

# The Harmonizer

The Official Newsletter of the Shintani Wado-Kai Karate Federation



Volume 26, Issue 1

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# The Harmonizer

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On the Cover  
Sensei Shintani  
with  
Sensei Otsuka

Visit  
our website  
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"Always be yourself, express yourself,  
have faith in yourself, do not go out and  
look for successful personality and dupli-  
cate it."  
Bruce Lee



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## SWKKF MISSION STATEMENT



We are a family oriented traditional karate organization focusing on Sensei Masaru Shintani's teachings and values of kindness and humility.

Our goal is to move into the future with ties to the past developing confident individuals who will be positive role models within the community.

## ***Message from the President***

This issue is dedicated In memory of  
Master Shintani,

Denis Labbé

I hope you enjoy this edition of the Harmonizer. 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.

The Shintani Memorial National Tournament is fast approaching. With 2017 and Canada reaching 150, I encourage all to attend. It is Sensei's legacy Tournament and through the support of our members it continues to be strong.

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.

Instructors - In the coming months look to the [www.shintani.ca](http://www.shintani.ca) website for centralized sharing of information (workout ideas, instruction tips, good ideas). We are an organization which is open and shares.

For more direct communication of what is taking place sign up (bottom of main page) for email communication. ANYONE can be on our mailing list.

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

Sensei Denis



**Shintani Wado Kai Karate Federation**



# Talking the Talk

## The Language of the Shintani Wado Kai Karate Federation

Occasionally, the language of karate can be confusing and hard to understand. Experienced karateka also sometimes speak as quickly as they move! Some instructors may also spell and pronounce terms as they understood them from their own instructors.

To help get our members on, literally, the same page, we will be including a short Terminology section in the next few issues.

Let's start with some terms a new karateka may hear in their very first class!

### Counting:

- 1 Ichi
- 2 Ni
- 3 San
- 4 Shi
- 5 Go
- 6 Roku
- 7 Shichi
- 8 Hachi
- 9 Kyu or Ku
- 10 Ju

### Hajime – Begin

### Yame – Stop

### Stances: Dachi

- Hachiji-dachi – Natural Stance
- Seiza – Kneeling Position
- Kiba-dachi – Horse/Straddle Stance
- Zenkutsu-dachi – Forward Stance
- Kokutsu-dachi – Back Stance
- Nekoashi-dachi – Cat Stance

### Punches: Tsuki

- Tsuki, -zuki – Punch/Thrust
- Oi-zuki – Lunge Punch
- Gyaku-zuki – Reverse Punch

### Kicks: -geri (this word means different things when used with different prefixes)

- Mae-geri – Front Kick
- Mawashi-geri – Roundhouse Kick
- Yoko-geri – Side Kick

### Blocks: -uke

- Ude-uke – Inside (forearm) Block
- Soto-uke – Outside (forearm) Block
- Age-uke – Upward (rising) Block
- Gedan-barai – Downward Block (gedan means *Lower*; barai means *sweeping*)

### Kata – a Form or Pattern of movement

### Tae-Sabaki: Body Movement/Shifting



# Olds Alberta Clinic

**By: Troy Johnstone**

## Olds Alberta

In January, the Iwa Yama Karate club of Didsbury/Olds was honoured to have Sensei Ron Mattie visit and share some of his knowledge with us. Our club was having to meet in a much smaller venue than usual, but it was an excellent learning experience for those able to squeeze in.



During the family class he focused on just two fundamentals; Zenkutsu-dachi and Kiba-dachi stances. Sensei instructed the students with some creative games and activities that at times exaggerated the moves so that



when doing them properly they felt normal.

During the adult class, Sensei Mattie again focused on fundamentals by teaching us five general rules.



1. 98% of the time, your hips move one way or the other. Most every movement should involve the hips driving your body in one direction or another. The notable exceptions might be some motions in Kiba-dachi like in Power Kata.
2. 99% of the time, your elbow, shoulder, hips, knee follow each other.
3. 99.9% of the time when you turn, it is a baseball swing. If you imagine a batter at the plate in baseball standing with feet parallel waiting for a pitch. When he steps out to hit the ball they always move the foot closest to the pitcher out to achieve more power in their swing. If he moves his foot directly towards the pitcher he can not swing the bat with much power because he cannot rotate his hips very far. However, if he steps out moving the foot towards the pitcher, but also slightly behind him, then the batter can get far more hip rotation and therefore more power out of his swing.
4. When you turn, you need to step 45 degrees more than the



direction of the turn. Using the turns in Pinan Shodan and tape on the floor to demonstrate, Sensei Mattie showed us how far we should be turning to change direction to get more hip power out of the turn. Each belt level then per-

formed the kata, practicing the turns, with higher belt levels doing it with their eyes closed!

In teaching these general rules, Sensei Mattie also showed us why we move our feet in a c-shape, with feet crossing the centre line, when moving forward in zenkutsu-dachi, and how to use this forward step to trap an opponents leg and



knock them off balance,



The fifth rule, for those keeping track, was “show up to class!”

## Black Belt Clinic - Use of Force

**By: Sensei Steven Nagy**

It has been said that if you attack you must win however if you defend you must only survive. This fits very well in the Karate Creed. First and foremost, Karate is a form of self defence.

### Karate Creed

I come to you with only karate, empty hands.  
I have no weapons, but should I be forced  
to defend myself, my honor, or my principals,  
Should it be a matter of life or death, of right or wrong,  
Then here are my weapons,  
My empty hands

It is with this philosophy in mind that I attended a black belt workout on December 11, 2016 presented by Sensei Mike Rust and Sensei Darren Marshall. The focus on the workout was self defence and using our Karate and parts of our katas to protect ourselves or get out of dangerous situations. Sensei Mike Rust and Sensei Darren Marshall focused on the concept of creating space, distraction and getting away. The goal of self defence is to get home safely. Many people have discussions about what form of martial art is better than the others when it comes to self defence. Sensei Darren shared with us a story of a

situation where he commented to Sensei Shintani about how people presented their Karate. Sensei Shintani stated that if your goal is to climb a mountain, there are many paths to the peak. Every discipline is just a different path to the same goal.

In this demonstration of “Use of Force” we were given examples, from various Kata’s, applied to real life situations that may require us to use force to defend ourselves.



We were advised that the reason we use our katas is that it is what we have learned and what we practiced. That is our path to the goal of getting home safely. Get in your comfort zone, do what you know how to do and you will be more successful.

At the beginning of the workout Sensei Mike discussed



colours of alertness to represent situational awareness. In condition White, you are relaxed and unaware of what is going on around you. We often drop our guard when we are at home or in some other environment we assume to be safe (completely relaxed and not alert). Yellow you remain relaxed, but are aware of who and what is around you. This merely means that you are paying attention to the sights and sounds that surround you whether you are at home or moving in society. In condition Orange, you have identified something of interest that may or may not prove to be a threat. Until you determine the true nature of whatever has piqued your interest, your “radar” is narrowed to concentrate on the possible threat and will remain so focused until you are satisfied no threat exists. If the focus of your attention in condition orange does something you find threatening, you will shift to condition Red. Condition red simply changes the focus of your attention from a potential threat to an actual threat.



The key to good self defence is that if possible never be in Condition red. Avoiding a threatening circumstance is the best way to ensure that you arrive home safe. One of the ways to accomplish this goal is to be aware of your circumstance and to never be in condition White. Yellow should be the default. This does not mean walking around paranoid that there is trouble around every corner, rather aware of who and what is around you.

That being said, there may be times that you are re-



quired to defend yourself and we spent time going over various strategies to deal with situations and defending yourself.

To complicate matters defending yourself is not enough. If any of you have had a sibling you are well aware of the concept that someone usually starts the incident (catching your parent’s attention) and it is the reprisal that is witnessed and punished. (In my situation, it was my twin sister that was the cause of destruction as she usually started things and I got caught). In a world where everyone has electronics on them at all times, the initial incident will get their attention and your reprisal will end up on YouTube or worse in the prosecutions hands as evidence against you on your assault charge. Therefore, it is not enough to defend yourself, it must appear that you are defending yourself.



The criminal code allows an individual to defend themselves with “REASONABLE FORCE”. I will not get into a discussion of what is reasonable force as it is a question best left to your lawyer. It is important to remember your goal of getting home safe. The goal is not to punish or hurt the aggressor. We also need to remember that your actions may be recorded. Keeping this in mind Sensei Mike and Sensei Darren demonstrated various strategies and techniques to defend yourself in ways that do not make you look like the aggressor and at the same time enabling yourself to get away.

The workout was very educational, informative and entertaining. In the event that you have an opportunity to take a similar seminar by Sensei Mike and Sensei Darren I would strongly recommend it.

# Shindo Workshop & Grading, Didsbury, Alberta

**By: Sensei Chris Marler**

## **Edson Wado Kai**

When I started karate, some time ago, near the end of the year Sensei Walter Greening would bring some short wooden poles to class, and we would do "shindo". Now, there didn't seem to be any shindo going on in any tournament, not that I had seen, but that didn't take the edge off my excitement. I promptly made my own shindo out of the available hardwood dowels available at the hardware store, painting it black.

Well, shindo has come a long way, since a long time ago, and this last weekend was another opportunity to learn more. Just as karate slowly gives up its secrets over time, shindo has its share as well. This time, besides Sensei Greening that was hosting the event, we were privileged to learn from Senseis Jim Atkinson, Darwin Sherman, Marco Reyes, Frank Hagenaaars, and Ray Muller.

There were quite a number of people at the shindo workshop, held at Didsbury High School on Saturday. Perhaps I should have chosen to be instructed on some of the shindo katas that I would be graded for, but I couldn't pass on the opportunity to learn a new one: Taisei No Shindo. And it was fun.

People in other clubs that we see from year to year usually become our friends. Those Senseis travelling from afar stayed at Sensei Greening's place. He has quite a lot of room, so Sensei Dan Hill (Fox Creek), I (Edson) and Adam Simpson (Whitecourt) also took Sensei Greening up on his hospitality, and a free bed.

When one is graded, many of us are familiar with the process: The joseki board members sit at a table, usually 3 or so in a group, and they look at the grading candidates, usually 3 or 4, lined up in front of them on the floor. The arrangement repeats itself with each of the tables at the shomen (front of the dojo). Those who are on the floor for a workout, but not being graded, are behind the grading candidates. As the candidates periodically rotate, those behind the candidates stay in the back.

Well, this was one of the years in which the number of the actual candidates was lower

than normal. Actually, three on the floor for grading (Sensei Hill and I, and also Adam for an intermediate stripe), with Sensei Reyes for support. So, one table, and four on the floor. It is a little unnerving being so few on the floor, but, you just do like you always do on the floor: don't worry about anyone else, don't look directly at anyone else's movements, and do your thing.

Sensei Atkinson promised an easy workout, but I think he lied, as was obvious by the sweaty gis. It was a great grading by our standards.

Many of us have heard about Sensei Shintani's statement about the shindo, saying, "This is my life". And here's the thing: You don't learn karate, and quit at blue or green belt, saying, "Well, I have seen all of the moves. I don't need to progress further to get much better at this. I pretty much know everything a black belt knows" - although, we've all met people who said that. Everyone can have their own opinions. Opinions without basis in fact, are, well, baseless.

When we practice karate, the intention is to retrain the body for effective and fast delivery of power, and body movement. To see the way someone is unbalanced when they move, or note errors in their fighting technique. To set someone up for failure by putting them into a pattern, and then breaking it. To utilize sequences of moves that open up their weaknesses, and then exploit them. Whether as sport, or real-life self-defence, as long as we are not self-deluded into thinking that we are always prepared for any outcome, we can achieve a higher state of readiness for combat.

Now, if you are in the dark alley, and surrounded by 4 people, and you have a chance to pick-up a bat / pipe / other bar object, would you feel confident enough to effectively use it? If you don't pick it up, they will. What if you are weaponless, and one of them has a bat, could you take it away and use it on them, if they press the fight? It is easy to see the attractiveness of that ability.

Like karate, with time and training in shindo comes proficiency. Nothing is 100%, but like karate, "shindo people" train for the day we hope never happens.





# Sensei Ron Mattie comes to the Delhi Karate Club

**By: Sensei Katrina and Sensei Brandon Marques**

## Delhi Karate Club

On January 9, 2017, the Delhi Karate club – junior and adult classes had a very special guest instructor – Sensei Ron Mattie – 8th degree Black belt and Chief Instructor for the Shintani Wado Kai Federation.

Sensei Ron started out with the junior students and asked them to act like a Sumo wrestler – moving side to side – keeping their belly buttons pointed at either the side wall, not to

complete turn and proper kick followed.



Sensei Ron then got the students to pair up into partners and one of the students took off their belt. The belt was placed around one of the student's waist while the other student



held the belt with tension. Sensei Ron then had the students with the belt being held around them walk across the dojo. The kids knew they had to push with their legs and get low in their front forward stance in order to move.



the front or back. He made the students cross over with the knee lifted high. After a few times, back and forth across the dojo, he asked the Black belts to grab pads. He then showed the junior students why he had done the exercise – it was to show them that when we do a round house kick we need to get the



knee high and turn completely from left side to right side, no stopping mid-way – (front or back). The students kicked the pads. For those students that were not able to turn from side to side completely he had other black belts grab the students hand and pull them around so they could get the idea of the



Then Sensei Ron got the students into groups again for a game of baseball - Karate style. He gave the black belts in the front of each group 3 balls – Sensei was known as the “pitcher”. He had one student stand with their backs to the Sensei, this



student was called the batter, then another student stood behind the “batter” to catch the ball if the batter missed, other students stood behind the Sensei – these were the outfielders. Sensei Ron then asked the Sensei’s (pitchers) to throw the ball toward the student with their backs to them (the batter). This student was to turn and do a round house kick, the kick was to contact the ball and have it go into the outfield to be caught. Many of the students could connect with the ball and make it fly out into the dojo.



The class ended with a game of tag – of course Karate style. The black belts were the ones tagging people and they had to stay in Kiba dachi the entire time, while the students could move around the dojo, but only in zankutsu dachi. If the Sensei’s touched the students – they became frozen and could only be thawed if another student touched them.

End of class with a group picture – of course a serious one and then the kids jumping for joy.

The adult class was another exceptional class. Sensei



Ron stated he was going to give us four rules to work out by.

#### **Rule #1**

98% of the time, your hips move either clock wise or counter clock wise.

The other 2% is when you are moving forward and your hips move forward – pelvic tilt.

#### **Rule #2**

99% of the time, your shoulder, elbow, hip and knee are in line with each other.

#### **Rule #3**

99.9 % of the time you turn with a baseball swing.

#### **Rule #4**

When you turn, go an extra 45 degrees

Sensei Ron talked about stances and when you need to cross the center line which is a baseball swing stance and when you need to do a push stance.

The class went through an exercise where we did a gedan barai block while in zankutsu dachi. Broken down into steps at first as Sensei Ron wanted to focus on coming together



at the middle while maintaining a consistent height, stepping out with one leg with emphasis on having the heel pointed up. Step-



ping into zankutsu dachi and pushing the front knee over the front foot. This demonstrated Rule #1, (#38)

Sensei Ron then asked the group to do the push stance – shown doing an Agi Uke while in Zankutsu dachi. Rule #2 was applied - linking the forward arm and forward leg together.



Sensei Ron then demonstrated that when you stand with the “push” stance you can apply more pressure but no effort exerted. Sensei Ron then had the group get into partners and one person was in the push stance with forward zuki out while the other person leaned in and was held up by the person in the stance.

Sensei Ron also demonstrated the importance of the knee turning into the person to help as a takedown move.

Sensei Ron then placed an “X” on the floor with tape and demonstrated the differences in foot placement to help with turns – rule #4

The last part of the class was spent going



over Pinan Shodan and applying the 4 rules that were taught earlier.

Group discussions were held during the night which Sensei Ron explained some teaching methods that we could apply in our own class.

Group picture for the adult class .

Sensei Jim and Sensei Ron had a picture taken together

Sensei wanted everyone to know that we all learn and are taught things at different paces throughout our Karate training - gave an example of taking a trip to a place with a variety of people at different stages in their lives. Stated this applies to Karate as well, people are taught techniques in different ways and everyone should remember and respect the way that they are taught-don't rush things, can't go onto something else that is more advanced until you learn the first steps.

The Delhi club enjoyed the opportunity to have Sensei Mattie come to the club. His easy way of explaining the techniques made it easy to follow. The interaction with the class was great.

Thank you.



## And you weren't there...

**By: Sensei David Damude**

### **Lakeside Karate Port Colborne, ON**

Some of you have justified excuses: working, travel, distance, family commitments.

Locally, most have no excuse.

On January 13th, 14th and 15th an instructor's clinic was held at the Welland Martial Arts centre in Welland, Ontario. Eleven brave souls committed their time and their fear of the unknown to try and become better at what, I believe, is the core of the Shintani Wado Kai Karate Federation, how to teach. To be able to pass on the skills, attitude and perseverance that makes our students and cohorts better Karateka and better members in society. A Karateka could be the best practitioner of karate anywhere but without being able to instruct; to be able to reach out to a student and instill the pleasure of the art and the focus of the mind, their art and skill are lost.

But these eleven were committed.

Friday: Lead by Sensei Ron Mattie, the group started by building the points that needed to be covered.

We warmed up with Pinan Shodan. As we performed the kata we were critiqued, by senior black belts, so we were at the same performance level. This usage of the kata also prepared our thinking for what was ahead of us.

Saturday: actual teaching with supervision.

Kyu belts from local dojos were invited to be our guinea pigs. In the morning a large group of young students were divided up and provided an instructor, and some an instructor's assistant. Given a kata to instruct, the assigned instructor and assistant taught the task assigned, given the experience level of the group. During this period the class and instructor was observed by higher ranks for critiquing later. The students seemed to excel with the help of highly motivated instructors.

In the afternoon, adults were the instructor's students. Being a smaller group of students most of the classes became one-on-one. This student teacher ratio provided outstanding results and the students commented on how much they had improved in such a small amount of time.

Critiquing throughout the day brought up recommendations that were to be implemented in the next teaching session.

Sunday: covering points defined Friday and not covered Saturday. Sensei Ron Mattie then provided us with meth-

ods on how to teach speed and define and show different timing within a sequence.

It was a great weekend with great people to spend it with. We all learned a lot, and we will all be able to pass on what we have learned, and continue to learn.

I would like to thank Sensei Ron Mattie for running the instructors clinic, and Sensei Lauren Pankratz for facilitating the clinic. I would also like to thank all those who participated in the instructor's clinic. Here's a list for those who attended. Seek out these Senseis and learn from them.

#### **ST. CATHARINES**

Henry Bergen,  
Lauren Pankratz,  
Ronald Melanson,  
Don Anderson,  
John Voyer,  
James Ryan

#### **NOTL**

Brian Chmay,  
Michelle Chmay

#### **PORT COLBORNE**

David Damude  
Attended Friday  
night:

Neil Prime - St.  
Catharines, Peter  
Avino - Buffalo,  
Eddy Poulin -  
Welland



If you can, sign up for the next Instructor's clinic or judging clinic or anything offered by the federation. The programs and the knowledge and quality of the black belts providing these programs are some of the best in any organization. By providing these types of events across the federation the standards within the federation are higher and uniform.

The amazing thing about this federation is that it is all voluntary except for the Chief Instructor Ron Mattie and President Denis Labbe.

So when the next clinic or event comes up, commit and sign up so it can't be said: "...and you weren't there".



# St. Catharines Club Workout with the Senate

**By: Sensei Lauren Pankratz**

## **St. Catharines Wado Kai**

The St. Catharines Wado Kai Karate club had the honour of hosting a mini-Senate workout early December 2016. The Senate was set to meet on the weekend, so we invited those who were in the area to come to our club and teach the class. The members able to join us were Sensei Ron Mattie, Sensei Danny McCoy, Sensei Heather Fidyk, and Sensei Michel Gosselin.



Sensei Walt Fast from the St. Catharines club kicked things off with a lesson on bridging the gap. He demonstrated stepping through with jun-zuki, landing the foot on the outside of the opponent's lead leg, then executing a foot sweep while throwing gyaku-zuki to the body. From there, the rest of the



class flowed seamlessly from one instructor to another, with each offering up different drills with their own unique approach, all while sharing similar ties throughout.

The lineup went as follows:

- Sensei Neil Prime, from the St. Catharines club and also a Senate member, taught moving offside when the punch comes in and killing two birds with one stone by blocking the punch with a punch; punching overtop/underneath their tsuki.



- Sensei McCoy taught a counter-attack moving straight in after the punch, with a simultaneous ude uke and ura-zuki on the inside.
- Sensei Fidyk's drill also focused on moving straight in, but the differences were to move as soon as you saw any movement (not waiting for a punch), and knocking the opponent's front hand out of the way with osoto uke while at the same time throwing gyaku-zuki.
- Sensei Gosselin worked moving in and out of your opponent's range, going offside right instead of offside left. Without revealing anything by keeping your front arm up, move straight in with gyaku-zuki, then pull back by moving offside right, before going back in with a strike to the head.
- Sensei Mattie reviewed the first few moves of Gensho Shodan, emphasizing timing and keying down, demonstrated through bunkai.



The students soaked it all in and made earnest efforts to conform to how each individual Sensei taught. Sensei Mattie mentioned at the end that a workout like that should easily cost one hundred dollars. The fact that he and the other Senate members voluntarily and eagerly shared what they had to offer as members of our organization shows the kind of humility that is within the core of Shintani Karate.



# Shindo Clinic - Delhi Karate

**By: Sensei Katrina Marques**

## **Delhi Karate Club**

The day started off with a few pictures of the group - students attended from Welland, Thunder Bay, Kawartha Lakes, Delhi, Simcoe, and Jarvis.

Sensei Jim then divided the groups according to Shindo levels. Sensei Marco and Sensei Ray took the basic group, Sensei Darwin and Sensei Dave took the intermediate group and Sensei Brian and Sensei Kris took the advanced group.

The morning was spent going over techniques and working with partners to demonstrate the techniques.

The afternoon was then divided into groups to work the various Shindo Katas.

Sensei Marco taught Shindo Nidan

Sensei Dave taught Cio Bo Tie

Sensei Brain and Sensei Ray taught Seishan No Shindo

Sensei Kris taught Kushanku No Shindo

and Sensei Darwin taught Taisei No Shindo



**The Group of Instructors for the day**

**Sensei Darwin, Sensei Dave, Sensei Jim - supervisor for the day,  
Sensei Ray, Sensei Brian, Sensei Marco and Sensei Kris.**

The groups then presented their Shindo katas in front of Sensei Bruce who joined the group at lunch time, and the other students.

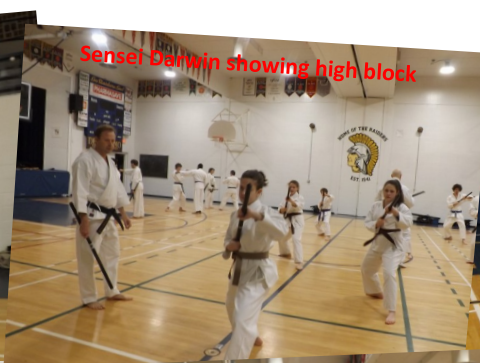




# Shindo Clinic - Delhi Karate



Sensei Kris teaching Kushanku No Shindo



Sensei Darwin showing high block



Sensei Brian showing how to block a punch and strike to the collar bone - advanced group



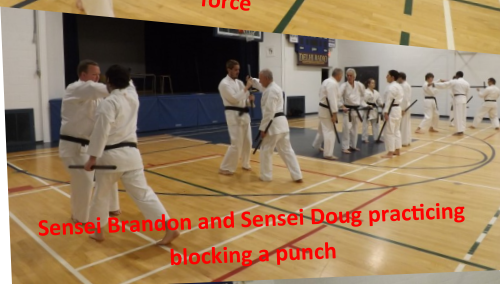
Sensei Marco showing push pull action for shingo for basic group



Sensei Marco and basic group doing thrusts



Sensei Brian showing importance for line of force



Sensei Brandon and Sensei Doug practicing blocking a punch



Sensei Ray and basic group doing a high block



Sensei Bruce gathering everyone at the end of the day for discussion on how the day went



Sensei Dave with intermediate group doing a block to the back



Intermediate group showing take down move



Recap of boken strike application



Sensei Kris demonstrating how to block a kick



Sensei Darwin showing intermediate



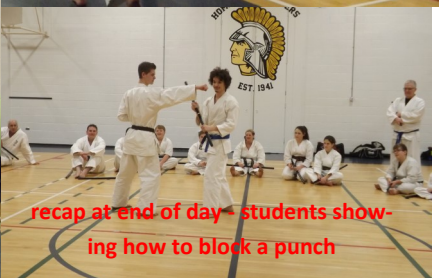
Advanced group doing strike to mid section



Sensei Darwin - showing take down move



Sensei Brian and Sensei Kris demonstrating a hand strike



Recap at end of day - students showing how to block a punch



# 35th Annual SWKKF Tournament

**By: Colby Post and Logan Smout**

## *Simcoe South Wado Kai*

As most of you know, February 18th, Saturday 2017, was the 35th annual tournament for the Shintani Wado Kai Karate Federation (SWKKF). For those of you who are new to the SWKKF, or just missed this past tournament, we're here to fill you in. This is Colby Post and Logan Smout, and we're writing about Saturday's tournament. The tournament was hosted by Simcoe South, located at Holy Trinity High School. Even by 8:45 a.m., there was a good crowd of students, family members and volunteers ready for a day of karate



By the time to line up, there was an estimated 28 sensei's and an uncountable number of karate students. After the bowing in, the sensei's held a "black belt meeting", while brown belt Nick Reddecopp lead an opening exercise for the kyu belts. It was Nick's 2nd time leading the workout, and he did very well at it. Believe us, getting up and doing something like that in front of at least 100 people takes some guts, so kudos to him for doing that. Shortly after the workout, the shindo compe-



titions started. To put it simply, a shindo is a black wooden stick approximately 35 inches long, and is Sensei Masaru Shintani's own designed weapon. He spent years practicing and designing the shindo, and finally his dream became very popular throughout the federation. There were 11 competitors in basic shindo, and about 7 or 8 in the black belt competition, including one brown belt. This really goes to show that shindo is a very inventive weapon, and can be used by most karate students with

ease.

We also noted that the layout in this tournament was quite different than the previous ones. In most tournaments, there are six rings with the score-keeping tables back to back, but in this tournament, there were five rings. There was a big ring in the middle of the floor, with 2 smaller ones on each side. They were all positioned so that the competitors would be facing the audience when doing their katas, shindo included.



This tournament also featured a special competition, which was only for blue belts and up. You could choose whether



to do the kata "Seisho", or the shindo equivalent, "Seishan No Shindo", with each group (kata and shindo) being judged separately. The top scoring competitor in each group then competed against each other, meaning that gold and silver were the only medals awarded. In all, 10 people signed up for the special competition, which was put together by Sensei Rob.

Kata and sparring was a great competition for all belts. There was a good amount of karate students who participated in both events and it looked like they all had fun.

All in all, I'd say that this was one of the best tournaments yet, and can't wait for the next. I also hope you all get to go to the national tournament, as well. See you there!

# 4 + 1 Rules to take your Karate to the next level!

**By: Sensei Kevin Bowes**

## ***Glamorgan Karate Club***

Continuing his cross-country trek, Sensei Ron Mattie spent a Sunday working with Glamorgan Wado Kai in Calgary. Fortunately, it was a training night so our kids advanced class as well as our adults had an opportunity to participate.

Starting with the kids, Sensei Ron spent time working the fundamentals of 2 stances Kiba-dachi and Zenkutsu-dachi. Lots of work on the floor moving in the stances with focus on staying low through the legs. Sensei Ron ran the kids through 2 exercises to help.



First it was Kiba-dachi, staying low through the legs he worked a sumo stance and had them lift one leg, pivot, and land again in a good clean deep stance. A fun exercise to disguise all the work the kids were doing was Wado Baseball complete with a pitcher, catcher batter and fielders. The batters would start in a Kiba-dachi stance

with their backs to the pitcher and quickly pivot when the pitch came in to kick the ball with a roundhouse kick leaving the fielders scrambling to chase the ball down – there were some strikes, some base hits and a few home runs!

Next it was time to help them build explosiveness and power through their Zenkutsu-dachi. For Sensei Ron that means “harness” up the kids using one of their belts around their waist and have them “plow” the field. It was great watching how quickly this drill improved their stance and had them engaging the back leg to push off from to propel themselves into a solid stance.



What a great opportunity for the kids across the coun-



try to train with the Chief Instructor of the Federation! I don't know who had more fun Sensei Ron or the students...

And then it was adult time, no more fun and games, we had 2 hours to learn Sensei Ron's 4 rules of fundamentals! Get these right, and we are going places in the Karate world. Get them wrong, and we might be invited to take up another activity! Well not really, but if you know Sensei Ron he can't help but weave some fun into everything he does...

Here they are:

**Rule #1** - 98% of the time your hips are rotating one way or the other

I'll let you ask him yourself what the other 2% is... The take away here is that the foundation of Wado is the power generated by Tai-sabaki – the movement of your core and hips.

**Rule #2** - 99% of the time your elbow, shoulder, hip and knee follow each other

Here Sensei Ron is demonstrating how effective this rule plays out when blocking a kick thrown by Sensei Kevin





Bowes. Notice all 4 joints (elbow, shoulder, hip and knee) moving together to create a much more powerful and effective block. I am not sure you'd be able to stop one of Sensei Kevin's kicks just using the strength of your arm!

Notice the tape marks on the floor, that "8-point star pattern" is going to come in handy when you read and try to visualize rule # 4 and the "Must try" tip.

**Rule #3** - 99.9 % of the time your turns are baseball swings



Sensei Ron using a drill to help us get a better understanding of several of the rules all rolled into practical applications. I am sure that Sempai Jill felt the effects of Rule's 1 through 4 in just these few simple moves.

**Rule # 4** - When you turn, your set has to be 45 degrees greater than the direction your heading

If you only step where you expect to be going your block or punch will miss the mark by approximately 45 degrees. Step that extra 45 degrees and you will be in the ideal position. Must try tip: See "8-point star pattern" from image above and make your own version using some painters tape – this is one thing every dojo should have on their floor, it's an incredible tool.

Oh, and at the last minute we were provided with one additional rule to make any of the above possible...

**Rule #5** - Show up to class!



There you have it, 4 +1 Rules to make your Karate even better. It's certain that making improvements in any of the areas is bound to help you as a Karateka. Big thanks to Sensei Ron Mattie coming out to Calgary and working with our club and sharing your knowledge and enthusiasm with us!

# 12th Annual Glamorgan Karate Club Tournament

By: **Sensei Kevin Bowes**

## Glamorgan Karate Club

Dec 2, 2016

Uke of the Weekend!

This past weekend was the 12 Annual Glamorgan Karate Club Annual Tournament. We had a fantastic showing of youth and adult coloured belts for the tournament. The amount of support from the clubs throughout Alberta was overwhelming and we could not have done it without the backing of all the black belts who assisted in making the tournament a success!

The history of the tournament focuses around providing as much of a learning opportunity as a competition also. There is always a seminar for the adults on the Friday evening before and during the Saturday tournament, we provide an additional seminar for the kids.

This year we were lucky enough to have Sensei Kris Reynolds from Lyndsey Ontario come out to host our seminars.

Sensei Kris has many fantastic concepts around bunkai (kata application) and it was an absolute treat to have him out. On Saturday morning before the kids kicked into high gear with the competition, Sensei Kris and his Uki, Sensei Craig took over. The kids had an absolute blast, thank you Sensei Kris for combining your ideas about bunkai with fun drills and games for the

kids. It set a fantastic tone for the rest of the day!

With every event, there is always something that stands out. Sensei Kris gave many of us brilliant ideas when it comes to bunkai and left us thinking about what more we can pull out of kata. His focus on chi-kata (or power-kata) was unique to many of us, leaving us craving for more. That said, there was one other part of the weekend that stood out for me and I call him the "Uki of the Weekend".

Sensei Kris brought out a couple of his students from Ontario, one of which was Sensei Craig McCleary. Sensei Kris and Sensei Craig

have such clear synergy

*"Uki of the Weekend"*

when it came to understanding bunkai. It is obvious that the two of them work together on understanding and testing bunkai applications. That said, I feel Sensei Craig receives most of the results behind the developing and testing of their ideas!



(apologies for picture qualities, these were extracted from video)

You could see all Friday evening during the seminar that Sensei Kris was demonstrating strikes, chokes, takedowns and more with clear intent. It was a very good demonstration on how well some of these bunkai strategies could be applied. It's not always easy being an Uki for such a strong Sensei with clear and definitive ideas, but Sensei Craig accepted all that was put





forth in front of him with a smile on his face. Picking himself off the hardwood floor many times, ready for just one more demonstration for the benefit of all of those learning around him. Well done Sensei Craig for being that Uki everybody would like to

work with and a very big thank you to both Sensei Kris and Sensei Craig for making the Friday evening of the Glamorgan Tournament an educational treat!

## Sensei Ron Visits Glamorgan Wado Kai

**By: Glamorgan Karate Club**

Jan 22, 2017

Tragically, it's all about the Hip!



When people talk about their most powerful body part, they will often say their arms, legs and yes, their bum. Their hips are never at the top of the list, and most often, overlooked. But in karate, your hips are your most powerful asset. They provide you with the power, drive, and speed needed to perform effective blocks, kicks, turns, and hits.

In Calgary, the Glamorgan Karate Club was fortunate to host Sensei Ron Mattie during his cross country dojo tour. The theme of the night was, you guessed it, hip movement, or as we like to refer to it as: Taisebaki. The message he brought was that taisebaki occurs in everything we do in karate, and by having effective taisebaki, your karate becomes more fluid and powerful.

When it comes to hip movement, Sensei Ron had four rules for us to remember:

98% of the time, the hip rotates one way or the other (the other 2% is straight-on, and the hip action is a pelvic thrust),

99% of the time, the shoulder, elbow, hip and knee all follow each other,

99.9% of the time, your turns are baseball swings, and

When you turn, your set needs to be 45 degrees greater than the direction you are heading.

By following and understanding these four rules, your karate has no choice but to improve.

Try it for yourself. I guarantee you that your hips won't lie!





## Sensei Ron comes to Jarvis

By: *Sempai Kyle Chambers*

### Jarvis Wado Kai

The Jarvis Wado Kai Dojo had a special guest on January 12th. We had the honour of having Sensei Ron Mattie as a guest instructor in the kids and advanced classes. He passed along his knowledge of proper technique; stances and we practiced many drills to improve our power and form. Sensei Ron used his coaching skills to instruct on proper hip rotation, how the elbow, shoulder knee and hip follow each other in proper formation. Sensei reminded us that in order for us to get better, we need to practice, practice, and practice and show up to class!!! Thank you Sensei for a great learning experience.



# Judging and Training Clinic in Yellowknife NWT

**By: Sensei Patrick Clancy**

## ***Yellowknife Shintani Wado Kai Karate Club***

Want a Clinic, just contact the Federation!!! The Yellowknife Shintani Wado Kai Karate Club hosted a Judging/Training Clinic on January 28th 2017 way up in Yellowknife, NWT. Our small, but keen, club may be isolated but that didn't prevent us from hosting this clinic with the assistance of our SWKKF Judging/Training Committee, and Sensei Shelley McGregor – Assistant Chair West was more than accommodating and helpful to our club in making this clinic happen for us here in Yellowknife.

The Committee sent Sensei Blain Beemer from Edmonton as the instructor of the clinic, and after it was all said and done the clinic was well attended and very interesting. Sensei Beemer wanted to experience really cold weather and northern lights while he visited us, but to our surprise we had the warmest weather in 44 years in Yellowknife, causing heavy fog and mist, and nullifying any chance to see the Northern Lights. So our apologies to Sensei Beemer; however, weather is one thing we definitely can't control, and to be truthful, we were quite happy in Yellowknife to have near record warm temperatures! We were all very happy to have the chance to also have a Sunday afternoon Wado clinic with Sensei Beemer, which was received with enthusiasm by all the participants.

The clinic began with Sensei Beemer going over the presentation part of the clinic, which was very helpful in learning Japanese and center judging terminology and the judging process. Part of the presentation also dealt with tournament formats for kata scoring and kumite scoring. The youth that attended were very happy and excited to have an opportunity to learn

table work and to participate in the kata and kumite portion of the clinic by performing kata and kumite for the practical portion of corner and center judging. It was during this part of the clinic, in the afternoon, that the black and brown belts were able to put what we learned in the morning to practice.

It was fun for all learning the Japanese terminology during the judging of kumite and kata competitions. One thing was clear, and that it takes some practice to become a really good corner and center judge. The really good judges I have seen in tournaments are always impressive in how they control the competitors, and the ones with a bit of flash make it more fun and impressive. Sensei Beemer did not teach us the secrets of being a flashy and entertaining center judge; however, it was a full day of learning the presentation material, but the best part of the clinic was definitely the practical portion and actually having to award points in kumite, scores in kata and learning to control the ring in a standard manner.

Two Yodan ranks, Sensei Alex Pinto and Cal Pittet were certified as Table Workers, Corner and for Center Judging, and Sensei Patrick Clancy, Masaya Koyangi and Aidan Cartwright were certified as Table Workers and Corner Judges. One Brown Belt, Michael Bishop, was certified as a Table Worker, and the other youth just gained valuable experience by just participating.

For our isolated club, clinics and workshops play a vital role in the development of competent students and black belts. Without these events it would be hard to train our students to acceptable standards. In final analysis, it seems being a good table worker, corner or center judge is not as easy as it looks, and we all look forward to practicing table work and judging in our own mini-tournaments, and in any Federation tournaments we attend in the future.





# Hamiota Hosting the Manitoba Provincials

**By: Sensei Scott Lints**

## **Hamiota Karate Club**

Hello fellow karateka,

On February 3 and 4, Hamiota, Manitoba hosted the Manitoba Provincial Clinic and Tournament. Sensei Denis was kind enough to come out and teach Friday night's clinic and for that we are truly thankful. For both the juniors and the senior classes, turnout was great and everyone, including myself, learned much and had fun doing it. Whether it's helping with the juniors or sweating it out with the senior belts, seeing old karate buddies, or making new ones, is what I enjoy most besides watching the up and coming "black belts" progress and grow.

*"I can no other answer make, but, thanks and thanks."*

*-William Shakespeare.*

Volunteers are needed to run a successful tournament, and volunteers we had. From club members to their parents, or even members from other clubs, thank you so much. The karate community is amazing and pitched in without hesitation or asking. Without you, events like this would not happen.

On Saturday, everything went very smoothly. Most people had pre-registered, so all divisions had been set the night before and stayed mostly the same except for a couple of cancellations. In the morning, we had two black belt divisions, the young guns and the experienced MEN. Both divisions had me on the edge of my seat wondering who was going to win and wishing I was as quick as most of them. It is awesome to see the progression of even the black belts from where they had been only a few years earlier.



We broke for lunch at noon, which was prepared and provided by our families in the club. After lunch was 11 kyu belt divisions. Thanks to the black belts and score keepers, the afternoon went according to plan, almost. Division 9 proved to be too evenly matched when it came to kumite. When the 3-person round robin was finished and competitors were tied in win/

losses and points for/against, we had to do the whole thing over. The second time through had clearer results, but was still very close. All competitors in the morning and afternoon received sunglasses with Hamiota Karate Club on one side and SWKKF with the fist and dove on the other. Of course, the top 3 in kata and kumite received medals but with the younger crowd (and some of the older ones) the sun glasses were a big hit.



For supper, we stayed at the High School and ate on the stage, which is right next to the gym. By the time the last division was done, with all the beautiful aromas flooding the dojo, I am surprised nobody slipped on drool. Thanks to my wife, Shelley, for preparing the supper, and I think Sensei Owen Day would have to agree that it was delicious.



In closing, I would also like to thank the clubs for coming out and supporting our tournament. Clubs from Weyburn, Moose Mountain, Regina, Boissevain, Melita and Birtle attended the tournament. This year was different than what I expected from Karate Manitoba. Just before the tournament we were told that they would not be able to send a representative out, but we could continue anyway. In that respect, it felt like a "tournament of old" to me and I really enjoyed that.

# Edson 2017 Wado Kai Karate Tournament & Workshops

## *Edson Wado Kai Newsletter*

In preparation for the Edson Wado Karate Tournament in Edson, Head Instructor Sensei Sylvie Fontaine stressed upon her students by saying, "perform well and make new friends".

The emphasis on making new friends is about the close relationship felt among members.

Several times a year members of Shintani Wado Kai Karate Federation compete and tournaments are held all over Canada and once in Edson.

The Edson tournaments are an exciting time for local members because at home we feel inspired to perform well. In addition, we have an opportunity to show how well a rural club can compete with other members from across the province. This year the Edson team came away with many medals much to the delight of their Senseis who worked hard in preparing their students not only for competition but also having the skills in Wado Kai Karate.

On January 21, 2017 the Edson Club felt honored to have so many Senseis from across Canada that came to support and participate in our workshop and tournament.



## Make New Friends

### *Edson Wado Kai Newsletter*

Make new friends was the constant reminder to the Edson team. Sensei Sylvie would encourage members several weeks before the tournament about how to make the best out of the tournament. She would also encourage members to perform well and have fun while competing.

Sensei Sylvie and the other Senseis in Edson worked hard in preparing students for the tournament. The encouragement and motivation provided by the Senseis helps to overcome the challenges faced during competition.

This year's tournament attracted members from Hinton, Whitecourt, Edmonton, Calgary and Ontario. Whitecourt

had the most White-belt competitors who also attended the Friday night clinic. The clinic is very important to students because it is a time to gain experience from Senseis like Sensei Denis Labbé and Sensei Michel Gosselin. Kyle from the Millwood Club in Edmonton said he brought his whole family to the tournament and they are enjoying a swim at the Repsol Centre while he competes. John from Whitecourt said he brought his two daughters to the tournament and they are also competing, including himself. Both Kyle and John said they met new friends at the tournament and enjoyed the competition.



# Thunder Bay Wado Kai 5th Annual Tournament & Clinics

**By: Cayla Leimenstoll**

## **Fort Frances Wado Kai**

The karate tournament in Thunder Bay was awesome I learned some new techniques at the clinic one where you push forward, and a twisty one too, things I can use when sparring. I liked the pointers and help from the senseis with my kata where

I was having trouble. There are some things I have to work on stances are a big one. I got two third place medals, I meet some new people and had lots of fun!

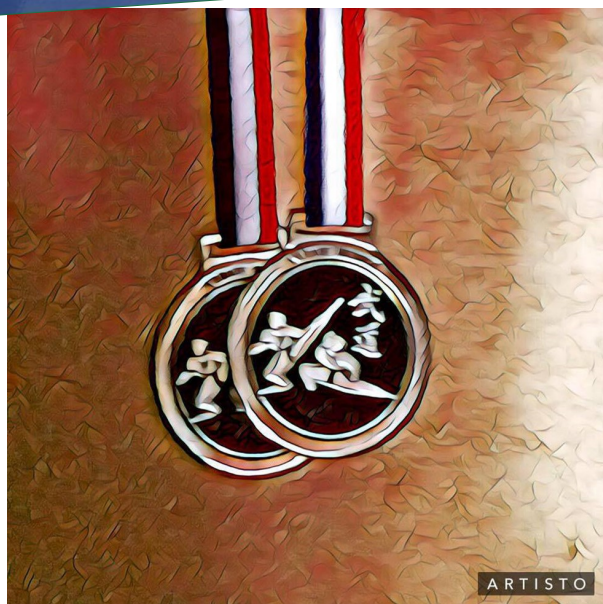


# Nos Premier Jours au Nordik Wado Kai

**By: Alphonso Teh Ferguson**  
**Mohamed Doumbia**

## Nordik Wado Kai

Nos premier jours au Nordik Wado Kai, Sensei Michel nous a bien reçu. On était heureux de pouvoir fait du karaté, ils sont toute gentils au karaté. On était heureux on a pas eu de la difficulté avec l'accent, il nous expliquait bien et nous a enseigné comment respecter Sensei Shintani, les ceintures noires, les plus avancer, et même les moins avancer. On se sent bien avec tous avec tout le monde on se comprend et il son tout gentil, on a appris plein de chose que on en le serra jamais si on n'était pas avec Sensei Michel et le Nordik Wado Kai. On a aimé tous nos tournois le monde était gentil et c'était vraiment plaisant. On a eu la chance de voie le président de la fédération et même de pouvoir pratique avec lui on était vraiment comptent, on a été comptent de connaitre d'autre sensei et d'autre personne de la fédération c'est une très bonne expérience.





## Sensei Ron

**By: Sensei RONALDA MELANSON**

### **St. Catharines Wado Kai**

Sensei Ron Mattie is travelling to as many dojos as he can this year. The St. Catharines club had the honour on Feb 16 2017. Sensei Mattie came to teach the adult and the kids class.

The kids were thrilled, they had a great time learning new skills such as karate baseball and blind kata. Sensei Mattie instilled some great techniques to better their katas. He teaches with humour and compassion that makes everyone feel comfortable. Sensei Mattie is great at picking out what the kids and senseis need to work on to better their karate techniques.

If you have the opportunity to attend the classes that he is visiting you will not be disappointed. We have begun implementing his techniques and have already noticed improvement. Thank you Sensei Mattie from the St. Catharines kids class.

In the adult class Sensei Mattie gave us 4 rules to follow, for myself the fourth rule was easy to do but hard to remember. I won't give them away so you all have something to look forward to, for those who already know something to remember.

Enjoy and remember what was passed down from Sensei Shintani.

Be humble in your teachings







和道会空手

# BLACK BELT GRADING

## MAY 6<sup>TH</sup> 2017

HOSTED BY: Glamorgan Wado Kai

Glamorgan Wado Kai is pleased to host the SWKKF Alberta Black Belt Grading in Calgary. Registration information on the next page.

We will be hosting a clinic on the Friday before the grading for those looking to get a light workout and stay limber. This is highly recommended for candidates as a quick review before being assessed. Students of all ranks are welcome to attend.

For the grading, please ensure you are well rested, well fed, and well hydrated! Be sure to bring lunch and snacks on the day of.

Pre-gradings will be held in your region for grading candidates, and are highly recommended for success. Information available from club representatives.

**REMINDER:** All documentation for candidates MUST be submitted to Sensei Denis ONE MONTH before the grading

### WHERE:

**CALGARY, AB**  
William Aberhart High School  
3009 Morley Trail NW  
T2M 4G9

### WHEN:

**SATURDAY**  
**MAY 6<sup>TH</sup> 2017**  
9:00 AM - 6:00 PM  
Cost: \$20 / Person / weekend

### FRIDAY CLINIC:

**7:00PM - 9:00PM**  
William Aberhart High School  
3009 Morley Trail NW  
T2M 4G9

Students of all ranks welcome!  
\$10 / Person for clinic only

### BANQUET:

**MAY 6<sup>TH</sup> 2017**  
6:00 PM - 1:00 AM  
Banff Trail Community Assn.  
2115 20<sup>th</sup> Avenue NW

\$20 / Person, wine & beer  
available by donation.



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# REGISTER ONLINE

## BLACK BELT GRADING CALGARY, AB

### ONLINE REGISTRATION

For grading candidates, general participation, and banquet sign-up

### JOSEKI BOARD REGISTRATION

Click the buttons above to register online.

For any questions, concerns, or for additional information, please email [blackbelt.grading@glamorganwadokai.com](mailto:blackbelt.grading@glamorganwadokai.com) or call 403 244 1454



# HOTELS

There are 10 hotel rooms reserved at each hotel, under "SWKKF." Rooms are available for two days before and after the grading, and must be booked no later than April 5<sup>th</sup> 2017.

[CLICK TO VIEW LOCATIONS IN GOOGLE MAPS](#)

## 1 HOLIDAY INN EXPRESS & SUITES

2373 Banff Trail NW  
1-587-390-6105

King / double queen

\$129.99 + tax for standard room

\$139.99 for suite

\*Includes breakfast

## 2 COMFORT INN & SUITES

2369 Banff Trail NW  
1-403-289-2581

Double occupancy King: \$122.99 + tax

Double queen/occupancy: \$132.99 + tax

## 3 BEST WESTERN PLUS VILLAGE PARK

1804 Crowchild Trail NW  
1-403-289-0241

Double queen and occupancy

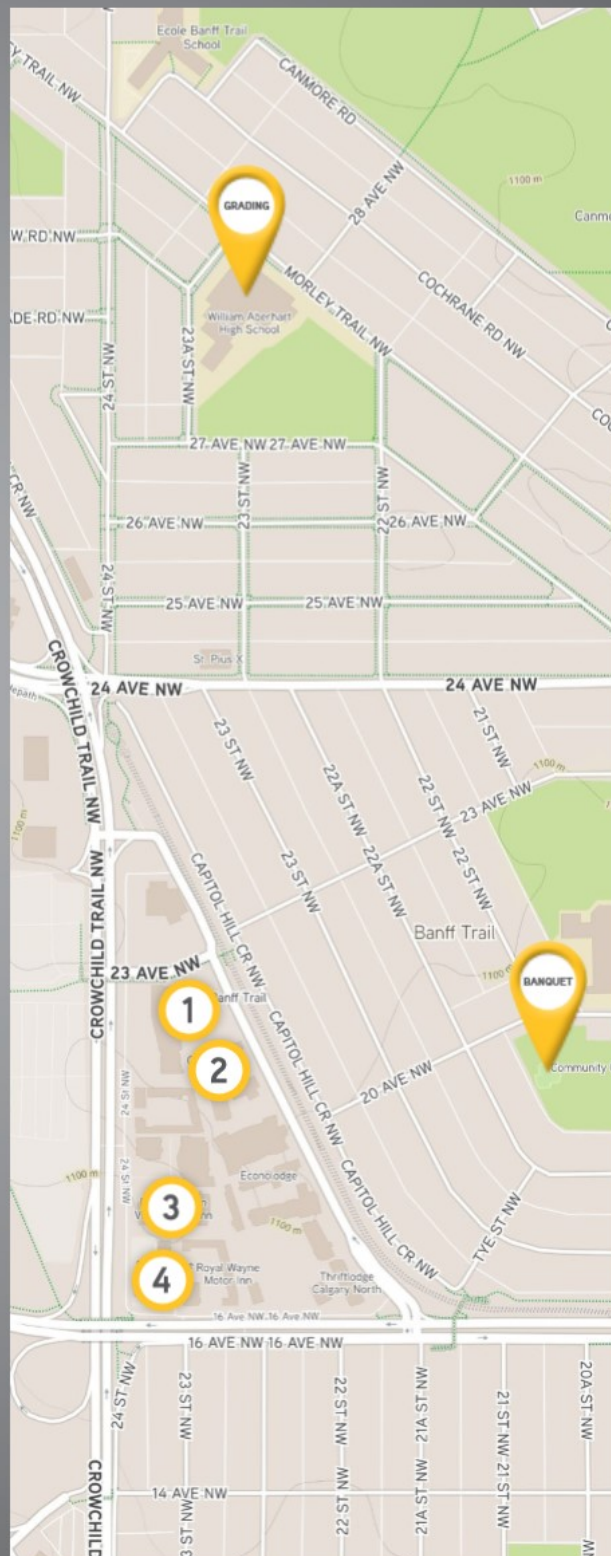
\$129 + tax, additional person \$10.00

## 4 ECONO LODGE INN & SUITES

2231 Banff Trail NW  
1-403-289-1921

Double queen/occupancy

\$79.00 + tax, additional person \$5.00



# SWKKF Sanctioned Events

For a current list of all the sanctioned events from the Shintani Wado Kai Karate Federation, please visit the web site below.

<http://www.shintani.ca/events-listed/all-events.html>

## From the Harmonizer Committee

Thank you for all of the great articles and pictures.. Keep the articles coming in. In Harmony.

Committee Members:

Sensei Rick Topp – Jarvis Wado Kai - Jarvis, On.

Sensei Jenn Topp – Jarvis Wado Kai - Jarvis, On.

Sensei Randy Mullin – Welland Wado Kai - Welland, On.

Sensei Kevin Dyck – Moose Mountain Wado Kai - Carlyle, Sk.

Sensei Colin Frans – Millwoods Karate Club - Edmonton, Ab.

Sensei Alice Pinto – Nordik Wado Kai - Hearst, On.

Sensei Yvon Lebel – Nordik Wado Kai - Hearst, On.

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