養秀館 Zanshin

Volume 8 Issue 3 Newsletter of the Yoshukan Karate Association November 2005

Yoshukan Promotes 10 new Black Belts

New Yoshukan Black Belts: Balgovind Pande, Raluca Stanescu, Mohamed Baki and Olivier Abecassis

Black Belt Exams in Sorel & Mississauga

The Yoshukan Karate Association (YKA) held Yudansha (Black Belt Holders) exams in both Sorel and Mississauga over the summer. Yoshukan Quebec candidates tested at the 2005 Summer Camp (details in this issue) and demonstrated a strong understanding of Yoshukan technique and spirit.

Shihan Provencher (senior teacher in Quebec and Technical Director of the YKA) prepared her students for a demanding 2.5 hour exam that included kata, bunkai and kumite. **Sensei Betty Gormley** and **Sensei Steven Dreschel** helped prepare the Mississauga Candidates for their exams with extra curricular sessions leading up to the exams.

The association continues to grow with many dedicated students preparing themselves for various dan (black belt level) examinations planned for November and August, 2006. In fact, the association has 30 students testing for 1st through to 5th Dan grades between November and next summer. Black Belt examinations require the successful completion of a 200-question written exam plus an essay before being allowed to take the physical test.

Each test covers all the core Yoshukan technique (stances, blocks, punches, kicks, strikes, breakfalls) and then reviews the primary categories of: bunkai (applications); kata (forms) and kumite (sparring). Black Belt candidates typically endure a challenging 2-3 hour test that pushes them to their limits.

Congratulations to new Yoshukan Black Belts: **Raluca Stanescu; Balgovind Pande; Mohammed Baki; Olivier Abecassis; Samantha Lee; Omer Gojak; Jake Robertson; Natasha Campbell;** and **Zeljko Violoni.** And a special congratulations to Sempai **Bryan Dreschel** on passing his 2nd Dan exam!

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Yoshukan Exam Candidates pre-test for their August / December Examinations: **Boris Hrovat; Bryan Dreschel; Samantha Lacktin; Omer Gojak; Jake Robertson; Natasha Campbell; Shauna Wentzell; Zeljko Violoni**. Sensei Dreschel and Kancho Robertson instructing.

養秀館 KYOSHI DOMETRICH TEACHES AT ACADEMY

The Academy of Yoshukan Karate hosted **Kyoshi Devorah Dometrich**, 8th Dan in August, 2005. Kyoshi Dometrich is the Chief Instructor for North America for the Ryu Kyu Kobudo Hozoin Shinkokai (Okinawan Traditional Weapons Society).

Sensei Dometrich visits the Academy 2-3 times/year and instructs the students on Bo (Staff); Sai (Trident); Tonfa and Nunchaku. Students at the Academy train Wednesday evenings (2nd Wed of each month) on kobudo and prepare for examinations with Sensei Dometrich when she visits.

Sensei Dometrich is a pioneer of martial arts in N.A. and the Academy feels privileged to have her support our learning. Sensei will also be teaching at the 2006 Summer camp in Picton, Ontario.

Academy students study weapons as a separate art from Yoshukan karate and can grade in kobudo as their knowledge of the curriculum expands.

Kyoshi Dometrich shows Sempai **Zeljko Violoni, David Bartolini, Natasha Campbell** and **Jake Robertson** bo-waza

Kyoshi Devorah Dometrich, 8th Dan with Kobudo students
(Back row); Kancho; Natasha Campbell; Jake Robertson; Peter Furlan; Zeljko Violoni; Andrew Johnson; Lisa Johnson; Sensei Dreschel; (front row); Alex Furlan; Shelley Brand; Rachel (Simba) Crowther; Melissa Lacktin; Emily Johnson; David Bartolini

ACADEMY HOSTS GOJU SENSEI—ISAO YABUNAKA

The Academy of Yoshukan Karate was pleased to host **Sensei Isao Yabunaka** in July, 2005. Yabunaka-Sensei is the senior Seiwa Kai Goju Ryu Karate-do Chief Instructor in Canada. Sensei Yabunaka is a 7th Dan, Kyoshi grade instructor. He began his instruction under Hanshi (Grandmaster) Gogen Yamaguchi at the Japan headquarters in 1964 and received his Shidoin (Senior Instructor) and 3rd Dan directly from Yamaguchi-Sensei. Yabunaka-Sensei was assisted by **Sensei Mark Pridham**, 4th Dan. Sensei Yabunaka and Kancho Robertson served together on the Karate Ontario Technical Committee and had often spoken about Yabunaka-Sensei dropping by the Academy to teach a class.

Yabunaka-Sensei taught Academy adults and juniors various fighting combinations and displayed a vigour most 30-year olds would envy. Although in his 60's, his technique and spirit remain impressive!

KARATE ONTARIO GOLDEN PERFORMANCE

Mississauga's Academy of Yoshukan Karate turned in golden performances at the recent Karate Ontario Provincial Championships. 12 competitors from the dojo (training hall) competed in both kata (forms) and kumite (sparring). The students ranged in ages from 8 to 18 and competed in categories from novice (White to Orange Belt) through to Black Belt.

Academy competitors were: **Jacob Golightly** (9); **Thaksayan Ramanan** (9); **Alex Furlan** (9); **Sanda Violoni** (10); **Emily Johnson** (13); **Peter Furlan** (13); **Shelley Brand** (14); **Gillian Hinton** (14); **Renée Robertson** (14); **Andrew Johnson** (15); and **Lea Violoni** (18).

Gold medal performances went to: **Gillian Hinton** (kata); **Andrew Johnson** (kumite) and **Renée Robertson** (kumite). Silver medals were awarded to: **Gillian Hinton** (kumite); **Alex Furlan** (kata). Bronze medalists were: **Peter Furlan** (kumite); **Sanda Violoni** (kumite); **Renée Robertson** (kata)

Karate Ontario Tournament Champions

YOSHUKAN QUEBEC SUMMER CAMP

Par L'équipe de rédaction Simon, Sarah et Sylvie

Le Camp d'été Yoshukan 2005 ou la convergence de l'effort, du plaisir et du soleil!

La clinique annuelle de l'académie de Karaté Yoshukan a été organisée cette année par **Shihan Provencher** et ses collègues du dojo de Montréal sur les rives du majestueux Fleuve Saint-Laurent à Sorel, au camp de vancances Les Grèves.

L'atmosphère convivial qui s'installe sous un pavillon unique ou l'on trouve autour du dojo, les dortoirs et installations de cafétéria, ajoute à l'expérience de groupe et contribue à sceller les liens.

Break time at the camp...contemplating life!

Chacun a apprécié la déversité des cliniques déployées au Camp 2005, entre autres celles de Bo avec **Kancho Robertson**, de Geri avec **Sensei Sean Donahue** (qui a su laisser plus que sa marque !) de Kumité avec Shihan Provencher et **Sensei Rebecca Khoury**, d'Aikido avec **Sensei Jacques Chaurette**, de chutes avec **Sensei Peter Bakomihalis**, d'entraînements avec **Sensei Robert Kalinowicz** et **Sensei Malcolm Mazumdar**. Le camp a aussi été marqué par la tenue de l'examen de ceinture noire pour plusieurs de nos collègues qui ont, doit-on le dire, gagné leur pari comme d'autres d'ailleurs qui graduaient à de nouveaux niveaux.

Le grand feu de camp du samedi soir a été particulièrement festif et mémorable : remise de diplômes sur un fond de ciel étoilé le tout agrémenté de la douce voix de **Renée Robertson** qui nous a gratifié d'une de ses compositions. Quel talent!

Somme toute, un camp des plus réussis qui a non seulement permis de précisier les orientations du Yoshukan et de parfaire notre technique mais aussi de resserrer nos liens d'amitié.

Merci a tous nos maîtres et organisateurs et... À l'an prochain!

DOJO UPDATE: MONTREAL

La clinique d'automne de Yoshukan Québec : un véritable succès!

Kancho Robertson, Sensei Dreschel ont donné le meilleur d'eux-mêmes ces samedi et dimanche aux Dojos de l'Académie Yoshukan de Montréal. Les élèves nombreux, 30 juniors au dojo de NDG et plus de 20 adultes au dojo de l'Académie rue Lenoir n'auront pas été déçus des enseignements de leurs maîtres, pas plus que les maîtres de leurs disciples d'ailleurs! Quelques faits saillants de ce camp :

Des messages clairs aux jeunes : utiliser le karaté pour se défendre seulement et ne pas se battre inutilement; être constant et poli au dojo, à l'école et à la maison et; travailler de façon soutenue pour atteindre ses objectifs.

Révision des kata de base pour tous; rappel sur la philosophie offensive de Yoshukan qui doit être au cœur de toute la technique de chaque karatéka et sur l'importance de bien maîtriser la technique de base du karaté avant de prétendre aux niveaux plus avancés.

Le groupe des ceintures moins avancées a perfectionné les Okinawa Hand Drills avec Sensei Dreschel. Un défi à la fois amusant et stimulant qui permet d'améliorer la coordination et la fluidité des mouvements par des exercices de mise en situation de combat.

Les ceintures brunes ont travaillé différents éléments de Nage No Kata avec Kancho Robertson en vue de leur passage au niveau de ceinture noire. Ouf! Les ceintures noires ont, quant à elles, pratiqué un Bunkai requis pour leur niveau.

Un Camp des plus réussis. Nous anticipons déjà leur prochaine visite prévue en décembre. Un grand merci de tous à Kancho Robertson, Sensei Dreschel et Shihan Provencher.

ANNUAL GENERAL MEETING HELD IN MONTREAL

Yoshukan Karate Association held its Annual General Meeting (AGM) in Montreal at the Hotel du Fort on Saturday, November 5th, 2005.

The AGM is lead by President, James Ashley and brings together the association's Directors and Advisors to discuss association business.

We are pleased to announce the association has grown 50% since our last meeting with the addition of three new dojos. The members and new dojo are also receiving unprecedented services and support.

Directors: **Louise Provencher; Jacques Chaurette** (missing from photo), **Kancho Robertson**, **Stephen Dreschel** (Advisor) were joined by **David Francis** and **Robert Kalinowicz**. Dojo reports and fees were submitted and reviewed and are available in our annual minutes for any interested member

Annual General Meeting Participants:
Robert Kalinowicz; James Ashley; David Francis; Stephen Dreschel;
Regrets: Raymond Tempier; Betty Gormley; Annalisa Larocca

DOJO UPDATE: GADBOIS

Yoshukan Gadbois Dojo is up and running under the direction of Sempai Raluca Stanescu and her family (Contantin and Sebastian Calistru).

The dojo recently held its own Kick or Treat and enjoyed visits by Shihan Provencher and Costa Thanopoulos and Henri Tchibozo. Instructors and students performed demonstrations and guided their future champions through their kata. Great to see a new club, and teacher, grow and spread the Yoshukan philisophy of Building Life Champions!

KICK OR TREAT AT ACADEMY

The Academy ofYoshukan Karate in Mississauga held its 9th Annual Kick or Treat party. Academy juniors came prepared with great costumes and spirit. Sensei Betty Gormley, Sempai Natasha Campbell, Sempai Gillian Hinton and Sempai Emily Johnson lead the juniors in a variety of karate training and games.

For many of the Academy juniors (and parents!) this was their first, but not last, Kick or Treat party. Academy juniors received a 'goodie' bag at the end of the event (love those apples!). The juniors also pepared for their examinations scheduled for December 3, 2005…...So Scary!!....

CPR/FIRST AID COURSE AT ACADEMY

The Academy recently sponsored a CPR—Basic First Aid course for the instructors and interested students. St. John Ambulance ran a full course and examination for Academy instructors on first aid basics and CPR. The comprehensive course covered most basic injuries and immediate response required before paramedics arrive on the scene.

Although the Academy has never had a serious injury, the instructors keep themselves at a state of readiness and prepare for any eventuality.

Members will notice the St. John Ambulance 'Action Steps' have been posted on the training material shelves at the back corner of the dojo and a first aid kit is also stored there for quick access.

Congratulations to our many graduates and instructors for taking the extra time/effort to pass their certification and be ready to help in emergencies: **Peter Furlan; Gillian Hinton; Samantha Lacktin; Lionel Lacktin; Renée Robertson; Sandrea Crowther; Phil Gambetessa; David Bartolini; Jake Robertson; Rachel Crowther; Lea Violoni; Annalisa Larocca; Natasha Campbell; Stephen Dreschel; Betty Gormley; Michelle Lee and Sherri Furlan**

CRAZY SUSHI NIGHT A BIG HIT!

Black Belt graduates: **Samantha Lee; Bryan Dreschel** (2nd Dan); **Zeljko Violoni; Natasha Campbell** and **Jake Robertson** were celebrated at the Crazy Sushi restaurant in the Oakville entertainment complex on September 24th, 2005.

Dojo members turned out to congratulate the new dojo Black Belts on their years of dedication and perseverance.

Over 60 Academy members showed up and enjoyed a spectacular meal and company. This annual event allows dojo members to meet/great informally and bring along family members who rarely get a chance to socialize with other academy students.

Yoshukan Karate Summer Camp 2006

August 17-20, 2006

The Yoshukan Karate Association is pleased to announce the 5th Annual Yoshukan Summer Camp. Situated in Picton, Ontario, the camp is 3 hours drive from Montreal and 2.5 hours drive from Toronto. The camp will be held at the renowned **Isaiah tubbs resort & conference centre** http://www.isaiahtubbs.com

Located beside 500 spectacular acres of gardens and woodlands on the shores of West Lake and Sandbanks Provincial Park. Prince Edward County provides beautiful scenery and great recreation, including cross-country skiing, horseback riding, fishing, hiking, bicycling, swimming and sailboarding. On-site recreation facilities include heated pools, tennis courts, fitness centre with weight room, sauna and whirlpool.

NEW THIS YEAR: The package for camp participants includes: meals, training, campfire, kids theatre, parking, taxes and gratuities. ACCOMODATION ARE NOT INCLUDED AND MUST BE BOOKED SEPARATELY BY YOURSELF AT THE INN OR OTHER LOCAL ACCOMODATIONS.

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The camp will be taught by our association's Top Black-Belt Yoshukan and Guest instructors and will be a wonderful opportunity to improve all students' martial arts skills and understanding of our system. Other highlights of the camp will be:

- **Guest Instructors: Hanshi (Grandmaster) Masaru Inomoto, 9th Dan, Hanshi Kenzo Dozono, 8th Dan, Kyoshi Devorah Dometrich, 8th Dan**
- **11 comprehensive training sessions, including: Kumite; kata; bunkai; self-defence; weapons; plyometrics; board-breaking; meditation and more!**
- **Morning run/Dynoboxe/Meditation on the Beach open to all parents/participants**
- **Exclusive Brown/Black Belt training Friday with senior instructors**
- **Saturday afternoon free time for students/families to go to the beach / dunes**

Hope to see you all there! Please RSVP to: Sensei Gormley at: (905) 601-2957 or e-mail at: bettygormley@sympatico.ca

http://www.isaiahtubbs.com

Camp Fees (includes all meals, training, events, taxes & gratuities)

Adult	$ 199
Child (5-12 yrs.)	$ 139
Child 0-4 yrs.)	$ 49
Brown/Black (extra day)	$ 59

Early-bird discount
Participants paid (100%) by March 1, '06 receive a 5% discount & Camp T-shirt!

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Fax: (905) 823-DOJO
Email: iaito@sympatico.ca
Website: www.yoshukankarate.com

Yoshukan Karate Association Summer Camp 2006 - August 17-20, 2006

Registration Form

Dates:	August 17-20, 2006
Location:	Isaiah Tubbs Resort & Inn (www.isaiahtubbs.com)
Program:	Training, meals, private dinner (Saturday), taxes, and gratuities included
Guest Instructors:	**Hanshi Masaru Inomoto**, 9th Dan **Hanshi Kenzo Dozono**, 8th Dan **Kyoshi Devorah Dometrich**, 8th Dan
Accommodations:	Booked separately by yourself
Kids Program:	Swimming; Beach; Activities; Board Breaking; Kid's Dinner/Movie; Campfire
Fees:	Includes: training; meals, private dinner, kids' theatre, taxes & gratuities

Adult:	**$199 each (includes 2 dinners, 2 lunch, 2 breakfasts, and all activities)**
Kids (5-12 yrs.):	**$139 each (includes 2 dinners, 2 lunches, 2 breakfasts, all activities)**
Kids (0-4 yrs.):	**$ 49 each (includes 2 dinners, 2 lunches, 2 breakfasts, all activities)**
Brown-Black:	**$ 59 for advanced Friday training, breakfast, lunch**

Register:

ADULT	No.____ X $199.00	$ _____
KIDS (5-12 YRS.)	No.____ X $ 139.00	$ _____
KIDS (0-4 YRS.)	No.____ X $ 49.00	$ _____
BROWN/BLACK BELT TRAINING (FRIDAY)	No.____ X $ 59.00	$ _____
SUB-TOTAL PAYMENT		**$ _____**
Less March 1, 2006 'early bird' discount (5%)		**- $ _____**
TOTAL PAYMENT RECEIVED		**$ _____**

*TOTAL PAYMENT MUST BE RECEIVED BY March 1, 2006 TO BENEFIT THE DISCOUNT. PAYMENT BY CHECK, MONEY ORDER OR CREDIT CARD (BACK) PAYABLE TO: ACADEMY OF YOSHUKAN KARATE INC.

SEND CHECK TO: Academy of Yoshukan Karate Inc.
2355 Royal Windsor Drive, Unit 9
MISSISSAUGA, ONTARIO, L5J 4S8

INDIVIDUAL – FAMILY REGISTRATION

NAME / NOM: _____ **AGE / ÂGE:** _____ **RANK / CEINTURE :** _____ **DOJO:** _____

ADDRESS: _____

POSTAL CODE / CODE POSTAL_____

PHONE /: TÉLÉPHONE: (_____) _____ - _____ WORK / TRAVAIL: (_____) _____ - _____

CELL / PORTABLE: (_____) _____ - _____ FAX: (_____) _____ - _____

E-MAIL: _____@_____PRE-PAID (AMOUNT): $ _____

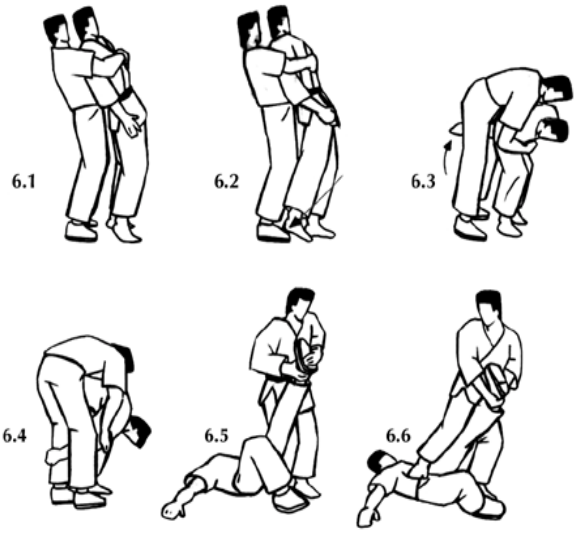
MEDICAL CONDITIONS / PROBLÈMES MÉDICAUX: _____

EMERGENCY NUMBER: (_____) _____ - _____

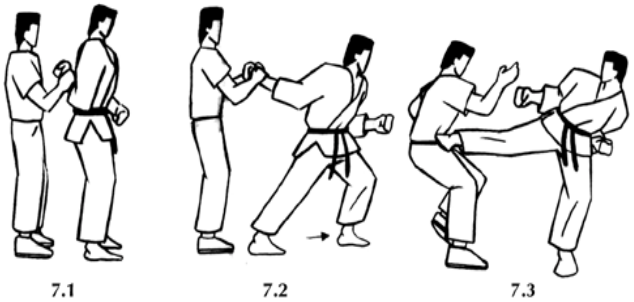
RELEASE/INDEMNITY MUST BE SIGNED TO CONFIRM ATTENDENCE

GOSHIN JUTSU 6-7, 10-11

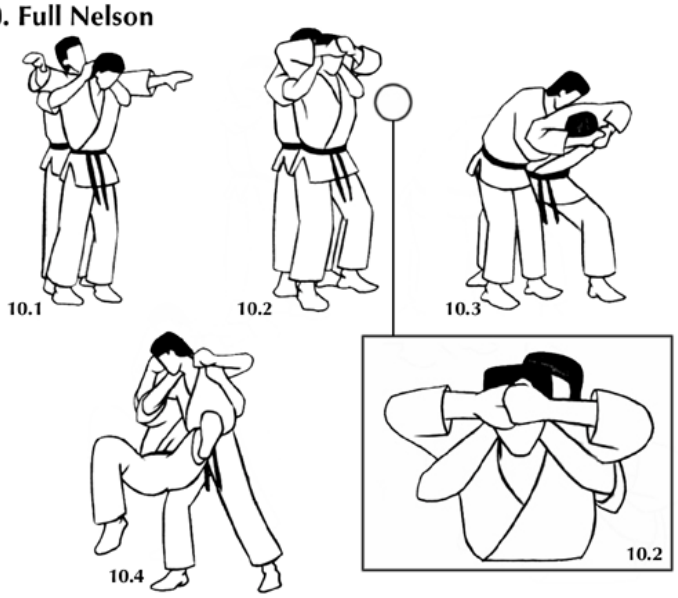
6. Bear Hug (B)



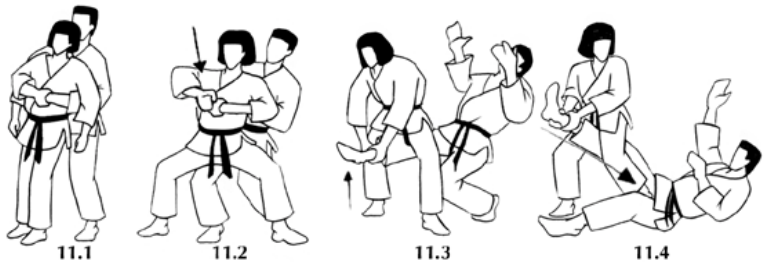
7. Back Arm Lock



10. Full Nelson



11. Bear Hug (Under Arms)



Year of the Rooster

2005 Upcoming Events

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:	-Humber College, September, November 25th
Javier Mantilla Seminar:	-November 19, 2005 ISK Dojo—Nashua Drive
Brown/Black Belt Exams:	-November 24th, 2005
Sensei Dometrich Seminar	-December 4, 2005
Academy Year-end Exams:	-December 3, 2005
Yoshukan Summer Camp	-August 17-20, 2006
Academy XMAS Party	-December 17, 2005
Academy Dojo closed	-December 18-31, 2005
Yoshukan New Year's Training	**-January 1, 2006 10:00 AM to Noon**

ZANSHIN is published quarterly by the Yoshukan Karate Association
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