



# Wado-Kai Canada

Volume 5 Issue 1

Spring, 2001

## WKC Victoria invitational karate tournament

### Burnaby karate-ka takes home 4 gold



Balraj Shergill of Burnaby Chito Ryu performs kata

## Association AGM at Hombu March 9

The Wado-Kai Karate Association of Canada annual general meeting will take place at 6:30 p.m., March 9, in the James Bay Community Centre (Hombu), 140 Oswego St., Victoria.

President Charles La Vertu encourages all members to attend and support their association.

Five positions on the board of directors will be up for election including that of president for two years, vice-president for one year and three directors, two for

two years and one for one year.

Nominations will be received by the board no less than 14 days prior to the AGM, as no nominations will be accepted from the floor unless there is a position for which there has not been a nomination.

Persons wishing to allow their names to stand for a position on the board must submit information **(continued on p. 2)**

Balraj Shergill of Burnaby Chito Ryu was the big winner at the fourth annual Wado-Kai Canada invitational karate tournament held Nov. 18, 2000 in Victoria, taking home four gold medals – two in kata and two in kumite.

Ali Gilanchi of Vancouver Yukodo Kai took two gold and one bronze while Kraig Devlin of CASK Shiai in Victoria took a

who thanked the athletes, officials, volunteers and sponsors for their support.

Chief referee was Fernando Correia of Duncan. Senior referees included Loretta Schwab of Duncan, Leslie Bowers of Victoria and Doug Exum of Everett, Wa.

**For results please see pages 10, 11 and 12**

gold and a silver as did Karate BC team member Pam Ross of Courtenay Karate.

More than 200 karate-ka from throughout British Columbia and Washington including one of the Pacific Karate Organization's junior competition teams whose senior instructor is retired Pan-American champion Jerry Ferguson of Everett, Washington.

The tournament was sanctioned by Karate BC -- a factor in its success, said Wado-Kai Canada president Charles La Vertu



**Winston Chou was junior grand champion at the Victoria Youth Karate fitness championship. Please see page 4 for results.**



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

## AGM March 9

Continued from p. 1 about themselves that is pertinent to the duties they may face while a member of the board.

This information will be available to all persons attending the meeting so as to assist in their selection. It would be appreciated if it accompanies the completed nomination form.

The order of proceedings will be election for president, vice-president and then for the directors.

The AGM will also ratify the motions made by the board during the year, and hear reports from various directors.

Nomination forms may be obtained from returning officer Cindy Ruttan.

## WKC board of directors

**President:**  
Charles La Vertu  
**Secretary:**  
Gerry Woloshyn  
**Treasurer:**  
Erich Eichhorn  
**Technical director:**  
Shihan Greg Reid  
**Tournament director:**  
Peter Danniels  
**Women's representative:**  
Cindy Ruttan

*Present martial arts must be virtuous. It can not become strictly for competitive purposes only, either. History dictates that once virtue disappears, martial arts would only become "poisonous" to society. Martial arts in the present must place peace and welfare of the society as its objective.*

— Hironori Otsuka

## President's Corner

# Exciting year ahead

By Charles La Vertu

The first year of the third millennium promises to be an exciting one for our association.

The board of directors has been meeting to plan the activities of the year, and preparations are already under way on the 2001 Victoria invitational karate tournament that will be held Nov. 3.

We also expect to begin expanding our association into other provinces, slowly, because we want to ensure we have a solid base upon which to build.

The past year has been one of change.

We lost our supreme instructor, Master Masaru Shintani, who died while doing what he loved best – teaching karate.

However, Master Shintani's vision and his legacy remain; and it is our goal to fulfill that vision – to ensure this legacy lives on.

To that end our training will continue to emphasize the art of karate as opposed to the sport.

As Shihan Reid says, "art equals sport, but sport does not equal art."

To those of us who knew him, Top Master Shintani embodied all that is good about karate, and his advice and teaching will be sorely missed.

I was also saddened by



Sensei Charles La Vertu

the departure of Sensei Leslie Bowers, our founding president, who led this organization through its growing pains, and who was the driving force behind the publication of our book – *Wado-Kai Karate – Kata* by Top Master Shintani and Shihan Reid.

Sensei Leslie has chosen to join the Canadian ZenKuRen Wado Karate Association, and I wish him well with his new instructor.

Also pursuing the sport karate dream through the CZWK are senseis Richard Mosdell and Kraig Devlin.

As Shihan Greg Reid says, karate is Budo, karate is from the heart, and true karate is loyalty, respect, dedication and humility.

I look forward to an exciting new year.

— Sensei Charles La Vertu, who was vice-president, became president following the resignation of Leslie Bowers.



Shihan Greg Reid demonstrates jujitsu technique on Sensei Erich Eichhorn during master's seminar.

## Technical director

# Thinking BIG

**By Shihan Greg Reid**

It's 2001, and positive thinking is the game plan for the year ahead.

The goal is simple – be bigger and better than the previous year.

Failure is only an obstacle on the road to success.

All students of the association should plan their year with this in mind.

Let's focus body, mind and spirit on being the best we can be thus improving the association and ourselves.

Be a volunteer, community work is the best reward in the world.

Use those karate skills to help others and improve the quality of life.

Otsuka Sensei used to say "be dynamic (alive) not static (dead)."

Remember my philosophy of life and karate – Think Big.

**– Shihan Reid is technical director of the Wado-Kai Karate Association of Canada.**

## Victoria Youth Karate tournament successful

**By Shihan Greg Reid**

On Dec/ 15, 2000, Victoria Youth Karate hosted yet another successful youth championships.

Our annual event just keeps getting better each year.

This year saw the creation of two separate divisions -- a junior and a senior rank division.

As usual, all youths received their yearly fitness award.

Physical fitness is a mandatory component in our youth organization.

For the first time some silver and bronze level competitors participated in the kata division.

This adds a twist to the competitors and also gives other level participants the opportunity to pull out all the stops in an effort to displace the gold winners.

I would like to take the opportunity to thank all karate and non-karate volunteers.

Special thanks to Kate La Vertu and Sheila Woloshyn on the canteen and Dale and Sandra Rix on the door.

**For results please see p. 4.**

## Karate is Budo

**By Shihan Greg Reid**

Art equals sport, but sport does not equal art.

My philosophy behind my karate-do teaching owes a lot to my late teacher Top Master Masaru Shintani.

In the last 30 years I have trained with many legendary karate practitioners but few have influenced me.

My loyalty to my teacher will never be an issue.

On leaving the Caribbean, I left my beloved Anthony and Stephen Parris, but throughout the years I have continued to be close to them.

Top Master Shintani died recently, and as I have

said: "this loss I will never get over."

Karate has changed dramatically from when I first began.

Good or bad?

Now it seems the teacher has been replaced by the coach and loyalty is very difficult to find.

Let me refresh my students of our association, what C. A.S.K. Karate really means.

C = Canada -- our country and our home;

A = Ask – ask and it will be answered;

S = Seek and you shall find;

K = Knock and the door will be opened.

**(Continued on p. 13)**

## Victoria Youth Karate fitness and kata

# David Rusk is new grand champion

David Rusk was the senior grand champion at the Victoria Youth Karate fitness championship held in December at the James Bay Hombu.

Junior grand champion was Winston Chou of the Gordon Head Recreation Centre.

The seniors' division included fitness and kata (forms) while the junior division only competed in the fitness portion that included sit-ups, push-ups and front splits.

The participants were also judged on attitude towards training, discipline, attendance and deportment.

Special awards were presented to David Rusk for being the most improved senior and to Carey Oakes for being the most improved junior.

Other special awards included:

Most helpful and dedicated student, Garrett Chase; best attitude, Danielle Wilder; most disciplined student, Tanner Peter; best attendance, Tony Bashi; best etiquette, Greg Olausen; and teaching and role model, Tia Bauer.

Michael Lis came in second in the senior division; third was Tanner Peter; fourth, Tia Bauer; fifth, Jacob Pollock; sixth, Matthew McKay Jefferson; and seventh, Garrett Chase.

Bryan Gibbs came in second in the junior division;



**Grand champion David Rusk**



**Karl Nussbaum does front splits**



**Youth karate-ka and officials bow to the parents who came to view the fitness and kata tournament**

third was Fabian Konrad; fourth, Syruess Winn; and fifth Jace Steiner.

Senior students winning gold in the fitness division included David Rusk, Tia Bauer and Michael Lis.

Silver: Matthew McKay Jefferson, Jacob Pollock, Tanner Peter, Max Bergen, Ross Nevile, Niles Riz, Evan Laurence, Fidel Flores, Louis Rusk, Greg Olausen, Tony Bashi, Kiseri Baier, Michael Woodrow and Dakota Saunders.

Bronze: Danielle Wilder and Garrett Chase.

Silver in the junior division were Fabian Konrad, Syruess Winn, Jace Steiner, Bryan Gibbs and Winston Chou.

Bronze: Scott Leslie, Jordan Fraser, Nick Postle, Alida Carr, Riley Mangelson, Mason Chou, Noah Tripp-Campbell, Rachel Lambert, Kaelan Oxford, Carey Oakes, Rachael Claus, Karl Nussbaum, Billy Mansell, Tristan Olausen, Chelsea Leslie, Trevor Nevile and Tyrell Williams.



**Myron Zukewich, centre, grades Alida Carr and Scott Leslie**



**Carey Oakes, left, does sit-ups assisted by Rachel Lambert under watchful eye of Marianne La Certe**



**Trevor Nevile balances**

## La Vertu new president

Sensei Charles La Vertu is the new president of the Wado-Kai Karate Association of Canada.

He succeeds Sensei Leslie Bowers who resigned in November to join the Canadian ZenKuRen Wado Karate Association in Burnaby, headed by Sensei Norma Foster.

Bowers was president of Wado-Kai Canada from its inception in 1996. La Vertu was the founding vice-president and has served on the board since then. He was re-elected vice-president last year.

"I have enjoyed and been honoured to be associated with so many great karate-ka and especially the board members with whom I have worked so

closely over the years," Bowers said in his letter of resignation.

La Vertu thanked the former president for his years of service to the organization – noting that Bowers had been a key member of the team involved with publishing the association's book *Wado-Kai Karate – Kata* by Master Masaru Shintani and Shihan Greg Reid.

"I am sorry that Sensei Bowers felt it necessary to move in a different direction than the rest of us," said La Vertu, "and we wish him well with his new instructor."

Election for president, vice-president and three directors will take place at the AGM on March 9.



### CASK Campbell River

## Snow storm delays grading

By Chris Waite

Campbell River students got a snow day Dec. 16.

That was the day planned for the grading in Campbell River.

Unfortunately, a heavy snowfall of 46 centimetres during the night prevented safe travel and the grading had to be cancelled. The grading for our club will be re-scheduled early in the new year – weather permitting. (See page 9)

With Sensei Wayne Duguay not able to attend all classes due to work, our black belts are getting lots of extra practice teaching classes this winter. They are finding it both challenging and rewarding.

We have had excellent support from many students in helping out with the kids' class as well.

We have had four to five

adults helping with the kids' classes, which have grown in size this fall with many new students.

The women's class taught by Nidan Corrine Skuse in Campbell River celebrates its second anniversary this January.

This class has introduced karate to a number of women in Campbell River and provides extra training and opportunities to teach karate for women who belong to the home club.

The students of our club are looking forward to a good year of hard training and all the upcoming events in the year 2001. Some students have been reminiscing about the last Bushido Camp and hoping there will be another one soon.

The CASK Campbell River Club would like to wish a Happy New Year to all karate-ka their families and friends.

## Volunteers thanked for tournament help

The organizers thank our volunteers for their hard work during the fourth annual Wado-Kai Karate Association of Canada Victoria invitational tournament.

Volunteers helping us ensure that the tournament was a success include Joyce Lui, Chris Pepperdine, Angie Westmacott, Ward Cartier, Nikki Mackinnon, Amber Hartley, Kate La Vertu, Sheila Woloshyn and Susan Moore.

Chris Lamb, Darren Gaudier, Catherine Wood, Raymond Rusk, Jim Ryan, Keltie Wright, Sue-Anne Fimrite, Les Dzbik, Michael Al-

berti, Joseph Alberti, Jon Taylor, Michelle Koorn, Marianne La Certe and Sandra Rix.

Dale Rix, Chandra Fisher, Mai Yasue, Jennifer Anderson, Lauren Telford, Al Cammin, Garrett Chase, Jan Frith, Dorset Norwich-Young, Susan Paton, Tom Spetter, Doreen Sutherland, Samantha Deakin, Kimberly Antoni and Stephanie Anderson.

Cindy Ruttan was responsible for the coordination of the volunteers.

**5th annual WKC  
Victoria tournament  
Nov. 3, 2001**

## Shihan Greg Reid's training tips

# Primary (fundamental) kicks

**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

Primary (fundamental) kicks

Techniques:

1. Front kick (Mae geri)
2. Side kick (Yoko geri)
3. Back kick (Ushiro geri)
4. Roundhouse kick (Mawashi geri)

The first three kicks are taught at the white belt (6<sup>th</sup> kyu) level.

The fourth one (roundhouse kick) is the first of the three kicks taught at the yellow belt (5<sup>th</sup> kyu) level.

In the old school, the hand (fist) was compared to ammunition while the leg was considered artillery (meaning tremendous fire power.)

Like all karate techniques, the kick is done utilizing the entire body.

Kicking is practised both statically (slowly) as well as dynamically (fast).

The ability to lock and hold the leg high is based on flexibility and abdomen strength.

This is why both flexibility and strength are important principles in all karate techniques.

**N.B. All kicks are broken down into four stages – lift, kick, retract and down.**

Kime (focus) is the exact expansion and contraction of



**Front kick picture 1  
Zenkutsu dachi  
or front stance**



**Front kick picture 2**

the body on impact.

The focus points (e.g.: -- **ball, blade, heel**, tip of the toes sole and instep) must be very exact.

The secret of strong, fast (efficient) kicking is based on exact body dynamics

and angles (e.g. --- rotation of the supporting leg, relation of ankle, knee and hip to the floor).

Kicks can be done from any stance or at any angle, but for training purposes the practised stances will be used.

Like most karate techniques, kicking can be defensive as well as offensive.

Practice stances:

- 1 – Informal stance (Hachiji dachi)
- 2 – Horse stance (Kiba dachi)
- 3 – Front stance (Zenkutsu dachi)/ Half front stance (Hanmi dachi)

All kicks will be demonstrated from front stance (zenkutsu dachi) (see picture 1) which has already been discussed in a previous article (Vol. 4, Issue 2, Spring 2000). Please refer to it.

The rule of thumb for kicking is that the retraction is twice as fast as the extension.

Points to remember:

- 1) Kicking requires balance
- 2) Two styles of kicks – keage (snap), and Kekomi (thrust)

These will be discussed in a separate article.

- 3) Proper use of hips, knees and ankles.
- 4) The sole of the supporting leg must be in union with the floor.
- 5) All kicks can be performed while jumping.

### Front kick (Mae geri)

- 1 - Front kick (Mae geri) – left front stance (picture 1)



**Front kick picture 3**



**Front kick picture 4**

a) **Lift** (picture 2) -- The right leg is lifted to a contracted position. The leg is lifted in a straight line. The knee is positioned to aim towards the target.

The left supporting leg is kept bent at the knee to protect it. The supporting foot is rotated to a 45-degree angle. This allows for hip rotation (penetration of the kicking foot).

The ankle of the right leg is fully extended downwards, the toes are pulled

back to facilitate the ball position.

The heel and lower half of the leg are fully contracted towards the hamstring.

The guard is held square. The knee directly positioned in the centre.

b) **Kick** (picture 3): The right leg is fully extended out towards the target. (The hips are used to propel this action.)

The full extension of the ankle means an additional four inches of reach.

Only the first two knuckles of the ball are focused into



the kick.

The position of the knee determines the height of the kick. Like most kicks this could mean low, medium or high.

c) **Retract** (picture 4): is the exact same position as picture 2 except it is seen here from the side.

The right leg is fully contracted back to its original position (exactly the same as picture 4.)

This exact contraction allows for the use of multiple kicks.

d) **Down** (picture 1): The right leg is fully extended back to its original position – the front stance.

This backward extension is also done along a straight line. The supporting ankle is re-rotated to the original stance position.



Side kick picture 1



Side kick picture 2



Side kick picture 3

**N.B.:** Front kick can be done with the ball, heel, tips of toes, instep and blade.

**Side Kick (Yoko Geri)**

2 - Side kick (Yoko geri) – from right front stance (picture 1)

a) **Lift** (picture 2) the left leg is lifted in a straight line, as the knee breaks the parallel action of the body the supporting foot is rotated 180°.

The supporting knee is kept bent to protect the leg.

The left knee is positioned at approximately a 90° angle to the body (square to the side).

The knee is always slightly higher than the ankle.

The left ankle is fully and tightly flexed inward in the blade position. This allows for maximum tightening of the ankle.



Blade

The side of the heel to the middle of the foot is the striking area.

The upward position of the knee allows for the target accuracy (ie: where ever the knee is positioned the foot will go). The lower half of the left leg is contracted slightly.

b) **Kick** (picture 3): the left leg is fully extended in a straight line.

Picture 4 shows side profile, it is important for the upper body not to break parallel with the extended leg (i.e.: don't lean back too far).

It is the full rotation of the supporting leg that allows for the penetration of the kick.

c) **Retract** (picture 2): the left leg is fully contracted back to the original position. All the pre-



Side kick picture 4

viously mentioned fine points are true for the position.

d) **Down** (picture 1): the left leg moves exactly opposite to the right position now. The line of travel is normally the same except now in reverse. The leg is driven back down to the front stance very efficiently.



Back kick picture 1

**Back Kick (Ushiro Geri)**

3 - Back kick (Ushiro geri) from right front stance (picture 1).

a) **Lift** (picture 2): The left leg is lifted knee first in the same motion as the front kick.

However as the knee breaks parallel with the body the knee is rotated downward and the heel

**Back kick picture 2**

upward in the opposite formation of the lift position to the front kick.

Front and back kicks are mirror image (directly opposite in motion).

**Back kick picture 3**

b) **Kick** (picture 3): The left leg is fully extended out. The heel is straight up and the toes are straight down.

The heel is used for kicking, the toes and ankle are

**Back kick picture 4**

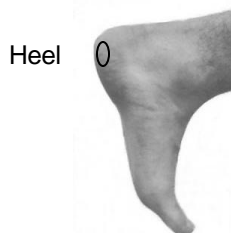
tightly flexed inward. Picture 4 shows the side profile.

c) **Retract** (picture 5): Picture 5 is exactly the same as picture 2 except the side profile. The left leg is retracted back to

**Back kick picture 5**

the exact same position as the lift. This position allows the kicker to keep the opponent off.

d) **Down:** (picture 1) The left leg again reverses the exact same motion as the lift. The leg is driven again in an efficient action back to the original front stance.



Heel

**Gerry Woloshyn photos**

## Improving teaching skills, increasing community links

By Michael Alberti

While Wado-Kai Canada focuses on karate as a traditional martial art, technical director Shihan Greg Reid has encouraged excellence in all aspects of our training, including excellence in those skills that help members become better instructors.

Last fall, as part of our effort to become better instructors, Shihan Reid led a group of WKC black belts to actively participate in the National Coaching Certification Program (NCCP).

Among those participating were Senseis Wayne Duguay, Gerry Woloshyn, Charles La Vertu, Brendan Ralfs and Kraig Devlin, Nidan Raymond Rusk, Shodan Jim Ryan and me.

The NCCP includes technical, theory and practical components.

The first weekend session, at the Pacific Activity Centre (PAC) in Colwood, covered the technical component.

It was taught by Karate BC executive director and four-time national kumite champion James Johnson and Donna Gardecki, a practitioner of Goju karate and a rehabilitation consultant.

The course covered subjects such as the history

of karate, the organization of sport karate in Canada, development of skills, training techniques and injury prevention.

During the two days of this course component, we were able to compare techniques and ideas with the several participating Shotokan karate-ka who train at the PAC.

The second two-day weekend session covered the theory component.

It was taught by Linda Henderson and Paul Smith, both of the University of Victoria Athletics and Recreation Department, and both volleyball coaches.

The course covered topics such as the role of the coach, growth and development, sport safety, analysis of skills and physical preparation.

These sessions provided new perspectives on "coaching" skills, allowed us to meet several enthusiastic karate-ka and participants in other activities, and increased our association's links to the community, including links with Karate BC, Shotokan in Victoria, and the University of Victoria's Department of Athletics and Recreation.

Senseis Woloshyn and La Vertu and Nidan Rusk have also completed the two-day level two theory also taught by Henderson and Smith at the university.

**(Sandan Mike Alberti is head instructor at the UVic Wado Karate co-ed dojo.)**



**CASK Campbell River grading, delayed earlier because of a snow storm, took place Jan. 28. Picture at left: From left, back row: Shodan Vince Dick, Nidan Corrine Skuse, Sensei Wayne Duguay, Shihan Reid, Shodan Peter Froemgen, Nidan Glen Petersen. Middle Row: Tyler Hamilton, Nicolas Rowbotham, Erika Marksteiner, Karen Waite, Chris Waite. Front Row: Heather Blackwood, Stacey Larson, Tony Paller, Jim Lee. (Gerry Woloshyn photos)**

## Recent gradings:

### **CASK Hombu:**

Joan Young and Myron Zukekewich, to brown; Peter Jones and Michelle Koorn, blue; Ward Cartier and Angie Westmacott, green.

Sumio Kiyooka, Marianne La Certe, Jill Smillie, Doreen Sutherland, Christopher Brockway and Chris Lamb, orange.

### **Victoria Youth Karate Association – November 7, 2001**

Michael Lis, Wyatt Moore and David Rusk to brown (2<sup>nd</sup> Kyu); Jesse Bains, Greg Olausen, Garrett Chase, Leah Pura, Tony Bashi, Jacob Pollock, Tia Bauer, Kiseri Baier, Matthew Jefferson and Kris Dolberg to brown (3<sup>rd</sup> Kyu).

Anton Laipnicks, Joel Masson, Kiran Bains, Louis Rusk, Ross Neville, Rachael Gavin, Anthony Gavin, Jonathan Smith, Elliott Wheeler, Evan Lawrence, Dylan Devalk and Megan Reid to blue.

Dakota Saunders, Michael Woodrow, Danielle Wilder, Tanner Peter, Fidel Flores, Max Bergen, Niles Riz, Graham John-



**Max Bergen gets dad to help him with his new green belt.**

son and Jeremy Johnson to green.

Aubrey Blackmall, Adam Spence, Scottie Leslie, Ethan Lustig, Karl Nussbaum, Trevor Nevile, Tristan Olausen and Rachel Lambert.

Matthew Smith, Fabian Konrad, Tania Smith, Ross George, Carey Oakes, Felina Pablo, Ronila Pablo, Michael Sumpton, Timon Ferguson, Mason Chou, Winston Chou, William Hesford, Natalia Cook and Jessica Cook to orange.

Shaun Thompson, Kevin Thompson, Jordan Fra-

ser, Riley Mangelsen, Michelle Anthony, Ryan Henry, Richard Goulet and Bryan Gibbs to yellow.

**CASK Campbell River —** Chris Waite, Karen Waite and Erika Marksteiner, to blue belt.

Stacey Larson, to green  
Jim Lee and Tony Paller to orange; Heather Blackwood to yellow; and two kids Nicolas Rowbotham and Tyler Hamilton to brown.

**Association  
annual fees  
are now due.**

## **SUPPORT YOUR NEWSLETTER**

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

**For details, please call Sensei Charles La Vertu at 250-384-9902**

**E-mail: [clavertu@home.com](mailto:clavertu@home.com)**

## Wado-Kai Canada Victoria invitational

# And the winners are . . .

### KATA

**Peewee, 8 years and under, white to brown belt:** Nico Butler, Victoria Chito Ryu; 2. Danny Ritches, Victoria Chito Ryu; 3. Alex Whitfield, Pacific Karate - Everett.

**Junior 9 to 10, white and yellow:** 1. Jerric Ross, Campbell River Kokusai; 2. Andrew Butler, Victoria Chito Ryu; 3. Kameron McKim, Campbell River Kokusai.

**Junior 9 to 10, orange to green belt:** 1. Kayla Depuit, Victoria Chito Ryu; 2. Brittne Masse, Chilliwack Chito Ryu; 3. Krista Butler, Victoria Chito Ryu.

**Junior 9 to 10, Blue-brown:** 1. Scott Armstrong, Campbell River Kokusai; 2. Robyn Klassen, CASK Chetwynd; 3. David Rusk, CASK Victoria.



Connie Beel



Karate BC team member Pam Ross, right, took silver in the female black belt 53 kg and under division

**Pre-teen, 11 to 12 years, white and yellow belt:** 1. Lynn Wang, Victoria Chito Ryu; 2. David Green, Gold River Renshikan; 3. Chris Johnston, Gold River Renshikan.

**Pre-teen, 11 to 12 years, Orange to green:** 1. Cameron Bjornson, Duncan Renshikan; 2. Cory Kasdorf, Campbell River Shito Ryu; 3. Cassy Schouten, Nanaimo Renshikan.

**Pre-teen, 11 to 12 years, blue to brown belt:** 1. Andy Whitfield, Pacific Karate-Everett; 2. Gregory McCaleb, Pacific Karate-Everett; 3. Kalan Anglos, Courtenay Karate.

**Teen 13 to 15, white**

**and yellow:** 1. Cameron Larsen, Gold River Renshikan; 2. Peter Kelly, Victoria Chito Ryu; 3. Brian Liversedge, Brentwood Shuko Kai.

**Teen 13 to 15, orange to blue:** 1. Coco Kimmitt, Victoria Chito Ryu; 2. Nick Yanchuck, Victoria Chito Ryu; 3. Rian Schouten, Nanaimo Renshikan.

**Teen 13 to 15, Brown to red/black belt:** 1. Erik Chambers, Courtenay Karate; 2. Jason Lam, Courtenay Karate; 3. Dana Exum, Pacific Karate-Everett.

**Youth 16 and 17, black belt:** Pamela Ross, Courtenay Karate; 2. Jordan Yow, CASK Campbell River.

**Adult female, 18 and over, yellow-orange belt:** 1. Allison Thompson, Nanaimo Renshikan; 2. Fiona Klassen, CASK Chetwynd; 3. Laurie Pfanner, CASK Chetwynd.

**Adult female, 18 and over, brown and black:** 1. Balraj Shergill, Burnaby



Yondan Connie Danniels fills out certificates for all taking part in the tournament. (Charles La Vertu photos)

## More winners . . .

Chito Ryu; 2. Connie Beel, CASK Victoria; Rachel Aube, Brentwood Shuko Kai.

**Adult male yellow-orange:** 1. Shumio Kiyouka, CASK Victoria; 2. Dave Liversedge, Brentwood Shuko Kai.

**Adult male green belt:** 1. Gary Murphy, Pacific Karate-Everett; 2. Ken Nance, Pacific Karate-Everett; 3. Ward Cartier, CASK Victoria.

**Adult male Blue-brown:** Spencer Nelson, Victoria Chito Ryu; 2. Henry McCaleb, Pacific Karate-



**Sensei Erich Eichhorn, wife Kory and daughter Emma**



**Joyce Lui, Sensei Erich Eichhorn, Jon Taylor help Sensei Gerry Woloshyn set up computer system.**

Everett; 3. Scott Patrick, Gold River Renshikan.

**Adult male and female, black belt:** 1. Balraj Shergill, Burnaby Chito Ryu; 2. Grant Holloway, Aldergrove Shito Ryu; 3. Ali Gilanchi, Vancouver Yukodo Kai.

**Adult male masters (35 years and over) all colours:** 1. David Bentley, Brentwood Shuko Kai; 2. Marcel Lambert, Duncan Renshikan; 3. Jim Le, Campbell River Kok u-sai.

**Team Kata: Tahsis #1:** Scott Patrick, Chris Johnston and David Green, Gold River Renshikan; True Blues, Kimberly Riddles, Reesa Cullen and Nicole Musfelt, Tahsis Renshikan; 3. 2<sup>nd</sup> Try: Kelly Little, Eric Dempsey and Spencer Larsen, Gold River Renshikan.

### KUMITE

**Female pee wee 8 years and under, yellow-orange belts:** 1. Danielle Wilder, Victoria Wado-Kai Youth Karate; 2. Kelsey Gibson, Tahsis Renshikan.

**Junior 9 to 10, yellow-orange:** 1. Erica Dempsey, Tahsis Renshikan; 2. Elizabeth Loomis, Pacific Karate-Everett; 3. Carlyan Green, Gold River Renshikan.

**Female junior 9 to 10, orange-green,** 1. Kayla Depuit, Victoria Chito Ryu; 2. Robyn Klassen, CASK Chetwynd.

**Female junior 9 to 10, Red-black:** 1. Stephanie Lyons, Victoria Chito Ryu; 2. Nicole Vizely, Nanaimo Renshikan; 3. Cassy Schouten, Nanaimo Renshikan.

**Female pre-teen, 11 to**

**12, white to black:** Ellie Exum, Pacific Karate-Everett; 2. Coco Kimmitt, Victoria Chito Ryu.

**Teen 13 to 15, yellow-orange:** Richelle Johnston, Gold River Renshikan; 2. Brianne Osenjak,



**Dale and Sandra Rix collect spectator fees**



**Jennifer Anderson, Stephanie Anderson and volunteer co-ordinator Cindy Ruttan sign up competitors.**



**Angie Westmacott, Chris Pepperdine, Carey Oakes clear up after the tournament — (Charles La Vertu photos)**

## And more winners

Brentwood Shuko Kai; 3. Danielle Alessio, Victoria Chito Ryu.

**Female adult, 18 and over, yellow belt:** 1. Allison Thompson, Nanaimo Renshikan; 2. Jill Smillie, CASK Victoria.

**Female adult, 18 and over, orange-green:** 1. Angela Westmecott, CASK Victoria; 2. Laurie Pfanner, CASK Chetwynd

**Female adult, 18 and over, Brown belt:** 1. Dana Exum, Pacific Karate-Everett; 2. Chris Pepperdine, CASK Victoria; 3. Kimberlee Loomis, Pacific Karate-Everett.

**Female adult, 18 and over, black belt, 53 kg and under:** 1. Balraj Shergill, Burnaby Chito Ryu; 2. Pamela Ross, Courtenay Karate; 3. Coco Kimmitt, Victoria Chito Ryu;

**Female adult, 18 and over, Black belt, open weight:** 1. Balraj Shergill, Burnaby Chito Ryu; 2. Coco Kimmitt, Victoria Chito Ryu; 3. Dana Exum, Pacific Karate-Everett.

**Male, pee wee, 8 and under, yellow-orange:** 1. Alex Whitfield, Pacific Karate-Everett; 2. Dallas Barnes, Tahsis Renshikan; 3. John Vinnedge, Comox.

**Male, pee wee, 8 and under, green to brown:** 1. Ross Nevile, CASK Victoria; 2. Louis Rusk, CASK Victoria.

**Junior, 9 to 10, yellow-orange:** 1. Jerric Ross, Campbell River Kokusai;



**Kraig Devlin of CASK Shiai, left, took gold in black belt of 75 kg competition and silver in open weight**

2. Roscoe Whitmore, Campbell River Kokusai; 3. Jordan Barnes, Tahsis Renshikan.

**Male junior, 9 to 10, green-brown:** 1. Joshua Stokes, Courtenay Karate; 2. Matthew McKay-Jefferson, CASK Victoria; 3. Scott Armstrong, Campbell River Kokusai.

**Pre-teen, 11 to 12, yellow-orange:** 1. Andrew Ruperto, Victoria Chito Ryu; 2. Luke Drayton, Campbell River Kokusai; 3. Cameron Bjornson, Duncan Renshikan.

**Male pre-teen, 11-12, green-brown:** 1. Kalan Anglos, Courtenay Karate; 2. Gregory McCaleb, Pacific Karate-Everett; 3. Clinton Roberts, CASK Campbell River.

**Teen, 13-15, yellow-orange:** 1. Curtis Wiley, Campbell River Kokusai; 2. Nick Yanchuck, Victo-

ria Chito Ryu; 3. Brian Liversedge, Brentwood Shuko Kai.

**Male, teen, 13 – 15, green-black belt:** 1. Erik Chamber, Courtenay Karate, 2. Jason Lam, Courtenay Karate, 3. Jonathan



**Chris Waite of CASK Campbell River sports new medal**

Dyck, Victoria Chito Ryu.

**Adult, 18 and over, yellow-orange:** 1. Dave Liversedge, Brentwood Shuko Kai; 2. Shumio Kiyouka, CASK Victoria.

**Adult, 18 and over, Green:** 1. Ken, Nance, Pacific Karate-Everett; 2. Chris Waite, CASK Campbell; 3. Ward Cartier, CASK Victoria.

**Male, 18 and over, blue belt:** 1. Shad Potts, CASK Chetwynd; 2. Henry McCaleb, Pacific Karate-Everett; 3. Scott Patrick, Gold River Renshikan.

**Male, 18 and over, Brown-black:** 1. Spencer Nelson, Victoria Chito Ryu; 2. Stewart Scott, CASK Victoria; 3. Jordan Yow, CASK Campbell River.

**Male, 18 and over, black belt, between 65 kg and 75 kg:** 1. Ali Gilanchi, Vancouver Yukodo Kai; 2. D. Grant Holloway, Aldergrove Gima-Ha; 3. Mark Woodside, Vancouver Yukodo Kai.

**Black, over 75 kg:** 1. Kraig Devlin, CASK Shiai, Victoria; 2. Gary Wong, CASK Victoria.

**Male, 18 and over, black belt, open weight:** 1. Ali Gilanchi, Vancouver Yukodo Kai; 2. Kraig Devlin, CASK Shiai, Victoria; 3. Gary Wong, CASK Victoria.

**Black, masters, 35 and over:** 1. David Bentley, Brentwood Shuko Kai; 2. Doug Kennedy, Gold River Renshikan; 3. Fred Ruttan, Campbell River Kokusai.

**Don't forget the  
AGM, March 9  
at the Hombu**

## New Wado club started at UVic

By Cindy Ruttan

Tuesday January 9<sup>th</sup>, 2001 marked the inaugural class of Victoria's newest women's karate group - the University of Victoria Student Society Wado Karate club.

The club focuses on teaching and promoting traditional karate and self-defense to women.

Classes are free and open to all ranks.

New students will be accepted year round from both university students and the general public.

The original core of 15 students expanded to 50 members after poster and Clubs Days promotions.



**New women's club in the Michele Pujol room at the UVic Student Union Building**

Thanks to everyone who helped get the word out.

Many thanks to Sensei Greg Reid and the members of CASK Hombu for their support in the

organization and instruction of this program.

Classes are held from 7 to 9 p.m. most Tuesdays and Thursdays in the Michele Pujol room of the UVic Student Union Building.

For a complete schedule of class dates or more information, contact Cindy at [ckruttan@uvic.ca](mailto:ckruttan@uvic.ca) or call 883-1841.

## New term at UVic dojo

By Mike Alberti

A new term has begun at the University of Victoria Wado-Kai Karate co-ed dojo.

Training is on Monday and Wednesday evenings, from 6 p.m. to 7:30 p.m. in the McKinnon Gym Building.

### Increase skills

More than 20 karate-ka (students) are having fun while systematically increasing their skills, flexibility and strength, in this program supported by the University's Department of Athletics and Recreation.

Following a one-year experiment where the UVic dojo limited itself to beginners, we have reverted to

welcoming all ranks.

The UVic co-ed dojo includes equal numbers of women and men, and offers a high ratio of instructors to students.

I am assisted by Jim Ryan (Shodan) and Darren Gauthier (Nidan).

Students have also benefited from classes run by Senseis Greg Reid, Erich Eichhorn and Brendan Ralfs.

Students who have been training since last September are preparing for the up-coming grading.

**(Sandan Mike Alberti is head instructor at the UVic Wado-Kai Karate co-ed dojo)**

### Vaags to lead new UVic club

Executive members for the UVSS Wado Karate club were elected January 18.

Positions filled are as follows: President, Andrea Vaags; vice-president, Nikki MacKinnon; treasurer, Jennifer Anderson; secretary, Carla Seipp; UVSS Club Rep., Cindy Ruttan; directors at large: Val Kerr, Amber Hartley and Lauren Telford.

## Budo

(Continued from p. 3)

We at C.A.S.K. (Canadian Associated School of Karate) are a school of learning – not a club.

Notice I use the word school not schools. We are one, never separate.

It is extremely difficult to teach the art of karate when you do not realize that true karate is loyalty, respect, dedication, and humility.

My karate philosophy is simple. My students are my family. "Karate is Budo." There is no gray area; it's black and white.

Remember karate is from the heart, it has nothing to do with name, rank or piece of paper on a desk.

When you stand in the line of fire, do you fight or turn your back, run and jump ship like a coward. Be strong, it really is good for you.

I would again like to thank all my faithful students and the late Top Master Shintani for never giving up on the real philosophy -- You can't buy karate, it's not for sale."

**(Sensei Reid is chief instructor with the CASK organization)**

**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.**

**Open letter**

# Journey to training

I began my journey as a student of Sensei Gregory Reid on September 10, 1984.

I can still remember opening a heavy wooden door emblazoned with the Wado dove and fist as a nervous and anxious 13-year-old, and walking up the red staircase of his dojo at 1313 Government Street.

A sign on the stairway asked me to remove my shoes and socks, and after doing so I joined the 30 or so other people stretching on the floor and waited with a mixture of excitement and dread. Both were warranted.

When Sensei began the class at 7:30 sharp, I wondered what strange, awesome and terrible place I had entered.

Two hours later, however, I emerged sweaty, exhausted and hooked.

I had found something that touched my spirit, and someone dedicated to its pure delivery.



**Sensei Brendan**

Through the next 17 years, more than half my lifetime, I have trained under Sensei with as much devotion as my will can summon, though never with as much as he deserves, and my awe of him continues to this day.

Like most of us, I have had many teachers in my life, some insignificant, some meaningful.

None, other than perhaps my parents, has impacted

my life as deeply as Sensei Greg.

The teachings he has given me through his devotion to karate-do and his students are priceless and could not have been delivered to me by anyone else.

Everything about myself that I respect, karate encourages; while the heart of karate is at war with everything in myself that I struggle to rise above.

I could not repay Sensei Greg with a lifetime of devotion, and I will consider him to be my teacher forever.

I thank him for all his extreme efforts his unwavering commitment. I will strive to be worthy of them.

The Way is in training.

In karate-do,

Brendan Ralfs

*(Sensei Brendan, 5th Dan, is a senior instructor with the CASK organization.)*

**AROUND KARATE**

## Wado tournament Nov. 3 in Victoria

The fifth annual Wado Canada Victoria Invitational karate tournament will take place Nov. 3 at Central Junior Secondary School in Victoria.

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Sensei Gerry Woloshyn has been appointed head of the WKC referee committee.

---  
The World Karate Federation Congress has changed the competition rules for the sport of karate. The new rules can be accessed and downloaded from the WKF website at [www.wkf.net](http://www.wkf.net).

---  
At the October 2000 WKF world championships in Germany, Norma Foster of Burnaby made history by becoming the first female to achieve A referee status.

---  
Shihan Akira Sato, 8th Dan, of Vancouver marked the 30<sup>th</sup> year of his arrival in Canada at the third annual Sato Cup tournament on Feb. 3. He is the chief instructor for Canada for Shito-Ryu Karate-do Seikokai.

---  
When thieves broke into the Canada Goju Karate club in Duncan on Feb. 4, it was more than a theft, it was a desecration.

“This is a sacred place for anyone in the martial arts community,” said club owner Al Daoust.

The theft of 13 pairs of sai is the most disturbing to Daoust and police.

## Bowing is sign of respect

A B.C. human rights tribunal has tossed out a Seattle woman's request for an interim injunction to prevent her children being required to bow before judo matches.

Mariko Akiyama, a Seattle mother of two young judo competitors, had argued

the bowing requirement is contrary to the family's religious beliefs.

“She believes the bowing has a religious connotation,” said David Magnusson, secretary for Judo B.C. “But bowing is just a sign of respect.”

## Women's club set for tourney

Nidan Alison Greenwood of the Whitehorse Women's Karate Club reports that all is well in the north. “We are training hard for the Yukon Territorial Karate Championships (which will be held in March or April when new competition mats arrive from Korea).”

# Guess who's No. 1 in Victoria?

## You are!



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**KIDS' CORNER****Garrett sets goals before class**

My name is Garrett Chase and I have been doing karate for 3 ½ years.

I started karate at the beginners' kids class at the James Bay Community Center in the spring of 1998. When I first started I was not sure if I would like it but after a few classes, I liked it a lot and I have ever since.

At the "level two" class, I have learned all of my required katas, blocks, punches and other techniques from white belt to



**Chris Pepperdine, centre, checks out Garrett's splits while Louis Rusk awaits his turn at the wall during recent youth fitness and kata championships.**

my third kyu brown belt.

This past year I have

worked hard and I have been looking forward to my early grading in March and our fitness championship in December.

Before I go to karate class, I usually set goals for myself. After school on Tuesday and Thursday, I look forward to going to karate because I can forget about my schoolwork from the moment I step into the dojo to the moment I step out.

If you join karate (if you haven't all ready) I guarantee that you will have just as much fun as I do... "See ya at class!"

**Association annual fees are now due.**

**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.

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