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Volume 8 Issue 1

Newsletter of the Yoshukan Karate Association

February 2005

Yoshukan Honbu Dojo Opened!



New Honbu Dojo main floor. A Kumite ring has been added in red hardwood for members to practice their competition skills

Yoshukan Honbu Dojo Opened

The Yoshukan Karate Association Honbu (Headquarters) Dojo opened in Mississauga, Ontario on January 1st, 2005. The dojo has 3,600 Sq. Ft. of floor space and houses: Main dojo floor (1,500 sq. ft.); second floor matted dojo; office; locker rooms; handicapped washroom; full kitchen; parent and student lounge; exercise area with universal gym; treadmill; stretching bar; library; washer/dryer units; and (under construction) massage/meditation room and sauna.

The dojo project was lead by Sensei Betty Gormley and General Contractor, Gordon Deane. The building is owned by Kancho Robertson and Sensei Gormley who took possession in August, 2004. Gord's work crew (Spud; Matt; Keith; Jeff) and the dojo volunteers (dozens!!) pitched in to make the space something we are all proud of.

Special thanks to the dozens of dojo volunteers who devoted their XMAS-New Year's break to get the dojo up and running for our January 1st launch. Dojo members also generously donated the fridge; stove; dishwasher; microwave; coffee maker and kettle. Academy parents now get to have a coffee and read the paper while their kids train.

The main dojo floor was constructed with special rubber 'pucks' (placed one foot apart) to give the floor a special 'bounce' while training. The locker rooms feature separate washrooms, showers, sinks, cubbies and (shortly) lockers. The dojo was built to code and has had a full range of city inspectors sign off on all aspects of the construction. Safety was the number one priority in all construction decisions. The dojo can also now house out-of-town visitors with its full range of accommodations and futon. An alarm system has also been installed that will allow senior students off-hour training for a nominal extra fee.

The Honbu dojo is also looking to add: Yoga; Kendo; Tai Chi and a Registered Massage Therapist to its roster of courses and services. Situated beside a well-known dance studio (PAVAS), the Academy has negotiated a mutual 7% discount to family members that use either facility. Thank you again to all the Academy members that pitched in this modern day 'barn-building'.

Your contributions were very much appreciated!



Academy Construction Crew

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養秀館 IN MEMORIAM - SENSEI DANIEL FEIST (1954-2005)

The Yoshukan Karate Association lost one of its senior members, Sensei Daniel Feist, recently after a brave and tenacious battle with cancer. Excerpts from his memoriam as follows:

“Daniel died peacefully in his sleep during the night on Friday, February 11, 2005. His loss will be deeply felt by all those whose lives he touched, but most acutely by his wife of 23 years Susie, their two children, Emily and Max, his mother Ursula (his father, David, predeceased him), his brother Tony, Tony’s wife Nina and their two children, Eric and Jonathan.

The family is profoundly grateful to all of the doctors, nurses, and staff associated with the Jewish General Hospital who worked so valiantly in the effort to restore Daniel’s health (especially Dr. Small and the pulmonary team), and then did so much to make his final weeks peaceful and painless (especially Dr. Lapointe and the palliative team).

Daniel graduated from Lower Canada College in 1971. In his high school years, he regarded most academic achievement as an unsavoury compromise with an illegitimate authority—but he was always (semi-secretly) proud of having won the Latin Prize on graduation. After completing CEGEP at McGill, Daniel spent a year polishing his German, working in Stuttgart with *Das Beste* (Reader’s Digest).

Returning to Montreal in 1974, Daniel enrolled in the Communications Arts program at Concordia University. Even before his 1978 graduation (B.A., *magna cum laude*, Communications Arts & German) Daniel had already launched himself into a remarkable career as a musician, broadcaster, martial artist, journalist, teacher, photographer, band manager, and record producer that would eventually take him to almost every part of the globe.

Daniel first visited Africa in 1975 and, in the course of the next 30 years, would meet, interview, write about, work with, argue with, and charm an extraordinary collection of the leading figures from the music, arts, and entertainment communities in Montreal and around the world.

Here in Montreal, Daniel may be best known as a radio host. From June 1979 on, there was never a time when Daniel was not somewhere on the Montreal radio dial but, for the past 16 years, the focus was his weekly world beat program, *Rhythms International*, on Mix 96.

The range of Daniel’s other professional work defeats any attempt at summary. The highlights would include his writing, his teaching at Dawson and Concordia University, and his work in sound (*Auxferd Nightburrd* and other pieces), which led to his winning the 1990 ACREQ/CBC *Electroclips* Competition. Daniel also managed the Montreal reggae group Kali & Dub and co-produced their Juno-nominated debut CD, *Rise Up!* He later worked closely with Joaquin Diaz, co-producing his first two CDs.

From 1998 to 2002, Susie’s work as an Avon executive took their family to South Africa. Daniel hosted *Rhythms International* from Johannesburg while serving as a consultant for two African radio stations. He travelled widely in Africa, deepening his knowledge of its culture, music, art, and martial arts. In his spare time, he picked up the basics of Zulu stick fighting to complement his Black Belt (3rd Dan) in karate, and added to his fine collection of African folk and tribal art.

As always, there was a steady flow of widely-published journalism, from record and performance reviews, to travel pieces, to news features, such as his coverage of the 2001 Durban Conference Against Racism, and the 2002 Johannesburg Conference on Sustainable Development.

In 2002, the family moved to Warsaw. Daniel continued to host *Rhythms International* from Poland and again worked as a consultant, acquainting himself with the unique world of post-communist radio.

On his return to Montreal in July 2004, Daniel learned that he had cancer. He chronicled his struggle with the disease, and its impact on himself and his family, in a powerful series of articles for the *Gazette*, which exemplified the strengths of both his journalism and his personality”.



DOJO UPDATE: MONTREAL DOJO

L'Académie de karaté Montréal en GRANDE FORME!!!

Depuis la nouvelle année, les karatékas ont participé à plusieurs événements, soit 2 compétitions de karaté et une démonstration de la pratique du Yoshukan au centre sportif Gadbois. D'ailleurs nous y avons aussi démarré un nouveau Dojo.....bravo aux instructeurs: Raluca, Balgovind, Costa, Olivier, Mazen, Baki pour leur dévouement au succès de cette nouvelle école.



Shihan Louise Provencher and Montreal dojo.

Digne de mentions sont nos jeunes compétiteurs:

Sarah Perez et Simon Mercier Nuygen qui ont obtenu des points aux compétitions des sélections des équipes provinciales en combat. Sébastien Calistru et Henri Tchibozo sont aussi à la conquête du podium.....lâchez pas les jeunes.....l'an prochain se sera plus facile.

Chez les adultes, nos ambitions sont mises sur l'obtention de nouveaux grades.....alors je vous laisse puisque nous avons un cours spécial ce soir pour nos avancés.....ceintures bleus, brunes et noires.

Sensei Louise



DOJO UPDATE: NDG

Article and photo not submitted by Dojo Instructor

DOJO UPDATE: LASALLE

"ALIENS" IN WHITE -Alien Sighting at LaSalle High School

Well, it may be an alien sighting; but it's definitely NOT aliens in white uniforms you see running through the corridors and the gym at LaSalle Community Comprehensive High School. Let me explain.

Why an alien sighting? Because it's never been seen before. There has never been a Martial Arts Club at any other high school in Quebec's largest English School Board: the Lester B. Pearson School Board .

Senpai Malcolm Mazumdar successfully approached administration, parents and students and convinced them of something Kancho often says (and amply supported by research): the Martial Arts *taught properly* promotes academic success. James Williams (first yellow belt in the club), Steven Marcantonio, Tyler Hineson, Matthew Hineson, Katie Carter-Brunet, Vanessa MacDermott and Ahber Mir.

So, since September 2004, the Pearson Martial Arts Club (PMAC) is up and (literally) running.

And who are those "aliens" in white?

Well, now you know. They are the students of the Pearson Martial Arts Club: the first ever high school Martial Arts club in the largest English School Board in Quebec.

Sempai Malcolm Mazumdar



DOJO UPDATE: KAWAWACHIMACH

The Kawawachikamach Yoshukan Karate Club, set up as a not-for-profit organization in the First Nation community of Kawawachikamach, Québec, held its first class in the Naskapi Community Centre on 24 January, 2005, with 31 prospective Karatekas participating. Since then, the number of students has decreased, but is holding steady at 18. The students comprise four adults with the balance being children ranging in age from 6 to 16 years old.

The Club is a welcome addition to the community, and it provides youths and adults with an opportunity to engage in a constructive and healthy activity. In fact, the local school recently contacted the Club regarding a youth who was classified as a "problem student". In the short time that this student has been training at the Club, the school has noticed a significant improvement in behaviour, attendance, and focus in the classroom!

Balgovind Pande and Coco Calderhead teach classes during their respective visits to the community. In their absence, classes are taught by Paul Mameanskum, who achieved the rank of Green Belt in the Yoseikan Karate-do system. Paul is working hard to learn the Yoshukan curriculum and he has made significant progress in that regard. He looks forward to training at the Academy of Yoshukan Karate in Montréal during his visits to that city.

The Club looks forward to inviting Kancho Robertson and other senior Yoshukan Instructors to share their knowledge with the Naskapi students in the near future.

Sempai Balgovind Pande

Sempai Coco Calderhead



JUNIOR DEVELOPMENT SEMINAR

Academy competitors recently attended seminar with Sensei Ted Jungblut, former National Team Coach and 3-time Canadian Champion. The junior development seminars were initiated by Kancho Robertson in 2003 and have featured most of Ontario's top teachers and coaches. Hosted 4 times/year at each Sensei's dojo, the seminars give academy athletes the opportunity to learn from Ontario's best and to work out with their competitive peer group (attendance is limited to junior athletes between the ages of 8-13 who have medaled at a KO event).

Sensei Jungblut trained the juniors on advanced Kumite techniques and initiated them to a great new set to hand drills to improve their timing and reaction speed.

The next JDS will be held at the Academy on May 7th from 4:00 to 6:00 PM.

Guest instructor is Hanshi Kenzo Dozono, 8th Dan and Chairman of the Karate Ontario Technical Committee. Interested juniors should notify Kancho Robertson if they would like to attend (hosting dojo can waive the KO medal criteria).



**Sensei Ted Jungblut
Junior Development Seminar
February 12, 2005**

CHA YON RYU: AUSTIN, TEXAS

Kancho Robertson is currently fulfilling a business consulting contract that brings him into Austin, Texas one week each month. Fortunately he has been unofficially adopted by the **Cha Yon Ryu** dojo lead by **Sensei Rick Fine** in Austin, Texas. The Cha Yon Ryu system is under the direction of Grandmaster **Kim Soo**.

A 6th degree black belt, Master Rick Fine began training with Grandmaster Kim Soo in 1975. Master Fine serves as Secretary General of the International Chayon-Ryu Martial Arts Association and as coordinator of the Chayon-Ryu educational seminars held annually at Houston headquarters. In 2003 he was honored to teach a Chayon-Ryu workshop at the international Aiki Expo sponsored by the Aikido Journal, and he has previously taught in Seoul, Korea and St. Petersburg, Russia as a visiting instructor. Master Fine has also studied directly under Kondo Katsuyuki Sensei, Director of Daito-Ryu Aiki Jujutsu, in Tokyo and leads one of only two official Daito-Ryu study groups in the United States.

Kancho Robertson is most appreciative of the budo spirit and hospitality shown him by this wonderful dojo in the lone star state!



Photo by: Amy Fine

Master Rick Fine and students of Cha Yon Ryu Dojo - Austin, Texas

HONBU DOJO BEFORE & AFTER

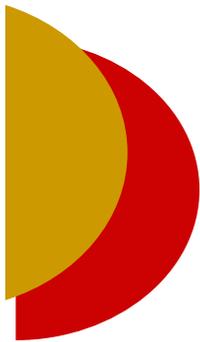


YOSHUKAN SUMMER CAMP 2005

Yoshukan Karate Association

Yoshukan Karate Summer Camp 2005

August 19-21, 2005



養秀館

The Yoshukan Karate Association is pleased to announce the 4th Annual Yoshukan Summer Camp. Situated in Picton, Ontario, the camp is 3 hours drive from Montreal and 2 hours drive from Toronto. The camp will be held at the renowned **Isaiah Tubbs Resort & Conference Centre**

Located beside 500 spectacular acres of gardens and woodlands on the shores of West Lake and Sandbanks Provincial Park. Accommodations include "country comfortable" guest rooms in a fully restored 1820's century home which is now a Country Inn, or rooms and spacious suites in contemporary lodges.

Prince Edward County provides beautiful scenery and great recreation, including cross-country skiing, horseback riding, fishing, hiking, bicycling, swimming and sail boarding. On-site recreation facilities include heated pools, tennis courts, fitness centre with weight room, sauna and whirlpool.

The all-inclusive package for camp participants includes: meals, room, training, campfire, kids theatre, parking, taxes and gratuities.

The camp will be taught by Yoshukan's Top Black-Belt instructors and will be a wonderful opportunity to improve all students' martial arts skills and understanding of our system. This is a great chance to interact with Yoshukan students from other parts of the world. Other highlights of the camp will be:

- **11 comprehensive training sessions, including: Kumite; kata; bunkai; self-defence; weapons; physiology; meditation; kobudo and more!**
- **Morning run/Dynoboxe open to all parents/participants**
- **Exclusive Brown/Black Belt training**
- **Free time for parents/families to go to the beach / dunes**

Hope to see you all there!

Please RSVP to: Sempai Annalisa Larocca at: (416) 806-5777

E-mail at: alarocca@lk-intl.com

Yoshukan Karate Association

Academy of Yoshukan Karate

A division of NAMAICO Holdings Inc.

2355 Royal Windsor Drive, Unit 9

Mississauga, Ontario

L5J 4S8

Phone: (905) 919-1919

Fax: (905) 823-DOJO

Email: iaito@sympatico.ca

Website: www.yoshukankarate.com



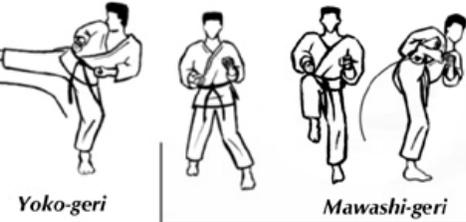
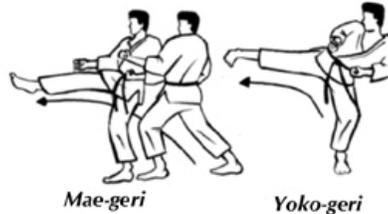
Camp Fees (all inclusive)

Individual Adult (3/room)	\$ 395
Family (2 Adults—2 children)	\$ 960
Brown/Black Belts (3 nights, 3/room)	\$ 520
Brown/Black Belt (Friday training only)	\$ 60

Early-Bird Registration
5% camp discount and
FREE Camp T-Shirt

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Kicks



“The ultimate aim of Karate lies not in victory or defeat, but in the perfection, of the character, of the participants”



2005 Upcoming Events

Year of the Rooster

- Demo Team Practice: -1st Friday of every month 6:00-7:30 PM
- Brown/Black Belt Practices: -1st Wednesday of every month 6:30-8:00 PM
- Karate Ontario Tournaments: -Feb 27th; May 1st; May 29th;
- Junior Development Seminars: -May 7, 2005 at the Academy with **Hanshi Kenzo Dozono**
 -September 17, 2005 **Sensei Hasan Bratic**
 -November 19, 2005 **Sensei Malcolm Fisher**
- Easter Egg Tournament: -March 26th, 2005
- National Karate Championships: -April 7-9th, 2005 (Halifax, N.S.)
- Dojo Olympics -April 23rd, 2005
- Kegami Baraki -April 23rd, 2005
- Kancho Party -April 23rd, 2005
- N.C.C.P. Coaching Certification: -April, May 2005
- Brown/Black Belt Exams: -August 19th 2005
- Yoshukan Summer Camp -August 19-21, 2005
- Academy Exams: -Last Saturday of each month