

# ZANSHIN



THE OFFICIAL NEWSLETTER OF THE YOSHUKAN KARATE ASSOCIATION

Fall 2014

## Yoshukan Karate Association Black Belt Camp



The YKA held its annual Black Belt camp August 22-24, 2014 at the Honbu Dojo in Mississauga, Ontario. Instructors, Brown and Black Belts from across the association attended the camp and received training in kumite, kata & bunkai with

Kancho Robertson and kobudo (nunchaku, bo and sai) with Sensei Devorah Dometrich.

The camp was well-attended with Yoshukan Black Belts

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### KANCHO CORNER

## Seasons of a Martial Artist's Life...



What a summer! The old saying: 'The more things change the more they stay the same' has a lot of relevance to our association. While there have been significant changes to our structure, the direction hasn't faltered an inch...we build life champions in the Yoshukan Karate Association.

Peter Klambauer and Nicole Wolfe have taken over the leadership and administration of our Honbu Dojo – now called the

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## Kancho Corner

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YOSHUKAN KARATE STUDIO. They have breathed new life into the dojo with a terrific make-over, new marketing and a real passion to continue our good works. Supported by **Sensei Zeljko Violoni**, **Sensei Omer Gojak** and **Sempai Max Krouguerski** the dojo continues to flourish for both our adult and junior students (look for an article on our new leaders in this issue).

Sempai Max recently received his Nidan in Jikkishin Eishin Ryu Iaido and has opened up a branch of his master's (**Sensei Goyo Ohmi**) Iaido association the Mu Mon Kai at our dojo. Along with Sensei Violoni, Max also received his Shodan in Kobudo as the dojo is a branch of **Sensei Devorah Dometrich's** Ryu Kyu Kobudo Hozon Shinkokai (Preservation Society of Okinawan Weapon Arts).

Combined, our dojo is now affiliated with 3 of the most highly-regarded teachers and associations in Japan and the Americas and students of our association can test for Yudansha (Black Belt Level) ranks in all three arts...and many are!

Our annual Black Belt camp continues to grow and bring together a terrific group of dedicated Yoshukan Brown-Black Belts. Of special note is the great diversity of the group in age, language and backgrounds. Our association is truly a place where anyone of any walk of life can find a home and place to grow.

We were honoured to have some world-class teachers join us on our examination board: **Sensei Ted Jungblut**, 8th Dan,

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## Black Belt Camp

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attending from Ontario, Quebec and BC. Examination camp fighters were: **Sempai Sarah Perez**; **Sempai Renée Robertson**; **Sempai Aron Sigurdsson**; **Sempai Mathias Bauernberger**; and guest 'fighters' from Sensei Karl Sutton's dojo **Snedden Sequeira** and **Vanessa Restrepo**.

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**Sensei Dometrich teaching Sensei Violoni the finer points of Nunchaku waza!**



**Black Belt Camp training in the park**

## Kancho Corner

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**Sensei Peter Giffen**, Canadian Chief Instructor of the Ryusei Karate-do and **Sensei Devorah Dometrich**, 8th Dan. Many of our students advanced in grade (see article in this month's ZANSHIN) in both karate-do and kobudo.

It was also a time for good-byes as many of our students left us to go to University. **Sempai Cole Jackes** is off to University of Waterloo to study Systems Design Engineering, **Sempai Billy Reeves** is at University of British Columbia studying Computer Science and Fine Arts and **Sempai Neil Sachdev** is at Western University studying Medical Sciences. Another great academic achiever was Academy Brown Belt, **AJ Sachdev** as he won the the Sir Edmund Walker Scholarship (\$10,000) for his first year at Appleby.

All this to say that despite course changes and corrections, our group continues to move in a very positive direction and provide a home... and guiding light to many of our young people. Everyone's contribution: **Liane Bedard** – Editor of ZANSHIN, **Zeljko Violoni** – Webmaster, **Annalisa Larocca** – Marketing Manager as examples, are essential components of what makes our association such a great group. Thank you to each of you for sharing our vision, our passion and your contributions!



## Black Belt Camp

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Students learned the finer points of Rohai kata, Hen Shu Ho and Kaiten No Ho bunkai and had the opportunity to practice with their counterparts from other provinces. The camp also introduced our first 'Market' and the highlight were shirts from Sensei Mercier-Nguyen that have a new Yoshukan design and shirts from Sensei Dometrich's kobudo association. Looking forward to new merchandise next year!

The highlight of the camp (besides the learning and camaraderie) was the Bar-B-Que at **Kancho Robertson** and **Sensei Betty Gormley's** house. The night culminated in the awarding of certificates and the usual kitchen banter about the camp and experiences.

Overall, another successful summer camp and lots of tears, bruises and sweat to build new memories from....



**Sensei Dometrich teaching Kobudo at the Academy (Bob Yeomans in the foreground)**





**Sensei Louise Provencher's 6th Dan Exam in front of Sensei Ted Jungblut, Kancho Robertson, Sensei Peter Giffen, Sensei Devorah Dometrich**



© Ian Barrett



**The Montreal men**



**Sensei Charles Mayer practicing Sai Kata**



**Senior Instructor 'Selfie!' Kancho Robertson, Sensei Donahue, Sensei Provencher and Sensei Dometrich**

Photo credits: Ian Barrett

# Yoshukan Examination Results

The Yoshukan Karate Association recently held Black Belt examinations for aspiring candidates from our various dojo. The 3 hour exam covered all aspects of our system including: Kihon (Technique); Kata (Forms); Bunkai (Applications); Kobudo (Weapons), Kumite (Sparring) and Goshin Jutsu (Self Defence). The 1st-3rd Dan Examination Board was comprised of: **Sensei Louise Provencher; Sensei Sean Donahue, Kancho Robertson** and visiting **Sensei Ted Jungblut and Sensei Peter Giffen**. The 4th-6th Dan examination board was comprised of Sensei's Jungblut, Giffen, Dometrich and Robertson.

Teaching certificates were also awarded to YKA Instructors from our various dojo. Our association provides recognition of instructor's abilities and contributions through a progressive series of teaching licences. These licences were established

in Asia and are an important recognition of a teacher's contribution to the association and their own teaching expertise. Recipients of teaching licences must have a minimum yudansha (Black Belt) grade level to be eligible per licence. The licences are:

Minimum Grade Level	Licence
2nd Dan	Jyun Shidoin (Junior Instructor)
3rd Dan	Shidoin (Senior Instructor)
4th Dan	Shihan (Master Instructor)
6th Dan	Renshi (Senior Expert Teacher)
7th Dan	Kyoshi (Master Teacher – Teacher of Teachers)
8th Dan	Jyun Hanshi (Junior Grand Master)
9th Dan	Hanshi (Grand Master)

## Successful Candidates

Sensei Louise Provencher - 6th Dan, Renshi  
 Sensei Robert Kalinowicz - 4th Dan  
 Sensei Simon Mercier-Nguyen - 3rd Dan  
 Sensei Charles Mayer - 3rd Dan  
 Sempai Omer Gojak - Shidoin  
 Sempai Henri Tchibozo - 2nd Dan, Jyun Shidoin  
 Sempai Cole Jackes - Jyun Shidoin  
 Sempai Sandra Coffey - 2nd Dan, Jyun Shidoin  
 Sempai Billy Reeves - Jyun Shidoin  
 Sempai Miki Nishida - 2nd Dan  
 Sempai AJ Sachdev - 1st Dan  
 Sempai Gabriela Ivakovic - 1st Dan

## KOBUDO Results

Zeljko Violoni - 1st Dan  
 Max Krouguerski - 1st Dan  
 Aron Sigurdsson - 1st Kyu  
 Nicole Wolfe - 2nd Kyu  
 Sylvie Mercier - 4th Kyu  
 Mathias Bauernberger - 4th Kyu



**Sempai AJ Sachdev**  
- 1st Dan



**Sempai Gabriela Ivakovic**  
- 1st Dan



**Sempai Henri Tchibozo**  
- 2nd Dan



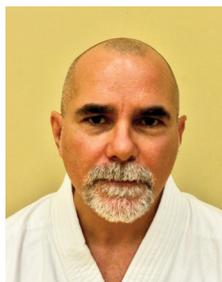
**Sempai Miki Nishida**  
- 2nd Dan



**Sempai Sandra Coffey**  
- 2nd Dan



**Sensei Charles Mayer**  
- 3rd Dan



**Sensei Robert Kalinowicz**  
- 4th Dan



**Sensei Simon Mercier-Nguyen**  
- 3rd Dan



**Sensei Louise Provencher**  
- 6th Dan, Renshi



Instructeure chef  
Shihan Louise Provencher

# Académie de karaté Yoshukan

Venez pratiquer le karaté au centre récréatif Gadbois  
En opération depuis 2003, voici vos instructeurs et champions!



Sempai Milad Mecheri



Sempai Maryève Gouron



Amina et Amine Mecheri

Semaine	18h00 à 19h00	18h20 à 19h20	19h15 à 20h15	19h30 à 21h00
lundi	Karaté débutant et avancé		Boxe	
mardi		Handi-karaté		Karaté Élites
mercredi	Karaté Compétition		Boxe	
jeudi	Karaté débutant		Karaté avancé	
vendredi			Libre Boxe Karaté	BBB
Fin de semaine	9h00 à 9h45	10h00 à 11h00	11h00 à 12h30	12h30 à 14h00
samedi	Karaté Parent-Enfant	Karaté débutant et avancé	Karaté Sportif	Libre Boxe Karaté
dimanche		Instructeurs et compétiteurs		



Sensei Guy Viau



Sensei Ridha Dhrifi



Sensei Patrice Boily-Martineau

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# Importance of Meditation

We have very busy lives. We go to work, we drive kids to numerous after school activities, etc. After all of the daily activities, we sit in front of tv and try to relax. Then we find something interesting and before you know it, it is past midnight and it is another short night of rest. Then on top of it, because of all the time spent in front of various screens (computer, smartphone, tablet, tv...), we can't get to sleep right away and we don't sleep well. Stress is building up and we get sick, tired and not in a good mood that often. One way to cope with it would be to have a nice long vacation every 2-3 months, possibly somewhere in Bahamas, but for most of us, that is not something we can accomplish with busy schedules and limited budgets.

Another way is through meditation. All it takes is 10-15 min daily. Find a spot where nobody is going to disturb you and go through deep breathing exercises. Take deep breath in using your stomach muscles, and then with every breath out, try to relax more and more. You can try by going with different

muscle groups (basically all of them except stomach, needed for breathing). Start with feet, legs, hips, back... and so on until you reach top of head. Once you reach total body relaxation (it might take several sessions until you manage to truly relax whole body), you will at the end of meditation feel energized and renewed. If you want to explore this further, you can find maybe local group that practice some form of meditation.

For you karateka comrades, you can try focusing on feeling the ki, energy that flows through you. Imagine that with every breath you take in, you soak in the energy that surrounds you through the whole body. With every breath out, you expel used, spent energy through whole body. After a while, you will feel waves of energy flowing through you.

That is all for now, hope that I didn't spoil it with my broken English, but I tried my best.

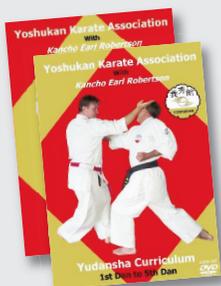
Live long and prosper,  
Zeljko



**K1 Open Istanbul: National team athletes training at Gadbois with Sensei Louise**



**Sempai Andre Roman teaching juniors at NDG Dojo**



## 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.

**\$25 each or both for \$45. 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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