

# ZANSHIN



THE OFFICIAL NEWSLETTER OF THE YOSHUKAN KARATE ASSOCIATION

Summer 2012

## Black Belt Camp and Examinations



### KANCHO CORNER

## Transitions



One perspective that eludes most of us until later in life is hindsight. To have hindsight, we have to have lived through the experience. In relation to martial arts, the experience can be measured in decades.

Our recent Black Belt weekend camp was a powerful reminder of where we are and where we have come from. The hindsight is how history does repeat itself. Over the course of my martial arts career, I have been a member of three other Karate-do associations: The Canadian Karate Association, The Chito Ryu Karate-do Federation and Yoshukai International.

Each association had powerful and charismatic leaders, particular technical strengths and areas for improvement. It is an ongoing process to look at our own association and compare who we are with what the other associations have

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produced. As Kancho, it is my responsibility to guide our association to become the best it can be... while maintaining our unique technical and philosophical perspectives.

What was most gratifying about our recent camp was how new leaders are emerging and the transition of responsibility for our associations' future direction is evolving. Our Black Belt examinations were conducted by a senior group of teachers from 3rd to 5th dan level. Instruction at the camp was provided by dedicated teachers who shared their knowledge with students from other dojo.

Concurrently with the camp experience, the social intermingling of our various dojos and teachers was gratifying to watch. Students from very different ages and walks of life enjoyed the camaraderie of sharing their budo experience with like-minded individuals.

As I reflected on the many 'moments' of the weekend and the terrific martial artists our association is producing, I can't help but be pleased with both the ongoing transition... and the hindsight....

*Kancho*



**Sensei Bakomihalis teaching Sempai's Sarah and Renée the intricacies of Mawashi-Geri**



**Sempai Wolfe teaching Maezato No Tekko**

## **Black Belt Camp and Examinations**

The Yoshukan Karate Association recently held it's 9th Summer Camp (Natsu Geiko!) since the association was founded in 2004. Open to Brown & Black Belts from the 6-dan association, the camp had over 30 participants over the weekend and covered basic and advanced waza including: Sanchin & Bassai Kata and bunkai; Maezato No Tekko and Tsukenshitaku No Sai; Ju Ni Ko waza; Yoshukan waza; Jiyu Kumite and Goshin Jitsu.

The camp also held its annual Black Belt Exams. Congratulations to the following Sho-dan students:

Mr. Peter Klambauer; Ms. Sylvie Mercier; Mr. Matthauss Baven Berger; Ms. Molly Reeves; Mr. Neil Sachdev; Mr. Damian Klambauer and Mr. Andrei Roman.

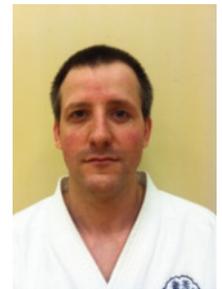
Achieving Ni-dan (2nd Degree Black Belt) was Mr. Simon Mercier-Ng.



**Peter Klambauer**



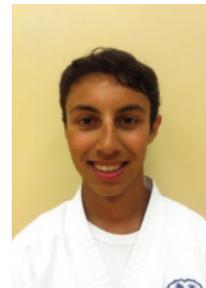
**Sylvie Mercier**



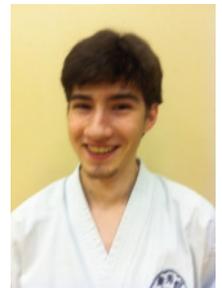
**Matthauss Baven Berger**



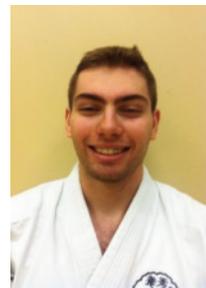
**Molly Reeves**



**Neil Sachdev**



**Damian Klambauer**



**Andrei Roman**



**Simon Mercier-Ng**



**SHIHAN Provencher teaching Bassai Bunkai**



**Sensei Kalinowicz covers Goshin-Jitsu for the Yoshukan Brown/Black Belts**

## Robert Kalinowicz Awarded Shidoiin Certificate



**Robert Kalinowicz**

Sensei Robert Kalinowicz was awarded his Shidoiin Certificate at the recent YKA Summer Camp. Sensei Kalinowicz has been a steady and dedicated instructor at the NDG Karate Dojo and is Director of Operations for the YKA Quebec. His dedication to teaching and learning Yoshukan Karate-do is an inspiration to both his students and fellow instructors and he and his family have been leaders

in our community.

Most students (and non-students!) are aware that there

are 10 degrees of Black Belt awarded over a Karate-ka's lifetime of study. However, many are not aware that there are also teaching certificates awarded for those rare students that invest the extra time and effort to teach and guide others.

These teaching certificates recognize the contribution and abilities of our Yoshukan instructors. The Yoshukan Karate-do System instructor certificates are:

- Jyun-Shidoiin (Jr. Instructor) –Must be 2nd Degree Black Belt**
- Shidoiin (Senior Instructor) –Must be 3rd Degree Black Belt**
- Shihan (Master Instructor) –Must be 4th Degree Black Belt**
- Renshi (Senior Expert Teacher) –Must be 6th Degree Black Belt**
- Kyoshi (Teacher of Teachers) –Must be 7th Degree Black Belt**
- Hanshi (Grand Master) –Must be 8th Degree Black Belt**

Sensei James Davenport ([www.chitoryu.com](http://www.chitoryu.com)) has an excellent overview of the teaching certificates on his website.

New Jyun-Shidoiin Certificates were awarded on the weekend to: Sempai Malcolm Mazumdar (in absentia); Charles Mayer; Sempai Raluca Stanescu; Sempai Constantin Calistru; Sempai Sarah Perez; Sempai Renée Robertson; Sempai Max Krouguerski (in absentia); Sempai Nicole Wolfe and Sempai Omer Gojak (in absentia).

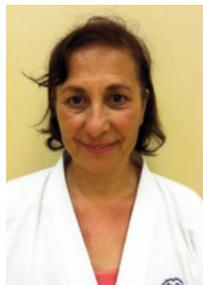
Please take a moment to thank these Yoshukan instructors for their contribution to our association's growth!



**Malcolm Mazumdar**



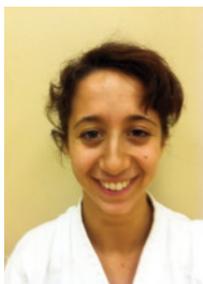
**Charles Mayer**



**Raluca Stanescu**



**Constantin Calistru**



**Sarah Perez**



**Renée Robertson**



**Max Krouguerski**



**Nicole Wolfe**



**Omer Gojak**

# Honbu-dojo Upgraded

The Honbu-dojo (Headquarters) of the Yoshukan Karate Association recently had a face-lift! Sempai Max Krouguerski built 4 new cabinets that de-cluttered the back of the dojo and allowed a place to store our dojo matts. Assisted by Sempai Nicole Wolfe, Sempai Peter Klambauer and Sempai Damian Klambauer the quartet scrubbed, dusted and threw out the



accumulated items that were choking our space!

Special thank you to Sempai Max for building the shelves and the new shelf in the storage room that has allowed us to store our key items.

Outstanding work from all four and a great example of teachers leading by example!



**Nicole Wolfe, Peter Klambauer, Damian Klambauer, and Max Krouguerski**

## Mokuso

By Max Krouguerski

One day I was biking home from the GO Station. While approaching an intersection, a car has passed me by and has turned sharply to the right, forcing me to brake hard in order to avoid collision. After shouting something like "You..." I've continued my way but my mind was still there. It was playing different scenarios like me bumping into the car, getting into a fight with the driver, being injured etc. None of these scenarios was actually the 'happy ending' one. It took me a while to recognize this thinking pattern and to tell myself that there is no point in dwelling the negative stream of thoughts – my reaction was good, nothing bad happened and all the parties are on their way unharmed. So, I've let this incident go, cleared my mind and happily continued riding back home.

It seems so natural for us to get into this type of thinking – what can go wrong or how bad things may turn around if this or that could have happened. There is no surprise that by thinking this way we are not making ourselves happier, in fact, it could even make us sick. Therefore it is really important to be able to recognize this negative thinking pattern, acknowledge it and then just let it go. And, in most cases, it

doesn't take long to do that – just a few quiet moments. Though, we are always on the run and these precious moments are rare.

Luckily, we are all getting these moments at the beginning and at the end of every karate class. A short meditation (mokuso) is there to clean your mind of all the disturbing thoughts so you can concentrate fully on your training. As kancho is saying – everybody is carrying a bag filled with problems, negative emotions and worries. This is the bag that we have to leave before entering the dojo and to pick up on our way back. And mokuso is one of the primary tools that helps us to do so. These few quiet moments before the training starts allows us to leave outside things that do not belong to the dojo. And at the class conclusion, while going through the things we've worked on, we realize that we were perfectly ok without that entire burden for an hour. So, if we could live without this bag for an hour, maybe we do not need it at all? Through this realization we can let it go. Little by little we can lessen this burden of negativity in our lives. And hopefully, one day there will be nothing to leave outside of the dojo.

# The Nafuda kake

Usually in the shimoza, one finds nafuda kake, a display of wooden name plates, which indicate member s rank and dojo status. It is not uncommon to have separate kyu and dan nafuda boards. This method of member tracking serves as a



source of motivation and creates as well a strong sense of bond among members.

Nafuda are usually constructed out of light wood such as fir or pine. They may remain natural without any form of stain or finish. A special brush is used to write names on the nafuda, adding authenticity and beauty to them. In many cases on the back side of the nafuda plates, information concerning training and promotion of the respective member are recorded. This allows for quick review of members training history. Nafuda plates can be re-used, when a student drops out, simply by sanding the wooden name plate, however dan holders nafuda, should be generally kept since attainment of black belt is of permanent status.

It takes time and attention to maintain the nafuda display. But this effort is an investment in creating an air of traditional seriousness and purpose. A dojo is nothing more but its members. ([www.shotokanryukaseha.com](http://www.shotokanryukaseha.com)).

Special thank you to Honbu-dojo Sempai Max Krouguerski for creating this beautiful Nafuda Kake for Honbu dojo members. His attention to detail and interest in keeping our dojo current is very much appreciated and a model for all!

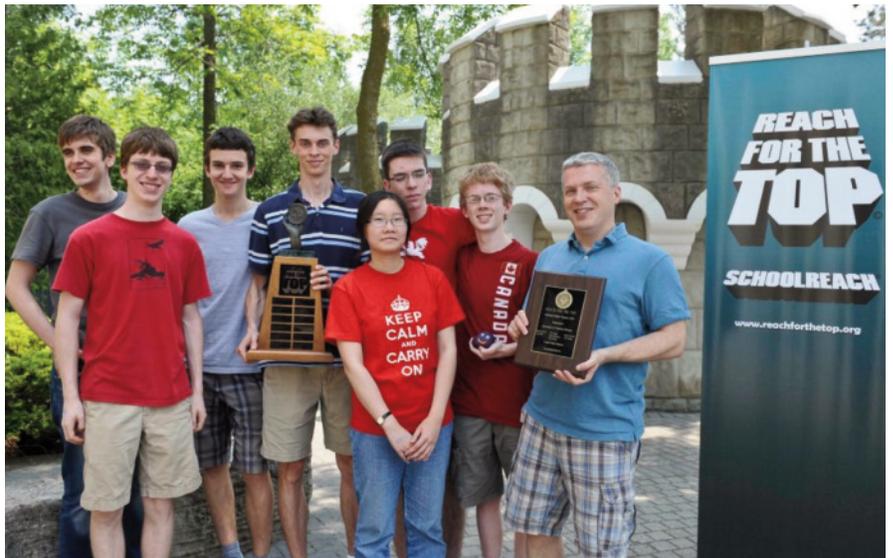
# Academy Black Belt Cole Jackes on Reach For The Top Championship Team

After triumphing at the Ontario Provincial Championships, Yoshukan Mississauga's own Cole Jackes and his high school UTS Reach for the Top Senior Team competed at the National Championships at Canada's Wonderland. In round robin play, the team played against the 12 best in Canada, and UTS emerged as the sole undefeated team.

They played the next day in the semi finals and were again victorious, achieving a score of 430-300. Then in the finals the UTS team vanquished their opponents from London Central, 420-250, to become National Champions.

This capped off a season full of amazing accomplishments, including a perfect 43-0 record, and in one game during the Provincials top-ten round, defeating Sinclair Secondary School 690-220, which was, to the best of anyone's knowledge, an all-time single-game points record.

This was Cole's first year on the Senior Team, which was



also comprised of another grade 10 student, one grade 11 student and 4 grade 12 students, under the tutelage of a very dedicated coach. They practiced for an hour and a half, twice a week all school year, and were thrilled to achieve their goal.

# Black Belt Weekend Photos







*Photos by Harpreet Sachdev*

# JAPAN TOUR

Summer, 2013

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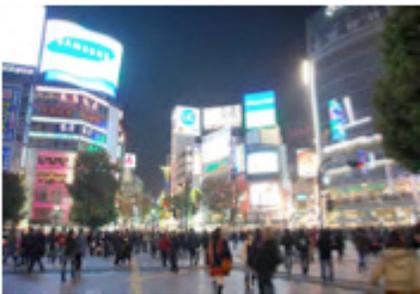
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601-2880 for more details!



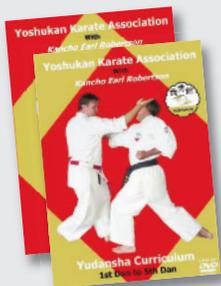
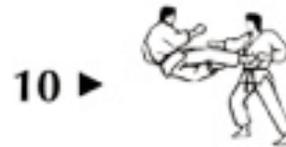
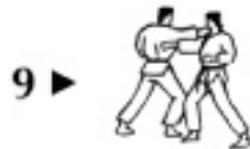
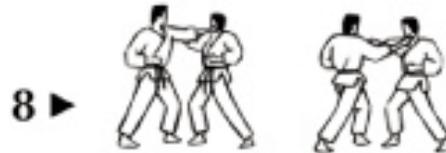
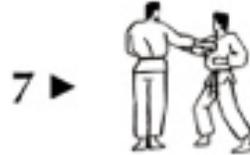
## YOSHUKAN KARATE

### Japan Itinerary

- **Inomoto-Dojo:** 4 days of training at Honbu Dojo
- **Kumamoto-Tour:** Musashi Cave; Kumamoto Castle; Shuizenji Gardens; 3,333 Steps
- **Fukuoka:** Temangu Temple; Fukuoka Festival
- **Hiroshima:** Bomb Museum
- **Miyajima:** Ferry to island; Ryokan Hotel (Traditional Japanese); Miyajima market
- **Kyoto:** Golden Pavillion; Kyoto Market
- **Tokyo:** Ginza District; Budokan; Emperor's Home



# Juniko



## 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.**

# ZANSHIN

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