

◆ 養秀館 ◆ Zanshin ◆

Volume 9 Issue 3

Newsletter of the Yoshukan Karate Association

October 2006

Yoshukan Promotes 10 New Black Belts at Summer Camp



Yoshukan Karate Association 5th Annual Summer Camp
Ages ranged from 6 to 60 with attendees from:
Montreal; Mississauga; Kentucky; Florida and Belleville

The Yoshukan Karate Association held its 5th Annual Summer Camp in Picton, Ontario on August 18-20, 2006. The camp was widely regarded as the best yet due to upgrades from previous camps.

Special guests included: **Hanshi Kenzo Dozono**, 8th Dan, **Kyoshi Devorah Dometrich**, 8th Dan and **Sensei Karl Sutton**, 3-time Canadian Champion.

The camp mixed training sessions with family and social time. Examinations took place on Friday with 10 candidates passing their Sho-dan (1st Degree Black Belt) and 4 Candidates passing advanced degrees up to 4th Dan (*details on page 2*)

Workshops were provided in: Tenshin Kata (by both Kancho Robertson and Hanshi Dozono); Kumite; Bunkai; Kobudo and

Tameshiwari (breaking). Students had the additional opportunity to observe the Shodan exams and attend a special Sunday morning beach training (3,000 punches!).

The camp also introduced the new YOSHUKAN FAMILY CUP competition. 7 families competed in a variety of events (speed punch; power kick; flexibility, etc.) with the Crowther family (**Bill; Sandrea; Rachel 'Simba' Crowther**) winning the first cup. Lots of cheering spurred on the competitors (special recognition of **Doug Johnson** for his head board break!) to new levels of performance. Recognition to the **Lee; Johnson; Klambauer-Wolfe; Stanescu-Calistru; Johnson (Florida)** and **Mercier-Nguyen** families for their participation.

With 18 candidates vying for new grades in 2007, plans are already in place to have our 6th Annual Camp and exams again in Picton.

For more information on the camp, please contact Kancho Robertson directly at: iaito@sympatico.ca or (905) 601-2880.

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YOSHUKAN BLACK BELT AND SENIOR DAN GRADUATES



Charles Mayers
Shodan



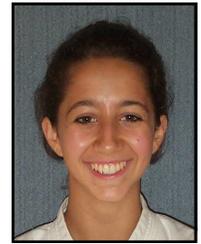
Henri Tchibozo
Shodan



Michelle Lee
Shodan



Sebastian Calistru
Shodan



Sarah Perez
Shodan



Nicole Wolfe
Shodan



Constantin Calistru
Shodan



Nicholas Ray Steckowych
Shodan



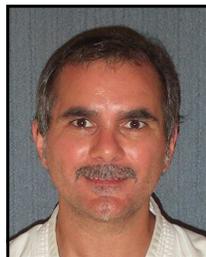
Gillian Hinton
Shodan



Simon Mercier-Nguyen
Shodan



Calin Boca
Nidan



Robert Kalinowicz
Nidan



Sean Donahue
Shidojin



Steven Dreschel
Sandan



Rebecca Khoury
Yondan

Congratulations to our Yoshukan Karate Association recent Black Belt examination graduates. 10 new Black Belts were awarded to successful candidates.



The examination board was composed of: **Hanshi Kenzo Dozono**, 8th Dan; **Kancho Robertson**, 6th Dan; **Shihan Louise Provencher**, 5th Dan; **Sensei Betty Gormley**, 3rd Dan and **Sensei Peter Bakomihalis**, 3rd Dan.

Each candidate had to pass a gruelling physical and written exam that included a 200-Question exam, essay and the complete Shodan curriculum.

Guest 'fighter' **Sensei Karl Sutton** (3 time Canadian Heavyweight Champion) fought each candidate. Or, more accurately, schooled each candidate, on kumite principles.

Kancho Robertson commented that "this was the first group of candidates in my history that all passed". As a result, an announcement was made at the Saturday night dinner sharing the good news with all the candidates. Hanshi Kenzo Dozono was particularly pleased (he attended the dinner with Mrs. Dozono) to participate in the event and share in the good news.

Particular congratulations to **Sensei Steven Dreschel** on his Sandan, **Sensei Sean Donahue** on his Shidojin and **Sensei Rebecca Khoury** on her Yondan. Three first-class karate-ka that have set the bar for those that follow.

養秀館

Académie Seréi de Montréal

Yoshukan Quebec has joined the famous Académie Seréi de Montréal in offering Yoshukan karate-do classes. The Seréi Academy is run by brothers **André-Jacques** and **Pascal Seréi**. Both 7th Dan and Kyoshi grade instructors in Aiki-Jutsu. The brothers are two of Canada's most senior teachers (their father, **Georges Seréi** was a Canadian Judo pioneer) who began their instruction at age 5 in 1958.

Shihan Provencher is also teaching boxing for the Académie on top of three Yoshukan Karate classes per week. Classes are held at the Académie on Tuesday and Thursday evenings from 5:50 to 7:30 PM and Saturday afternoons from 12:15 to 1:15 pm.

Located at 1950 Dandurand, Chabot Corner (near Papineau/Rosemont Street), (514) 279-1221. The dojo can be found on the internet at:

www.academiemartialeserei.com



Shihan Louise Provencher and Kancho Robertson at Serei Academy in Montreal

Back Row: **Jake Robertson; Robert Kalinowicz; Simon Mercier-Nguyen; Renée Robertson; Sarah Perez; Sebastian Kalistru; Raluca Stanescu; Charles Mayers; Henri Tchibozo; Calin Boca; Constantin Calistru**
 Front Row: **Shihan Provencher; Kancho Robertson; Sensei Peter Bakomihalis; Sensei Rebecca Khoury**

OKINAWAN KOBUDO TAUGHT BY DOMETRICH AT ACADEMY



Left: Academy Members and Guests with Kyoshi Dometrich Wednesday, August 23, 2006
Below: Dometrich Sensei with Rachel 'Simba' Crowther



Kyoshi Devorah Dometrich, 8thDan, visited and taught at the Academy this past August, 2006. Sensei Dometrich is one of North America's martial arts pioneers having studied and taught for over 40 years. Sensei Dometrich is a former US Air Force and Kentucky Police Force retiree. Early in her career the Air Force offered her any posting she desired for winning the first USA National Woman's Champion (in both kata and kumite).and Sensei choose Okinawa! There she continued her training in karate with **Dr. Tsuyoshi Chitose** (Kumamoto, Japan) and with her Sempai, **Hanshi Masaru Inomoto**. Inomoto-Sensei then introduced 'Yoshiko' (the name given her by Dr. Chitose) to **Hanshi Eisuke Akimine**, the senior kobudo instructor in Okinawa. Akimine Sensei was shocked to see that Yoshiko was in fact a female American Air Force member. Despite the initial resistance to teach Sensei Dometrich, she went on to become one of only 8 direct students of Akimine-Sensei.

Today, Kyoshi Dometrich is the senior instructor in RYU KYU KOBUDO HOZOIN SHINKOKAI (Okinawan Weapon Preservation Society) for North America. The past session was particularly insightful as we covered three kata/weapons: Maezato No Tekko; Shushi No Kon Sho; and Tsukenshitaku No Sai. Sensei Dometrich recently granted an interview that is shared for our readers below:

Q: *What or who were the main influences in your training?*

A: **William Dometrich**, my father for the introduction at 12; living in Okinawa; **Akamine Eituke** Sensei, my kobudo teacher; **Inomoto Masaru**, my laido teacher; and **Onaga Yoshimitsu**, my current and final karate teacher; and lastly my students.

Q: *Did you have any preconceived ideas about martial arts that you found to be inaccurate as you progressed in the arts?*

A: Absolutely, every one of my preconceived ideas was inaccurate.

Q: *If you "knew then what I knew now..." what would you have changed about your martial arts path?*

A: I would have stayed in Okinawa, but it was legally impossible in the 70's.

Q: *What has surprised you most about the arts?*

A: Hypocrisies.

Q: *What has your training taught you most about yourself?*

A: Limitations.

Q: *What has "martial arts" meant (or what does it mean) to you?*

A: How not to lose.

Q: *What are your favorite techniques or weapons? Why?*

A: The ones that work.

Q: *What do you like most about teaching?*

A: Learning

Q: *Since beginning your training, have you ever had to defend yourself?*

A: Yes, throughout my law enforcement career.

Q: *Can you recommend any books or material to students to help them in their development, both physical and mental?*

A: No, the physical development lies in doing, and the mental development lies in one's intelligence, of which neither can be found in books.

Q: *Is there anything that you would like to impart to students to encourage their tenacity?* A: No, it comes from within.

Q: *Are there any particular philosophies that you adhere to (or live by)?*

A: Yes, life is an attitude, survival is an attitude, training is an attitude. Martial Art is about how not to lose.

Q: *What has and has NOT changed as you have trained over the years, and is it for the better/worse/no effect?*

A: Everything has changed; change is the most constant denominator.

Q: *Overall what is the number one benefit you have gained from your years of training in the martial arts?*

A: I have met an enormous amount of genuine people.

KARATE ... A FAMILY AFFAIR! - LE KARATÉ, UNE AFFAIRE DE FAMILLE!

PAR SYLVIE MERCIER

It was 1990, the year karate entered the **Mercier-Nguyen** family life. **Philippe** was only six then and he had great Senseis to coach him. From **Kancho Robertson** to **Sensei Thierry Debeur** (Student of Kancho and now with Chito Ryu Canada), Philippe grew up to become a wonderful karateka and is now Nidan Chito Ryu. His cadet brother **Simon** has something more to look up to and is keeping right at it as he was just promoted to Shodan level during the Picton Summer Camp.

I said Family business, because ...while I am working hard on my blue belt, trying to keep up with these young athletic boys, their father has already returned to being a great badminton champion but not without obtaining his orange belt.

We are not alone in this Family business. We all know the **Robertson's**. Obviously! But there are also the **Stanescu-Calistru**: **Sébastien** and **Constantin** just joined **Raluca** as Shodan after years of dedication and effort. Their implication and generosity is remarkable as they are giving back so much to all of the Montréal Yoshukan Academy family.

L'académie Yoshukan fait définitivement sa marque sur les familles. Les **Robertson**, les **Calistru**, les **Mercier-Nguyen** et les nombreux autres....

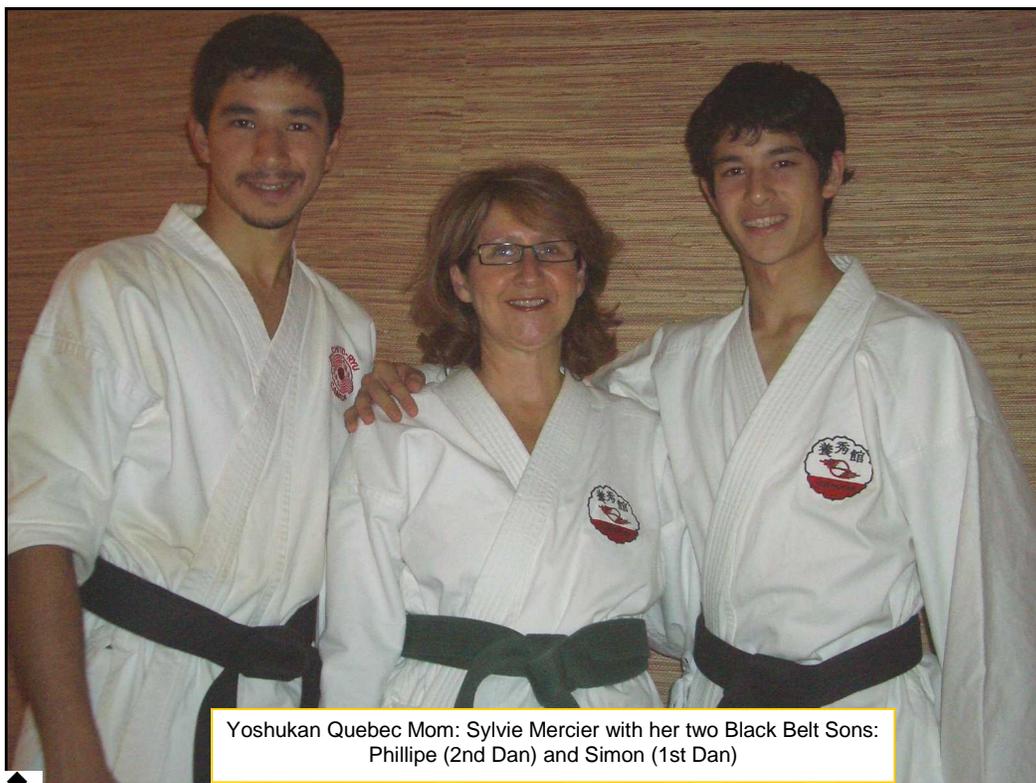
Chez les Mercier-Nguyen, le Karaté s'est imiscé dans nos vies dès 1990. **Philippe**, alors six ans entreprenait et poursuivait sous la gouverne de senseis généreux et exigeants – **Kancho Robertson** et **Sensei Debeur** de Chito-Ryu Canada, des années d'effort qui feraient de lui un karateka de grand talent. Il porte aujourd'hui fièrement son Nidan Chito Ryu.

Son frère cadet marchait dans cette même voie quelques année plus tard avec enthousiasme et détermination. **Shihan Provencher** et ses collègues de Montréal allaient entraîner **Simon** et le mener à l'obtention de son Shodan cet été au camp de Picton.

Avec deux karatékas accomplis, les parents se sont laissés entraîner. Si le papa est retourné à ses amours sur le court de badminton - où son talent de champion est incontestable, il a tout de même obtenu sa ceinture orange. Quant à moi, je travaille à l'obtention de ma ceinture bleue.

La famille **Stanescu-Calistru** elle aussi ne cesse de nous surprendre avec maintenant trois ceintures noires et une ceinture orange. De fait, **Sébastien** et **Constantin** viennent de joindre **Raluca** au rang des ceintures Shodan. Leur générosité et leur implication au dojo sont remarquables. Non seulement partagent-ils leur temps et leur énergie, mais ils mobilisent et créent autour d'eux une atmosphère tout à fait familiale.

Ces années d'implication en karaté laissent leur marque sur la famille alors que les principes et les valeurs du Showa intègrent les autres activités quotidiennes comme les études et la musique.



Yoshukan Quebec Mom: Sylvie Mercier with her two Black Belt Sons: Philippe (2nd Dan) and Simon (1st Dan)

L'apprentissage du Karaté dépasse les limites de l'art martial et offre une forme de ressourcement. L'expérience du karaté est même enrichissante en tant que parent ou professionnel alors qu'on se retrouve apprenti de ses enfants et de plus jeunes que soi. Un moment d'humilité qui nous ramène à la réalité d'apprendre, de se développer, de s'intégrer et à l'importance d'avoir le support des gens qui nous entourent pour cheminer fructueusement dans cet apprentissage.

Ce qui a débuté comme une façon d'accompagner les enfants au dojo et de maintenir la forme physique s'est transformé et nous a rappelé combien la réussite individuelle est aussi une affaire d'équipe. Une vraie leçon de vie!

DOJO UPDATE: ST. LAURENT

PHOTOS BY CONSTANTIN CALISTRU

Yoshukan Quebec just expanded to its sixth dojo with the addition of the YMCA St.Laurent. Shihan Provencher was pleased to take on the existing dojo (the former instructor retired) with over 100 juniors already enrolled in the program.

Dividing her time between the various Quebec dojos has been a challenge...but Shihan has great assistance from senior teachers like Sensei Bakomihalis and Sensei Khoury and a number of other Yoshukan instructors such as: Robert Kalinowicz; Calin Boca; Raluca Stanescu; Constantin Calistru; Sebastian Calistru; and Malcolm Mazumdar.

With such a great group of instructors, no doubt there will be lots of future 'life champions' emerging from the latest Yoshukan dojo. Félicitations!



St. Laurent Students with Shihan Provencher and Sempai Sebastian Calistru

DRINKING TIP! OR REVISITING WHAT WE KNOW BUT OFTEN UNDERVALUE...

Most of us do not drink enough water every day. The result: we are partially dehydrated. Experts recommend eight intakes of 250ml of water every day... Did you know that drinking adequately can make a huge difference to your energy level, concentration, listening and understanding skills as well as reaction time? Drinking properly has impact on our efficiency at school, at work, while driving, enjoying a concert and obviously while training. Studies (by the Nutrition Information Center at The Rockefeller University) show that a 2% body weight water loss is equivalent to a 20% decrease in physical performance.

Why not get into the habit of drinking more water everyday. Try it. Experience drinking regularly during the course of the day instead of drinking when you feel thirsty. Training will be much easier!

À votre santé!

Sylvie Mercier



Shihan Provencher and Anthony Boca training Kumite

YKA Passages

As our association grows, we need to maintain our contact with each other...and the passages we each go through in our lives. YKA PASSAGES will be a regular feature in future ZANSHIN newsletters as we let our dojo and association-mates know about the changes we are experiencing.

BRYAN DRESCHER—Has been accepted into Humber College's Early Childhood Education program and begins his studies in September, 2006.

ANTHONY KEELER—Father of Alexander Keeler has started his own interior painting business. (Colours by Keeler) Interested members can contact him at: (416) 500-9716.

PETER KLAMBAUER—Has taken a new position with the City of Toronto Project Co-ordinator, Parks, Forestry & Recreation, Development and Infrastructure Management Branch, Capital Projects Section

SENSEI BETTY GORMLEY—Has also begun a new position as Executive Director of Canadian Parents for French (Ontario).

SANDREA CROWTHER C.A. —Has taken a new position as the Director of Finance for the Institute of Corporate Directors

MAZEN FARRAN is expecting a child this coming November....

OLIVIER ABECASSIS is getting married to Svetlana!

CONSTANTIN CALISTRU is recuperating from surgery...wish him well!



Yoshukan Quebec Black Belts Practicing Kung Fooking Around

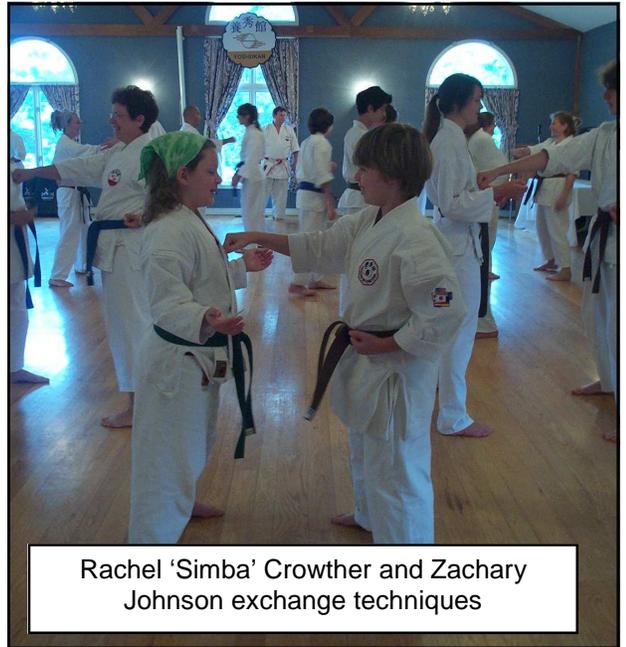
YOSHUKAN SUMMER CAMP PHOTOS



Sensei Robertson confers with Sensei Sutton between his 14 matches ...and wrapping his foot around Nicholas Ray-Steckowych's head!



Sensei Bakomihalis and Sensei Donahue hold the board for the picture of the camp. New shodan Henri Tchibozo breaking with Yoko Tobi Geri!



Rachel 'Simba' Crowther and Zachary Johnson exchange techniques



Phil Lynch breaks under the watchful eye of Sensei Bakomihalis while Sensei Donahue seems to be enjoying choking Sensei Khoury



Yoshukan teens unwind in the camp hottub

KENDO CLASSES BEGIN AT ACADEMY

The Academy is pleased to announce that Sun Duck Chung will begin Kendo classes at the Academy beginning in September, 2006. Teacher Chung is a 7th Dan, Kyoshi level in Kendo and a former 6-time National Champion in Korea. Sabumnim (Master) Chung was also the former Executive Director of the Korean Kumdo (Kendo) Association and Coach of the National Team.

Sabumnim will be teaching classes at the Academy every Monday, Wednesday and Friday evenings from 8:00 to 10:00 PM. He will also provide a demonstration of Kendo at our dojo on Saturday, September 16th, 2006 class at 11:00 AM.

Teacher Chung has been practicing Kendo for over 41 years and has produced a number of international-level kendo players. He recently immigrated to Canada and has a vision of introducing Kumdo (Korean Kendo) across the country. Currently teaching at both the Korea Times Community Centre and Erin Mills Community Centre, Sabumnim Chung is looking forward to the opportunity to set up his main dojo at the Academy.

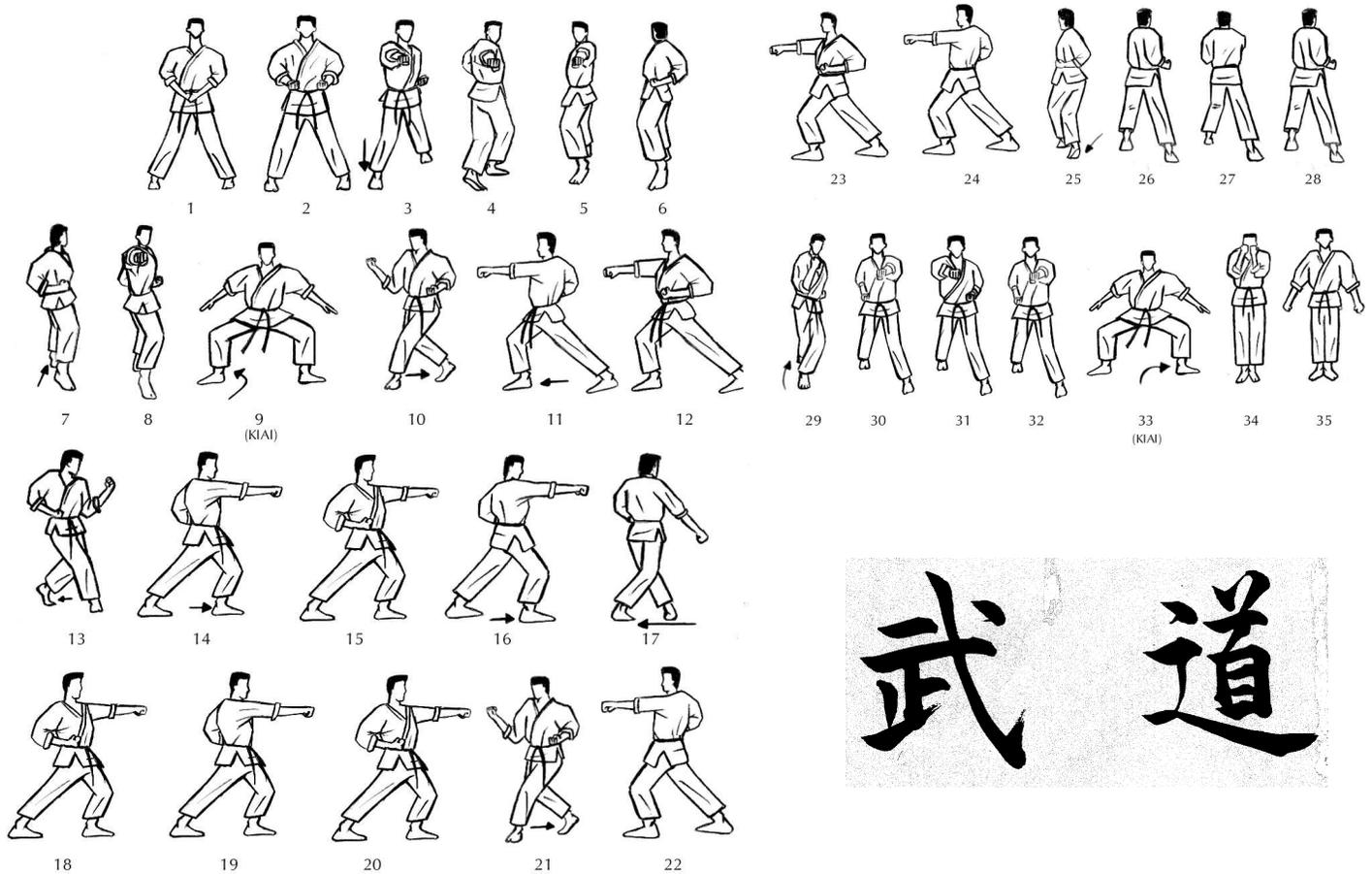
The Academy is thrilled to have a teacher of Sabumnim's caliber and believe his addition to our teaching staff will support our vision of becoming the premier center for quality martial arts training in the Clarkson – Lorne Park – Oakville communities.

Academy students interested in trying Kendo will receive a 20% discount off Kendo fees (to be administered directly by the Kendo Club).

For more information on the Kendo program and classes, please contact Eric Chung at: ericchung85@hotmail.com



TENSHIN Kata



2006 Upcoming Events

- | | |
|-----------------------------|--|
| Demo Team Practice: | - 2nd Friday of each month 6:00-7:30 PM |
| Competition Team Practice: | - 1st Friday of each month 6:00-7:30 PM |
| Kobudo Training: | - 2nd Wednesday of each month 6:00 to 7:30 PM |
| Brown/Black Belt Practices: | - 1st Wednesday of every month 6:30-8:00 PM |
| Black Belt Classes: | - 3rd & 4th Wednesday of every month 6:00 to 7:30 PM |
| Graduation Celebration | - September 16th, 2006 Crazy Sushi Restaurant |
| Kendo Demonstration | - September 16th, 2006: Academy 11:00 AM |
| Karate Ontario Tournaments: | - Kitchener, October 1, 2006, —Jan 21, Mar 25, May 6, 2007 |
| Academy Open House | - Sunday, October 15th (Youth Development Center) |
| 7th Annual Dojo Olympics | - October 21st, 2006: Academy |
| Brown Belt Exams | - December 3rd, 2006—Honbu Dojo |
| XMAS Party | - December 23rd, 2006—Honbu Dojo |
| Academy Closed (XMAS) | - December 24th—31st, 2006 |
| New Year's Class | - January 1, 2007, 10:00 AM to Noon, Honbu Dojo |

ZANSHIN is published quarterly by the Yoshukan Karate Association

Address: The Academy of Yoshukan Karate, 2355 Royal Windsor Drive, Unit 9, Mississauga, Ontario, L5J 4S8

Phone: (905) 919-1919

E-mail: iaio@sympatico.ca

Web: www.yoshukakarate.com