

# ZANSHIN



THE OFFICIAL NEWSLETTER OF THE YOSHUKAN KARATE ASSOCIATION

December 2011

## Yoshukan Karate Black Belt Training



### KANCHO CORNER



**O**ur modest association hit another milestone this year with our 100th Black Belt graduate. With over 20,000 students over the past 40 years, we can never be accused of 'giving our belts away'! The Yoshukan Karate Association has never, and will never, be a commercial exercise. We all have bills to pay and our members have a responsibility to keep their payments current, but we have assiduously avoided the contemporary commercial practices used by many martial arts schools.

We believe the core of the martial arts experience is about character development and not about running a business enterprise.

With reference to our new Black Belt graduates, we have also had a number of other high points in 2012. Sensei Betty Gormley received her 4th Dan after 25 years of study. Sensei Zejiko Violoni received his Shidoin (Instructor Licence). Shihan Louise Provencher is pursuing her next level NCCP (National Coaching Certification Program) which would make her the only karate woman in Canada at this level!

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*Credit to Ian Barrett for photos*

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Sensei Rebecca Khoury has continued her outstanding leadership of Karate Canada – the only recognized sport body for karate recognized and supported by the Canadian government. Sempai Raluca Stanescu has built Gadbois Dojo into a local institution with some terrific new students getting up to Black Belt levels. Sempai Constantin Calistru has also built a great new dojo in Lachine.

Sensei Peter Bakimohalis has become the 'elder statesman' of Yoshukan in Quebec... a long way from coming into LaSalle Dojo as an 11-year old! Sensei Robert Kalinowicz has continued on the NDG tradition (with assistance from Sempai Batche Pande & Sempai Malcolm Mazumdar). NDG Dojo was started in 1968 making it one of Canada's oldest and longest running karate school. Mississauga Academy has been fortunate to have new adult instructors emerge like Sempai Max Krouguerski, Sempai Nicole Wolfe, Sempai Omer Gojak and Peter Klambauer. The Y St-Laurent dojo is getting great leadership from Sempai Charles Mayer. Some of our younger teachers have stepped up and are building their own following such as Sempais: Alex Domijan; Sarah Perez; Renée Robertson; Lucas Ruecker; Jake Robertson, Sandra Violoni and



**New Yoshukan Black Belts: Ryan, Aron, Cole and Bill from Mississauga**

Henri Tchibozo.

As you can see from the list above, an association is only as good as its people. The Yoshukan Karate Association has truly outstanding people leading us into the future. Perhaps this is an argument why 100/20,000 is the way to go...

Have a safe, fun Holiday Season and best wishes for a prosperous 2012. See you at our January 1, 10:00 am 'Start the New Year Right!' class...

*Kancho*



**New Yoshukan Black Belts: Sylvain Robert and Sandra Coffey**



**New Black Belts from NDG**

# Seminaire avec Sensei Seba



Teaching Kumite Tactics



The Way of the Warrior (Sensei Robert Kalinowicz - NDG Dojo)

## MERCI – Tournoi Yoshukan 2011

Bonsoir Sensei, Sempai,

J'aimerais vous remercier d'avoir participé bénévolement à cette 3e édition du tournoi de karaté Yoshukan.

Vous trouverez en pièce jointe une photo prise lors de l'événement. Près de 50 karatékas provenant de 7 clubs de karaté traditionnel sont venus tester leurs habiletés en kata et combat. Nous avons eu le privilège d'accueillir une grande délégation du club de karaté Budokan du style Shotokan orientée par Sensei Chantal Boileau, les athlètes des 4 Académies de karaté de style Yoshukan de Montréal guidées par Sensei Robert Kalinowicz, Raluca Stanescu, Constantin Calistrut, et Henri Tchibozo, des élèves de style Chito Ryu dirigée par Sensei Jocelyn Debeur et ceux de Wado Ryu commandé par Sensei Andrew Watson. Je tiens également à remercier Sensei Guy Vial et Stéphane Piazo chargés du bon déroulement des épreuves du circuit pour les moins de 10 ans.

Les profits de cet événement sont placés dans un fond qui est dédié aux frais d'entraînements que j'offre gratuitement aux compétiteurs élites, soit de niveau provincial, national ou international ainsi qu'aux achats d'équipements au besoin.

Encore une fois, je vous remercie sincèrement de votre implication afin de permettre à nos jeunes karatékas de se



surpasser physiquement et mentalement à travers ce tournoi local.

En espérant vous revoir en grand nombre l'an prochain!

*Shihan Louise Provencher  
Directrice Yoshukan Québec*



Damian & Sarah Yoko-Geri (Side Kick!)



Technical seminar with Karate Quebec and guest teacher Sensei Higashi



Yoshukan Québec Black Belt Training



Mary Eve & Shihan Provencher



NDG Juniors



Sarah Perez teaching at NDG Dojo

# Sempai/Kohai – How Martial Arts Strengthens the Senior and the Junior

What is often commented on by visitors to a martial arts dojo is the uniquely supportive / challenging role the senior students take with the junior students. This relationship is referred to as SEMPAI (Mentor) and KOHAI (Protegé). The mutuality of this relationship is that the Sempai 'chooses' who they will work with. The Kohai 'accepts' the instruction of the Sempai. The relationship puts a burden of responsibility on the Sempai to lead and teach the Kohai in a way to both challenge and support their growth. Abuse is not a tool the Sempai uses to push the student further. Rather, they challenge the Kohai to work a little harder, push a little more and find new boundaries.

In turn, the Kohai looks after their Sempai. The Sempai should NEVER be left to pick up training material, clean the dojo or do manual labour the Kohai can manage. This is the way of the dojo and a small demonstration of respect and gratitude the Kohai can show their Sempai.

On some occasions, the Kohai may pass the Sempai in rank... however, they are always Kohai to the Sempai that developed them. This is in respect for the time & tenure of the Sempai and their knowledge of what makes their dojo work. Kohais that jostle for position in line-up (Shugo) embarrass themselves. They all know who their Sempai and Kohai are and need to adjust accordingly.

Ultimately, both parties benefit from this relationship. The Kohai grows into a Sempai, the Sempai passes on what they have learned. This is way it has been for 3,000 years and is the way it will be for thousands of years to come.



**Peter & Victoria**



**Matheus & Nicola**



**Sarah & Ainsley (Firecracker)**



**Max & Francis**



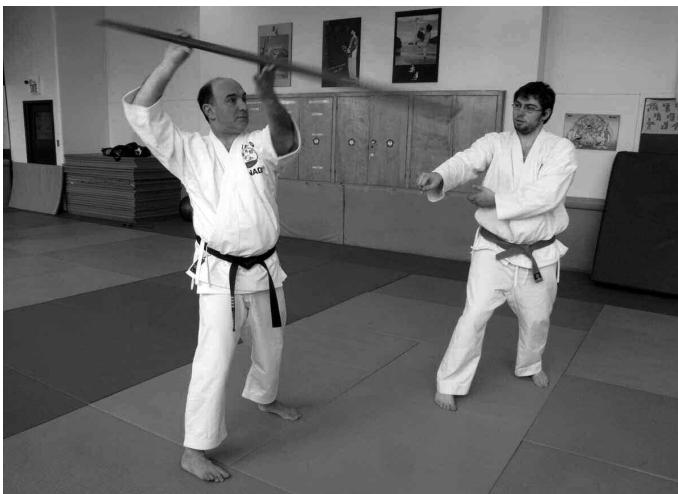
**Shelley & A.J.**



**Zeljko & Gabriela**



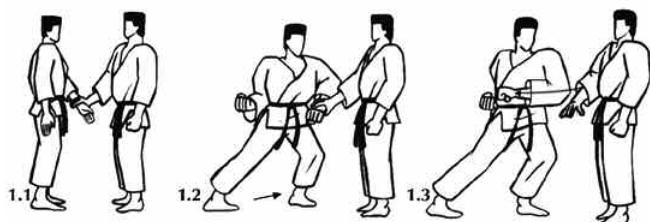
**Shihan Provencher & NDG Juniors**



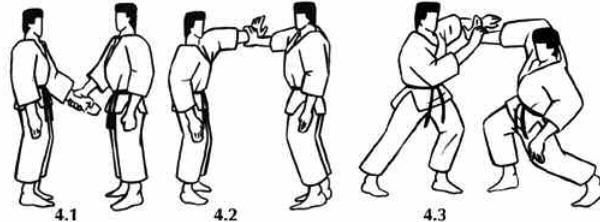


Mississauga Academy Kick or Treat 2011

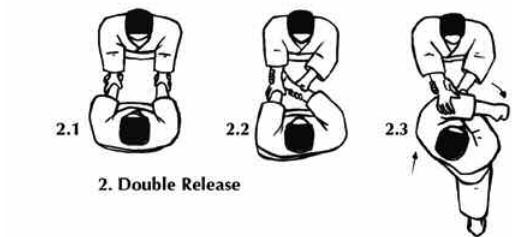
## Te Hodoki no Waza



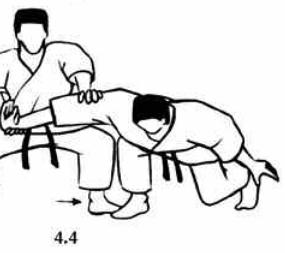
1. Single Release



4. The Wave



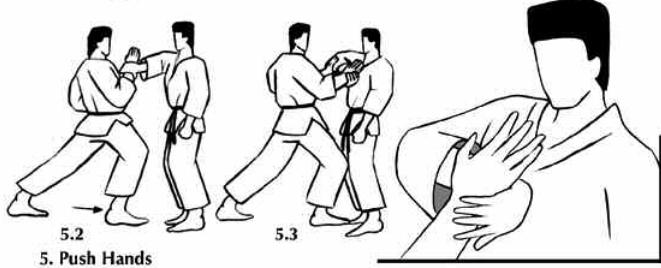
2. Double Release



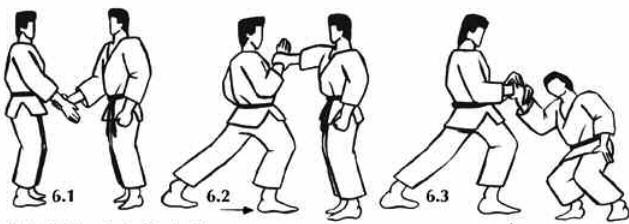
4.4



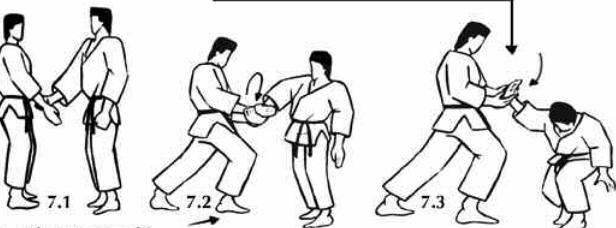
3. Rear Release



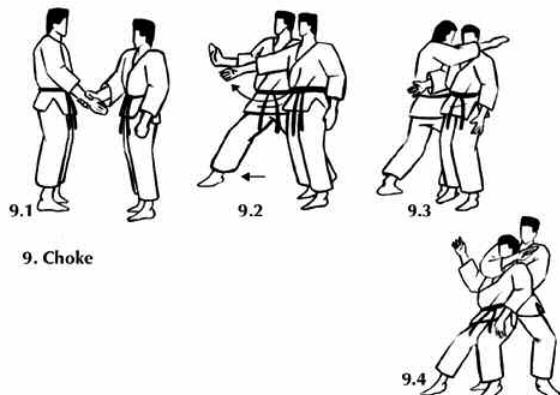
5. Push Hands



6. Push Hands & Control



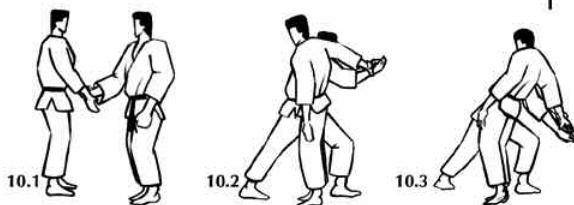
7. Ude Kote Gaeshi



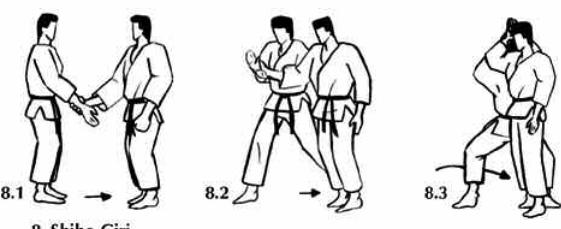
9. Choke



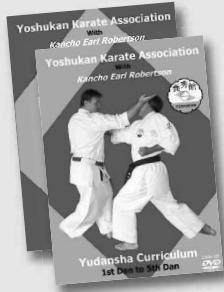
7. Ude Kote Gaeshi cont'



10. Spine Drop



8. Shihō Giri



## **Yoshukan DVDs – White Belt to 5th Dan**

All Kata; Bunkai; Kumite; Ukemi; Kobudo and Goshin Jutsu demonstrated by Kancho Robertson from beginner to 5th Degree Black Belt in the Yoshukan System.

**\$29.95 each or both for \$49.95. Please add \$15 for shipping & handling charges. Payments can be made by credit card or check at the Mississauga dojo.**

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