



# Wado-Kai Canada

Volume 3 Issue 1

January-March 1999



## CASK Shiai joins Karate BC

CASK Shiai is now a member of Karate BC.

The 13-member club, headed by Sensei Kraig Devlin, will now be afforded the opportunity to participate in seminars and tournaments sponsored by Karate BC, the National Karate Association and their affiliate clubs.

In the past months, three members attended referee

clinics held by Karate BC. Senseis Charles La Vertu, Gerry Woloshyn and Peter Danniels were awarded their C-level referee certificates.

We can look forward to seeing them at future Karate BC tournaments as well as Leslie and Cathy Bowers.

**Continued on p.4  
Please see Devlin**

## SKF Senate endorses new Wado kata book

The Shintani Wado Kai Karate Federation has endorsed the new book on Wado kata written by Master Masaru Shintani and Shihan Greg Reid.

The endorsement of *Wado-Kai Karate: Katas* was unanimously supported by the SKF Senate after thorough discussion, said Sensei Peter Ruch, vice-president and assistant secretary general.

"The kata in this book are described exactly as Saiko Shihan Otsuka taught them to his students, including myself," Shintani said.

"It is my goal that all students will now perform the katas as they are described in this book.

"I look forward to the future when all students under my direction will use this book as a standard reference text."

Shintani, who is head of the SKF, said it is his hope that "all instructors, all black belts and all students will buy a copy of this testament to Otsuka's Wado Karate-do."

**Continued on p. 2  
please see SKF**

Kolya Kowalychuk of CASK Heriot Bay, gold medal winner for kata in the pee wee orange and green belt division, displays some of the hardware won at the second annual Wado-Kai Canada national championships held in Victoria over the Nov . 7 weekend. **For results see pp. 6-7**

*(Charles La Vertu photo)*

## AGM SET FOR FEB.27

The Wado-Kai Karate Association of Canada annual general meeting will take place at 4 p.m. Feb. 27 in the James Bay Athletic Club.

Three two-year positions will be up for election -- president and two directors - at-large. The board is also

proposing some housekeeping changes to the association bylaws.

"Nominations are to be submitted to the board not later than 14 days prior to the AGM," said

**continued on p. 2  
see Nominations**



The Wado-Kai Canada newsletter is published by the Wado-Kai Karate Association of Canada, and edited by Sensei Charles La Vertu.

Views expressed are those of the authors and do not necessarily reflect that of the society.

Submissions of articles, photographs, cartoons etc. are welcome and encouraged.

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*Wado-Kai Canada is a federally-incorporated non-profit society*

## SKF OKs book

Continued from p. 1

"All profits from this book will be used to support Wado-Kai Karate."

The book, published by the Wado-Kai Karate Association of Canada, contains a detailed history of Wado and an in-depth discussion on the philosophy of kata.

The book has been published in hard cover in a limited edition. Each copy is signed, numbered and certified. A certificate of authenticity is included.

Saiko Shihan Shintani holds the rank of Kudan (9th Dan) and Shihan Reid, Shichidan (7<sup>th</sup> Dan).

## Nominations

(continued from p. 1)

nominations committee chair Sensei Charles La Vertu.

He said there will be no nominations from the floor unless none are submitted ahead of time for any of the positions.

Nominations must be signed by three members in good standing. The candidate must be 18 years or older.

Names of the defeated candidates in the race for president will automatically be placed in the race for the director-at-large positions.

Nomination forms are available from Sensei Charles or from your instructor.

## President's corner

# Member fees due

Thank you to everyone who supported the Women's Karate Club craft fair.

It was good to see members from all our clubs at the fair itself.

With the start of a new year, it is time to remind everyone that your annual membership fees are due.

The association buys insurance for its members, plans gradings, the curriculum and organizes seminars and tournaments as well as many other things.

Your membership fee is important to promote good karate in a healthy atmosphere.

The annual general meeting will be held Feb. 27.

Plan to attend. It may be a little dry but it is a significant event.

The elections held and motions passed are the important factors in a democratically-run association.

Many of our members have been able to join Karate BC.

I would encourage you all to take the courses offered through them and to participate in their tournaments.

The winter is an ideal time to train in karate. Plan your goals and go for them.

My best wishes to you all in the New Year.



**President Bowers met with Shihan Jerry Ferguson of Pacific Karate of Everett during the 2nd annual Nationals**

## WKC board of directors

President: Leslie Bowers  
Vice-president: Charles La Vertu  
Secretary: Gerry Woloshyn  
Treasurer: Erich Eichhorn  
Technical director: Greg Reid  
Director: Peter Danniels  
Director: Cathy Singleton-Bowers  
Canadian Women's Karate Club: Cindy Ruttan  
Greater Victoria representative: Vacant



Shihan Greg Reid

## Thinking Big

**By Greg Reid  
Technical director**

My head is just spinning after Master Shintani's last visit to our province.

Great seminars, gradings, tournament and total participation from our entire organization.

Wado-Kai is off to an exciting start in 1999.

Our member clubs have many plans for this year -- youth tournament, youth summer camp, expanded growth for the adult classes at the CASK headquarters.

The bottom line for 1999 is twofold:

- Strive for excellence in technique throughout the province through more seminars and a more aggressive approach to mainstream tournament exposure;
- Build the largest karate organization in the world.

Oh boy! Not too much to ask.

We will achieve this by "Thinking Big."

## Shintani awards 22 Dan levels in Shindo grading

**By Greg Reid  
Technical director**

During Master Shintani's last visit to Victoria, CASK headquarters hosted gradings in both Shindo and Karate-do.

In attendance were karate-kas from Victoria, Campbell River and Vancouver.

This was the first Shindo grading in British Columbia, and 22 karate-kas were promoted to various Dan levels.

This was an extremely important kobudo (weapons) grading for it established weaponry as an integral part of our training.

I thank all the karate-kas who came forward for this

historic grading. This will now enable us to set the standards for kobudo at a future time.

At the CASK headquarters, all black belt classes on Friday nights (6 to 9 p.m.) will have Shindo/kobudo training on a consistent basis.

Also promoted were a handful of senior karate-kas to Godan (5<sup>th</sup> Dan). Congratulations to all promoted.

This gives our karate organization a more established foundation.

Master Shintani's trip to the province was a total success. We have you the karate-kas to thank for that.

Let us move into '99 with an aggressive approach to building our organization.

## Marisa Barlow new president of Cdn Women's Karate Club

Marisa Barlow has been elected president of the Canadian Women's Karate Club.

"Our goal is to raise funds for the Women's Karate Club to provide equipment and seminars for training in a positive and supportive environment," said Barlow.

Also elected were vice-president Leslie Bowers,

secretary Kristina Deliva, treasurer Cindy Ruttan and directors at large Cathy Singleton-Bowers, Connie Mitchell, Dorset Norwich-Young and Ann Henslow.

The club has schools at the Victoria YM-YWCA, the University of Victoria and the George Parkes Recreation Centre.

Election was Oct. 13.



New CWKC president Marisa Barlow, right, was one of the officials at the Nationals '98 in November.

# The Centre Ring

**By Peter Danniels**  
Tournament Committee chair

With Nationals '98 behind us, we look back on successes and lessons learned.

Discussion immediately following our annual tournament centres on ways to improve for the following years.

Although the responsibility for organizing the tournament events belongs to the tournament committee (which also includes Senseis Gerry Woloshyn and Charles

The committee also thanks Shodan Anna Devlin who kept the athletes, officials and spectators fed all day and Sandan Jan Frith and Lorinda Staples who helped program the tournament computer.

There were fewer injuries this year because of the no-exceptions, non-contact rule -- resulting in strong support for continued adherence.

## Changes planned

The Wado-Kai Canada board is currently considering a change to weight from rank divisions



**Senseis Peter Danniels and Gerry Woloshyn review kumite forms**

La Vertu), we realize that success depends on volunteer power and with this in mind we set about trying to refine and streamline procedures for them.

## Volunteers

This year, more than 50 volunteers under the able direction of Shodan Anne Leduc brought a wide range of skills and experience to make Nationals '98 possible.

kumite competition. Many of this year's changes in method and procedure were suggested by competitors and volunteers after Nationals '97.

If you have any suggestions for improving our annual Nationals, please forward them to:

Sensei Peter Danniels  
1281 Balmoral Road  
Victoria, BC  
V8T 1B4

for black belt kumite.

It has been suggested by several competitors that this would be a fairer system.

If adopted, it would apply only to black belts and only to



**The dynamic youth classes provide an excellent opportunity for kyu ranks and black belts to teach.**  
*(Gerry Woloshyn photo)*

# Dynamic youth group foundation prepared

**By Greg Reid**  
Technical director

We have started laying the foundation for a very dynamic Youth Karate Organization at the CASK headquarters (Hombu) under the leadership of Sensei Peter Danniels

The main group, which now numbers nearly 50 young karate-ka, has its sight set on an expansion to 100.

The main syllabus being promoted is the practice of basics, kata and ippon-kumite as well as a huge emphasis on fitness.

We have several instructors from the organization helping on a permanent basis but we are looking for more volunteers to help with the teaching.

This is a dynamic and progressive class and an excellent opportunity for kyu ranks and black belts

to get teaching experience.

Classes are held from 5:30 to 6:30 p.m. Tuesdays and Thursdays.

We are also planning a youth karate and fitness championship, the first of its kind in Canada, from 6 to 9 p.m. March 26 in the main gym at 140 Oswego.

Youth karate tournaments are fairly common but they have never been integrated with physical fitness.

For information on helping with the youth karate organization please call Sensei Greg at 250-744-3375.

Wado-Kai Karate Association of Canada is completely independent.

We are not part of any other Wado organization.

It is our intention to have harmonious relations with all Karate organizations.

## Master Shintani

# Nine upgraded to godan

Master Masaru Shintani personally graded to 5<sup>th</sup> Dan nine senseis of the Wado-Kai Karate Federation of Canada during his trip to Victoria in November.

He was assisted by Shihan Greg Reid, 7<sup>th</sup> Dan, the association's technical director.

The new godans are Senseis Leslie Bowers, Peter Danniels, Wayne Duguay, Erich Eichhorn, Kenton French, Charles La Vertu, Richard Mosdell, Brendan Ralfs and Gerry Woloshyn.

### Also graded

They join Sensei Bob Reid who was the association's sole godan for several years.

Also graded by Master Shintani and the Dan Board were one sandan, five nidans and 14 shodans.

Upgraded to sandan was Mike Alberti.

Nidans are Darren Gauthier, Jasmine and



**Master Shintani offered a series of seminars during his visit to British Columbia for Nationals '98**

Shiroy Dadachanji, and Jeff Stewart, all from CASK Hombu and Alex Kew from CASK Vancouver.

New shodans are Connie Mitchell of the Canadian Women's Karate Club, and Scott Sutherland, Les Dzbik, Kyle DeYeager,

Russell Young and Glen Sauer from the CASK Hombu.

From CASK Campbell River, new shodans are Mandy Porter, Adam Walker, Stewart Carlos, Brittany Stefanyshyn, Joseph Comerford, Kirsten Knutson, Kiley Moore and Dallas Scott.

## La Vertu appointed WKC V-P

Sensei Charles La Vertu has been appointed vice-president of Wado-Kai Canada to complete the term of Sensei Richard Mosdell who resigned to pursue a career in the film industry.

His term will end in 2000.

La Vertu, 5<sup>th</sup> Dan, was the founding vice-president of Wado-Kai Canada and has served on the board since 1997 as the Victoria area representative.

A career public servant, he is a writer and former journalist. He is also a member of the tournament committee.

## Devlin wins at provincials

**Continued from p. 1**

On the competitive side, Devlin and Sandan Troy Chenier are training on the Karate BC squad.

They are competing for spots on the B.C. representative team at the Canadian Black Belt Championships to be held in Vancouver in June.

At the last provincial championships, Devlin won gold in the under-80 kg men's kumite and Chenier won silver in the under 70 kg men's kumite division.

## \$1 million set for national sport centre

The 2010 Vancouver Whistler Winter Olympic bid society is committing \$1 million over five years from a successful domestic bid to the National Sport Centre - Greater Vancouver.

"Should we be successful in winning the domestic bid to

host the 2010 Winter Olympics, this financial commitment will be part of our bid's Legacies Now program," says Arthur Griffiths, society chair.

"Our bid is centred on athletes and coaches, and on legacies which will help them achieve their dreams,

both on their road to Olympic competition and afterwards."

Legacies Now, which focuses on developing Canadian Athletes during the bid phase, includes a hosting program to help communities and groups host sporting events.



**Nidan Gerritt Gonzales performs kata**



**Shodan Anne Leduc directed volunteers**



**President Leslie Bowers is interviewed by CHEK-TV**

# The winners Nationals '98

Kraig Devlin of CASK Karate in Victoria was winner of the gold medal for senior black belt kata at the second annual Wado-Kai Canada national championships held Nov. 7 in Victoria.

Taking silver was Brendan Ralfs of CASK Victoria and bronze, Richard Mosdell of CASK Vancouver.

Mosdell also took gold in kumite while Robert Jungers of Everett, Wa. won silver and Ralfs, bronze.

Jan Frith of the Canadian Women's Karate Club at the Victoria Y placed first in the 16 years and over women's blackbelt kata competition while Jodi Ferguson of Everett

took second and Judy Ward of Granite Falls, Wa., third.

Ferguson took gold in the 16 plus women's kumite; Ward, silver; and Corinne Skuse of CASK Campbell River, bronze.

Other results:

**Kata:**

**Pee wee, yellow belt (8-10 years):**  
 1. Clinton Roberts of CASK Quadra Island; 2. Jacob Pacey, CASK

Victoria; **pee wee orange and green:** 1. Kolya Kowalchuk, CASK Heriot Bay; 2. Wyatt Moore; and 3. Taylor West, both of CASK Victoria.

**Pre-teen (11-12) orange and green:** 1. Michael Lis, 2. Jason Kuhrt, and 3. Travis Danniels, all of CASK Victoria. **Pre-teen brown:** 1. Dallas Scott, 2. Brittany Stefanyshyn and 3. Stewart Carlos, all of CASK Campbell River.

**Junior (13-15) green and blue:** 1. Mycroft Schwartz of CASK Victoria, 2. Jordan Yow of CASK



**Godan Erich Eichhorn**

Campbell River, 3. Trevor Mellis of Wado-Kai Comox. **Junior brown:** Joseph Comerford, 2. Adam Walker, both of CASK Campbell River, 3. Roo Phelps of Wado-Kai Courtenay.

**(Continued on next page please see more winners)**



**To spectators, blackbelt kumite was all a blur**

**Photos by Charles La Vertu**



Lorinda Staples and Sandan Jan Frith set up computer system to handle kata/kumite forms

# More winners

(Continued from p. 6)

**Female (16 years and over) white and yellow:**

1. Cathy Fyfe of CASK Quadra Island, Chris Pepperdine of CASK Victoria and 3. Martina Kowalehuk of CASK Heriot Bay. **Orange:** 1. Suzanne Spence of Canadian Women's Karate Club at the Y in Victoria, 2. Carra Mohoruh, and 3. Rebecca Olson, both of UVic Shoto-Kan.

**Brown:** 1. Andrea

- Segsworth, UVic Shoto-Kan, 2. Kiley Moore, CASK Campbell River, 3. Charleen Phelps, Wado-Kai Comox.

**Male 16 years and over white and yellow belt:**

1. Byron Armstrong, 2. Cameron Bahan, 3. Adam Wilson, all of UVic Shoto-Kan. **Orange and green:** 1. Ray Parry, Duncan Goju-Ryu, 2. Shelley Bubb, and 3. Jim Ryan, both of CASK Victoria.

**Blue and Brown:** 1. Dave Jackson, Duncan Goju-Ryu, 2. Cameron Lewis, Victoria Shoto-Kan, 3. Johnny Tesoro, CASK Vancouver. **First and second-degree blackbelts:** 1. Robert Jungers of Everett, Wa., 2. Ian Steele of Victoria Shoto-Kan, 3. Chris Ward, Chito-Ryu, Westbank.

**Kumite:**

**Junior (13-15) blue, brown and black belt:**

1. Colin Knutson, CASK Sayward, 2. Donnie Klassen, Comox Wado-Kai, 3. Jordan Yow, CASK Campbell River. **Female 16 years and over, yellow and orange:** 1. Carra Mohoruh, UVic Shoto-Kan, 2. Chris Pepperdine, CASK Victoria, 3. Rebecca Olson, UVic Shoto-Kan.

- Brown:** 1. Kiley Moore, CASK Campbell River, 2. Andrea Segsworth, UVic Shoto-Kan, 3. Charleen Phelps, Wado-Kai Comox.

**Male 16 years and over, white and yellow belt:**

1. Byron Armstrong, 2. Cameron Bahan, both of UVic Shoto-Kan, 3. Myron Zukewich, CASK Victoria. **Green:** 1. Jim Ryan, CASK Victoria. **Blue and brown:** Dave Jackson, Duncan Goju-Ryu, 2. Cameron Lewis, Victoria Shoto-Kan, 3. Sebastien Braconnier, Comox.



Master Shintani signed belts for the karate-kas



Shihan Greg Reid and MC Drew Williams



Referee Cathy Singleton-Bowers and calligrapher Connie Danniels



Young volunteers helped Canadian Women's Karate Club sell chocolates and t-shirts

We would like to thank sponsors Thrifty Foods and Realtor Sandy Paget as well as all the volunteers who helped make National '98 a success.



Shodan Anna Devlin kept canteen just a humming



**Leslie Bowers, left, and Connie Mitchell, right, discuss referee training with Karate BC instructor Dan Wallis of Campbell River.**

## WKC refs get certified

Wado-Kai Karate referees are working to get provincial and national certification, with the eventual goal of getting their international tickets.

This is being done through courses offered through Karate BC, which is recognized as the official karate sport governing body in British Columbia.

To date, Sensei Leslie Bowers holds B certificates in both kata and kumite. Sandan Cathy Singleton-Bowers has a B certificate in kata and a C in kumite.

Senseis Charles La Vertu, Peter Danniels and Gerry Woloshyn hold C certificates in both kata and kumite as does Shodan Connie Mitchell.

## Ruttan joins board as CWKC director

Cindy Ruttan has been appointed to the Wado-Kai Karate Association of Canada board as the representative of the Canadian Women's Karate Club.

An orange belt, she was elected as the treasurer of the women's club board in October, bringing to the position six years of auditing and accounting experience.

Cindy started taking karate classes at the University of Victoria in 1997 and currently trains at the women's classes at UVic and the YM-YWCA and well as the co-ed class at the CASK Hombu in James Bay.

She also helps teach one of the children's classes at James Bay and occasionally helps with the



**Cindy Ruttan joins board**

beginner's classes for the women's club.

Cindy arrived in Victoria in 1993 from Timmins, Ont., and is currently finishing her final year of a B.Sc. program in biochemistry at UVic.

The board meets on a monthly basis.

## Successful CWKC fund-raiser raises \$2,100

**By Connie Mitchell**

It was a windy, rainy Friday night in late November when crafters and karate-ka alike gathered for the first major fundraising event of the Canadian Women's Karate Club.

The 34-table craft fair and silent auction was held Nov. 27 at St. John the Divine Church Hall in Victoria.

Quality crafters provided creative gift ideas while the silent auction offered terrific deals on holiday retreats,



**Victoria artist Dorset Norwich-Young, an orange belt at the CWKC's Victoria YM-YWCA location, was one of the 34 crafters to take part in the fund-raiser.**

bodycare services and products, restaurant gift certificates, autographed limited edition artwork and more. Christmas music filled the air, as did the aroma of fresh baked cakes, cookies and pastries.

Members from all three Victoria women's dojos participated. Some solicited donations for the auction while others helped

**Continued on p. 12 please see Craft fair**

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# Pre-competition Circuit Training

By Wayne Duguay

The purpose of this training program is to develop and prepare the body for competition by increasing the athlete's level of endurance as well as training explosion of certain muscles of the body that pertain to karate.

This is a highly intensive program and should be done carefully and cautiously adjusting it to meet your own level of training.

It is important to try and train at least three times a week and on non-karate days so that your performance and training in the dojo are not affected. The workout begins with 20 minutes of intense cardio (treadmill, Stairmaster etc.) Then come the weights.

## Break into 2 days

The different body parts are separated into two days:

Day one: Chest

Day two: Back

Legs Triceps

Shoulders Biceps

Two sets are done for each exercise for approx. 12-15 repetitions.

Three exercises for the larger muscles and two to three for the smaller ones.

After completing the 20 minutes of cardio one would move on to the weights,

such as bench press for example.

While one partner is doing his/her set on the bench press, the other is doing a set of abdominal work.

As soon as the one person has done the first set on the bench press then the two partners switch and so on.

If one does not have a partner then usually a set of 30-50 reps of abdominal work is sufficient (depending upon the exercise).

It is a good idea to vary the ab exercises done between sets so that you get a good all-around ab workout.

The main point here is that you are constantly training, non-stop.

While you are resting for your next set of weights you are working abs.

Once you complete a specific body part (for example, after doing two sets of bench press,



**Sensei Wayne**

incline press and cable crossovers for chest), you immediately begin another five minutes of fairly intensive cardio before moving onto the next body part, which in the case of the example above would be legs.

Some specific exercises that work plyometric principles and are great for developing speed and explosion are: with the

bench press working on bringing the weight down slowly to the chest and then pushing it up exploding as fast as you can.

It works well using a close grip using more of the triceps area.

With the legs, a couple of good exercises are step-ups, using a weight bench stepping up on it and bringing the opposite leg up high as fast as you can in a retracted mae geri position stepping down and repeating on the opposite side.

Another good plyometric leg exercise are squats using just the 45-pound bar and doing a regular squat, but on the rising motion exploding with the legs and jumping off the floor.

## Start slowly

If you are not used to intense training, it is probably a good idea to take it slow at first until you get used to the program.

It is also a good idea to vary the exercises done both with weights and abs to keep things interesting. This program should be done for a four-to-six week period max then rest and switch program to shock the body.

One should take at least one week off before a tournament.

**Sensei Wayne is head instructor at Campbell River CASK Karate**

## SUPPORT YOUR NEWSLETTER

Get the word out to karate-kas and their supporters around B.C.

Our rates are low: \$50 for a full-page ad, \$35 for a half-page, \$25 for a quarter-page and \$90 for a two-page spread.

For Details, please call Sandan Cathy Singleton-Bowers at 250-370-6082 and

# The doctor is in the CWKC dojo

The Canadian Women's Karate Club is in session at the YM-YWCA. Row upon row of strong women.

Of all shapes and ages, work their bodies to the rhythm of Japanese counting: *Ich, Ni, San, Shi, Go, Ruku...* Arms piston back and forth doing warm-up punches.

At the back of the last row, a lone male participates. Who is this square-jawed man in glasses, with the determined glint in his eyes?

Sensei Leslie Bowers, founder of the Women's Karate Club, is delighted that he can disappear into a back row and join in with all of the women in a spirited warmup.

## Realized dream

It means that his dream has materialized: there are plenty of experienced women to lead the warm-up and even the kata and kumite portions of the class.

When Leslie started the club seven years ago, there were, to his knowledge, few female black belts in Victoria.

His vision was that women would train in his club, attain black belts and launch expansion clubs so that the female-only club would live in Victoria.

The Canadian Women's Karate Club has flourished, thanks to Leslie's tireless promotion of women's karate, and now has dojos at three locations, with several female black belts sharing instruction duties.

Dr. Bowers, a Victoria doctor and anaesthetist, founded the Club in 1991 because he recognized the need for a

women-only dojo.

Sensei Leslie, fourth-degree black belt, was aware that co-ed dojos do not meet the demands of most women.

Membership in co-ed clubs is primarily male and the atmosphere can be competitive and intimidating to women.

## Fun atmosphere

High-impact aerobic warm-ups are the norm and sparing is emphasized.

Women, Leslie discovered, are looking for a supportive, communal and fun atmosphere where the needs of the individual are respected.

Leslie developed the club in response to these needs, and his success speaks in the numbers of women flocking to the club.

Born and educated in Manchester, England, Leslie emigrated to Canada in 1967 with a medical degree.

He trained in anaesthesia and worked for several years in Ontario before moving to Whistler with his young family.

## Raised family

Leslie moved to Victoria in 1974 and began taking his young children to karate classes at the Wado-Kai Karate Club. Wado-Kai meaning "harmonious association," is a traditional system of the martial art with elements of Jujitsu.

Impressed by the clear direction and structured curriculum offered by the club, Leslie soon enrolled in

classes himself. He achieved his first degree or shodan black belt in 1988 and attained the fourth degree two years ago.

When I asked Leslie why he started the women's club, he thoughtfully describes a principle central to karate philosophy: When you have received much, you are expected to give back in some way.

For Leslie, teaching has always been an interest and a skill, so starting the club was a natural way to give back to the community.

He began by teaching women's self-defence at the Y but after several sessions both he and the participants felt they wanted something more.

"It's better to teach self-defence in the context of martial arts," explains Leslie, "because then you understand the dynamic."

## Focus on women

Leslie decided to focus on women's karate for several reasons. Other instructors had started co-ed clubs before and attendance would typically be mostly men.

As the men progressed, they tended to gravitate to CASK Karate headquarters at the James Bay Community Centre.

"I wanted to teach people at all levels. A women-only club satisfied this as there were none in the area."

Secondly, a women's club meshed with Leslie's beliefs:

helping women to discover their personal power was a way of furthering his

feminism. And last but not least, "I like women," says Leslie. "I have lots of women friends."

Leslie's insights assisted him in developing a teaching style that appeals to many women.

Rather than standing at the front of the class and directing, Leslie likes to use class members to instruct portions of the class, and frequently splits the class into groups or pairs with one student teaching another.

## Builds strength

Leslie points to several reasons for the success of the club. Karate, he claims, is an excellent sport for women.

It builds strength, coordination and self-confidence. Karate students transfer this confidence to all other areas of their lives.

Leslie theorizes that because it is often unacceptable for women to be loud and aggressive, the club provides a safe environment where members can be noisy without feeling judged "unfeminine."

The dojo's atmosphere keeps women coming back: while the curriculum is similar to the co-ed club, the teaching style is more relaxed, inclusive and fun.

## Maintain relationships

Leslie also believes that women tend to be very faithful and like to maintain relationships they have developed with instructors and other members.

- by Madline Walker (*Focus on Women, June 1998*)



Santa Claus in gi took part in a demonstration (right) when he paid a visit to the Victoria Youth Karate Organization's Christmas party. Classes for the youngsters are held at 5:30 p.m. every Tuesday and Thursday at the CASK Hombu in the James Bay Community Recreation Centre.

*(Gerry Woloshyn photos)*



## Craft fair

**Continued from p. 8**  
out with advertising and administrative duties; some baked; some lent a hand with set-up and clean-up but almost all contributed with their suggestions and ideas.

The club raised more than \$2,100 and wishes to

express sincere gratitude to all businesses, craftspeople and volunteers who made the event possible.

In appreciation for the generous support for the event from CASK Karate, a cheque for \$150 was presented to Sensei Greg Reid to be put towards a standing punching bag for the James Bay dojo.

# The Wado-Kai Karate Association of Canada

announces the publication of the new book

## WADO-KAI KARATE - KATA

by

Masaru Shintani, Kudan, and Gregory Reid, Shichidan

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