

JKA SKD NEWSLETTER NO. 5

MARCH 2011 – YEAR 2010 IN RETROSPECT



A MESSAGE FROM THE PRESIDENT OF JKA SKD

Dear instructors and karatekas,

Having been a member of the Board of Directors of the organization since the beginning, it is with great pleasure that I now write to you as its President. I take this opportunity to introduce the other members of the Board of Directors: Melarie Taylor, Vice-President; Bernard Monast, Secretary; Stacy Ungar, Treasurer; and the three other directors, Daniel Liboiron (Bio Aikawa has replaced Daniel at last Annual General Meeting, on February 20th, 2011), Michael Doherty and Craig Blair.

The year 2010 was an important one, with the adoption of new general by-laws that are better tailored to the organization and recognize that our dojos are at its very core. Congratulations are in order for the previous Board of Directors, particularly Rosanna Eugeni for her excellent coordination of all the Board's work.

On another point, the JKA has chosen a new chief instructor. Sensei Masaaki Ueki, 9th *dan*, has taken over from Sensei Motokuni Sugiura, 10th *dan*, who held this position for 19 years, until the age of 85.

The 12th Funakoshi Gichin Cup World Karate-Do Championship will be held in Thailand, from August 19 to 21, 2011. The JKA-SKD will be pleased to support the athletes participating in the competition. Those from our group who qualified and will be travelling to Thailand are: Don Sharp, Manon Quirion, Carole Canaan and Sandrine Ng. We wish them every success.

In conclusion, I would like to remind all of our members of the importance of staying active and maintaining a good level of training. The JKA system, with its various levels of judge, instructor, examiner, *kyus* and *dans*, is one that fosters excellence through continuous training and requires its members to remain active at every age. Remaining active is all the more important for instructors. The path is not always an easy one, at times requiring a great deal of perseverance and humility to overcome a failure or other difficulty. Yet, this is the perfect system in which to implement the first rule of the *Dojo-Kun*: Seek perfection of character!

I wish you all the best for the new year and a fruitful year of training!

Jean-Pierre Cusson
President of JKA SKD Canada

NOTES FROM THE EDITOR

Another year has passed by... Hopefully, it was a year of hard training and great improvement, but if it wasn't, you have the chance to make 2011 such a year. Perhaps, it helps to set up goals; you can train thinking of your next exam, or the next competition. At some point in your karate life, though, you might experience that training hard makes you stronger physically and spiritually, then you'll have a motivation for training that will last forever.

Nadia Hardy
JKA SKD Newsletter Editor



DAN GRADING 2010

Congratulations to the following JKA SKD members who passed their Dan examination in 2010!

Yondan

Graham Mallett
Salvina Sharp

Sandan

Ashraf Omeria
Christian B nard
Larry Hrusik
Paul Atkin

Nidan

Aristh ne Clairm us
Brock Smith
Garik Batista
Jeannine Walsh
Jane Dick
Marco Deslandes
Marko Tokic
Michael Stolberg
Richard Desaulniers
Robyn Orford
Tori Lenet

Shodan

Ariel Shapiro
Clint McCarty
Dominic Gagn 
Donna Williams
Ernie Charlton
Gloria McCarty
Jad Abou-Maarouf
Janna Shapiro
Jacques Gagn 
Jean-Mathieu Desjardins
Jonathan Stinziani
Julien Fitzgerald
Kevin Doran
H lene H bert
Hicham Kabouche

Shodan

Hugo Degroote
Martine Barrette
M lissa Charbonneau
Michael Rushinka
Nassim Benchekri
Richie Phok
Samson Cooperman
Sarah Salzman
Sheldon Diebert,
Simon Phaneuf
Vinoth Tangarajah
Yasmine Solomon-
Markus
Zach Charlton

MEMBERS QUALIFICATIONS IN 2010

Congratulations to the following JKA SKD members who received JKA qualifications in 2010!

Louis Dessaint: Instructor C, Judge C
Stacy Ungar: Examiner D
Stephen Lenet: Judge D
Daniel Libaron: Instructor D, Judge D
Nadia Hardy: Instructor D, Judge D

NEW JKA SKD DOJOS

Join us in welcoming four dojos that have been accepted as full privileged voting members:

#30 Le Dojo Granby (QC), instructor: Michel Duquet

#31 Academie de Karate Shotokan a Sant-Leonard (QC), instructor: Emil Pavaliu

#32 TKA Shotokan Karate Do (QC), instructor: Vinoth Thangarajah

#33 Sargent Park JKA Karate (MB), instructor: Richard Wingert

Three new dojos that have asked to join JKA SKD and are now on probation:

#34 Kelowna Shotokan Karate Club (BC), instructor: Paul Atkin

#35 Lac Brome Kio Karate Club (QC), instructor: Pierre Hache

#36 Katsudo Outremont (QC), instructor: Emil Pavaliu

ITEMS SOLD BY JKA SKD

The following items are sold by our organization. To purchase, members should contact their instructors.

➤ JKA International Passports, cost: 20\$ each.

To purchase, instructors should contact Bernard Monast.

➤ JKA international Kyu certificates (cost: 8\$ each, minimum purchase: 10 certificates).

For price information and to purchase, instructors should contact Bernard Monast.

➤ JKA SKD T-shirts (20\$ each) and logo stickers (5\$ or 20\$ packages).

For price information and to purchase, instructors should contact Melarie Taylor.

Melarie Taylor: melarietaylor55@gmail.com -- Bernard Monast: bernardmonast@hotmail.com



HIGHLIGHTS OF SOME OF THE EVENTS ORGANIZED IN 2010 BY JKA SKD MEMBERS

Thanks to the organizers for sharing these with us.

AKJKAQ Winter Camp 2010

The camp was held on February 27 and 28, 2010 in Montreal. The bad weather in New York caused us some concern, but we were relieved when Sensei Mori arrived as scheduled.

The camp was very well attended, with Saturday being devoted to green belts and higher. The practice of reverse blocking and movement sequences in a variety of stances tested not only our coordination, but also our concentration. Sunday's training was reserved for brown and black belts. Once again, Sensei Mori was able to draw a maximum of intensity and concentration from participants through his imposing presence and his own concentration which require karatekas to never lose their focus or awareness. The effort goes well beyond mere physical exertion, bringing together the mind, intensity (spirit) and technique.

Tora Dojo Kickathon

Held February 20th, 2010 at Tora Dojo in Lasalle; 1000 kicks were done to help raise funds to bring Koishi Sensei (or another Beppu Sensei) from Japan to Canada.

Concordia 23rd Annual Competition

The Concordia competition held March 20, 2010 attracted 40 blue belts (5 & 4 kyu) among its competitors. Let's count on some of them replenishing the brown belt divisions by March 19, 2011. During the weekend a judging qualification course was offered as well as several seminars with Mori Sensei and Takahashi Sensei.

It will be the 25th anniversary of the Concordia University competition in 2012. Here's hoping that you will all be there.

AKJKAQ Summer Camp 2010

For its 2010 Summer Camp, we had the opportunity to welcome Sensei Seizo Izumiya, 7th dan. The camp was held in Montreal over a period of 5 days, with over 80 karatekas participating. Every one present benefitted immensely from Sensei Izumiya's instruction. The study of stances and body shifting, as well as particular attention to the trajectory of blocks, drew a great deal of interest. The camp featured the study of several advanced katas, including Bassai Sho, one of Sensei Izumiya's favourites. As for kumite, the focus was on timing, based on an observation of rhythm. Sensei Izumiya also emphasized the importance of mental focus, attitude and concentration. As in previous years, the AKJKAQ had a draw among those who attended the entire camp. Congratulations go out to Michael Stolberg, this year's winner, whose camp fees were reimbursed in full!

FROM OUR MEMBERS

On the 5th of december 2010 was held the 11th annual LSCDN competition at the Côte-des-Neiges dojo. Many competitors came from different dojos of Montreal and elsewhere, mainly from the Côte-St-Luc, St-Leonard, Tora, Concordia and Granby dojos, and of course from the host dojo in Côte-des-neiges. Also, a great deal of experienced judges came from all around Montreal for the occasion, which made the event a very successful one, as well as a very good experience for all of us competitors, judges, and volunteers. Some shodans and nidans from Concordia and Côte-des-Neiges also had a great opportunity to practice judging with some of the best senior judges in the region. This made the event an even more rewarding experience. Thanks to Sensei Melarie for organizing the whole event. This was a learning experience which will help to make forthcoming events even more successful.

Samuel Harvey, Montreal



HIGHLIGHTS OF SOME OF THE EVENTS ORGANIZED IN 2010 BY JKA SKD MEMBERS (CONT')

Westmount JKA Karate Club 11th annual Summer Camp

The Westmount JKA Karate Club hosted its 11th annual Montreal Summer Camp with Sensei Masataka Mori and Sensei Jose Pacheco (JKA Portugal) as invited guests. The four days of training opened on Thursday morning at the Quebec Hoitsugan dojo and continued in the evening at the Kirkland JKA dojo. Friday through to Sunday, classes were held at Westmount JKA dojo, Nuns' Island JKA dojo and at Shidokan International dojo. Dan examination took place following the Sunday morning class. Please check out our photo gallery at www.westmountjka.com.

We extend our thanks to Shidokan International, Nuns' Island JKA Karate, Quebec Hoitsugan and Kirkland JKA for graciously allowing training sessions to be held at their respective dojos. We also wish to thank all JKA SKD members who attended and supported the camp.

JKABC Clinic With Hanzaki Sensei

On the weekend of June 4-6, 2010, several of the JKA clubs in British Columbia jointly sponsored a seminar with Headquarters Instructor Sensei Yasuo Hanzaki. This was Hanzaki Sensei's second visit to British Columbia, where his powerful techniques and good-natured demeanour have made him a favourite. The venue was provided by the Valley Shidokan Karate Club, which - thanks to the two training halls in their dojo - allowed classes to be split by rank, so that while one group was receiving instruction from Hanzaki Sensei, another could be taught by JKABC Technical Committee members. In addition to providing excellent instruction, Hanzaki Sensei also conducted a grading, with the result that Brock Smith, Robyn Orford and Richard Desaulniers all achieved the rank of nidan, while Ernie Charlton, Clint McCarty, Zachary Charlton, Gloria McCarty, Kevin Doran, and Donna Williams all achieved the rank of shodan. A very special milestone was the promotion of Graham Mallet to yondan!

Shidokan Montreal Fall Camp

The Montreal fall camp was held November 4-6, 2010. Mori Sensei was chief instructor complemented by Sensei Jean-Pierre Cusson, Angelo Massotti, Stacy Ungar and Wolfgang Haas from Rochester who gave challenging classes to our coloured belt members. It turned out to be a "cold training" at the Trenholme center in NDG since we had neither heat nor hot water. It reminded me of the Kowakan dojo in Matsumoto and the old Shidokan dojo on de Maisonneuve. We were reluctant to take off our jackets but the pace of the class kept us fired up. Sunday the city transferred us to the Westhill center full of cobwebs and dust but definitely warmer. Thanks to everyone who persevered, we had a great final class together.

Tora Dojo Competition

Held on October 30th, 2010, hosted by Tora Dojo in Lasalle (dojo #24), Cote St Luc and Shidokan sent competitors. We had a good time and hope to have more dojos participating next year.

FROM OUR MEMBERS

We enjoyed meeting and training with Sensei Pacheco at the Westmount camp. He gave inspiring demonstrations as well as new ideas for teaching purposes. Sensei Pacheco openly invited us to the Portugal camp (jkaportugal.com) and offered to coordinate student home stays too.

Melarie Taylor,
Montreal



HIGHLIGHTS OF SOME OF THE EVENTS ORGANIZED IN 2010 BY JKA SKD MEMBERS (CONT')

Winnipeg November Camp

The JKA SKD Winnipeg dojo (#12) hosted a successful training camp with Master Mori, coordinated by Sensei John Selinger. Three other dojos in the city also participated in the camp – Pan Am Karate Club (dojo #25, Sensei Shane Boyce), JKA SKD Winnipeg West (dojo #28, Sensei Joel Crisp), and Sargent Park JKA Karate (dojo #33, Sensei Richard Wingert). Students worked hard and were challenged in their practice of basics, kumite and kata. Master Mori's sharp eye provided participants with excellent insights into our weaknesses as well as our potential for improvement. Thank you to everyone who participated and helped to make this camp a success!

Visit to BC by Sakurai Sensei

In early December of 2010, JKABC hosted a visit by Sensei Yasuo Sakurai. For those of us who were lucky enough to train with Sakurai Sensei during the many years when he lived in Canada, whether in Montreal or in Vancouver, such visits seem too infrequent and much too short! In addition to the weekend seminar hosted at our Chilliwack club, Sensei also taught classes at our North Vancouver club and - for the first time - at our newest member club in Kelowna. The classes were very informative and the social events that followed were lots of fun. Although we were all sorry to see Sensei leave, we parted with a promise that he'll come to visit us again next year!

11th Annual LSCDN Fall Competition

The 11th Annual LSCDN Fall Competition took place on Dec 5th in Cote-des-Neiges. Many competitors had to work the tables and judge before competing with little or no time to warm-up so we ask more black belts to become involved next time. This is the first time we held a Sunday competition but the feedback was good and the idea of an earlier start for the next one was put forward.

FALL ANNUAL TRAINING IN JAPAN

Japan hosted its annual fall joint training camp on October 7-10, 2010 at the hombu dojo in Tokyo. Classes were separated into Nidan to Godan and Rokudan and Nanadan. Sensei Yasuo Sakurai, Don Sharp, and Melarie Taylor attended as well as many JKA SKD International members.

The new President Mr Yoshihiko Iwamatsu gave the opening and closing addresses, and in a special ceremony, Sensei Ueki was awarded his 9th Dan. During the course of the weekend we had the opportunity to see Sensei Sugiura former chief technical director of JKA.

Sensei Saeki received A level judge qualifications and Denise Saeki was acknowledged for attending her 10th Gasshuku in Japan. Brad Jones and Ed Leung also enrolled totaling 7 Canadians at the camp.

FROM OUR MEMBERS

On the 18-19 of September 2010 was held the annual Albany Camp, which celebrated 50 years of the dojo! A little convoy from Montreal made it there for the occasion and benefited from David Denio and family's hospitality for the week end. It was also the occasion of celebrating Sensei Mori's 78th birthday, for which a BBQ was held on the Saturday Night, and a cake was presented to him on Sunday after class. The camp was an overall success, with a great turnout and, of course, amazing classes which lasted two hours each. Sensei Mori surprised us with a different teaching formula. He asked each senior instructor to teach a part of the basics while he corrected us. The formula was enjoyed by everyone because they received a great deal of attention and many corrections from him. We all came back home inspired and happy with, of course, very sore legs.

Samuel Harvey and
Jeannie Taylor, Montreal



JKASKD INTERNATIONAL INVITES CANADIANS every year to two excellent competitions (October & early May). Last year 5 Canadians ventured to go. It is a great opportunity to gain experience and offer support to quality-run JKA events on the continent. Who will join us on Saturday, April 30, 2011? Check the JKAUconn website (<http://jkaconn.com/>) for more details.

HIGHLIGHTS OF EVENTS ORGANIZED BY JKA SKD INTERNATIONAL IN 2010

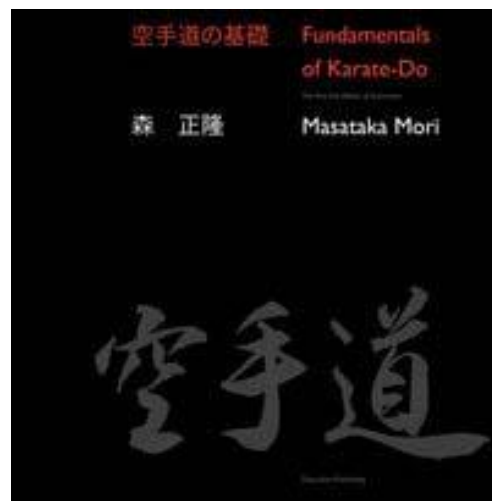
Very often JKA SKD members attend events organized by JKA SKD International. Below, one of our members shares with us his experiences in the 2010 SKDI Summer Training Camp (US). Perhaps, you will get tempted and attend the events in 2011!

This year the JKA SKDI summer seminar was held at Mitchell College in New London, Connecticut. The training, which lasted from Wednesday to Sunday, brought together karatekas from Canada, the United States, Haiti, Colombia, Venezuela, India and last but not least Japan. For five straight days all participants trained vigorously in the summer heat – a collective body and mind forging experience. Masataka Mori Sensei, 8th Dan, presided the seminar while Toshihiro Mori Sensei, 7th Dan, and Yasunori Ogura Sensei, 7th Dan, were the guest instructors from Japan. Both guest instructors were 1980 and 1986, respectively, All Japan Karate Championship kumite champions. Toshihiro Mori Sensei awed the entire class with his stance breaking sweeps followed by lightning fast punch combinations – unquestionable *ippon*. Yasunori Ogura Sensei left an imprint in everyone's mind with his fluidity of motion and powerful *kime* while performing kata. As the week was coming to a close, a goodwill tournament was organized followed by a barbeque on the beach. As the sun set, karatekas were still busy enjoying the great company of their fellow students. Finally, after a grueling Sunday morning training given by Masataka Mori Sensei, it was time for the Dan examination. Karatekas tested for Shodan up to Godan. The summer camp was a success once again and helped strengthen not only everybody's technique but also the friendship ties between all karatekas. It is hoped that next year a greater number of us will take part in this fantastic experience. -- Michael Stolberg, Montreal

During the summer camp, Sensei Matte Thomas presented a check of \$8594 US to help rebuild and stimulate growth of the Haitian JKA community affected by the earthquake of January 2010. Sensei Joiseus Nadir (chief instructor of JKA Haiti) spoke briefly of the lost of family, friends and 3 dojos and was genuinely touched by our efforts on their behalf. The Concordia raffle and the March break camp raised \$1300 US towards this donation. Thank you to all the Canadians who added their contributions.

Also during the camp, Mori Sensei launched his first book called "The Fundamentals of Karate-do – the first five weeks". This bilingual book (Japanese-English) is being sold for \$30 US and Mori Sensei has been authenticating student copies with his signature. We are all waiting for the second book to be published.

Thank you to the New York dojo, Andrew Bakoleadis and his team for behind the scenes effort that made the camp so successful. Finally, rumors of a deluxe air-conditioned dormitory becoming available for the 2011 US summer camp were circulated with enthusiasm.



JKA SKD NEWSLETTER NO. 5



DOJO PROFILE

Our Dojo is located on beautiful Pender Island (population 2000) between Vancouver Island and mainland BC (<http://www.penderisland.info/>). Islanders have a strong sense of community. High school students travel by water taxi to Saltspring Island. We have a volunteer fire department and know our 2 RCMP officers personally. The Orca whales pass 50 feet off shore and sunsets can be spectacular.

The community also has Shiatsu, Reiki, massage, Yoga, meditation groups, Tai Chi, and Kobudo. I try to relate the lessons of the mind and body in the Dojo. Making connection between your realizations in the Dojo and your every day life makes Karate real and relevant to your life. This was the theme of the Pender Island Black Belt retreat weekends that were held a few years ago.

In our dojo, a person receives their 3rd Kyu and their first degree in Reiki, a healing art studying the connection between the energy that underlies movements, yielding, and intuition. Many Masters studied calligraphy or flower arranging, or some other yin study. Your Karate studies can be so much more than what you physically see in the Dojo.

This is my 40th year in Karate. More and more I see myself as a student of life's lessons. One thing that I would like to pass on would be the realization of the need of compassion in all things, including the study of Karate.

Namaste

Wayne McNab
JKA SKD Dojo #27, Pender Island BC

HAVE ANY COMMENTS? WANT TO HELP?

Do you have any comments regarding this Newsletter? Any other topics you would like to see addressed in future Newsletters? Would you like to publish an article in the next Newsletter? Please let us know!

We need collaborators and translators from English to French and French to English – let us know if you can help! You can reach the editor at hardy.nadia@gmail.com or the JKA SKD administration at administration@jkaskd.ca.

FROM OUR MEMBERS – TOKYO APRIL 2010

There's nothing more beautiful than Tokyo in April - Sakura blossoms, gentle breezes blowing... except of course this year. Spring Training Camp 2010 was a snowy, windy, wet situation!

I was excited and anxious about my upcoming exam. Up until this point, I had graded in front of Sakurai Sensei, Sharp Sensei, Osaka Sensei, and Hanzaki Sensei, but I was about to stand up in front of the Gods of Shotokan karate, all collected together in one room. Yes, I was scared.

Thankfully, I had my Sensei/husband with me to keep me focused, encouraged, and determined. The grading itself was an amazing opportunity to watch and learn. I was so incredibly honoured to be able to watch Ohta Sensei's seventh dan exam - and witness his grace and composure.

My first surprise was when they *started* the exam with kumite. I am used to having kumite saved for last. My second surprise was that we needed fist protectors. I was about to see that all the stories I had heard about lots of contact when grading in Japan, were true! It was an amazing experience that I will always remember; and I came back to Canada as a JKA Yondan.

Salvina Sharp
JKA SKD Dojo #3, Chilliwac BC

JKA SKD NEWSLETTER NO. 5



UPCOMING EVENTS ORGANIZED BY JKA SKD MEMBERS – 2011

All contact information, and updates on the upcoming events, can be found at www.jkaskd.ca.

February 19-20: AKJKAQ Winter Camp, with sensei Shu Takahashi, 7th dan – Organized by AKJKAQ, Montreal. karate.jka@videotron.ca

March 18-20: 24th Concordia competition and classes – Organized by Shidokan International, Montreal. <http://www.shidokanint.ca/>

May 6-7: Training camp in Winnipeg with Sensei Mori. Organized by JKA Shotokan Karate-Do Winnipeg. Location TBD. jdick@mts.net

May 27-29: Seminar with Sensei Hirayama Yuko. More information coming up soon (visit www.jkaskd.ca)

June 3-5: Montreal Summer Camp (with guest instructor Sensei Koyama Shojiro 8th dan JKA) – Organized by Nun's Island JKA. jkanunsisland@videotron.ca

June 4: JKA Tournament in BC – Organized by Valley Shidokan Dojo. More information coming up soon (visit www.jkaskd.ca)

June 29 to July 3: AKJKAQ Summer Camp (with a guest instructor from Japan, name TBA) – Organized by AKJKAQ, Montreal. karate.jka@videotron.ca

Summer: Kickathon - 1000 kicks, fundraising – Organized by Tora Dojo, Montreal. sheriandchuck@sympatico.ca

November 4-6: Montreal Fall Camp (with sensei Masataka Mori, 8th dan) – Organized by Shidokan International, Montreal. melarietaylor55@gmail.com

November 18-19: Training camp in Winnipeg – Organized by JKA Shotokan Karate-Do Winnipeg, Winnipeg. jdick@mts.net

November 27: 12^{ve} Annual LSCDN Fall Competition – Organized by Shidokan International, Montreal. melarietaylor55@gmail.com

FUNDRAISING

The fundraising committee has 4 members – Don Sharp (from BC, dojo#3), Shane Boyce (from Manitoba, dojo#25), Le Doan (from Quebec, dojo#13) and the chairperson Melarie Taylor (from Quebec, dojo#20). This year we sold our 4th batch of T-shirts including hoodies, as well as logo stickers. We had one raffle and 5 karate events that donated funds to JKA SKD Canada. Your support was appreciated.

As more dojos are joining the JKA SKD, we hope to increase the awareness of our members and their families that we are a group of individual clubs working together nation-wide for the benefit of JKA SKD Canada. If you have an idea for fundraising please discuss it with your seniors (or with your clubs and students) and support your national organization. Better still, if you would like to volunteer to be part of our committee, please email melarietaylor55@gmail.com.

JKA SKD WEBSITE

Did you know that our association has a website? Visit it to discover what goes on, how many we are and how we are spread all along Canada; you'll find updates on coming events and photos of past events. Your comments and suggestions to improve the site are more than welcome! www.jkaskd.ca

The Editor thanks the following JKA SKD members for helping with the English to French translation of this Newsletter: Bernard Monast, Bettina Karpel, Samuel Harvey, and Michael Stolberg and Alex McDonnell.

The JKA SKD or the editor cannot be held responsible for the content of signed articles appearing in this newsletter.