Sensei Emilie for your work preparing this presentation. The tournament medals bear an inscription in memory of Jack. Mr. and Mrs. Bouthillier were presented a set of these custom-made medals. It was an emotional way to start the tournament but it set the tone for what turned out to be a very successful day.

Mr. Bouthillier had his transport truck parked outside for all to see. This is a very special truck decorated in honor of his son and all the soldiers who have lost their lives in Afghanistan.

It is my hope that our tournament helped this family get through a very difficult day and that they were able to enjoy themselves.



Thérèse Lehoux-Hamann: Extraordinary Volunteer and Gold-Medallist at 71

By Sensei Michel Gosselin

At 71 years of age, Thérèse Lehoux-Hamann, orange belt, wins 2 gold medals at the First Annual Nordik Wado Kai Karate Tournament. This is truly an outstanding achievement considering her age, her health and all that she did to prepare for the tournament. She is a special part of our club and it is an honour for me to share her story and her contributions with all the members of our Federation.

Thérèse loves karate and often says that she wishes she would have started at a younger age. Now, suffering from debilitating arthritis, she is finishing her third year at our club and has since received her green belt. She is usually one

of the first ones on the floor and rarely misses a class. I need to constantly remind her to be careful and to listen to her body because I know how much she suffers after class and for the next few days if she does too much. Last year she had an operation on her foot to straighten her toes and she was in a cast when she received her orange belt. She now wears shoes in the dojo to make it less painful.

Thérèse regularly attends our Saturday morning practice sessions and takes all of my comments very seriously. She goes back home and prac-



tices even more. It is important to her to execute the techniques correctly and is very happy to show me the improvements at the next class.

Over the winter Thérèse made over 20 blankets for the people of the Dominican Republic and offered to make one for the tournament. When I asked her if she could include a design on it she said “of course... just bring me the design that you want”. At the next class I had the Wado Kai kanji for her. A few weeks later she brought the blanket to class. WOW!!! I was amazed and so was everyone else. The quality of the stitching was second to none. The countless hours she devoted to the project was really evident and a sign of things to come for our tournament. In order to give everyone a chance to own this special gift, tickets were sold at the tournament; it turned out to be a very successful fund-

raiser. Everyone wanted it... but it was Raymond Goulden from Longlac, Ontario who ended up winning it for his son, Ryden.

On top of that, Thérèse also volunteered to coordinate the canteen

of food and drinks during the tournament. Two or three weeks before the event, she started buying items on sale from the grocery store. She had each member of the club bring sandwiches, baked items, chili, soup, fruits, etc. She also made a lot of food herself. She also took the time after the tournament to bring the leftovers to poor families in the community.

On behalf of Nordik Wado Kai, thank you for your hard work and devotion and congratulations for your two gold medals.

Shintani Canadian National Team 2010-2012

Submitted by Sensei Neil Prime

It was early in February this year when Sensei Mattie and Sensei Reynolds put their 10-member panel together to revisit and revise the National Team selection process. Over the years there have been many approaches as to how the team would be picked, each being reviewed to ensure that each member of the SWKKF has access to the try-out and that the best people would be selected to represent Sensei Shintani.

On Friday June 25th, 2010, the eager applicants started the process at the Welland Ontario Dojo. There were 18 members representing 3 weight divisions for men and 2 divisions for women. There were also 5 people who took advantage of the opportunity to work through the selection process to build a personal experience and appreciation of what is required to actually make the team.

I have been fortunate over the years to have exposure to a number of the Shintani National Teams. I have experienced the selection process as a competitor, from the management point of view, and now as an advisor and member of the selection committee. There have been a number of different approaches to selecting the team, none of which are wrong, but some of which look deeper into the individuals that will represent the Shintani Wado Kai Karate Federation and the values that Sensei Shintani himself valued so highly.

Based on what I saw this past weekend, the one thing that is very apparent to me is that the level of competition coming into the weekend has risen immensely. I think the difference is that people understand the value of the team and are coming more prepared physically and mentally. This does not take away from any of the teams in the past as the representatives have been at the top of their class. The difference today is that those wanting to take their spot away from them are chasing them a lot harder thus bringing the level of karate up all over the organization. Competitors have to prepare months in advance to give themselves a fair chance.

I wish to congratulate all those who participated in the weekend's events on their efforts. Maybe in 2012 there will be 36 people vying for a spot on the team to represent Sensei Shintani, the SWKKF and Canada.

Members of the team selection process committee:

Senseis Ron Mattie (coach), Kris Reynolds (manager), Delaine Seemann (asst manager) Michel Gosselin (asst coach), Sanford de Witt (asst coach), Danial Mc Coy (senate member), Rathe Mokolky, Heather Fidyk, Darren Humphries, Shelley McGregor, and Neil Prime.

Members of the 2010 - 2012 S.W.K.K.F. Canadian National Team:

Zachary Raymond (lightweight men)
Dillon Chouinard (lightweight men alternate)

Christian Boivin (middleweight men)
Evan Junkin (middleweight men)
Jordan Gilroy (middleweight men alternate)

Kevin Bowes (heavyweight men)
Scott Hill (heavyweight men)
Jeff Gervin (heavyweight men alternate)

Sam Fitzel (lightweight women)
Emilie Gosselin (lightweight women alternate)

Kelsey Ross (heavyweight women)
Nicole Dale (heavyweight women alternate)

Team support staff:

Coach: Sensei Ron Mattie
Assistant Coach, International Kata: Sensei Sanford deWitt
Assistant Coach, International Kumite: Sensei Michel Gosselin
Assistant Coach: Sensei Rathe Mokolky
Assistant Coach: Sensei Heather Fidyk
Assistant Coach: Sensei Darren Humphries
High-Performance Trainer: Sensei Bob Palmer
Manager: Sensei Kris Reynolds
Assistant Manager: Sensei Delaine Seeman
Trainer: Sensei David Brunarski

SENSEI PETER RUCH'S VISIT TO THE BUCERIAS SHOTOKAN KARATE DOJO 2010

Submitted by Sensei Peter Ruch

On March 10th and March 24th, 2010, I had a chance to work out with students of Professor Jose Luis Duenas Castaneda, the Chief Instructor of the Bucerias Dojo of the International Shotokan Karate Federation.

As always, I was welcomed with open arms by the friendly black belts and students of the Club. Maestro (Head Instructor) Jose Castaneda at different times was at National and International Tournaments in Mexico City, Guanajuato, and Tepic.

Again I had an opportunity to work out with Professor Jose and found him to be a very engaging instructor. He personified the old adage that you are never too old to learn new techniques. We worked on Chinto for about an hour and I was very impressed with the level of learning power demonstrated by Professor Jose. Professor Jose was very interested in reviewing the Pinan Kata practiced by the Shintani Wado Kai Karate Federation. We practiced Pinan Shodan, and although there were slight differences in techniques we had a great time. I spoke with one of his higher black belts, Sensei Raul Rivera Rojas, who is an excellent instructor and always had the attention of the young students. Even though their kata and stances were a little different, in the end it came down to concentration and dedication to perform the kata perfectly.

I had a wonderful evening meeting all the students and having some workout time with them. They wanted me to come back soon and I promised that I would in 2011.



Sensei Peter Ruch, Professor Jose Castaneda & Sensei Raul Rivera Rojas



Sensei Peter and Prof. Jose practicing move of the Pinan Shodan Kata



2010 Abernethy Clinic Series (May 14th - 25th)

**Sensei Scott Knowles • Nidan
Bushido Karate Association**

May was an incredibly exciting time for students of the SWKKF nationwide. For the third time, Sensei Iain Abernethy was flown to Canada to teach a series of clinics in both Ontario and Alberta, hosted by the Bushido Karate Association (BKA) in Edmonton. Sensei Iain, a 5th Dan in Wado, is world renowned for his studies in the practical application (bunkai) of kata. Having visited Canada twice before, Sensei Iain and his ideologies had already obtained a substantial following in the SWKKF and other karate styles across the country, so before even beginning we knew the clinics would be a success.

Eager planning for the events began in early January by Sensei James Freeman. As this was the third time doing the clinic series, organization was pretty routine. Excitement for Sensei Iain's arrival began to build as the event grew closer, but no one could have foreseen the potentially disastrous roadblock ahead: Eyjafjallajökull, the Icelandic volcano. Excitement quickly shifted to tension and panic, as flights were getting cancelled left and right. Luckily, Sensei Iain was able to make the flight out of Manchester without hiccups, and Sensei Freeman and I met him in Toronto. Once there we were met by Sensei Darren Marshall, and long time friend, Sensei Dave Blanchet. With tension finally at bay, the fun could begin!

From the second we arrived, Sensei Darren had us busy! Not even an hour into being in Toronto we had explored Union Station, countless hotels, and several rooftops, allowing us to see amazing vistas of the Toronto skyline. Sensei Iain revered the city's magnitude, with his finger almost constantly on his camera's shutter button. After exploring for hours, we sat down for a bite to eat at Spring Rolls, a Vietnamese restaurant, before packing it in for the night.

Friday morning we were up bright and early to visit the St Lawrence Farmers' Market to stock up for the weekend, before heading out to explore again! Walking deep into the downtown core during the day time was just as interesting as walking there during the night before. As we



Senseis Ron Mattie and James Freeman practice applications from the opening sequence of Kushanku



Sensei Iain demonstrating O Goshi from the end of Pinan Sandan. Sensei Iain trains with the British Olympic Judo Team in Kendal, England

got deeper into downtown it was obvious that we had to go and see the CN Tower. We all headed straight up the spire with smiles on our faces. Having never been to Toronto, I had no idea how amazing the view could possibly be! We spent almost an hour just gazing out the windows at the skyline, the cars like ants below us. It couldn't get any better than that! Finally we came back down, and headed straight over to the Rogers Skydome to have a look at the field and refuel with some lunch before heading out to the streets again. Sensei Darren took us up one of the buildings he manages near the CN Tower to get some great shots, 50 stories up, which was fantastic! Starting to feel fatigued we started heading home, visiting Air Canada Centre and the Hockey Hall of Fame on the way. The day was far from over, as we still had a clinic to attend!

We headed down to the Champagne Room of the Novotel Hotel and got ready for day one. Sensei Freeman at this point informed me that I was going to be Sensei Iain's uke (demo dummy) for the clinic series. I accepted graciously, even while knowing this involved getting choked, strangled, stomped, thrown, and having my hair pulled. This was Sensei Iain's second visit to Ontario, so he could explore some deeper concepts with the students in attendance. As with every Friday night workout there was a modest turnout, but still really set a high energy tone for the weekend! Sensei Iain instructed bunkai concepts from the katas in establishing dominance, clearing limbs, and effective targeting using primarily Pinan Nidan and Naihanchin kata. Exhausted after the clinic, we headed straight home to bed, just to do it all over again the next morning!

Saturday morning rolled around, and we grabbed a quick bite to eat and headed back out to the hotel for day two. Despite a plethora of traffic problems around the city, turnout for the clinic was a reasonable success, with several clubs and styles from across the southern Ontario area. It was especially great to have Sensei Ron Mattie attend and work out closely with Sensei Freeman and Sensei Iain. Sensei Iain's focus for the morning was seizing, gripping, and locking, looking at bunkai from Kushanku, Naihanchin, and chunks of different Pinan katas. The afternoon explored chokes, strangles, throws, and takedowns from Naihanchin and Pinan Godan. You could see the eyes and minds of many of the students on the



Sensei Iain demonstrating Koshi Guruma from Kushanku and Pinan Sandan



Sensei Iain demonstrating a shoulder entanglement lock after the throw and turning jump in Pinan Godan



Sensei Scott Knowles demonstrating an application for the downward juji tetsui uchi from either Chinto or Kushanku with Sensei Norm Volk

floor open wide, to the point of exploring some ideas on their own. It was wonderful to see! Worthy of mention were three mounted pencil drawings done by Sensei Lauren Pankratz for Sensei Iain, in which he had Sensei Freeman, Sensei Craig Pettie and me in precarious positions. It was an amazing piece of art! We closed off the day with a friendly banquet in the hotel restaurant before crawling into bed for the night.

Sunday morning arrived almost too quickly! Barely rolling out of bed in time, we ran back out to the hotel for the final day of clinics. Sensei Iain's hope for the day was to teach drills and concepts that the students can take back to their dojos to train and expand on. The ideas were well-received by all, and hopefully will propagate in the organizations in Ontario! It was wonderful for the students to interact with Sensei Iain and explore his training methods. Sensei Iain enjoyed it immensely as well, seeing familiar faces, and teaching what he loves to like-minded individuals. Hopefully everyone enjoyed it, and looks forward to seeing Sensei Iain again.

Once the clinics were complete we were toured around a little more by Sensei Darren, before having to head back to the airport. We got close out the trip visiting the distillery district, the Ontario provincial parliament, the University of Toronto, and Queens Park, all in the course of about two hours! Finally it was time to head home! Sensei Darren was incredibly gracious in allowing us to stay with him in Toronto; our thanks go out to him! He showed us things in Toronto most people never get to see, and it was truly amazing.

In no time flat, we were back home in Edmonton, and ready to do it all over again! Right after landing we grabbed a quick bite to eat before running to bed after an incredibly exhausting weekend!

Monday we took Sensei Iain to visit the ever so tranquil Devonian Botanic Gardens; exploring the Kurimoto Japanese Garden. After several hours we grabbed some ice cream in the thirty-three degree weather, and drove out to the first clinic. As this was Sensei Iain's third clinic series in the Edmonton area, we could explore some advanced kata in greater detail. Monday's clinic at the Millwoods dojo focused on Naihanchin, specializing in limb control ideas. The time absolutely flew by Monday night. Time flies when



Sensei Freeman (above and below) demonstrating one defense against a throat grab applying the *morote* form from Naihanchin, Pinan Nidan, or Pinan Yodan.



you're getting locked, thrown, and stomped by a famous karate instructor!

Tuesday's clinic was held at the BKA home dojo, with students wall to wall from across the province to listen to Sensei Iain's ideas. We continued focusing on Naihanchin, exploring chokes, limb and back control, as well as some ground work. Sensei Iain made sure to interact with every student in the dojo, and was thrilled to be working with countless familiar faces. Our dojo has never been filled with such energy as there was that night. Huge success!

Wednesday began the study of Chinto kata at the Shotokan Dojo out in St Albert. As an advanced kata, we saw several advanced throwing and locking ideas, as well as one incredibly effective choke that cannot go unmentioned! Sensei Iain also took the time to make sure we had a solid understanding of the history behind the kata, and the similarities in some of the moves to those in Judo, wrestling, or even classical boxing. A huge thank-you to Sensei Vic Charlton for once again opening his dojo to the students of Alberta.

Our final clinic in Edmonton was back at the Millwoods dojo, where we concluded our study of Chinto, looking at more throws and submission ideas. Once complete, we began to study interlacing techniques studied over the week for use in self defense through several kata based sparring drills. To close out the clinic we fooled around with some "fun" ideas that are interesting to play with in our spare time! The one drill that stuck out in my mind was Sensei Iain locking up my ankle and lifting, to which my entire body flew off the floor like shaking the sand out of a beach towel! This brought an end to the Edmonton clinics, with every single student leaving with a smile on their face! Thanks to Sensei Bill Hynes for allowing us to use your dojo on the Monday and Thursday clinics!

The week was a huge success, with Sensei Iain and his philosophies reaching an immense amount of students in northern Alberta.

The last leg of the clinics was in sight, as we headed down to Calgary on Friday morning. As this was the second visit to Calgary as it was to Ontario, the same exact curriculum was instructed over the three day weekend. Sensei Iain had the chance to interact and assist a tremendous amount of Calgary students from several clubs across southern Alberta. A special



Sensei Iain demonstrating use of the juji form from Chinto as a strangle.



Senseis Darren Marshall (Left) and Kris Reynolds (Right) with Sensei Iain Abernethy.

thank-you goes to the Glamorgan dojo for hosting on Friday and Saturday at their dojo, and the South Calgary dojo for hosting on Sunday at the gymnastics club (where we definitely had a ton of fun both during and after the clinic).

Finally after over almost two weeks filled with countless hours of travel and 25 hours of clinics it was time to relax! Sensei Freeman, Sensei Elliott Knowles, my brother Adam, Sensei Bernie Graveline of Ottawa, and I took Sensei Iain out to Banff and Lake Louise for his final days in Canada. Right after the clinics we drove to Johnston Canyon and began hiking, visiting both the lower and upper falls, as well as the ink pots at the pinnacle of the trek. Sensei Iain got some amazing shots of some “real” mountains, and the type of nature we probably take for granted. After four hours round trip on the hike it was time to feed, and head to our incredibly luxurious temporary home of the Castle Mountain Chalets just outside of Banff.

Up early Monday morning, we began our next hike up Castle Mountain! It was incredibly grueling, and on more than one occasion some of us thought about giving up! The hard work was worth it, seeing absolutely amazing vistas of the Canadian Rockies that probably most Albertans haven't been able to see. Once the hike was complete we visited the Banff Gondola to visit Sulphur Mountain, and took another small hike

along its summit to the 1903 weather station. Sensei Iain said visiting the area really made him dissatisfied with his own mountains back home in the UK in comparison, and it would take him a few months to begin to appreciate his own again. To wrap up the day we visited the Banff Hot Springs and the Cave and Basin before sitting down for one final feast together. We ate, laughed, and shared one final time before we had to send Sensei Iain home the next morning. It was the perfect way to close out the two weeks.

In closing, the 2010 Abernethy clinic series was an amazing success, with Sensei Iain reaching well over a hundred students across the country. Sensei Iain has truly allowed us to explore the side of karate that has become less and less studied as the years have passed. Through his help he is allowing us to return back to our roots, and feel what it was the masters felt when they worked these katas, and explored principles of real self defense. We are all truly indebted to Sensei Iain for all his hard work across the country, and I'm sure I speak for all of us when I say I can't wait to have him back here with us again. Thank you to Sensei Iain for all you've done for us, to Sensei Freeman for working tirelessly to plan the perfect two weeks, and thank for to all the students who came out to make the events a success!

Sensei Iain Abernethy's approach to kata study
Sensei James Freeman, Godan
Bushido Karate Association

The core kata studied by Shotokan, Wado, and Shito-ryu pre-date all of the modern styles of karate, and provide clues as to how karate (or *to-de*, Chinese hands) was done in the 19th century. At that time, karate was a complete fighting system, and so it makes sense that the kata include techniques that help students understand the principles behind a complete fighting system. A complete fighting system would include not only striking, but also grabs, chokes, strangles, locks, and throws, and the defense against these techniques. As recently as 1935, in the original version of *Karate-do Kyohan*, a series of nine throws/locks featuring Sensei Gichin Funakoshi and Sensei Hironori Ohtsuka as his uke (receiving partner) illustrate this point.

That karate should be a complete system (the original mixed martial art) makes sense when you consider when and by whom the kata were created (*Kushanku* in the 1760s to model the fighting techniques of a military attaché to Okinawa from China (created by Karate Sakagawa); *Chinto* in the mid-1800s after the fighting techniques of a shipwrecked Chinese sailor (created by Bushi Matsumura), the *Pinans* in the period 1900-1905 by Anko Itosu, one of Gichin Funakoshi's two main instructors). The influence of *Kushanku*, *Chinto*, and a third kata, *Passai*, are evident in the *Pinans*, as Itosu drew on the

earlier kata plus his own experience to create a more structured system of study for students.

It is important to note that all kata pre-date the creation of the rules to kumite, and so using kumite to try to understand kata techniques is problematic. The range is all wrong. Real fighting, or combat, has no rules, and becomes a much closer-range affair than a consensual fight against another trained person with rules (kumite). It is interesting to note that if you reverse the kanji for kumite, you get te gumi, which means grappling hands, a concept more aligned with kata.

Through the 10 days of clinics, and over 40 hours of private and clinic-based training, we explored with Sensei Iain his concepts of kata study. In summary, here are some of his principles used when analyzing kata:

- 1) Kata applications are designed for use in close-ranged combat against a generally untrained opponent, and each sequence is designed to end the fight, either through striking, or submission.
- 2) All parts of the movement have meaning. Further, when in close, both hands must be active and doing something. As Choki Motubu said, there can be no “shi-te” or dead hand in karate.
- 3) Angles in kata identify the angle that you should move to in relation to your opponent when executing a technique.
- 4) Kata is something you do to an opponent, not with a partner. Aside from establishing the initial self-defense problem, no rehearsal or choreography is required. The principles of the kata will lead to predictable responses in the opponent that allow for the attacker to press and exploit advantage.
- 5) Kata is designed to convey principles—where different kata have different origins, similar principles may be discovered.
- 6) There can be multiple applications for a given principle, and therefore, no one bunkai for a given sequence.
- 7) Bunkai applications should be simple enough to use when adrenalized in a combat situation, since your body will be different from the one you are used to.
- 8) It is difficult to block when in close, and so techniques labelled as uke actually have other uses.

Considering the above, Sensei Iain feels that there are four levels to kata study:

- 1) Learn the moves and techniques of the kata;
- 2) Learn some bunkai through practice with a partner;
- 3) Understand the underlying principles the techniques are conveying, and adapt and vary them to other situations. This is completely consistent with Sensei Ohtsuka’s philosophy as well:

“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 create forms with no limits, or else it becomes useless. It is important to alter the form of the kata without hesitation to create countless forms of training” From *Wado-Ryu Karate*, p.19

- 4) Gain some live experience, through randori or “kata-based sparring” with a non-compliant partner.

He likened stage one to a study of a manual of how to fly, or a cookbook. Simply reading the manual doesn’t mean that you know how to fly, or cook. Ultimately, true understanding of the kata must move through all four stages. One of his lines is, “If you haven’t executed the principles from the kata live with a partner, then you haven’t done it at all.”

In his analysis of kata, Sensei Iain encourages the study of kata from the perspectives of different styles. While his own core training is Wado, it is useful to see how Shotokan and Shito-ryu interpret and perform the same kata. This can provide valuable clues about the intended application of the kata moves, and whether different techniques can accomplish the same underlying principles.

Apart from the ideas he conveyed about kata, Sensei Iain is an outstanding floor instructor, with immense knowledge of the history of karate, a number of personal anecdotes from his training with a

wide range of martial artists (including members of the British Olympic Judo Team), and a sense of humor that makes a clinic with him a truly enjoyable event.

Sensei Iain is very open about his ideas. To learn more, visit www.iainabernethy.com.



From left to right: Senseis Scott Knowles, James Freeman, Iain Abernethy, and Lauren Pankratz

Editor's note: For more pictures from Iain Abernethy's Canadian tour, visit <http://bit.ly/abernethy2010>.

2010 SWKKF SCHOLARSHIP WINNERS

The 2010 SWKKF Scholarships have been awarded to Senseis Emilie Gosselin of Hearst, Ontario, and Zachary Jacobi of Paris, Ontario. Sensei Emilie will be studying at Concordia University in Montreal commencing fall 2010, and Sensei Zachary plans to enter the University of Waterloo. Congratulations on your accomplishments, and best wishes in your endeavours!

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