

❖ 養秀館 Zanshin ❖

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Newsletter of the Yoshukan Karate Association

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YOSHUKAN AT NATIONAL KARATE CHAMPIONSHIPS



Front Row: Raluca Stanescu; Shihan Louise Provencher; Gillian Hinton; Renée Robertson; Sorin Alexandru
 Back Row: Henri Tchibozo; Kancho Robertson; Sensei Rebecca Khoury

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5 Yoshukan students competed at the recent National Karate Association championships in Saint John N.B. 3 athletes from Quebec (Sempai Raluca Stanescu; Henri Tchibozo and Sorin Alexandru) were under the watchful eye of Coach Shihan Louise Provencher and Karaté Québec President Rebecca Khoury.

Ontario Athletes Gillian Hinton and Renée Robertson were coached by provincial coaches: Sensei Jim Jennings and Sensei Brad Jones.

Outstanding performance from our athletes with Renée Robertson winning 3 bronze medals (kata; kumite; team kumite); Gillian Hinton winning 2 bronze medals (kumite; team kumite); Raluca Stanescu winning 1 silver medal (masters kumite); Henri Tchibozo winning 2 bronze medals (kumite; team kumite) and new Yoshukan instructor Sorin Alexandru (recently relocated from Romania) winning 2 medals (bronze kumite and silver team kumite). Félicitations à tous!

NATIONALS PHOTOS

BY JOEL LECLERC

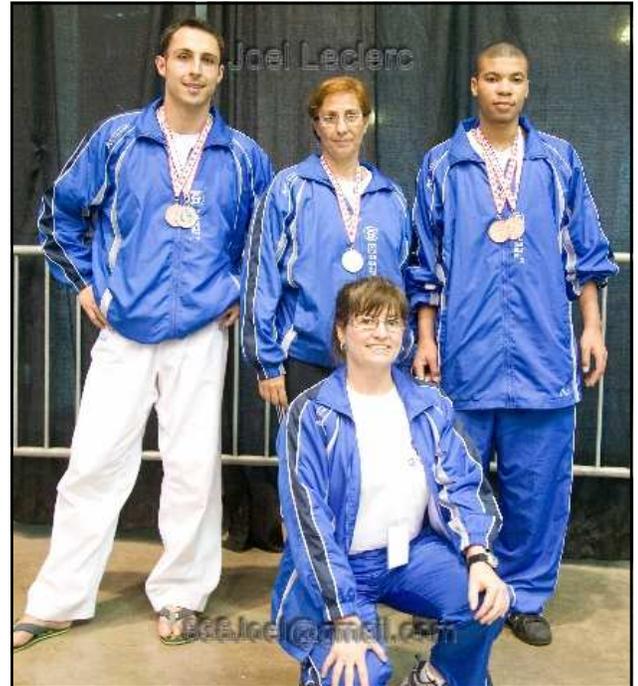


New Quebec Instructor—Sorin Alexandru in combat at National Championships

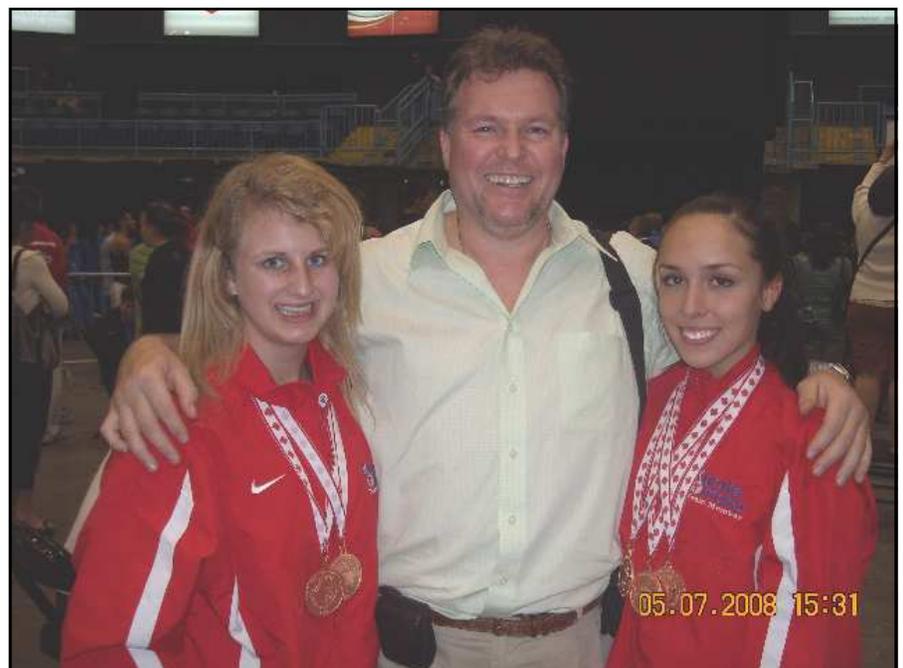


Gillian with Coach Karl Sutton

Shihan Provencher with her star athletes; Sorin Alexandru; Raluca Stanescu; Henri Tchibozo



Kancho Robertson with Gillian Hinton and Renée Robertson



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SENSEI ED DOCHERTY AT ACADEMY



Sensei Ed Docherty instructs Academy Competition Team on finer points of kumite

Sensei Ed Docherty recently instructed the Academy Competition Team on kumite and combinations. A former top rated kata and kumite instructor, Sensei Docherty is a Chito Ryu instructor in Bowmanville, ON and a student of Shihan Art Bellhouse (Kancho's sempai from Higashi Dojo). Ed provided a super class for our competition team and demonstrated his considerable skills in kicking combinations.

The competition team (coached by Sempai Renée Robertson) brings in Canada's top athletes and Coaches to help develop our elite athlete's skills. In the 2007-2008 season, the team brought in Canada's top kata competitor, Trevor Shepard; Canada's NKA Athlete of the year; Ada Bratic; Quebec Coach; Shihan Louise Provencher; and National Champion; Olivia Grant.

The competition team has won an extraordinary 90 medals in provincial competition in the past 12 months!

The new competition team season starts in September 2008 and has lined up another phenomenal roster of champions to come teach our team of future champions!



KYOSHI DEVORAH DOMETRICH INSTRUCTS AT ACADEMY



Kyoshi Devorah Dometrich visited the Academy in March, 2008 and put on another superlative seminar in Okinawan weapons. One of the world's top instructors, Kyoshi Dometrich is head instructor in North America of the RYU KYU KOBUDO HOZIN SHINKOKAI (Okinawan Weapons Preservation Society).

An 8th Dan in weapons and 7th Dan in Karate, Dometrich-Sensei is one of North America's martial arts pioneers. She visits the dojo 2 times/year and provides instruction and examinations for Academy students in kobudo (weapons). Interested students (of any rank) are encouraged to join our regular kobudo class and add this ancient art to their repertoire of skills. Recently examined and graded students include: **Zeljko Violoni; Andrew Johnson; Nicole Wolfe** and Kancho Robertson (pictured beside).

ONTARIO TOURNAMENT RESULTS



Academy competitors continued their winning streak at recent Karate Ontario championships. Sempai Andrew Johnson narrowly missed joining the Provincial Team (a particularly difficult category with two national champions)...but could make the team in the 2008-9 season. Great performances from: **Shelley Brand; Peter Galler; Cole Jackes; Christian Martyn; Sanda Violoni; Rachel Crowther; Renée Robertson; Gillian Hinton Ellis Harvie** and **Daniel Pouris**.

Karate Ontario holds four provincial championships each year. Competitors in the 14+ age categories can compete in 'points' divisions and eventually place on the provincial teams that compete at the annual summer National Championships.

The academy does not stress competition, but certainly supports the elite athletes that enjoy the competitive side of martial arts. We are as equally proud of our Black Belt graduates that do not choose competition, but do choose to pursue personal excellence in the art.

For more information on the Competition Team, please see Kancho Robertson.



IWATA CUP TOURNAMENT



Renée Robertson wins Gold in 18-20 Kumite (-59 kg). Ren also won Silver in both kata and kumite at the subsequent Montreal Open



Left: Kumite medal winner Ryan chatfield with parents Kyle and Tricia.
Below: Two of our junior athletes 'hurry up and wait' while parents Bill and Liane keep the stress under wraps



Academy Parents: Lisa Johnson; David & Margaret Hinton; and Gary Galler cheer on their champions



SENSEI NASSIM VARASTEH SEMINAR

The Academy was very pleased to recently host Sensei Nassim Varasteh at our dojo. Sensei Varasteh is the most successful karate athlete in our country's history. A former Pan Am Gold Medalist, 12-time national champion and 2nd in the World Championships, Sensei Varasteh is a wonderful teacher that is now focusing her attention on developing a new group of future world champions.



Above: Sensei Varasteh with Academy Students

Below: Stretching exercises for; Max Krougerski; Ishan Kelkar, Leah Skinner; Emily Fisher; Shelly Brand and Gillian Hinton



YOSHUKAN QUEBEC UPDATE

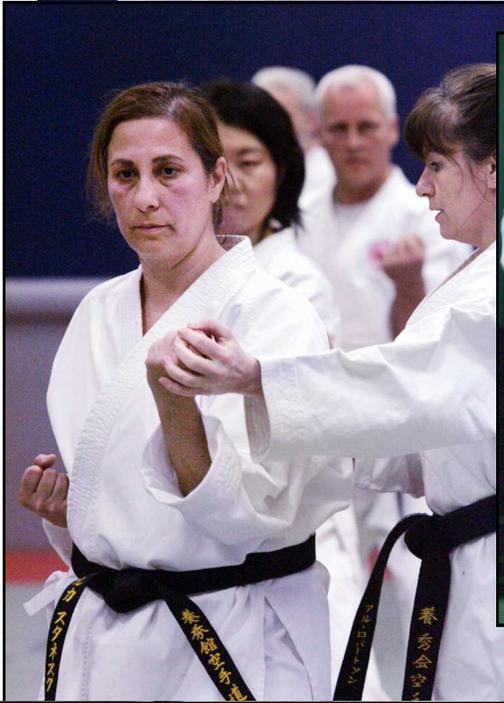
Photos by Joel Leclerc



Our Yoshukan Association in Quebec continues to grow and thrive under the leadership of Shihan Louise Provencher. Now with 4 established clubs, the association teaches hundreds of students the Yoshukan system.

Shihan Provencher is ably supported by: Sempai Raluca Stanescu, Constantin Calistru; Sebastian Calistru; Robert Kalinowicz; David Francis; Henri Tchibozo; Sara Perez; Simon Mercier-Ng; Sylvie Mercier; Sorin Alexandru; Malcolm Mazumdar and, of course, Sensei Rebecca Khoury.

Special thank you and recognition to all the Yoshukan Quebec instructors; athletes and students for the excellent work done on building the Yoshukan Karate Association in la belle Province!



KANCHO 'CORNER'



Mixed Martial Arts are the latest, and I suspect, the most permanent of the many martial arts phases I have personally seen in the past 40 years. While we have lived through many fads (Ninjutsu; Kung Fu; Aikido and Personal Combat) the mixed martial arts (MMA) have found an audience with their highly trained, and effective, ring or cage fighters.

As a former judoka, wrestler and karateka, I applaud the realism of the new mma and certainly believe in the effectiveness of any fighter that is as comfortable grappling as they are striking.

I am also a fan of the sport and the many athletes that are devoting themselves to MMA as a viable occupation and passion. Sensei Dreschel and I recently watched an event at a pay-per-view and were impressed with how knowledgeable the audience had become. They 'oohhed' and 'awwwdd' at all the right places!

However, my appreciation for the sport and the spectacles does not extend to teaching MMA to children. There are a few significant areas where we, as martial artists, detour.

The first is that the arts are a 'do'. Literal translation, 'the way'. If you look at each of the traditional Japanese/okinawan based arts, you will find they end in 'do'. Examples of which are: judo; karatedo; aikido and kendo. The do signifies that the study of the particular art is really a tool for self-improvement and personal development. It wasn't always so. 100 years ago, the arts were known as: ju-jitsu; karate-Jitsu; aiki-jitsu and ken-Jitsu. The purpose of these arts was to teach various systems of self-defence, regardless of the character of the participants.

The second way our art is different from MMA is that we teach children. In fact, studies have consistently shown how children learning martial arts have a more keenly developed sense of discipline, respect for selves and others and ability to concentrate on the task at hand. It is not unusual for our students to be at the top levels of their scholastic academic and athletic programs. Clearly, leadership abilities are cultivated and enhanced through martial arts training.

We are also particular about which techniques get taught to our junior students. There are a variety of chokes, arm bars, joint locks and neck manipulations that do not get taught to children. They have neither the maturity, or the physical development to responsibly use these techniques. Any competent teacher and system limits the exposure of these, more dangerous, techniques to an older, more advanced, student.

Finally, the arts have developed a curriculum and system to recognize advancement. By gradually developing the student (both physically and mentally), the Sensei ensures the student has the requisite maturity to responsibly manage challenging situations with the appropriate response. This departure from MMA is a significant element to what makes martial arts training essential for our young people. The range of techniques ensure a mild attack is repelled by a mild response. Doing a take-down, arm bar and choke would not be an appropriate response to most situations. Particularly in our litigious society.

I recently spoke with a number of MMA instructors about adding in a MMA program to our dojo. Their response was illuminating. "Sensei, you don't want to do that". When I inquired why, they told me that the majority of students coming in to their programs had a single interest. How to win in a fight. Any exposure to the art's philosophy of personal restraint was considered, 'Old School' and not worthy of effort. These weren't the type of folks you wanted over for Sunday dinner!

In conclusion, MMA has woken up the martial arts community in a good way. It has rid the community of a lot of ineffective practices and beliefs. It has also amply demonstrated the need for any fighter to have a complete arsenal of techniques for both stand-up and ground fighting. However, I continue to believe that arts teach more than fighting skills. I have too many examples of personal success derived from martial arts training to ignore four decades of empirical evidence. Our academy will continue to expose our students to the complete range of fighting techniques (as an example the recent grappling class taught by Sempai Gojak and the inclusion of grappling skills in our curriculum) but always with an eye to the real goal, the perfection of the character of the participant!

DOJO KUN

(YOSHUKAN Code of Ethics)

1. SEEK PERFECTION OF CHARACTER

JINKAKU KANSEI NI TSUTOMERU KOTO

2. BE FAITHFUL

MAKOTONO MICHIO MAMORU KOTO

3. ENDEAVOUR

DORYOKU NO SEISHIN O YASHINAU KOTO

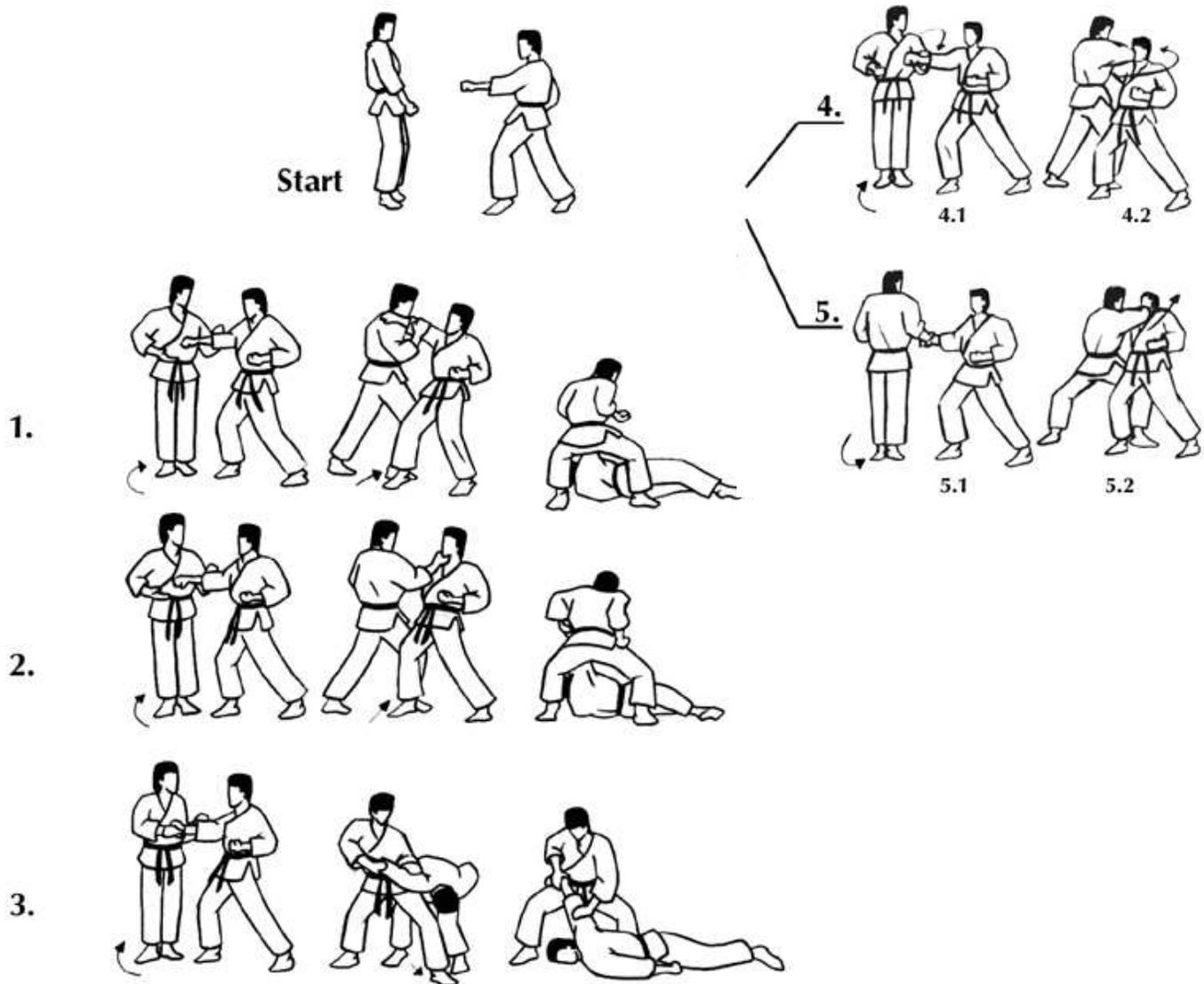
4. RESPECT OTHERS

REIGI O OMONZURU KOTO

5. REFRAIN FROM VIOLENT BEHAVIOR

KEKKINO YU O IMASHIMERU KOTO

Kaiten No Ho



2008 Upcoming Events

Starting in September

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

Black Belt Exams

- Saturday, August 23, 12:30-3:30 PM

Montreal Seminar

- September 27-28 Kancho and Renée Robertson in Montreal

8th Annual Dojo Olympics

- Saturday, November 1 9:00-11:00 AM

Karate Ontario

- TBD. Likely Oct and Dec 3rd Sundays

Dojo Exams

- Last Saturday of each month during class times

Dometrich Kobudo Seminar

- November, 2008

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