



Wado-Kai Canada

Volume 4 Issue 2

Spring 2000

Living symbol, role model

Good Bye Master Shintani

It is with regret that I must inform all students of Wado Karate-doh of the death of Top Master Masaru Shintani.

Sensei Shintani to me was a living symbol and role model of someone who talked the talk and walked the walk.

I came to Sensei in 1976 after having been trained by some of the "best" karate masters in the world. Immediately I was drawn to him.

In 24 years I never heard him make a negative remark about anyone. Even in days of adversity he always smiled and said, "Otsuka philosophy and training are in the heart."

He lived his life with integrity, honesty, kindness and humility.

My deepest condolences go



**Masaru Shintani
1927-2000**

out to Sensei Shintani's family and students.

I am deeply saddened by this loss and will never get over it.

**Greg Reid
Shihan**

Shihan Greg Reid named successor

By Charles La Vertu

Top Master Masaru Shintani has named Shihan Greg Reid as his successor in Wado-Kai Karate-doh worldwide.

In a notarized statement dated Jan. 20, 1996, Master Shintani noted he was a senior student of the late Hironori Otsuka, founder of Wado-Kai, and had been awarded his eight and ninth dan certificates by Otsuka personally before he died.

The appointment makes Shihan Reid the highest ranking karate-ka in Wado-Kai Karate-doh.

It gives him complete control over all Dan

rankings, and final say over all technical matters in Wado-Kai.

As well, Shihan Reid is tasked with promoting Wado-Kai Karate as taught by Otsuka Sensei.

(Please see official document on p. 18)



Anthony Gavin of Victoria Youth Karate took second in kumite at the Northwest Junior Classic 2000 in Edmonds, Wa. His sister Rachael placed fourth. For stories please see pp. 3 and 16. (Gerry Woloshyn photo)

Mosdell wins gold in KBC tourney

Sensei Richard Mosdell took gold in the men's black belt heavyweight (75-80 kg) kumite division at the May 21 Duncan Karate BC 2000 Spring Championships, and won a spot on the B.C. Team competing in the

2000 Canadian national championships.

Mosdell, the only Wado-Kai Canada representative on the Karate BC team, was selected on points obtained from attending

the B.C. Team try-outs, and the KBC Fall and Spring Championships.

"I had placed second at both the Fall

**Continued on p. 13
Please see Mosdell**



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.

Enquiries and submissions should be sent to 1317 Vimy Place, Victoria, BC, V8S1C5.

E-mail address is charles.lavertu@gems6.gov.bc.ca

He can be reached by fax at 250-387-3798.

Wado-Kai Karate Association of Canada, 2038 Avondale Road Victoria, BC V8P 1V4

bowersls@home.com
Ph: 250-370-6082
Fax: 250-370-6082

<http://www.geocities.com/Colosseum/2946>

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

WKC sets up e-mail list

All karate-ka with e-mail addresses are invited to join the new e-mail list for the Wado-Kai Karate Association of Canada.

Association president Leslie Bowers says this list will assist in spreading news, inviting comments and moderated discussions.

"To join, visit the web site and enter your e-mail address at the bottom of the home page," he said. "You will receive a note from the list administrator to which you must reply to finalize the joining process."

He said this final action prevents you being added to lists without your knowledge.

The list function is free to the association.

Bowers to visit Yukon school

Sensei Leslie Bowers will be visiting Whitehorse, Yukon for the long weekend in July.

His student Nidan Alison Greenwood has invited Sensei Leslie to give seminars to her students at the Canadian Women's Karate Club there.

Cost of the trip is being funded by fundraising up north, by Wado-Kai Canada and the Canadian Women's Karate Club.

Nidan Alison began her club in September last year. See her story in Volume 4, Issue 1, January 2000).



Leslie Bowers arbitrates at B.C. championships

PRESIDENT'S CORNER

Keep on training

By Leslie Bowers

Summer is coming. What do we do with our training. Some of us cross train over the summer, others carry right on in karate-doh.

There are lots of karate camps in July and August. They are in different styles but are fun to go to.

Whatever we do it helps if you think of how this or that helps our karate.

Keep karate in the forefront of your mind. Practise a little karate all the time either a kata, a kick or just one of the difficult moves.

Review your goals for karate. What do you want to do in karate over the next six months?

On a different note. Our congratulations to Sensei Richard in Vancouver. A great tournament.

The whole club and their friends did an incredible job in running a smooth, efficient, fun and safe tournament.

Well done. Great karate spirit.

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.

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 Vancouver representative: Richard Mosdell



Master Shintani and Shihan Greg Reid demonstrate blocking techniques during the top master's visit to Victoria in 1998.

Youth team preps for U.S. competition

By Shihan Greg Reid

We started 2000 with a major goal in mind.

The Victoria Youth Karate Organization decided to attend the Pacific Karate Organization's youth tournament Northwest Junior Classic 2000 in Edmonds, Washington.

This meant expanding their vision by giving them two extra classes a week.

The first step was attending Friday night adult classes which was quickly followed with a Saturday competition class under the eye of team coach Sensei Kraig Devlin.

Our hope was to send eight to 10 youths for this prestigious tournament. In fact we were able to send 11. (Please see p. 16 for results)

Funds are being raised through a chocolate bar and bottle drive. Donations are always gratefully accepted.

Sensei Gerry Woloshyn is in charge of the team's



expenses and budget.

The teaching of our youth is indeed a great responsibility. Here again, community work is the greatest value to our society.

Stand up and be counted, no matter what your rank, your help with the youths will be of value.

Don't think you can't make a difference, you can.

Premier event

The Northwest Junior Classic 2000 is quickly becoming one of the premier all-Junior competitions in the Pacific Northwest, says Shihan Jerry Ferguson, head of the Pacific Karate Organization which sponsors the event.

Ferguson said the PKO will donate 100 per cent of all profits to its non-profit booster club, which last year fully sponsored airfare and hotel for 11 local junior athletes to the USANKF Nationals.

Thinking Big

By Shihan Greg Reid

Off and running, it's the charge of the light brigade.

That is my motto – don't look back because you will get left in the past.

Progress means progressive thinking.

Don't get caught up in the argumentative dialogue with people, just access, analyze

and solve.

Life's little problems only become mere hurdles on the track of life.

So I issue a renewed challenge to my students – charge into life and be a giver, not a taker.

Let's Think Big for ourselves, for our community and for the world.

Room for growth at CASK Hombu

By Sensei Greg Reid

I believe growth is a 12-month procedure.

The headquarters to me is like a big beautiful tree, and it certainly is not close to its potential.

It's my belief that we need 100 adults training here, and right now we are

running about 50 per cent of our potential.

It is up to you as students to work increasingly towards our goal.

As summer approaches, I am looking forward to July and August outdoor training. A new summer schedule will be given out shortly.

It's such a great time of year to train in a natural environment.

On the last note, let's see all the adults in the organization at our annual beach training workout.

Don't miss it.

(See p. 14 for details.)

WKC still growing - AGM told

The Wado-Kai Karate Association of Canada continues to grow and now has 325 members, president Leslie Bowers told the association's March 18 annual general meeting.

"The association is strong and vital," he said. "This is because we have strong and vital members. Our dedication to karate, training ourselves and teaching others will help us maintain and enhance all the things that are good."

He noted that new clubs have opened in Victoria and Yukon -- CASK Shiai under chief instructor Kraig Devlin, Cadboro Bay Children's Club also with Sensei Kraig assisted by Sensei Gerry Woloshyn, and the Women's Karate Club, Whitehorse, Yukon with Nidan Alison Greenwood.

"It is good to see new clubs open and offer our style of karate to the public," he said.

Kids' program

As well, the number of children training continues to grow. Sensei Greg Reid continues to put a great deal of effort into developing the children's program.

Bowers said WKC's association with Karate BC continues and is growing.

"We now have four clubs that belong - CASK Vancouver, Canadian Women's Karate Club Victoria YM-YWCA, CASK Shiai and CASK Campbell River.

The Wado-Kai Canada tournament in November

was also Karate BC sanctioned as was CASK Vancouver's tournament in April, he said.

"Our tournament last November was a great success. The efforts of the members and other

volunteers were greatly appreciated.

"A tournament of that magnitude and of that quality requires a lot of effort by all involved."

He noted that that association had purchased a set of used competition mats from Karate BC for \$1,800. Normal price is about \$3,600 to \$4,000.

Bowers said the association funded the visit of Sensei Richard Mosdell to Chetwynd where he spent four days with Sensei Richard Boles and his students.

"It was a very worthwhile visit. It is the responsibility of the association to help our outlying clubs."

Seminars

Various seminars were held throughout the year including one by Sensei Greg after the tournament in November; one by Nicole Poirier for the Women's Karate Club in June and another by Sensei Greg last February on strength.

It should be noted that Karate BC clubs also hold a variety of seminars throughout the year and they are open to all karate students, he said.

Bowers said he and Sandan Cathy Singleton-Bowers are planning a trip to Whitehorse to visit the Women's Karate Club.

"The trip will be funded by the students in Whitehorse, Wado-Kai Canada and the Women's Karate Club," Bowers said.

La Vertu re-elected WKC vice-president

Sensei Charles La Vertu has been re-elected vice-president of the Wado-Kai Karate Association of Canada.

Also returned to the board at the association's annual general meeting in March were Sensei Peter Danniels, head of the tournament committee, and Sandan Cathy Singleton-Bowers who chairs the fundraising committee.

Both La Vertu and Danniels have been on the board since its inception. Bowers is on her second term.

At the board's first meeting in the new term, Sensei Erich Eichhorn was returned as treasurer and Sensei Gerry Woloshyn as recording secretary.

Bowers KBC sectry

WKC president Leslie Bowers has been elected secretary of Karate BC, the governing body for sport karate in B.C.

His election took place at the association's annual general meeting May 19 in Duncan.

Sensei Bowers also became the first WKC member of get an A refereeing certificate.



La Vertu



Danniels



Cathy and Leslie Bowers

WKC supreme instructor

By Charles La Vertu

Masaru Shintani, karate master and supreme instructor of the Wado-Kai Karate Association of Canada, died May 7 of heart failure while doing what he loved best – teaching. He was 73.

Top Master Shintani was the highest-ranking Wado-Kai black belt in North America, and co-author with his successor Shihan Greg Reid of the WKC textbook *Wado-Kai Karate — Kata*.

Master Shintani was also founder of the Shintani Wado-Kai Karate Federation of North America, one of the largest martial arts organizations in North America, and of the Shintani Shindo Federation.

Born in Vancouver in 1927, he was the eldest son of Japanese immigrants. His mother belonged to the ancient Matsumoto Samurai family, his father was a salmon fisherman who drowned in the Burrard Inlet before the Second World War.

During the war, the family was part of the mass



internment of Japanese-Canadians in the interior of British Columbia.

As a teenager at the internment camp in New Denver, Master Shintani was first exposed to judo, aikido and kendo.

He began the study of karate under master instructor Akira Kitagawa.

It was an often brutal and vicious form of karate, but Master Shintani said he was grateful for his martial arts training because he would have died in 1948 without it when he and his brother were attacked by a gang.

In 1947, the family moved east and settled in Ontario where they worked for a local farmer before setting up their own market gardening business.

A natural athlete, Master Shintani played senior hockey in Ontario and minor league baseball in

the United States as a pitcher in the Cleveland Indians' farm system. He also pitched for the 1947 Japanese All-Star Team in Toronto.

In the early 1950s, he established his first dojo in a Beamsville garage, using mattresses to cover the concrete floor.

After Kitagawa died in 1956, Master Shintani began his search to learn more about karate, having attained the rank of Rokudan in Kitagawa's Shorin Ryu karate style.

While competing in and eventually winning the championship in large All-Japan Karate Federation tournaments in Tokyo, Master Shintani met and began to train under Saiko Shihan Hironori Otsuka.

They developed a close relationship that lasted until Otsuka's death. In 1968, Otsuka appointed

Master Shintani as head of all of Wado Karate-doh in North America and conferred on him the title of "Supreme Instructor."

He was personally given the rank of Hachidan (8th Dan) and Kudan (9th Dan) on Nov. 15, 1979 by Top Master Otsuka.

Travelling widely to instruct and organize, he established Wado-Kai in more than 200 centres in Canada and the U.S. with 27,000 adherents and more than 6,000 black belts.

Karate had always been Master Shintani's passion.

"Karate was his discipline," says his son Sharmon.

"He practised it to perfection. That's what he did day in and day out. He was proud of being able to show somebody a different way of life. He took pride in showing someone a peaceful, harmonious place."

Master Shintani had planned to attend the Wado-Kai National competitions in Victoria last November but was confined to a wheelchair after a stroke earlier in the year.

By sheer force of will, using canes and a walker, he continued to teach, and was still teaching when he suffered a heart attack in Kapuskasing, Ont., and died during the airlift back to Hamilton General Hospital.

He is survived by his wife Lois, two sons Mark, 40, and Sharmon, 38, and daughter Laurel, 42.

Shihan Greg Reid's training tips

Hanmi (Zenkutsu) dachi

Editor's note: It is our intention to provide you with training tips in each issue of our newsletter. Shihan Greg Reid, 7th Dan, is technical director of Wado-Kai Canada.

By Shihan Greg Reid

Technique: Hanmi Dachi (Half-front stance; also known as Hanmi (Zenkutsu) Dachi (Half-front front stance))

This technique is generally the fourth stance learned as a beginner - the first three being Hachiji Dachi (informal stance), Musubi Dachi (informal attention stance) and Kiba Dachi (horse stance).

Historically, Hanmi Dachi has gone through many changes over the evolution of karate-doh. Styles, masters and times have seen several variations.

Originally, similar lower body postures were brought from China, but depending on the region they came from, they could be high, medium or low. The Okinawans generally used a higher posture, consequently foot alignment becomes easier.

Half-front stance:

My explanation of this stance is the most efficient use of science, not necessarily the easiest one to learn.

The front leg has 60 per cent of the body weight while the back has 40 per cent. Both feet point directly forward, thus creating parallel lines. The centre of gravity lies three inches directly behind the navel (Seika tanden). The front knee is directly over the big toe and the back leg is locked straight.

N.B. rule of thumb - strength of stance depends on two factors: the width of the base and depth of the base.

Checking your stance:

Collapse the back leg in a direct,

straight line down the floor. The front of the back knee should be aligned directly in front of the heel of the back leg.



ankle has to be developed. Some people cheat and point the back leg out.

- Hips. Many people tighten and raise the back hip, thus causing poor posture.
- Not bending the lead knee far enough over the toe, consequently not committing to the stance.

Intermediate to completion:
(Leg/foot/hip movement)

From the stance, the back foot travels forward in a semi-circular path.

As the back leg comes forward it becomes the new front leg and it gradually bends at the knee in as it moves to its new front knee position. The stance height is maintained throughout the movement.

In the intermediate position, the moving back leg is held tightly toe in line with toe, front ball lightly touches the floor with the heel approximately one to two thumbs off the floor.

In this position any change in direction is easily afforded. The back leg continues travelling forward in a semi-circle finally landing in the correct stance.

Once in the stance, the feet are firmly rooted to the floor, toes gripping and back heel emphasized down, thus the ankle is tightly flexed. The stance must feel the union with the floor.

At the point of landing, the hips are completely driven back to their new position, creating a perfect hip rotation. This is true moving forward or backwards.

To move from Hanmi Dachi (half front stance) to Zenkutsu Dachi (front stance) the hips are simply rotated fully to the front.

Advanced variation:

The moving leg travels in a direct straight line to the new stance. Very advanced and not recommended for juniors.



The back leg continues travelling forward in a semi-circle finally landing in the correct stance.

There is absolutely no change in direction possible during the movement once this kind of technique is begun.

There are many ways to practise movement:

- Stepping in a multitude of directions
- Shifting
- Sliding
- Turning.

Common errors:

- opening the lead foot on commencement of stance
- bobbing while moving
- dragging the foot on the floor (the foot must glide, not slide).

Note: As in any technical movement, constant practice brings direct results.

WKC referees train in U.S. under top ref

Three senior members of Wado-Kai Karate Association of Canada traveled to Lynnwood, Washington in February to attend a referee clinic put on by one of the top Karate referees in the world.

Sensei Gerry Woloshyn, Sensei Leslie Bowers and Sandan Cathy Singleton-Bowers took part in the two-day event put on by Shihan Julius Thiry.

Shihan Thiry, who holds the clinic only once a year, sits on the U.S. Olympic Karate Committee and the World Karate Federation Referee Committee.

Bowers said the instruction was excellent with everyone getting the opportunity for on-the-floor practice and feedback."

Burnaby Chito-Ryu wins Vancouver Cup

Burnaby Chito-Ryu was overall winner of the Vancouver Karate Cup tournament held April 15 by CASK Karate Vancouver.

Placing second was Unison Way while Kingsway Shito-Ryu came in third.

Chris Pepperdine of CASK Shiai took gold in female adult green-brown kumite.

Chris Waite of CASK Campbell River placed first in the male adult yellow-orange division; Paul White of CASK Karate Vancouver took bronze in the male adult green-brown while Kevin Floyd also of CASK Karate Vancouver placed fourth in the male adult black categories.

In Kata, Brittany



Burnaby Chito Ryu

Wado-Kai Canada president Leslie Bowers and CASK Karate Vancouver chief instructor Richard Mosdell (rear) present the Vancouver Karate Cup to Balraj Shergill of Burnaby Chito Ryu.

Stefanyshyn of CASK Campbell River took silver in the female teen black belt while Chris Waite of CASK Campbell River took bronze in the adult male

yellow/orange divisions.

The tournament had more than 150 competitors. There were three rings. It started on time, ran

flawlessly and finished by 3 p.m.

“Everyone was delighted,” says Leslie Bowers, Wado-Kai Canada president and one of the referees taking part.

“The competitors were pleased because everything was organized and ran so well,” he said.

“The officials were pleased to be finished early. The parents of children were pleased to see things keep going in such an organized manner.

“This kind of result only comes from the dedication and hard work of the organizers, the club members and the army of volunteers. Well done.”

And the winners are:

Kumite

Female Yellow/Orange Pee-Wee S01 - 1st Nicole Chang – Yukodo Kai; 2nd

Akanasha Stevens – W. Vancouver Gima-Ha.

Female Yellow/Orange Pre-Teen S07 - 1st Katherine Picken – Unison Way; 2nd Saloni Dholakia – Burnaby Chito-Ryu.

Female Green-Brown Pre-Teen S08 - 1st Kelsey Corbett – Delta Karate; 2nd Cindy Jacob – Burnaby Chito-Ryu; 3rd Erika Chan – Aldergrove Gima-Ha.

Female Green-Brown Teen S12 - 1st Charmaine Wong – Shito-Ryu Seikokai; 2nd Veronica Juris – Burnaby Chito-Ryu; 3rd Natasha Kotwal – Burnaby Chito-Ryu
Female Youth Black S16 -

1st Pamela Ross – Courtney Shito-Ryu; 2nd Connor Borsa – Clearwater Renshikan; 3rd Yvonne Kong – Kingsway Shito-Ryu. Female Adult Yellow/Orange S17 - 1st Barbara Hunter – Thompson Karate; 2nd Naomi Watt – Kingsway Shito-Ryu; 3rd Chisa Semii – Shito-Ryu Seikokai.

Female Adult Green-Brown S18 - 1st Chris Pepperdine – CASK Victoria; 2nd Doretta Lav – Burnaby Chito-Ryu. Female Adult Black S20 - 1st Michelle Pierce – Unison Way; 2nd Bulray Shergill – Burnaby Chito-Ryu.

Male Pee-Wee White-Orange S21 - 1st Ben

Reimer – Unison Way; 2nd Wesley Chan – Aldergrove Gima-Ha; 3rd Andrew Leung – Aldergrove Gima-Ha. Male Junior Yellow/Orange S24 - 1st Sean Picken – Unison Way; 2nd Nicholas Smith – Crescent Beach; 3rd Cody Clarke – Aldergrove Gima-Ha.

Male Junior Green-Brown S25 - 1st Cody Skeldon – Aldergrove Gima-Ha; 2nd Calvin Tam – Delta Karate. Male Pre-Teen Yellow/Orange S27 - 1st Christian Cretu – Unison Way; 2nd Duke Reimer – Unison Way; 3rd David Faliah – Thompson Karate.

Male Pre-Teen Green-Brown S28 - 1st Nicholas Charlton, Sekishin Juku; 2nd Tanner Lemjire – Delta Karate; 3rd Aaron Kaufman – Delta Karate.

Male Ten Yellow/Orange S30-31 - 1st Ryan Brightman – Aldergrove Gima-Ha; 2nd Shane Clarke – Aldergrove Gima-Ha; 3rd Calder Little.

Male Teen Green-Brown S32 - 1st Erik Chambers – Courtney Shito-Ryu; 2nd David Chen – Crescent Beach; 3rd Travis Page – W. Vancouver Gima-Ha. Male Teen Black S33 - 1st Takuya Tominaga – UBC Wado-Ryu; 2nd Jonathan Chan – Aldergrove Gima-Ha.

Male Youth Green-Brown S35 - 1st Chay Moore – Crescent Beach; 2nd Wayne Miyagi – Steveston Karate; 3rd Andrew Tabo – Kingsway Shito-Ryu. Male Adult Yellow/Orange S37 - 1st Chris Waite – CASK

Continued on p. 9



More winners . . .

continued from p. 8

Campbell River; 2nd Yoshi Sato – Shito-Ryu Seikokai; 3rd Roy Valder – Unison Way.

Male Adult Green-Brown S38 - 1st Janine Hillier – Kingsway Shito-Ryu; 2nd Mark Woodside – Yukodo Kai; 3rd Paul White – CASK Vancouver. Male Adult Black S39/40 - 1st Eichi Yoshino – Shito-Ryu Seikokai; 2nd Akira Ano – Yukodo Kai; 3rd Naritoshi Kimura – Delta Karate; 4th Kevin Floyd – CASK Vancouver.

Kata

Female Pee Wee White-Orange K01 - 1st Kathy Wong – Unison Way; 2nd Nina Mitjkovic – Burnaby Chito-Ryu; 3rd Biyana Ostojic – Yukodo Kai. Female Junior Yellow/Orange K04 - 1st Natasha Boskovic – Burnaby Chito-Ryu; 2nd Aysha Kwok – Shito-Ryu Seikokai; 3rd Evelyn Chan – Aldergrove Gima-Ha.

Female Junior Green-Brown K05 - 1st Danielle Chanpong – Shito-Ryu Seikokai; 2nd Gitanjali Stevens – W. Vancouver

Gima-Ha; 3rd Emily Chann – Crescent Beach. Female Pre-Teen Yellow/Orange K07 - 1st Saloni Dholakia – Burnaby Chito-Ryu; 2nd Katherine Picken – Unison Way; 3rd Allyson Clarke – Aldergrove Gima-Ha.

Female Pre-Teen Green-Brown K08 - 1st Tracy Vo – Kingsway Shito-Ryu; 2nd Cindy Jacob – Burnaby Chito-Ryu; 3rd Kelsey Corbett – Delta Karate. Female Teen Yellow/Orange K10-11 - 1st Kiran Basran – Burnaby Chito-Ryu; 2nd Samantha Wilson – UBC Wado-Ryu; 3rd Victoria Leung – UBC Wado-Ryu.

Female Teen Green-Brown K12 - 1st Michelle Choy – Kingsway Shito-Ryu; 2nd Veronica Juris – Burnaby Chito-Ryu; 3rd Natasha Kotwal – Burnaby Chito-Ryu. Female Teen Black K13 - 1st Charmaine Wong, Shito-Ryu Seikokai; 2nd Brittany Stefanyshyn – CASK Campbell River.

Female Youth Green-Brown K15 - 1st Calvin Gill – Burnaby Chito-Ryu; 2nd Harroop Sandhu – Thompson Karate. Female Youth Black K16 - 1st

Yvonne Kong – Kingsway Shito-Ryu; 2nd Pamela Ross – Courtney Shito-Ryu; 3rd Chisa Semil – Shito-Ryu Seikokai.

Female Black K19 - 1st Viki Walsh – Shito-Ryu Seikokai. Male Pee Wee White-Orange K20 - 1st Kevin Skeldon – Aldergrove Gima-Ha; 2nd Genki Hashimoto – Kingsway Shito-Ryu; 3rd Andrew Leung – Aldergrove Gima-Ha.

Male Junior Yellow/Orange - 1st Marvin Reinmuth – Burnaby Chito-Ryu; 2nd Atvin Krishna – Burnaby Chito-Ryu; 3rd Sean Picken – Unison Way. Male Junior Green-Brown K24/25 - 1st Naoya Tominaga – UBC Wado-Ryu; 2nd Kenneth Lee – Kingsway Shito-Ryu; 3rd Calvin Tam – Delta Karate.

Male Pre-Teen Yellow/Orange - 1st Duke Reimer – Unison Way; 2nd Christian Cretu – Unison Way; 3rd Nathan Yeung – UBC Wado-Ryu. Male Pre-Teen Green-Brown K27 - 1st Derek Wong – Steveston Karate; 2nd Sho Hashimoto – Kingsway Shito-Ryu; 3rd Jeffery Al-Yeung – Kingsway Shito-Ryu.

Male Pre-Teen Black K28 - 1st Michael Bonneville – Mt. Pleasant Karate; 2nd

Navid Faliah – Thompson Karate. Male Teen Yellow/Orange K29/30 - 1st Justin McTavish – Crescent Beach; 2nd Ryan Brightman – Aldergrove Gima-Ha; 3rd Willy Shum – UBC Wado-Ryu

Male Teen Green-Brown K31 - 1st Erik Chambers – Courtney Shito-Ryu; 2nd David Chen – Crescent Beach 3rd Travis Page – W. Vancouver Gima-Ha. Male Teen Black K32 - 1st Welton Vo – Kingsway Shito-Ryu; 2nd Takuya Tominaga – UBC Wado-Ryu; 3rd Jonathan Chan – Aldergrove Gima-Ha.

Male Youth Black K35 - 1st Justin Kimura – Richmond Shito; 2nd Chay Moore – Crescent Beach; 3rd Wayne Miyagi – Steveston Karate. Male Adult Yellow/Orange - 1st Michael Tandoc – Kingsway Shito-Ryu; 2nd Roy Valder – Unison Way; 3rd Chris Waite – CASK Campbell River.

Male Adult Green-Brown K37 - 1st Dennis Nenadic – W. Vancouver Gima-Ha; 2nd Eryn Dorman – UBC Wado-Ryu; 3rd Brent Rogers – Shotokan Europe. Male Adult Black K38 - 1st William Chung – Shito-Ryu Seikokai; 2nd Kenny Lim – Richmond Shito; 3rd Nagatsu Ryosukew – Shikuka.





Sensei Richard Mosdell demonstrates a spinning jump hook kick to break a board at the Vancouver Karate Cup tournament.

Vancouver Karate Cup well attended

By Richard Mosdell

On time, under budget and well attended, the first annual Vancouver Karate Cup surpassed all our expectations.

While we hoped for 100 competitors total, and that we would finish by 5 p.m., we received about 150 participants, started the tournament before 10 a.m. and were done by 3 p.m.!

Our opening ceremony kicked it off with all the competitors walking into the gym to the applause and cheers of the spectators, in alphabetical order of karate club, with the lead person carrying a sign stating the team's club name.

I wanted it to feel like a world championships and that everyone was special and recognized.

Every medal won in each

division of individual kata and kumite meant an equivalent point was applied to the team's overall score.

A gold was worth three points; a silver, two; and a bronze, one. The team with the most points won the honour of the Vancouver Karate Cup.

This means the winning club's name, the year it won and its chief instructor's name will be etched onto the solid silver cup donated by Labatt Breweries of BC.

The winning team was Burnaby Chito-Ryu with 42 points. The club also received a plaque. Honorable mention went to Unison Way with 31 points and Kingsway Shito-Ryu with 29 points.

We really went out of our

way to make the tournament move along smoothly and we couldn't have done it without the volunteers.

We are a small club so we politely asked all our friends and family to take one night off a week before the big day to get a crash course on their jobs so they knew what to do.

Plus, we had two marshalls for each ring so we were able to keep the divisions moving.

A big thanks goes out to the officials who took a Saturday off to help us out, the volunteers who worked so hard, the spectators who were very supportive and cheerful, our sponsors in our program and Wado-Kai Canada for the seed money and incredible support.

I also thank all my karate students for their dedication, Karate BC for their sanctioning and mats, and especially Lisa Luscombe and Frances Li from my dojo, CASK Karate Vancouver, who put their lives on hold for six weeks while they put eight



Karate-ka and medals

months of planning the tournament into action, and kept me organized so that we could all have a great day.

You all made my dream of hosting a tournament in my hometown come true.

I look forward to seeing new and old friends Saturday April 7, 2001 (tentatively) for our next, even better, Vancouver Karate Cup.

Richard Mosdell is director of the Vancouver Karate Cup and chief instructor of CASK Karate Vancouver.



CASK Karate Vancouver demonstrates team kata at Vancouver Karate Cup tournament.



Recent additions to the Wado-Kai Canada family are Myriam Saje and Sofia Claire, the twins daughters of Sensei Kraig Devlin and his wife Shodan Anna Stein. The twins were born Nov 24, 1999.

Grading results:

Chetwynd: James Alexander, Yellow; Christain Basar, Yellow; Paul Basar, Yellow; Rhonda Bassett, Yellow; Aaron Dahl, Yellow; Cora Demarce, Yellow; Shaelyn Demarce, Yellow.

Danny Grant, Yellow; Elizabeth Grant, Yellow; Cathryn Hale, Yellow; Kelly Hamilton, Yellow; Samantha Hamilton, Yellow;

Hunter Hernstedt, Yellow; Leighton Hernstedt, Yellow; Heather Jewison, Yellow; Fiona Klassen, Yellow; Matthew Klassen, Yellow; Ianne McFaul, Yellow; Samuel Minville, Yellow; Elena Norris, Yellow; Mark Robinson, Yellow; Madison Wheeler, Yellow; Taylor Young, Yellow.

Brad Bassett, Orange; Liah Gagne, Orange; Jesse Gayse, Orange; Sarah Gayse, Orange; Jordan Hill, Orange; Daniel Jewison, Orange; Heather Jewison, Orange; Glen Klassen, Orange; Aaron McQueen, Orange; Elisa McQueen,

Orange; Mithell Sangha, Orange. Robyn Klassen, Blue; Justin Spenst, Blue. Brent Juergensen, Brown.

CASK Hombu: Audrey Roy, Yellow; Sumio Kiyooka, Yellow; Marianne Lacerta, Yellow; Christopher Brockway, Yellow; Doreen Sutherland, Yellow.

CWKC UVIC: Jill Smillie, Yellow; Dean Hardman, Yellow; Mathew Reid, Yellow.

Canadian Women's Karate Club: Lucia Bianco, Yellow; Vanessa Corre, Yellow; Kristin Dust, Yellow; Amber Hartley, Yellow; Rachel Kiers, Yellow; Melissa Kilborn, Yellow; Sarah McEachern, Yellow; Lindsie Nicholas, Yellow; Tanya Seltnerich, Yellow; Sue-Anne Thompson, Yellow; Katherine Waller, Yellow; Angelina Rudman, Yellow.

Samantha Deakin, Orange; Nicole

The Centre Ring

By Peter Danniels

This year's annual Victoria tournament, formerly known as the "Nationals," has been renamed the "Victoria Wado-Kai Invitational Tournament."

It was felt that the new name provides a more accurate definition of the event.

In another change this year, the tournament will be held a couple of weeks later than usual, and we have booked the Central Junior Secondary School gym for Nov. 17, 18, 19.

The shift to mid-November will avoid following Karate B.C.'s Fall Provincials (late October) too closely.

Karate B.C. sanctioning of last year's tournament helped to double the number of competitors.

As a result, we changed to a modified recharge system, as recommended by Head Referee Ken Corrigan.

This was a change from our previously used modified double knockout system.

Since the newly-adopted system is faster and more widely used, we'll continue using it for adult divisions.

MacKinnon, Orange; Alexandra Newbould, Orange; Jennifer Troth, Orange. Stephanie Blazey, Green; Pearl Der, Green; Joyce Liu, Green; Carla Seipp, Green; Anna Seipp, Green; Annie Shum, Green; Andrea Vaags, Green; Mai Yasue, Green.



Sensei Peter

The tournament committee hopes that these changes will help our annual competition grow and improve.

Retaining features like the "no head-touch" rule and modified double knock-out system for all non-adult kumite divisions, including junior and cadet groups, will allow us to express views that are uniquely ours.

The strength of our volunteer spirit is something all WKC members are aware of on a daily basis.

Our annual tournament gives us a chance to show other members of B.C.'s karate community how well we work together.

Sensei Peter Danniels is tournament director

Teresa Goble, Blue; Rozee Hyder, Blue; Lori Kiernan, Blue; Ali Kingston, Blue; Laurie Miller, Blue; Lenore Rankin, Blue; Rosilyn Soo, Blue. Valerie Kerr, Brown; Dorset Norwich-Young, Brown; Cindy Ruttan, Brown. Connie Beel, mock grading – brown.

Competition training

Plyometrics for Speed and Strength

By Sensei Kraig Devlin

Plyometric training consists of exercises that teach the muscles to contract more forcefully and faster.

This *speed-strength* is what makes athletes powerful and as most martial athletes know speed and strength are fundamental to their training.

Plyometrics develop our body's innate *stretch reflex*. Our muscles have stretch receptors that protect them from injury if the muscle is stretched too rapidly.

The muscle's response to rapid stretching is to protect itself by contracting involuntarily.

This reflex action is among the fastest in the body and there is no way to voluntarily achieve this same contraction speed.

The ballistic nature of plyometric exercise utilizes the natural protection systems of our muscles to train them to move faster.

A good example of the stretch reflex is the knee jerk experienced when the quadriceps's tendon is tapped with a rubber mallet.

The tapping causes the tendon to stretch the quadriceps muscle. The muscle then contracts in response to the stretch and the lower leg is thrust forward involuntarily.

Plyometrics also teach our muscles to quickly convert an *eccentric* or lengthening movement to a *concentric* or shortening movement.

In fact for an exercise to be

truly considered as plyometric, an eccentric movement must precede it.

The conversion from an eccentric movement to concentric movement is what gives our muscles their bounce.

For example, when we bounce on the balls of our feet in kumite we do not have to think about flexing and extending the ankle joint. We instead can rely on the elasticity of our calf muscles to propel us back and forth.

The downward portion of the bounce is an eccentric movement of the calf muscle and the upward portion is concentric. The stronger the calf muscle is, the faster it can convert the eccentric movement to a concentric one. As a result, the muscle stores more "potential elastic energy". This elastic energy translates into a powerful explosive movement when



Sensei Kraig Devlin is chief instructor of Kids Karate, Cordova Bay, and of CASK Shiai.

it is released.

Due to the stressful nature of plyometric exercises they should only be trained two times per week and stopped seven to 10 days before competitions.

Always perform at least a five-minute full body warm-up along with five to 10 minutes of stretching before doing plyometrics and remember plyometrics develop the anaerobic not the aerobic system so ensure full recovery between sets.

The following example program would be suitable for a karate-ka with a good base of strength and flexibility.

I've just glazed the surface so please contact me by e-mail at annakraig@excite.com if you have any questions. If I cannot answer them I can refer you to texts that will.

Sensei Kraig is chief instructor of CASK Shiai.

Example Program

	<u>exercise</u>	<u>reps/touches</u>	<u>sets</u>	<u>rest</u>
1)	bounds -exaggerated running	6	3	15 sec
2)	stride jumps - zenkusi dachi to start, jump up and switch leg position driving front knee and back heel up, land and immediately jump again.	10	3	30 sec
3)	side to side - both feet together, jumping for height and distance	10	3	30 sec
4)	jump push-ups or clapping push-ups	6-10	3	45 sec
5)	drop push-ups - start kneeling with hands in front of body in push-up position, fall forward on to hands then immediately spring back up as high as you can.	6-10	3	45 sec

JIM HARDING

#6, 770 Bay Street
Victoria, B.C. V8T 5E4

Tel. 250 381-8851
Fax. 250 381-8852
showcase@pacificcoast.net

www.showcaseawards.com

JAPAN TOUR SLATED FOR AUGUST 2001

Sensei Richard Mosdell of CASK Karate Vancouver is planning a group karate trip to Japan for the last two weeks of August, 2001.

By Richard Mosdell

The tentative itinerary is to watch a World Karate Federation championship tournament at the World Games in Akita prefecture (one hour north of Tokyo by air) for two days, then visit Tokyo, Kyoto and Osaka for several days each for sightseeing, attending a different karate class each evening at the headquarters dojo of a major style, and to make new karate friends.

Everyone in Wado-Kai Canada and Karate BC are welcome to come along.

The itinerary will be worked out by July this year and brochures will be sent to all the dojos.

Several Japanese people and I will be the "tour

guides" so knowing Japanese is not necessary.

All flights will be booked individually directly with a specified travel agent and each night the group will stay in traditional Japanese inns (ryokans) which will be a real cultural treat itself.

The cost is tentatively set at \$2,500 to \$3,000 per person, which is very reasonable, and other than paying for your airline ticket and bullet train pass directly with the travel agent, group members will just pay their way as they go (although some sort of deposit may be required for the ryokans before we leave Canada).

More details "because there are just way too many cool things we will do to explain now" and a brochure of the trip, will be sent out soon.



Sensei Richard, left, took gold at B.C. championships

Mosdell makes A team

Continued from p. 1

Championships and the Try-outs so I was in second standing," he says.

"To ensure no other competitors took my B position, my plan was to win the gold and then use a KBC rule which states the winner of the Springs can challenge the A leader of the division to a challenge match for the A position," Mosdell said.

"I trained for three months four times a week strictly on stretching, 11 kumite drills which developed my best skills, and plyometric explosion training," he said. (See p. 12)

"And the training truly paid off as I, with Sensei Kraig Devlin's coaching, won my first KBC gold medal ever, and then I won the challenge match.

"Now I'm off to the National Karate Association's Nationals this year August 24-26 in Richmond.

"It will take four matches to win the light heavyweight (75-80kg) kumite division.



"Then I will challenge last year's winner and the athlete who wins that match will represent Canada at the World Karate Federation's (WKF) World Championships this October in Munich, Germany."

Mosdell said the WKF Worlds is the most prestigious karate tournament on the planet, held every two years in a different country and attended by 156 national teams.

Do you have any items for the newsletter? Please forward them to Sensei Charles La Vertu (fax: 250-387-3798 or preferably by e-mail to charles.lavertu@gems6.gov.bc.ca)



Wado-Kai Canada board of directors at the March annual general meeting. From left: Shihan Greg Reid, president Leslie Bowers, Sensei Peter Danniels, Sandan Cathy Singleton-Bowers, Sensei Gerry Wolosyhn and Sensei Erich Eichhorn. Not in the picture are Cindy Ruttan and Sensei Charles La Vertu.

Beach Training 2000

What is Beach training?

It's a combination of things.



It's a soul searching experience

Gerry's Beach

**5173 Cordova Bay Road,
Sunday July 30 @ 10 a.m.**



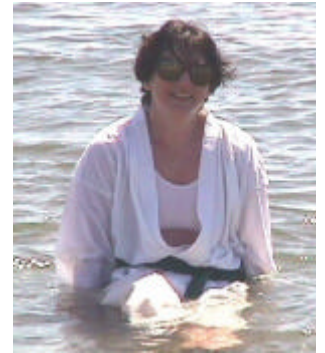
It's a group activity

Bring your family and plenty of food for all to share.



It's fun to do

Don't forget, the people that actually train in the water get to try out the HOT tub.



It's rejuvenating

Stay till whenever

Details

Phone/Fax: 1-250-658-0756



It's hard work

PS: Also an OLD Gi



This way to the beach

So, if YOU think Beach training is nothing but sun, fun & food, then stay home because it's HARD WORK!



Karen Waite stretches with daughter Alex

CASK Campbell River

2,000 sit-ups goal for CR kids' class

On May the 7th we had a successful firewood sale fundraiser.

We cut, split and delivered approximately 10 cords of firewood. We had 13 students and some parents helping out.

Everyone got some fresh air, exercise and we all worked on our tans.

We raised over \$700 for the club fund to support upcoming events and new equipment. Thanks to all who participated.

In the spirit of the millennium Sensei Wayne Duguay has set a goal of 2,000 sit-ups for the kids class.

Currently Tyler Hamilton holds the record having already achieved the 2,000 mark and many others are well on their way to achieving this goal.

Quadra Women's Karate has closed until September. The women who can still go

have joined in with CASK Karate in Campbell River.

This takes a considerable amount of commitment because it's a ferry trip each way - expensive and time consuming but worth the effort to be at Sensei Wayne's own dojo. These classes are more

Bowers gets A ref licence

Sensei Leslie Bowers is the first Wado-Kai Canada official to obtain his A refereeing licence.

Bowers was examined during 2000 Karate BC provincial spring championships.

The A ticket permits him to officiate in the Canadian national championships to be held this summer in Richmond.

challenging for us and also more rewarding. We hope to encourage more women to join us in September so we can continue our Monday class on Quadra Island at the community centre.

Who has the tougher workout, the one who goes to class or the one who stays home with the new baby?

Training and childraising is quite a juggle, as Chris and Karen Waite are discovering. Both parents want to train but Baby Alex wants to eat, sleep & cuddle at the exact time that class is in session.

Instead of giving up on karate, they've discovered ways to bring the baby into it.

By working out at home, they can alternate between who does kata to who holds Alex.

And the days when a small class is expected, they bring her to it, so she too can practise kata, kihon and kumite all strapped to her mother's chest in a sturdy front-facing pack.

Through incorporating Alex into their routines and recognizing hers as well, Chris and Karen have learned that they didn't have to give up training to raise their child, they just had to change it. And the other students get a kick out of having the baby at class too!

The karate-ka at CASK Campbell River would all like to offer our most sincere condolences to all of Master Shintani's family and friends. He will be greatly missed by all of us.

Training emphasis traditional

By Charles La Vertu

Emphasis on training at Wado-Kai Canada will continue to be on the traditional rather than sport karate, Shihan Greg Reid told the association's annual general meeting in March.

"I teach karate-doh primarily as an art and very secondly as a sport," said Reid who is the WKC technical director.

"I believe that balance in training is an essential ingredient in the journey of a student. To this end, my philosophy on karate-doh will continue to set the tone for the organization.

"This balance is not always an easy one. Sometimes it seems that the sport tends to require a lot of attention. The sport aspect feeds the physical i.e. the philosophy of a tournament, while the art aspect feeds the soul."

Shihan Reid said having the annual WKC national tournament become a Karate B.C.—sanctioned event is beneficial.

"This I feel was a big and extremely positive step in exposing our students to the arena of the four major styles, not to mention getting help and experience in the accepted refereeing system."

Northwest Junior Classic 2000

First outing for youth

By Gerry Woloshyn

Brother and sister Anthony and Rachael Gavin brought home the hardware from the Pacific North West Junior Classic 2000 karate championship held May 27 in Edmonds, Wa.

They were part of the 11-member Victoria Youth Karate team competing in the prestigious tournament just north of Seattle.

Anthony and Rachael placed second and fourth in Kumite while others received medals and certificates.

Good performance

"Overall, it was a good performance attending our first youth tournament," said Sensei Greg Reid, chief instructor at CASK Karate Youth.

The 11 youths included Danielle Wilder, Wyatt Moore, Tanner Peter, Cynthia Bauer, Michael Lis, Rachael and Anthony Gavin, Jacob Pacey, David Rusk, Garrett Chase and Taylor West.

They were accompanied by instructors Margo Downey, Peter Danniels and Gerry Woloshyn. Their coach, Sensei Kraig Devlin, met up with the group Saturday morning and guided the kids through their events.

Sensei Peter, Sensei Gerry and Wado-Kai Canada president Leslie Bowers took part as officials, and managed a fair amount of refereeing time.

A number of parents also

went to assist in numerous ways, such as keeping tabs on the young karate-



Rachael Gavin

ka, making sure they were always with a buddy and most of all, being the loudest audience in the bleachers.

The troupe left the dojo May 26 for the 11 a.m. ferry arriving in Seattle around 4:30 p.m.

After sorting out the rooms, they were into the pool for a swim, then out for supper and early to bed.

Saturday was taken up with the tournament followed with more eating out and a movie.

Sunday was for sleeping in and off to the mall for

shopping and lunch. There were no delays at the border and the group was able to catch an early ferry home.

"I have to thank all the parents for their patience and stamina during the fundraising activities but we will require continuing with the bottle collection for the next few months to cover all incurred costs," said Sensei Greg.

"What really hurt the budget was the continual devaluation of the Canadian dollar. Any donation from association members would be greatly appreciated by the youths."



Victoria Youth Karate Organization team taking part in the Pacific Karate Organization's Northwest Junior Classic 2000 includes from left: Tanner Peter, Rachael Gavin, Cynthia Bauer (rear), Danielle Wilder, Tayler West, Michael Lis (back), Garrett Chase, Wyatt Moore, Jacob Pacey and Anthony Gavin. They were accompanied by coach Sensei Kraig Devlin. Missing from the picture is David Rusk.
(Gerry Woloshyn photos)

Guess who's No. 1 in Victoria?

You are!



Sandy Paget

Always putting your needs first!

250-474-6003

Toll free 1-800-668-2272

e-mail: sandypaget@vreb.bc.ca

*PLEASE CALL FOR YOUR FREE COPY OF THE NINE MOST DEADLY
MISTAKES YOU CAN MAKE WHEN SELLING YOUR HOME*



Shintani Karatedoh.

20th. January 1996

To Sensei Gregory Reid,

I am a senior student of the late Hironori Ohtsuka, founder of Wado-Kai Karatedoh, and was awarded my eighth and ninth dan certificates by him personally before he died.

I master Masaru Shintani appoint you as my successor in Wado-Kai Karatedoh.

This succession will give you the authority and the responsibility for the following on a World Wide basis:

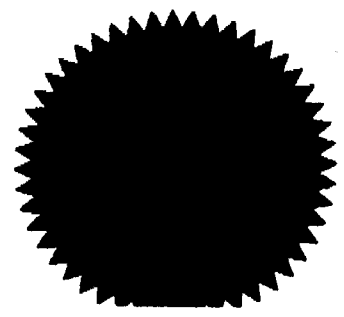
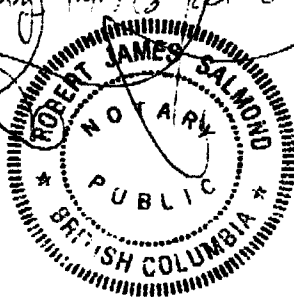
1. You will be in charge of all Wado-Kai Karatedoh.
2. You will be the highest ranking Karateka in Wado-Kai Karatedoh.
3. You will continue to promote Wado-Kai Karatedoh as taught by Ohtsuka Sensei.
4. You will have complete control over all Dan rankings.
5. You will interpret and have final say over all technical matters in Wado-Kai Karatedoh.
6. You will appoint your own successor in the future when the time comes.

I herby swear all the above to be true .

Masaru Shintani
Master Masaru Shintani, Kudan.

*sworn before me this 20th day
of January 1996 at Victoria B.C.*

ROBERT JAMES SALMOND
NOTARY PUBLIC
1100 Douglas Street
Victoria B.C.
V8W 2E2





Officiating at the Northwest Junior Classic 2000 was Wado-Kai Canada president Leslie Bowers, seen here with Casey Mills, instructor at the Pacific Karate Organization's Bellingham and Mount Vernon schools.

(Gerry Woloshyn photo)

Wado-Kai Karate Kata now easier to purchase

The Wado-Kai Karate Association of Canada has made it easier to buy our book *Wado-Kai Karate-Kata* by Master Masaru Shintani and Shihan Greg Reid.

The association has agreed to set up a lay-away plan that will enable members to buy the book on time.

The plan is available only to association members at this time. Under the deal, the first payment is a non-refundable deposit of \$35 by money order.

Other cheques will be \$25, \$25 and \$25, and all four payments will accompany the form which is available on the Internet at <http://www.geocities.com/>

Victoria tournament will be held Nov. 18

The Victoria Wado-Kai Invitational Tournament will be held in Victoria Nov. 18 — two weeks later than originally planned.

Tournament director Sensei Peter Danniels says the change was made to accommodate Karate BC which is holding its fall championships Oct. 28-29 in Kamloops.

"These dates were the only ones available to the Kamloops club holding the

fall provincials so in the spirit of harmony we agreed to delay our tournament to allow the athletes a longer break in between competitions," Danniels said.

Sensei Peter noted that the name of Victoria tournament (formerly the Wado-Kai National Karate championships) had been changed to better reflect the nature of the event.

The day-long tournament will take place in the usual venue — the gym at Central Junior Secondary School, and again has been sanctioned by Karate BC.

Shihan Greg Reid will offer a seminar the following day, Nov. 19, again in the Central Junior High gym.

MEMORIAL ISSUE WILL HONOUR MASTER SHINTANI

We are planning a special issue in memory of Supreme Instructor Master Masaru Shintani who died May 7.

Please submit any articles or pictures for consideration to Sensei Charles La Vertu.

You can reach him by fax at 250-387-3798 or by e-mail at: charles.lavertu@gems6.gov.bc.ca

You may also snail mail him a disk with your story/pictures at 1317 Vimy Pl., Victoria, B.C. V8S 1C5

Deadline is July 7, 2000. However, the sooner the better.

[Colosseum/2946/](http://www.geocities.com/Colosseum/2946/).

The layaway plan is for a maximum of six months after the date of the first cheque and all other cheques are to be post-dated within the six-month period. NSF cheques will be charged \$25.

All carrying and additional

bank charges incurred will be charged to the purchaser.

The book will not be delivered until all charges are paid and cheques are cleared.

**Please support
our advertisers**

More WKC gradings

CASK Hombu: Tim Beaumont, Orange; Shonna-Lee Lowen, Orange; Angie Westmacott, Orange; Ward Cartier, Orange; Michelle Koorn, Green; Bob Beaumont, Green; Peter Jones, Green; Jennifer Lang, Blue; Myron Zukewich, Blue.

Stewart Scott Brown, Brown probation; Cindy Kung, Brown probation; Chris Pepperdine, Brown probation; Jennie Leung, Brown probation; and Shelly Bubb, Brown probation.

Calendar:

July 6-8, Renshikan Karate camp, Okanagan University College, Kelowna. Contact: Tom Mah, 250-862-8449

July 21-23, Victoria Karate Association (Shotokan) summer camp, CFB Naden. Contact: Steve Molinari, 250-721-4644.

July 30, Beach Training 2000, Sensei Gerry's beach, 5173 Cordova Bay Road. (See p. 14)

Aug. 24-26, National Karate Black Belt Championships, Minoru Hockey Arena, Richmond. Contact: KBC

Sept. 1-3, Duncan Renshikan and Zenkuren Wado Kai weekend training

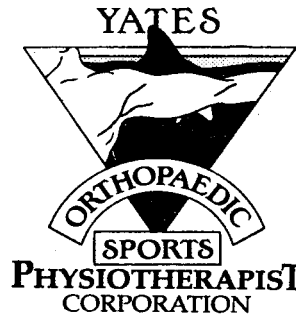
camp, Cowichan Community Centre, Duncan. Contact: Fernando Correia, 250-748-9111.

Oct. 12-15, WKF World Karate Championships, Munich, Germany. Contact: Karate BC

Oct. 28-29, Karate BC fall provincial championships, Kamloops. Contact: KBC

Nov. 18-19, Victoria Wado-Kai Invitational Tournament, Central Junior Secondary School, Victoria. Contact Sensei Peter Danniels, 250-388-9241

April 7, 2000, Vancouver Karate Cup, location tba. Contact: Richard Mosdell



Ross McFadyen
B.Sc.(PT), M.C.P.A., C.A.M.T.
Manipulative Therapist
#16-1120 Yates Street,
Victoria, B.C. V8V 3M9
385-5853

SUPPORT YOUR NEWSLETTER

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

Our rates are low: \$100 for a full-page ad, \$50 for a half-page, \$20 for a business card.

For details, please call Sandan Cathy Singleton-Bowers at 250-370-6082 or at bowersls@home.com.

Karate-ka are encouraged to buy our new book

WADO-KAI KARATE - KATA

by

Masaru Shintani, Kudan, and Gregory Reid, Shichidan

This book has 800 high-quality pictures, clear descriptions of each move and all the extra details you need to develop and understand the katas in their entirety.

Endorsed by the Shintani Wado Kai Karate Federation

To order, please write to:
Sensei Erich Eichhorn
4118 Glanford, Victoria, B.C.
V8Z 4A8
Phone: 250-370-6082
Fax: 250-370-6082

Price: \$110 includes shipping
in Canada.
\$120 for U.S./Europe

e-mail:
bowersls@home.com

**The Wado-Kai Karate Association
of Canada**