

❖ 養秀館 Zanshin ❖

Volume 10 Issue 3

Newsletter of the Yoshukan Karate Association

September 2007

YOSHUKAN BLACK BELTS MEET IN MISSISSAUGA



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The Yoshukan Karate Association recently held a Black Belt meeting at the Academy of Yoshukan Karate in Mississauga. Black Belts from Quebec, Ontario and Florida attended for the Black Belt examinations and Board and Instructor meetings. Although the majority of Black Belts from the association couldn't attend (the association currently has over 50 active Black Belts), the meeting was a great opportunity for all to renew friendships and acquaintances.

Yoshukan Black Belts range in age from 14 to 56 and include students that have trained from 8 to 39 years. The group is dedicated to learning and teaching the Yoshukan system and helping junior students pursue their own development.

The YKA is planning an Instructor's College in Spring, 2008, which will be another opportunity for our Yudansha (Black Belt holders) to get together again. Safe Travels all!

YOSHUKAN BLACK BELT EXAMINATIONS



Guest Fighter: **Chris De Sousa Costa** (5 X Canadian Champion and NKA Male Athlete of the Year) sparring with Black Belt Candidate **Colby Taylor**



Max Klambauer demonstrating bunkai with Uke **Andrew Johnson**



Devon Taylor demonstrating Sesan Kata



Brown and Black Belt Candidates demonstrating Kihon

Examination Board:
Kancho
Robertson;
Shihan **Louse Provencher**;
Sensei **Peter Bakimohalis**;
Sensei
Rebecca Khoury



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NEW YOSHUKAN BLACK BELT GRADUATES

The Yoshukan Karate Association is proud to introduce a new roster of Yoshukan Black Belts. Our new Yudansha have diligently studied the Yoshukan curriculum for many years and applied themselves to learning our comprehensive curriculum of: Kata; Kumite; Kihon and Bunkai.

Congratulations to each student for their perseverance, dedication and pursuit of excellence.

The YKA is also pleased to recognize two teachers that have achieved advanced grades in Yoshukan Karate-do. Congratulations to Sean Donahue and Renée Robertson for their continued dedication to personal development and sharing their knowledge with our Yoshukan students.



Renée Robertson
2nd Dan



Sean Donahue
4th Dan



Colby Taylor
1st Dan



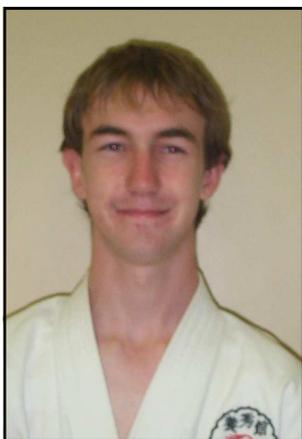
Devon Taylor
1st Dan



Laurie Grinton
1st Dan



Allan Gormley
1st Dan



Andrew Johnson
1st Dan



Max Klambauer
1st Dan



Diane Kewley
1st Dan



Ishan Kelkar
1st Dan

INTRODUCING WEIGHT TRAINING

An article by Sempai Robert Kalinowicz

Having talked about the importance of strength training for injury prevention in my last article, I would like to explore how to implement weight training into your training regimen.

The greatest benefit of strength training for any athlete is the increase in the ability of muscles to generate greater force and to work longer before fatigue.

The concept behind resistance training relies on the fact that the body responds to stresses imposed upon it. How a muscle is trained will determine how it responds – heavy resistance and low repetitions build size (hypertrophy) and strength; moderate resistance and high repetitions build endurance and strength, but not size.

Strength is an important element of overall fitness and well being and for the athlete is instrumental in improving performance.

Resistance training will help achieve a number of goals such as increased strength, power and endurance.

Basic Guidelines

When starting a new program, work with light weights until you feel comfortable with the range of motion of the exercises. This should take several weeks. Gradually increase the resistance over a period of several weeks, focusing on using correct technique rather than the amount of weight lifted.

Select a weight that allows you to complete each set of the exercise, however, it should be heavy enough that the final set is challenging and difficult to complete. This is called overload and will stimulate the muscle to improve its efficiency and make it stronger and more durable.

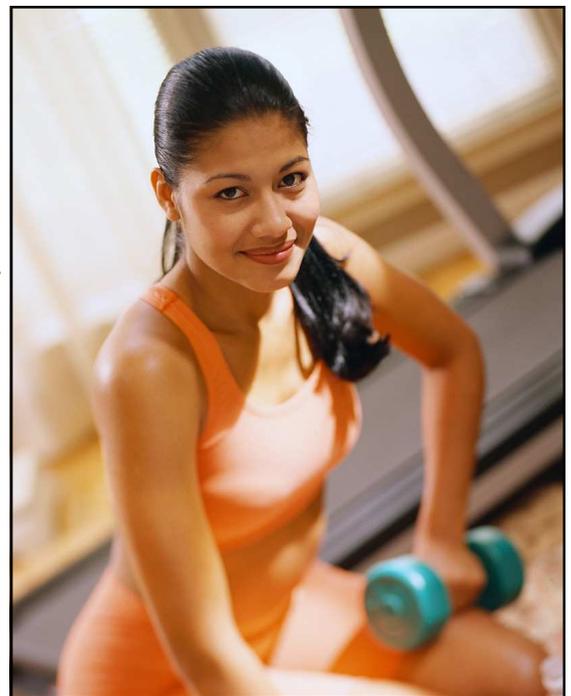
Depending on your goals, the resistance, number of repetitions and number of sets will vary.

	Endurance	Strength	Power
Intensity	60%	<~ 80%	85-100%
Sets	2 – 4	3 – 5	3 – 5
Repetitions	15 – 25	8 – 12	1 – 6

For the muscle to adapt to the exercises it must have time to recover. Large muscles like legs, chest, back and shoulders need 24 – 48 hours rest, smaller muscles (biceps, triceps, forearms, calves) and structural muscles (abdominals) need only 24 hours rest. Each body part should then have at least 1 day rest before it is trained again, so a full body workout can be performed 3x per week or every other day. Variety is the spice of life. Your body adapts to training programs within 4 – 6 weeks, leading to a reduced rate of improvement, lack of motivation and boredom. Changing one variable in your program is enough to stimulate gains, and change the way the muscles are being used. When first introduced to weight training, stick to basic movements on machines, as they are easier to use, safer, and train the muscles to work in the proper range of motion. Once comfortable, you can begin to incorporate free weights, which due to their nature, offer more exercise variety and stimulate the muscles completely. Stick to basic movements to stimulate the most muscles in each exercise (bench press, squats, shoulder presses etc.). Depending on your goals, you can incorporate isolation exercises to target more specific muscles.

Next article, we will look at a sample resistance program designed around the needs of a martial artist.

Happy Training !



ACADEMY INSTRUCTOR MEETINGS & UPCOMING EVENTS



Academy of Yoshukan Karate Inc. in Mississauga Instructors (Left to Rt.)

Sempai **Omer Gojak**; Sensei **Stephen Dreschel**; Sempai **Bryan Dreschel**; Sempai **Renée Robertson**; Sempai **Lionel Lacktin**; Kancho **Robertson**; Sempai **Zeljko Violoni**; Sempai **Nicole Wolfe**; Sempai **Annalisa Larocca**; Sensei **Betty Gormley**

The Academy of Yoshukan Karate Inc. recently held Instructor Meetings to confirm the fall/07 schedule and review examination rosters. The Academy instructors have completed the fall schedule of events:

September 7, 6:00 to 7:30 PM: TREVOR SHEPPARD—6 TIME KATA CHAMPION

October 30, 2007 6:00 to 7:00 PM: Kick or Treat

November 10 9:00 to 11:00 AM: 7th Annual Dojo Olympics

November 18 All day: Karate Ontario Tournament

December 22 9:00 to Noon: Dojo XMAS party



L'USAGE DES POIDS DANS VOTRE PROGRAMME D'ENTRAÎNEMENT

Un article de Sempai Robert Kalinowicz

L'article paru dans le numéro précédent introduisait l'importance de renforcer la musculature pour éviter les blessures. Cet article va au-delà et explique comment accéder à ces bénéfices dont le plus grand est d'accroître la capacité du muscle de travailler plus longtemps sans s'épuiser.

Le concept derrière l'endurance vient de ce que le corps répond à la pression qu'on lui impose et il s'adapte. Ainsi le muscle répondra différemment si on l'expose à une grande résistance et peu de répétitions ou à de petites charges en de nombreuses répétitions. Dans le premier cas on obtient un muscle fort et hypertrophié, dans l'autre, l'endurance et la force, sans le volume.

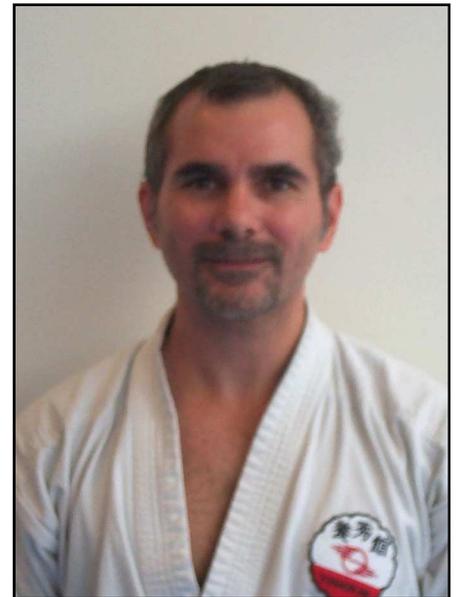
Voici les principes de base pour entreprendre et poursuivre un programme d'entraînement avec les poids.

En démarrant le programme, travailler avec des poids légers jusqu'à qu'on se sente à l'aise avec les exercices. Il faut respecter le travail du temps et le focus doit être sur la maîtrise technique avant d'accroître la résistance.

Le poids sélectionné doit vous permettre de réaliser le nombre de répétitions prévues en étant exigeant mais, sans être trop pour compléter.

Selon les objectifs, le nombre de répétitions varie :

	Endurance	Force	Puissance
Intensité	60%	<~ 80%	85-100%
Routines	2 – 4	3 – 5	3 – 5
Répétitions	15 – 25	8 – 12	1 – 6



Sempai Robert Kalinowicz holds a 2nd Dan in Yoshukan Karate-do and is an avid physical fitness enthusiast



Le muscle doit se reposer entre les entraînements. Il faut donc laisser s'écouler de 24 à 48 heures avant de reprendre.

La variété évite au corps de sombrer dans l'habitude. Vous aurez de meilleurs bénéfices si vous changez un ou des éléments de votre programme chaque 4 à 6 semaines. Au départ, les mouvements simples sont les plus sûrs. Avec le temps vous pourrez diversifier et même incorporer des exercices isolés pour certains muscles.

Le prochain article portera sur un programme d'endurance adapté à la pratique des arts martiaux.

Bon entraînement!

Extraits traduits par Sylvie Mercier

TOURNAMENT RESULTS

Yoshukan Students have enjoyed another successful tournament season with some outstanding personal results. Highlights included three Yoshukan students competing at the National Championships in Richmond, BC. Special congratulations to: **Renée Robertson** (Gold Medal—Team Kumite, 5th Kata); **Gillian Hinton** (Bronze Medal—Team Kumite); **Raluca Stanescu** (Bronze Medal—Kumite).

Other tournaments attended include the Iwata Cup and Karate Ontario.



Top: **Academy competitor** demonstrates her winning form in kumite (Gold Medal)

Bottom: **Academy junior** works on his winning form as **Sensei Gormley**, **Academy junior** and Mom look on



Top: **Academy Medal Winners!**

Bottom: **Gold Medal Winners Team Kumite (Nationals)**



TOURNAMENT PHOTOS



Yoshukan junior competitors from the IWATA CUP, KARATE ONTARIO and the NATIONAL KARATE CHAMPIONSHIPS

Top: Two academy competitors vie for Gold medal in kumite

Side: Academy medal winners from the May, 07 Karate Ontario tournament



YOSHUKAN QUEBEC PHOTOS



TRAINING IN JAPAN WITH HANSHI MASARU INOMOTO

Yoshukan Kancho, **Earl Robertson** and his family: Sensei **Betty Gormley**, Sempai **Renée Robertson** and Sempai **Jake Robertson** had the unusual opportunity to train in Japan with Hanshi **Masaru Inomoto**, 9th dan this past summer. Hanshi Inomoto is one of the world's most advanced martial arts teachers with over 40 dans (Black Belt degrees) in: Karate; Iaido; Kobudo; Jukendo and Judo.

The Robertson family traveled to Kumamoto, Japan where Hanshi resides and trained with him daily in his beautiful dojo. While there Sempai Renée took and passed her Nidan examination. Hanshi Inomoto was the right-hand man to **Dr. Tsuyoshi Chitose** (founder of Chito-Ryu) and a former Major in the Japan Self-Defence Forces. Inomoto-Sensei's knowledge of the Chito Ryu system is second to none worldwide. Sensei now has his own organization, the Rengo Kai. He has named his system Jikkishin Ryu (straight from the heart) as all his budo Sensei were themselves 10th dans in their systems.

Hanshi Inomoto spent time with the family on Bassai; Sochin and San Shi Ryu kata and shared with Kancho the original kanji that describe the ancient name/theme of each kata. Sensei also spent time on Niseishi bunkai; Henshuho and Shushi No Kon Dai. A wealth of experience from an extraordinarily gentle man.



ACADEMY GUEST INSTRUCTOR PROGRAM
ADA BRATIC (NKA Female Athlete of 2007)
CHRIS DE SOUSA COSTA (NKA Male Athlete of 2007)
TREVOR SHEPPARD (6 Time Provincial Kata Champion)

The Academy of Yoshukan Karate in Mississauga, ON believes it is important to expose our students to the top instructors and competitors in Canada today. This exposure allows our students to see the 'best of the best' and inspires them to work towards their own levels of excellence.

In the past 4 months the Academy has hosted three outstanding young competitors who epitomize the quest for excellence. Sempai **Ada Bratic** of Goalmax Karate (taught by her father, Sensei **Hasan Bratic**, taught the Academy Competition Team in June, 2007. Ada is one of Canada's top female karate athletes and has been both a National champion and gold medal winner at the Pan Am Games. In addition, Ada received the prestigious NKA Female Athlete of the Year award at this year's NKA National Championships.

Chris De Sousa Costa is a 5-time National champion and a Gold Medal winner at the Jr. Pan Am Games and Bronze Medal winner at the Pan Am Games. A gifted and humble athlete, Chris is a great role model for our younger students to aspire to. Chris was the guest fighter at our Yoshukan Black Belt Examinations and will hopefully return in 2008 to instruct our students on kumite tactics.

Trevor Sheppard is a four time member of Canada's National Team in Kata and a 6-time Provincial Kata Champion. His dedication and attention to detail are first rate and he visited our dojo on September 7, 2007 to instruct our competition team in winning kata. Trevor has won an extraordinary 28 Gold medals in provincial kata competition.

The Academy will continue to source the top teachers and athletes in Canada to visit/train our students. Their excellence is our inspiration. For more information on the Yoshukan Competition Team and to register (all students-all grades welcome), please contact Kancho Robertson directly at: aito@sympatico.ca or (905) 601-2880.



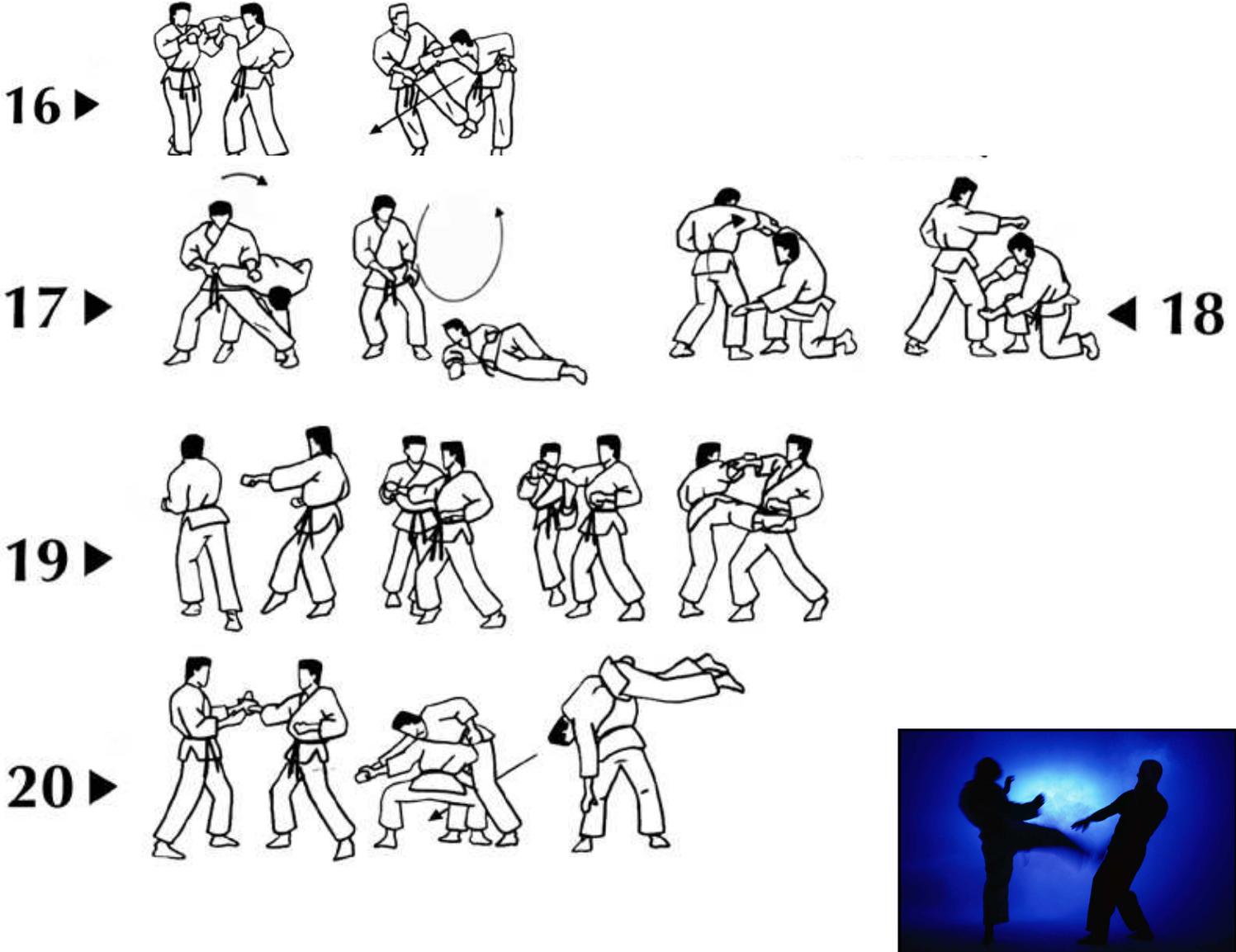
Above: Sempai **Chris De Sousa Costa** sparring with Exam Candidate **Ishan Kelkar**

Below: Sempai **Ada Bratic**, NKA Athlete of the Year taught the Academy Competition Team in June, 2007



Above: Sensei **Trevor Sheppard** taught the Academy Competition team championship kata in September, 2007

Hen Shu Ho (cont'd from last issue of ZANSHIN)



2007 Upcoming Events

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:	- All Wednesdays of every month 6:30-8:00 PM
Trevor Sheppard Kata Semianr	- Friday, Sept 7, 2007 6:00-7:30 PM
Kick or Treat	- Tuesday, October 30th — Honbu Dojo
7th Annual Dojo Olympics	- Saturday, November 10 9:00-11:00 AM
Karate Ontario	- Sunday, Nov 18/07 Jan 20/08, March 30/08
Dojo XMAS party	- Saturday, December 22 9:00-Noon
Black Belt Exams	- Saturday, Feb 16, 2008—Honbu Dojo
Dojo Exams	- Last Saturday of each month during class times

ZANSHIN is published quarterly by the Yoshukan Karate Association

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