



# Wado Canada

Volume 5, Issue 2

Summer 2001

## More clubs interested

# Wado Canada expands into Sask., Man.

Three clubs, two in Saskatchewan and one in Manitoba, with approximately 100 students, have joined the Wado Karate Association of Canada.

The three clubs were members of the Shintani Karate Federation.

Chief instructor Sensei Nick Hudym said the SKF has been veering towards sports karate, and he and his students are more comfortable with the traditional martial art as practised by members of Wado Canada.

Wado Canada Technical Director Greg Reid visited the three clubs in February, leading several seminars that were well attended by karate-ka, their friends and parents – some taking part in all of them.

Sensei Erich Eichhorn and Sensei Brendan Ralfs accompanied him.

Sensei Nick, who initiated the overture, says

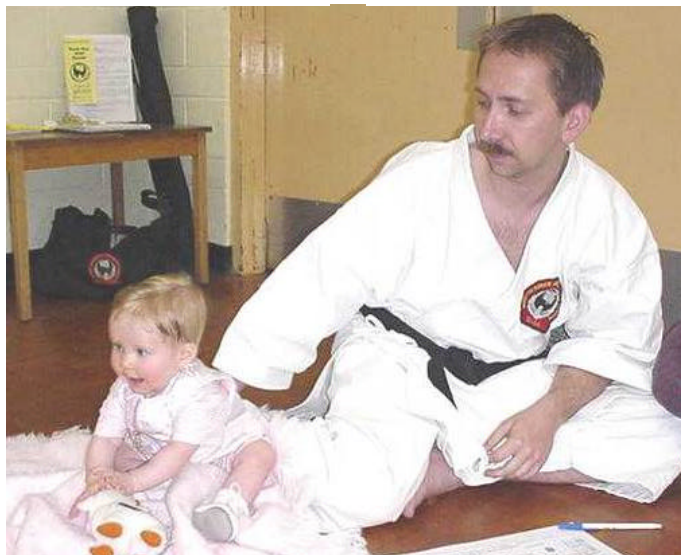
they were overwhelmed with the seminars put on by the visiting senseis.

“The weekend they

spent here was one of the most informative series of workshops that we have ever had in this area,” he said.

“We cannot begin to thank these guys enough for what they did to help us.

*(Continued on page 3)*



**Emma, daughter of Sensei Erich Eichhorn, was on hand for the recent grading held at the CASK Hombu to help dad with the paperwork. For recent grading results please see pages 8 and 9.**

## **Potts takes Gold medal in provincial championship**

Shad Potts of Cheywynd CASK Karate took gold in the men’s advanced +70 kilograms Kumite division at the 2001 senior Spring Provincial Karate BC Championships held in Prince George March 24-25.

Potts placed fourth in men’s advanced kata.

## FOR TWO-YEAR TERM

# Sensei Charles elected Wado president

Founding vice-president Sensei Charles La Vertu was elected president of the Wado Karate Association of Canada at its annual general meeting March 9 for a two-year term.

Sensei Charles, who was re-elected vice-president at the last AGM, became president late last year following the resignation of president Leslie Bowers.

Sensei Gerry Woloshyn, the association secretary, was elected vice-president for a one-year term.

Sensei Gerry has been on the board since its

*(Continued on page 20)*



The Wado Canada newsletter is published by the Wado 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*



Wado president Charles La Vertu, 59, displays full side splits

— Gerry Woloshyn photo

### PRESIDENT'S CORNER

## We're a force to be reckoned with

By Charles La Vertu

I would like to thank you all for the vote of confidence you have given me by electing me president by acclamation.

As the founding vice-president, I have served on the board since its inception in 1996 and know how hard the present and past directors have worked on behalf of your association.

The association is strong and vital, because its members are committed to Karate.

Teaching others and training ourselves helps us maintain and enhance all the things that are good – all the

things that Top Master Shintani taught us.

Like you, each of us is a member first, but we serve in an additional capacity as volunteers for and with you.

This will continue.

In our roles of executive members, we are entrusted to make decisions on behalf of

members.

We are very much aware that all decisions must conform to the bylaws of the association.

We have continued, and will continue, to seek input from, and be available to, the members.

Members are encouraged and invited to serve on

*(Continued on page 3)*

### Wado board of directors

President: Charles La Vertu  
Vice-president and Secretary: Gerry Woloshyn  
Technical Director: Greg Reid  
Treasurer: Erich Eichhorn  
Director: Peter Danniels  
Women's Director: Cindy Ruttan  
Director: Chris Pepperdine  
Director: Sumio Kiyooka

## Moosomin, McAuley, Lumsden join us

*(Continued from page 1)*

“Students and parents have been talking to me since the weekend and can't wait for a return visit.

“In talking to the black belts, it is easy to see that we are moving in the right direction.”

Sensei Nick's home dojo is in Moosomin, Sask., where Sensei Denise Hudym and Sensei Bryn Botterill assist him.

Sensei Bryn also heads a club in McAuley, Man.

Sensei Steve Franck heads a school in Lumsden, Sask.

Wado Canada president Charles La Vertu, who welcomed the new members, said he expects the association to continue growing across Canada.

“However, we do not want to expand too quickly,” he said.

“We want to ensure we have a strong base upon which to build.”

He said Saiko Shihan Reid, accompanied by senior instructors from the organization, hopes to visit all member clubs at least once a year.



**Wado Canada technical director Sensei Greg Reid, centre, with Senseis Steve Franck, Bryn Botterill, Nick Hudym and Denise Hudym.**



**Sensei Erich Eichhorn shows young karate-ka in Moosomin the proper way to stretch. Below, Sensei Greg Reid uses Sensei Erich to demonstrate the finer points in self-defence take down.**

## Association committees

Saiko Shihan Greg Reid, chair, technical committee; Sensei Charles La Vertu, chair, newsletter committee; Sensei Gerry Woloshyn, chair, referee committee; Sensei Erich Eichhorn, chair, grading committee; Sensei Peter Danniels, chair, tournament committee and tournament director; Sensei Brendan Ralfs, chair, instructors' committee chair; and Shodan Chris Pepperdine, chair, fundraising committee.

## President's corner

*(Continued from page 2)* various committees. An example is the fundraising committee.

Our association continues to be a well-run association mainly because of the efforts and hard work of those members who have been givers over the years.

We have history as well as a wealth of experience and talent among our members.

Thanks to these members, who have once again stepped forward to make a positive contribution for the membership, Wado Canada remains a force to be reckoned with in the Canadian world of Karate.



Saiko Shihan Greg Reid demonstrates sparring

**Technical director**

# Thinking Big

By Greg Reid

Our association continues to develop nationally.

Wow! Now we are into Saskatchewan and Manitoba. This is truly good news, Master Shintani would certainly be proud.

Wado Canada, a traditional karate



Sensei Greg Reid

organization, will continue slowly to expand its effort across Canada and worldwide.

New clubs and individual members are always welcome. We have an open door policy and truly believe karate is for everyone.

Our big goal is the standardization of Wado in Master Shintani's vision.

If you love traditional karate, join us in working on Shintani Sensei's goal of "one karate."

Think Big, because anything else is just too small.

**Saiko Shihan Greg Reid is Wado Canada technical director**

# Youth group slowly building momentum

By Greg Reid

The Victoria Youth Karate Association continues to slowly build momentum.

We continue to have and require a solid core of volunteer instructors to teach and help at all levels.

Throughout 2001, technical and membership expansion is on the agenda.

The teaching of our young people is truly a mission. We have been blessed in that our adult group has and continues to realize the value of this teaching.

Our motto of "constant practice brings direct results" is truly what we are about.

Honesty, sincerity, respect, dedication and loyalty are but some of the virtues that we must impart to our group.

As history has shown us, we must emphasize these values above all otherwise corruption will occur.

Together we must continue our mission of strength through unity and loyalty.

**(Sensei Reid is head instructor of the Victoria Youth Karate Association)**



**Megan Reid of the Royal Roads Youth Group**



**Jesse Bains of the Victoria Youth Karate**

The way of the martial arts is not an ordinary thing.

It is to master peace and to desire harmony.

— Hironori Otsuka

## Karate for women

By Nikki Ikeda

In the last two decades, the realm of karate has seen a remarkable increase in the number of women practitioners.

The reasons vary, but fitness, sport and self-defense seem to be the key elements of this trend.

Striving to avoid sedentary lifestyles, more women are beginning to engage in a variety of new exercises.

From my point of view, women players on the national and international levels have changed from recreational students with good technique to superior athletes with exceptional skills.

This can be attributed to the emergence of sport science into coming challenges through sport karate.

Remember, it has only been a short period of

## Unique diversity

With immediate results in strength, stamina, and flexibility, karate is an exercise with a unique diversity unlike other fitness programs.

Karate develops overall musculature through aerobic and anaerobic training methods and applications, making it a complete fitness program, as well as adding balance and grace to a woman's posture and movements.

As a sport, karate is evolving rapidly with a surge of women competitors.

time that women have been able to compete.

Through rigorous training, karate develops the framework of physical, mental and spiritual wellness.

This enables women to apply self-defence in every aspect of life.

It is important to remember that self-defence is not just needed for violent situations, but strength and the karate attitude stops adversity before it even begins.

*(Continued on page 12)*

## The Centre Ring

# Victoria Invitational Tournament Nov. 10

By Peter Danniels

Our annual Victoria Invitational Karate Tournament will be held Saturday, Nov. 10 this year at the Central Junior Secondary School in Victoria.

The tournament has been sanctioned by Karate B.C., and is on the KBC calendar of events

By choosing this mid-November position, we're hoping that we'll avoid any conflict with KBC's Fall Provincials as the location and date of that major event are unconfirmed at this point.

This year's tournament will carry on a few traditions established in previous years.

The "no head-contact" rule will be retained, as will the "modified double knock out" kumite bracketing system for 17 years and younger divisions.

This method allows those coming in second in most matches

another chance to stay in the game.

Eighteen years and older divisions will continue to use the same "modified repechage with cross-over" system as last year.

The Tournament and Referee committees plan to use the new WKF rules for competition to some degree to keep pace with KBC's gradual implementation.

We'll include this information for competitors and officials with registration packages in September.

These are exciting times for sport karate.

As well as the sweeping changes to WKF rules, Karate BC has posted notice of its first open tournament at B.C.I.T. in Burnaby, Sept. 22.

The "open" classification means that any competitor (KBC non-members included) will be eligible to compete under WKF rules.

**Sensei Peter Danniels is chair of the Wado Canada tournament committee and tournament director.**

## Chetwynd CASK Karate takes home 24 medals

CHETWYND -- Seventeen Chetwynd Karate (Wado) Club athletes made their community proud at the recent Tigerfest Tournament held in Fort St. John.

Bringing home 24 medals from this small group is nothing to forget.

Instructor Shad Potts said that the tournament "was a great opportunity for club members, and we represented Chetwynd well."

Other members agreed, saying it was an

excellent exhibition, especially the segment where Kata applications in real life were displayed for an appreciative audience.

The results are as follows:

Paul Hawkins - silver in Kumite and Kata, gold in Team Kata; Rebecca Stender - gold in Kata, silver in Kumite; Chris Rosen - gold in Kumite and Team Kata, bronze in Individual Kata; Dan Rosen - gold in Kata and Team Kata, bronze in Kumite; Mitchell Armer - gold in

Sparring, silver in Kata; Jessica Alexander - Winner of the Sportsmanship Award, silver in Kata, bronze in Kumite.

Brittany Bruce - bronze in Kata, 4th place in Sparring; Tanner Dalke - bronze in Kata; Hunter Hernstad - silver in Kata; Laurie Pfanner - silver in Kata, gold in Kumite; Shad Potts - silver in Kumite, bronze in Kata.

Samantha Hamilton - silver in Kata; Gord Hamilton - bronze in

Kata and Kumite; Kelly Hamilton - bronze in Kata, 4th place in Kumite; Elena Norris - silver in Kumite, gold in Kata; Darren Pockinghorn - bronze in both Kata and Kumite.

Club athletes had a great time at the tournament, and others are encouraged to join the club. It is an affordable sport. People of all ages (six and up) can join at any time.

The club does not practise during the summer, as a club, but athletes do practise at home.

Shad Potts said, "I am extremely proud of all the students - those who competed, and those who did not compete."

Local karate athletes were up against teams from Prince George, Fort St. John and Dawson Creek.

Great work!

-- Chetwynd Echo

## Annual buddy night at McAuley dojo

By Bryn Botterill

The annual Buddy night was held April 19 at the McAuley Karate Club in McAuley, Manitoba.

Buddy night is when each karate-ka is encouraged to bring a friend or family member to participate on the floor.

It helps introduce the club to new people, gives parents the chance to see what and how the students are learning, and shows them there is a lot more to karate than punching and kicking.



Sensei Bryn

Class is run a bit less formally than normal, introducing basic techniques and stances, with higher belts demonstrating kata and kumite.

This is also a chance

for all students to gain experience at instructing by helping their Buddy achieve correct technique, and having to answer their Buddy's questions.

We had a good turnout again this year with 18 Buddies on the floor.

I would like to thank all karate-ka and Buddies for their participation, and I hope all enjoyed the experience.

- Sensei Bryn is head instructor at the McAuley Karate Club

**BEACH TRAINING**  
**11 a.m. July 22 at**  
**Sensei Gerry's**  
**Beach, 5173**  
**Cordova Bay Road,**  
**Victoria.**

## Growth steady but planned, annual general meeting told

The Wado-Kai Karate Association of Canada continues to grow – albeit slowly – and now has three new clubs in Saskatchewan and Manitoba, President Charles La Vertu reported to the association's annual general meeting held in March.

He said the association will be changing its name next year but will continue to emphasize the martial arts, self-defence and character-building facets of karate without neglecting the sports aspect.

About 100 members will be joining from the three



**At head table from left are Secretary Gerry Woloshyn, Technical Director Greg Reid, Tournament Director Peter Danniels, President Charles La Vertu, Treasurer Erich Eichhorn and Director Cindy Ruttan.**

new schools that were formerly with the Shintani Karate Federation, he said.

“We are expanding slowly to ensure we have a solid base upon which to build,” he said.

“We’ve also had some approaches from schools in Ontario wanting to join.”

Sensei Charles noted that Top Master Shintani, who died prematurely last year, was highly supportive

of Wado Canada, “and strongly encouraged us to implement his vision as passed on to him by Grand Master Otsuka.”

Sensei Charles said the association will be changing its name to end confusion.

“In Karate circles, the name Wado-Kai is generally understood as belonging to the JKF Wado-Kai in Japan, leading some people to assume we belong to that organization,” he said.

“We don’t. We’re not affiliated with any other organization at this time, and have no plans to do so.”

He said that in keeping with Master Shintani’s wishes, “Wado” will be retained in whatever name is eventually selected. Any change will be presented for approval at the next AGM.

“As a first step, your executive has decided we will be dropping the word ‘kai’ from our name.”

In keeping with the teachings of Master Shintani, emphasis will continue to be on the philosophical aspect of

*(Continued on page 16)*

## Sports versus traditional is balanced

Wado Canada continues to maintain a vibrant and solid presence in mainstream sport karate, as administered by Karate B.C., Tournament Director Peter Danniels told the association’s AGM.

“This was clearly demonstrated in our fourth annual invitational tournament in November 2000.”

Sensei Peter said that by opening our doors and hosting a yearly KBC-sanctioned tournament, Wado Canada members accomplish several things:

- We guarantee access to high calibre competition to those of us who compete;
- We do our part as hosts, adding to the

KBC Calendar of events;

- By hosting only one tournament a year, we help strike a healthy balance between sport and the traditional art of karate; and
- Hopefully, we make money.

“Keeping the door to competition open for our members is seen by

*(Continued on page 17)*

## Recent Wado Canada gradings

# Two new nidans and six shodans

The Wado Karate Association of Canada has two new second-degree black belts (nidans) and seven new black belts (shodans)

The new nidans are Sensei Bryn Botterill of Moosomin and Sensei



**Kiran Bains and Karl Nussbaum**

Steve Franck of Lumsden. (See p. 9)

The new shodans, graded June 1, include Chris Pepperdine, Chandra Fisher, Cindy Ruttan, Joan Young, Myron Zukewich, all of Victoria, and Kristin Byers of Moosomin (who was graded May 24.)

Other recent gradings:

**Victoria Youth Karate Association at Gordon**

**Head, Royal Roads and CASK Hombu, Feb. 6 and March 6:**

**Brown (1<sup>st</sup> kyu):** Michael Lis, Wyatt Moore and David Rusk.

**Brown (2<sup>nd</sup> kyu):** Jesse Bains, Greg Olausson, Garrett Chase, Leah Pura, Tony Bashi, Jacob Pollack, Kiseki Baier, Matthew Jefferson and Kris Dolberg.

**Brown (3<sup>rd</sup> kyu):** Joel Masson, Kiran Bains, Louis Rusk, Ross Nevile, Rachael Gavin, Anthony Gavin, Evan Lawrence, Dylan Devalk and Megan Reid

**Blue:** Dakota Saunders, Michael Woodrow, Danielle Wilder, Tanner Peter, Fidel Flores, Max Bergen, Niles Riz, Graham Johnson and Jeremy Johnson.

**Green:** Aubrey Blackhall, Adam Spence, Scottie Leslie, Karl Nussbaum, Trevor Nevile, Tris tan Olausson, Fabian Konrad, Carey Oakes,



**Shodan Cindy Ruttan**

Felina Pablo, Ronica Pablo, Michael Sempton, Masson Chou, Winston Chou, Timon Ferguson, William Hesford, Jessica Cook and Natalia Cook.

**Orange:** Shawn Thompson, Kevin Thompson, Jordan Fraser, Riley

Mangelsen, Adam Farquarson and Richard Goulet.

**Yellow:** Alita Carr, Toshi Uyeda, Rachael Claus, Jace Steiner, Charles Dupre, Nicholas White, Chelsea Leslie, Megan McRae, Molly Life, Shanel Life, Syruss Winn, Tyrell Williams, Jacob Terry, Jeremy Hoffman, Krystyn Dubicki, Noah Tripp, Selena Chantilly-Geiza, Shane Fitzgerald, Kaelan Oxford, Nicolas Postle, Tayler Simpson-Bisson, Tess Spackman, Ben Vernon, Jake Vernon, MycKauly Melanson, Bryan Gibbs, Denise LeBlanc, Jessica LeBlanc, Billy Mansell, Erin Shotton, Daykota Slevan and Tyler Clarke.



**Adult grading at the CASK Hombu**

**Adult University of Victoria and CASK Hombu.** March 2 and June 1.

Brown: Carla Seipp and Jennifer Lang. Blue: Angie Westmacott and Ward Cartier. Green: Chris Lamb, Jill Smillie, Sherri Yurkowski, Sumio Kiyooka, Christopher Brockway and Marianne Lacerte.

Orange: Julie Gibson, Heidi Marie Fraser, Tom Spetter, Arianne Albert and Jeff Tebo.

Yellow: Heather Ellen Currie, Emanuela Tura, Grant Kelner, Carley Cook and Ken McRae.

**The University of Victoria Women's Karate Club,** April 27: Both Sarah Dillon and Jennifer Anderson graded to orange from yellow and Stephanie Anderson graded to brown.

Special recognition goes to Nikki MacKinnon, who made the rare leap to brown from green belt, acknowledging her enthusiasm and dedication in helping teach kids classes at both Gordon Head and James Bay.

**CASK Campbell River.** Adults: To brown: Chris Waite, Karen Waite and



**Nikki MacKinnon, who jumped to brown belt from green, presents medal to Tanner Peter**

Erika Marksteiner.  
Green: Jim Lee.

Orange: Geri Perrier-  
Everly and Heather

Blackwood; and yellow:  
Arnis Damberg.

Youth: Orange: Meagan  
Caflish.

Yellow: Evan Ben-oliel,  
Jarod Ben-oliel, Zachery  
Hamilton, Mack Maier,  
Chris Perrier-Everly,  
Ashley Slade, Adam  
Wainer, Josh McLennan,  
Andrew Ashley, Michael  
Caflish, Kristy Hagen,  
Kevin Hagen, Peter  
Charlsworth, Emily  
Charlsworth, Clifford  
Dick, Jordan Shultz and  
Zoë Froemgen.

## After 11 years, Sensei Steve finally gets his second dan

Sensei Steve Franck had to wait 11 years.

But his patience, dedication and hard work finally paid off.

On June 5, he was awarded his Nidan (second-degree black belt).

Sensei Steve is chief instructor at the Lumsden, SK Karate Club. Previously he had clubs in Saskatoon and St-Denis, SK. (See page 15)

Also graded to Nidan was Sensei Bryn Botterill of



**Kristin Byers is one of six new Wado Canada black belts**

Moosomin. Kristin Byers of Welwyn, SK. was graded to Shodan (first-degree black belt). Their gradings took place May 24.

Others graded May 22 were: Jackson Creighton, Brody Jaenen and Cameron Sutherland to green belt; Donovan Griffin, Aura-Lee Hudym, Matthew Mavin and Cedric Wong to orange; and Jason Cousins, Jina Creighton, Debra Anne Mavin and Ferlin Rands to yellow.

## Saiko Shihan Greg Reid's training tips

# Primary/Accessory (supplementary) kicks

**Editor's note: It is our intention to provide you with training tips in each issue of your newsletter. This is part two of a series on kicking.**

**Part one is in our last newsletter – Volume 5, Issue 1 – Spring 2001. Saiko Shihan Greg Reid, 7<sup>th</sup> Dan, is Wado Canada technical director.**

**By Greg Reid**

Primary (fundament) kicks

Techniques:

4. Roundhouse kick (Mawashi geri)

Accessory (supplementary kicks)

5. Outside crescent kick block (Soto mikazuki geri uke)

6. Inside crescent kick block (Uchi mikazuki geri uke)

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

(Please refer to Wado Canada Newsletter Volume 5, Issue 1 for kicking theory and practice stances.)



**Roundhouse kick  
Mawashi geri picture 1  
Zenkutsu dachi  
or front stance**



**Roundhouse kick  
picture 2**

These next three kicks are normally practised from

- 1) Informal stance (Hachiji dachi)
- 2) Front stance



**Roundhouse kick picture 3**

(Zenkutsu dachi)/  
Half front stance  
(Hanmi dachi)

Traditionally, the roundhouse kick is considered technically the most difficult of all standing kicks.

The outside and inside crescent kick blocks are classified as momentum style kicks, which can be used as a block or strike.

**N.B. All kicks are**

**traditionally rotated on the supporting ball of the foot.**

**Roundhouse kick (Mawashi geri)**

4. Roundhouse kick (Mawashi geri) – from left front stance (picture 1)

a) **Lift** (picture 2) – The right leg is lifted from the floor in a semi-circular action.

*(Continued on page 11)*



**Roundhouse kick picture 4**

(Continued from page 10)

b) On the lift the heel is fully contracted to the hamstring.

The right knee is focused directly toward the front. The ankle is fully flexed in, and the ball is focused. The right knee is slightly above the ankle.

The supporting leg is now fully pivoted on the ball to a 180-degree rotation. This facilitates the full use of the hip.

b) **Kick** (picture 3, side profile) – The right leg is fully extended out towards the target.

Only the first two knuckles of the ball are focused into the kick.

It is important that your upper body does not break the parallel line of the hip. If this occurs, strength will be lost. The knee position determines the height of the kick.

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, the heel is pulled tightly towards the buttock.

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



**Outside crescent  
kick block  
Soto mikazuki geri uke  
picture 1  
Zenkutsu dachi  
or front stance**



**Outside crescent  
kick block  
picture 2**

This downward movement is an exact reversal to the lift movement.

The semi-circular action of the leg must be maintained and

underlined.

**N.B. Roundhouse kick can be done with the ball or the instep.**

### **Outside crescent kick block (Soto mikazuki geri uke)**

5 – Outside crescent kick block (Soto mikazuki geri uke) from left front stance (picture 1)

a) **Lift** (picture 2) – The right leg is lifted from the floor in a direct line to an approximate 45-degree angle to the outside horizontal line of the hips. The knee and leg are held tightly and flexed fully to the outside of your body.

b) **Kick** (picture 3) – The right leg is continuously extended in a semi-circular arc and is fully locked in a position directly square to the front of your body.

The guard never moves and remains in position throughout the kick.

The middle of the sole is used as the blocking or striking point.

c) **Retract** (picture 4) – The leg continues now to gradually contract along a semi-circular arc, stopping and fully



**Outside crescent  
kick block  
picture 3**

contracting at the opposite 45-degree angle to the original lift position, but along the same plane.

The knee always remains along the same horizontal line and never deviates.

d) **Down** (picture 1) – The right leg is extended back to its original position in the front stance. This extension backwards is done in a

(Continued on page 12)



**Outside crescent  
kick block  
picture 4**

(Continued from page 11)  
 very efficient line,  
 straight back.

**Inside crescent kick block (Uchi mikazuki geri uke)**

6 – Inside crescent kick block (Uchi mikazuki



**Inside crescent kick block Uchi mikazuki geri uke picture 1 Zenkutsu dachi or front stance**



**Inside crescent kick block picture 2**

geri uke) from left front stance (picture 1)

a) **Lift** (picture 2) The right leg is lifted in a direct line to an approximate 45-degree angle to the inside horizontal line of the hips.

The knee and leg are held tightly

and flexed fully to the inside of the body. The ankle is flexed in the blade formation.

b) **Kick** (picture 3, shown from the side) the right leg is continuously extended in a semi-circular arc along a horizontal plane and is fully locked in a position directly square to the front of the body.

The guard, like in the previous kick, never moves. The middle top of the instep is used as the blocking or striking point.

c) **Retract** (picture 4) – The leg continues now to gradually contract along a semi-circular arc, stopping and fully contracting at the opposite 45-degree angle to the lift position, but along the same plane.



**Inside crescent kick block picture 3**



**Inside crescent kick block picture 4**

Again the knee always remains along the same horizontal line and never deviates.

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

The extension backward is done in a very efficient line, straight back.

**Women in Karate**

(Continued from page 5)

The benefits of karate for women are endless.

From fitness to sport, karate gives women the opportunity to improve every aspect of their lives.

I believe millions of women will learn these benefits this millennium.

Some people think this leads to the spiritual and intellectual side of karate.

These are a part of the mental side of karate, but the full spiritual nature of karate is beyond the scope of this article. –

**Nikki Ikeda is a U.S. National Team Coach and a Shotokan karate instructor based in New Orleans, Louisiana.**

**Volunteers needed for our annual Victoria Invitational Karate Tournament. (See page 5) Please contact Shodan Cindy Ruttan**

# From the heart of Saskatchewan

By Sensei Nick Hudym

Earlier this year two clubs from Saskatchewan and one from Manitoba joined the Wado Karate Association of Canada.

Moosomin, located in southeastern Saskatchewan is where I instruct.

Sensei Denise Hudym and Sensei Bryn Botterill also work out and help instruct at the dojo on a regular basis every Tuesday night.

Sensei Bryn instructs a club of his own in McAuley, Manitoba, on Thursday nights. Both clubs average about 20 to 25 students.

Sensei Steve Franck instructs a Tuesday night class of about 50 students in Lumsden,



**Sensei Nick Hudym**



**Senseis Nick and Denise, rear left, and Sensei Bryn, rear far right, with the Moosomin Karate club**

Saskatchewan.

I started with Wado-Kai Karate in 1983 when the Moosomin club was first founded by Sensei Roland Day from Fort Erie, Ontario.

Upon receiving my Black Belt in 1986, I took over as head instructor of the Moosomin club and have been instructing there to this day.

For the past 20 years I have been employed with the Potash Corporation of Saskatchewan as a Chemical Lab Technician -- don't ever let anyone tell you that they cannot be



**Sensei Denise Hudym**

involved with Karate because they work shift work.

Sensei Denise began her Karate training when she joined the Rocanville Karate Club in 1985.

She has been a Black Belt since 1992 and has been very active within the clubs as a student

as well as an instructor.

She works as a Home Care Aid in Rocanville, Saskatchewan.

Sensei Steve Franck, one of my first Black Belts, received his Black Belt in 1989. As a member of the RCMP I never know where he will be opening up a club next.

Sensei Bryn, my latest Black Belt, received his Black Belt in 1997 and has been head instructor of the McAuley Club ever since.

When Sensei Bryn is not teaching Karate or riding his motorcycle he can usually be found working as an auto body technician.

Corinne Skuse in profileCASK Campbell River

# From horticulturist to karate instructor

**By Karen Waite**

A horticulturist, a landscaper and a businesswoman, Nidan Corinne Skuse is senior instructor of the Campbell River Women's Karate Club.

She is a senior student of Sensei Wayne Duguay, chief instructor at CASK Karate Campbell River, and assists with the co-ed classes at the CASK dojo.

Born and raised in Campbell River, Nidan Corinne and her husband Paul built from scratch their business, Mystic Woods Nursery, which keeps them busy seven days and nights a week.

Mystic Woods has been recently nominated for Business of the Year award in Campbell River.

With running this six-acre garden centre and also a full time landscaping business, one would wonder when she fits in time to train.

Sitting alongside a fish-filled pond on a stone patio nestled in her gardens, I asked just that.



**From left rear, Geri Perrier-Everly, Nidan Corinne Skuse and Karen Waite, and bottom is Heather Blackwood.**

Q: How long have you been involved in karate? A: I started in spring of 1992, with Sensei Wayne's first group. We were 15-20 white belts, no colour ranks.

Q: How do you manage to balance karate and your own business? A:



**Nidan Corinne**

I find I need to make time to train to keep my sanity. Karate gives me an energized break from the nursery.

Q: What made you want to start a women's class? A: I wanted to make karate more accessible to women. I've noticed that a lot of women tend to feel intimidated by co-ed karate, especially older women.

My class offers the benefit of a karate class but more toned down. The students and I have invented new warm up exercises that match each person's fitness level and capabilities.

Q: What fulfils you the most from karate? A:

Seeing the improvement in myself over the years. I can feel my power and body movements are now at a level that I never thought I could achieve.

Q: What are your future goals in karate? A: To move like Sensei Wayne, to have his center, his power and his stability. But that will probably take the next 20 years.

Nidan Corinne's Women's Class will shut down shortly for the summer, the last class being on June 27, and will resume in September to get ready for a Women's Forum on Health and Fitness and Self-Defence Seminar at the Willow Point Sportsplex in September.

Several hundred people are expected to be attending.

## CASK Campbell River competes in Friendship meet

Some of our kids went to Comox to compete in the Island Friendship JR. Karate Tournament put on by Courtenay Shito-Ryu Karate. It was the first time competing for many of them and it was a great learning experience.

# RCMP Sensei builds clubs in Sask.

**By Sensei Steve Franck**

I studied under Sensei Roland Day and started back in 1985 in Moosomin, Sask.

I received my black belt in the spring of 1989 and started a club for kids that same year.

In 1991 I was transferred to Saskatoon where I started a club in French.

I also started another club in the small town of St-Denis, approximately 50 km east of Saskatoon, again all in French.

In 1994 I moved to Lumsden, SK, which is only 25 km North of Regina.

Lumsden is a small town of approximately 1,500 people, located in the beautiful Qu'appelle Valley.

I started another club and I have been here since.

Being an RCMP officer I get to move frequently, but this time, I've managed to stay in a place long enough to allow my club to grow.

The Lumsden Karate Club meets every Tuesday evening from 7 to 9 p.m. and our season runs from September to May.

Our dojo is at the Lumsden Elementary School located on Broad Street.

This year we have 37 students of all ages, ranging from white to brown belts with one red belt.

The Lumsden Karate



**Students winning medals at the Saskatchewan Provincial tournament in Carlyle in November, 2000. From left - Ryan McDonald (silver in Kumite) Russell Knaus (bronze in kumite and silver in kata) Steve Knaus (gold in kumite).**



**Sensei Steve with some of the winning students back from the YMCA Wado Kai Karate Club in Saskatoon SK. From the left back row: Sensei Steve, Elliot Stepler (bronze in kumite) Donald Buchanan (gold in kumite) Diane Miller (bronze in kumite). Front row: Kailan Buchanan (gold in kata) and Kaiman Buchanan (gold in kata and silver in kumite)**



**Lumsden Karate Club as of April 2001. Sensei Steve, foreground, is taking a break.**

Club is geared toward family sport. We have many students where a parent joined with the children or a whole family.

The club is pushing karate as a sport that a whole family can all practise together.

In my case I can say that I really enjoy it now due to the fact that my children are old enough to help.

We try to keep the kumite during classes otherwise we wreck the furniture... Ha! Ha! Ha!

At the last provincial tournament held in Carlyle, SK back in November 2000, out of 15 clubs being represented, the Lumsden Club finished in 4th place.

A little bit about my family and me. I am married. Linda and I have two children, Nathalie 19 and Kevin 16.

Both are in Karate as well. Nathalie is a brown belt and Kevin a red belt.

Linda may not be in Karate anymore but is very much involved in the club and the paperwork.

If you are visiting this neck of the woods, feel free to stop in Lumsden.

The coffee is on all the time.

**Sensei Steve Franck is head instructor of the Lumsden Karate Club**

## Technical director reports to AGM

# Traditional Karate is our destiny

The emphasis of the Wado Karate Association of Canada will continue to be on the traditional art of Karate, Wado Canada technical director Greg Reid told the association's annual general meeting.

Saiko Shihan Reid said that the sudden death last year of his sensei, Top Master Masaru Shintani, forced him to re-evaluate himself, his goals and his hopes for the future.

"I had been Shintani Sensei's Uchi Deshi (top student) for nearly 25 years," Reid Sensei said.

"After much soul-searching, I in the end knew what he always wanted – our organization must and will promote the tradition and art of karate-do, first and foremost. The sport will take a very small role in our Karate.

"We will continue to interact with other schools and styles harmoniously but must pioneer and create our own destiny."

He said the goal of Wado Canada is to work



**Saiko Shihan Greg Reid demonstrates traditional jujitsu with Sensei Erich Eichhorn**

towards expansion of the organization both in terms of members and technically.

Saiko Shihan Reid noted that the newsletters during 2000 featured technical articles that focussed on basic techniques.

This allows the students to enrich their present understanding of the techniques, and in future will they will be compiled either into a book or a

binder.

"Future articles will continue to cover and expand on all aspects of training."

Reid Sensei said that physical, mental and spiritual fitness along with self-defence will continue to be his focus as well as helping all students expand their knowledge of Wado.

"As most of the world tries to focus on turning Karate into an Olympic sport, we will focus on working towards Karate in life," he said.

## **President reports to the AGM**

*(Continued from page 7)*  
Karate – as a martial art, as an art of self-defence, with emphasis on character-building and respect for one's opponent, Sensei Charles said.

"However, we do not intend to neglect the sports aspect of Karate, which provides an opportunity for our members to test their skills against other opponents."

This is one reason why the association holds an invitational tournament each year.

This tournament is also a vehicle to create and maintain harmonious links with other Karate organizations in both Canada and the U.S.

He also encouraged all black belts and senior brown belts to become officials.

Sensei Gerry Woloshyn, who took referee training under Shihan Julius Thiry, head of the U.S. Karate Federation and one of the authors of the rulebook, is the head of the referee committee, and will be on the lookout for training opportunities.

## Sports versus the traditional

(Continued from page 7)

the tournament committee as our primary purpose," he said.

"The degree to which we accomplish this is determined largely by the skill and enthusiasm of the many volunteers who give their time and energy to make it all happen."

### Gains experience

He said that the association gains valuable experience each year, "helping our tournament improve with time and strengthening our position locally, provincially and nationally."

"With this in mind, we look forward this year's Victoria Invitational Tournament, scheduled for Nov. 10, 2001."

Sensei Peter urged any members with comments, questions, or suggestions relating to the running of the tournament to contact him or the other members of the tournament committee -- Sensei Gerry Woloshyn and Sensei Charles La Vertu.



**BEACH TRAINING** — All Karate-ka are invited to take part in the beach training 11 a.m. July 22 at Sensei Gerry's Beach, 5173 Cordova Bay Road, Victoria. Bring the family and plenty of food for all to share. Those that actually train in the water get to try out the hot tub after. Bring an OLD gi. Details: phone/fax 250-658-0756. E-mail: gerrywolo@home.com

## Ken Sei Kai visits CASK dojo

By Cindy Ruttan

Deb Fancy of Ken Sei Kai Canada visited the CASK Hombu in February.

Deb is chief karate instructor at the University of Lethbridge, in Lethbridge, Alberta and dropped by to try a class.

Having heard about CASK Karate Victoria from a former student of Sensei Greg Reid, she came prepared for a great class and was not disappointed.

"I enjoyed the workout and the atmosphere of the dojo. I am trying to incorporate what I learned into training here, and it has given me renewed excitement and desire to learn even more."

She said Sensei Greg reminded her "to enjoy the movement of my body, to 'play' a bit."

"I think as responsibilities and adult stuff start to weigh a person down, we need to remember to keep it light sometimes. You know,

stand on our heads a little."

Deb said she spent 15 minutes in her living room trying to figure out how Sensei Brendan "did that scorpion thing."

"It was fun, and I didn't even break my neck!"

**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.**

**Karate in the news**

**Sensei Bob on the mend; stopped car with knee**

Recovering from injuries is Sensei Bob Reid, assistant senior instructor at the Royal Roads Youth Karate program.

Sensei Bob, a mechanic, was working on a car not realizing it did not have any emergency brakes.

The car started rolling downhill towards a busy intersection so Sensei Bob gave chase, jammed his knee under a tire and managed to stop the vehicle before it hit anyone but not before it rolled over his leg tearing a bunch of ligaments.

\*\*\*

Dr. Julius Thiry of Seattle, president of the USA National Karate-do Federation, has been elected vice-president of the Panamerican Karate Federation.



**Nigel Nikolaisen at Victoria tournament**

Shihan Thiry trained Wado Canada vice-president Gerry Woloshyn, chair of our referee committee, on



**Jasmine joins our Wado family**

CASK Karate Campbell River chief instructor Sensei Wayne and his wife Miranda gave birth to a beautiful, healthy six-pound, nine-ounce girl -- Jasmine Annette Duguay at 3:23 p.m. April 4.

Mom is doing great after a 12-hour, all natural, drug-free labour.

Sensei Wayne

Victoria Shotokan Karate Association head instructor Larry Fulton to the national association's technical



coached Miranda all through the labour.

He describes it as guiding someone through front splits, trying to get them past the pain and on to their goal.

But on a deeper level, he says it was the most incredible experience of his life.

Congratulations Sensei Wayne and Miranda. And welcome Jasmine.

Competitions such as this give our youth an opportunity to gain experience in the sport venue of Karate-do, as well as the ability to share with their fellow competitors goodwill and sportsmanship which our sport, its sensei, and coaches work so hard to maintain, says Shihan Jerry Ferguson.

"It is our hope to instill in these future leaders of Karate that the true value of their training is not measured only in medals won, but is also rewarded by the knowledge that they have given their best effort."

*(Continued on page 19)*



**Dr. Hideho Takagi**

the fine points of the new World Karate Federation competition rules.

\*\*\*

Canadian Shotokan Karate Association national president Rob Ingram has appointed

committee.

\*\*\*

The Pacific Karate Organization will hold its 2001 Junior Classic on June 24 at Edmonds Community College in Lynnwood, WA.

(Continued from page 18)

\*\*\*

Former Wado Canada member Kraig Devlin took silver in the men's under 80 kg kumite at the 27th annual National Black Belt Championships held on Prince Edward Island in May.

His victory earned him a spot on the official Canadian National Team.

\*\*\*

Sensei Ken Corrigan of the Prince George Martial Arts Centre, who served as chief referee at our 1999 Wado Canada Victoria Invitational Tournament, was winner of the Karate BC 2001 volunteer of the year award.

Sensei Fernando Correia of Duncan, chief referee at our 2000 tournament, was also nominated.

\*\*\*

Campbell River karate-ka Nigel Nikolaisen, who has competed in our tournaments, was awarded the 2000 Premier's Athletic Award by Premier Ujjal Dosanjh at the awards ceremony in March.

Nigel subsequently placed third in the junior men, 18 to 20, individual kata at the national black belt championships.

He was also named Karate BC's male junior athlete of the year 2001.

\*\*\*

Sensei Simon Oliver, a 5th Dan from the United Kingdom who has written books and produced videos on bunkai and oyo, was in Victoria to conduct two seminars May 13 at the Naden Gymnasium, home of Sensei Larry Fulton's Shotokan school.

\*\*\*

Darren Laur, a premier instructor on self-defence who has written several books on the subject, also provided a seminar April 7 at the Naden Gym.

He developed the "Pat, trap and attack" method of defence against edged weapons. Darren is a sergeant in the Victoria Police Force and travels all over North America teaching police forces this system of defence.

\*\*\*

Dr. Hideho Takagi, 8th Dan (Wado), visited Sensei Larry Fulton's Victoria dojo June 17 where he held two sessions on JKF Wado Kata Chinto and Seishan -- two of the eight kata that will be compulsory under the new WKF rules.



Nidan Steve Franck gets his nidan certificate from Sensei Nick Hudym (See story page 9)

## UVic Women's Club runs through summer

For the first time, the University of Victoria Women's Club will be running classes at UVic throughout the summer.

Classes will continue to be held Tuesday and Thursday nights in the

Michele Pujol room in the UVic Student Union building.

New students are welcome.

For more information, contact Shodan Cindy Ruttan at [ckruttan@uvic.ca](mailto:ckruttan@uvic.ca).

## CASK t-shirts for sale

CASK Campbell River is making up CASK Karate t-shirts. They are black with the crest of the fist and the dove embroidered on the left side of the front of the

shirt. They look great so we wanted to pass the news on if anyone is interested in buying one. Contact Chris or Karen Waite at 250-923-6392.

### SUPPORT YOUR NEWSLETTER

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

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

For details, please call Shodan Chris Pepperdine at 1-250-595-6065

## Identify yourself

Some members keep their association strong,  
While others join and just belong,  
Some dig right in, some serve with pride,  
Some go along just for the ride,  
Some volunteer and do their share,  
While some lie back and just don't care,  
On meeting nights some always show,  
While there are those who never go,

Some always pay their dues ahead,  
Some get behind for months instead,  
Some do their best, some build, some make,  
Some never give, but always take,  
Some lag behind, some let things go,  
Some never help their association grow,  
Some drag, some pull, some don't, some do,  
CONSIDER - Which of these are you?

## New directors

*(Continued from page 1)*  
inception.

Also returned to the board as director for two years was tournament director Sensei Peter Danniels, another founding director.

Elected to the board for a two-year term was Shodan Chris Pepperdine. Sumio Kiyooka was elected to a one-year term.

Board members are normally elected for two years. Sensei Gerry is completing

Sensei Charles' unfinished two-year term as vice-president while Sumio is completing that of Cathy Bowers who quit after two years on the board.

Subsequently, the board re-elected Sensei Gerry as secretary and referee committee chair; Sensei Erich Eichhorn as treasurer and grading committee chair; Sensei Peter as tournament committee chair; Sensei Brendan Ralfs as instructors' committee chair; and Shodan Chris Pepperdine as fundraising committee chair.

**Karate-ka are encouraged to buy our book**

# WADO-KAI KARATE - KATA

by

The late 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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# The Wado Karate Association of Canada