

ZANSHIN



YOSHUKAN

THE OFFICIAL NEWSLETTER OF THE YOSHUKAN KARATE ASSOCIATION

Fall 2015

2015 Yoshukan Black Belt Camp



Kancho Robertson and Sensei Dometrich at 2015 Yoshukan Black Belt Camp



Yoshukan Instructor Gabriela Ivakovic demonstrating Mae-Geri

KANCHO CORNER

This is the Life I Chose

I recently met with my hand surgeon to discuss an upcoming surgery. In preparation for the surgery he had ordered X-Rays on both hands and was a little perplexed at the extensive damage he found to my various knuckles and joints. Nothing too serious but certainly extensive. I explained to him that I had been conditioning my hands for over 45 years and that damage was both expected and predictable. I then simply explained to him, 'this is the life I chose'.



On reflection, that simple statement went well beyond the minor damage to my hands. It actually reflected how I have lived my life and the tenets

that budo has taught me.

I share this with you now beginning with a quote from the movie The Shootist with John Wayne: *"I won't be wronged. I won't be insulted. I won't be laid a-hand on. I don't do these things to other people and I*

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Kancho Corner

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require the same from them”.

I have lived my life as a Budoka (martial artist). Commensurate with the discipline and restraint we are taught in budo, we also carry ourselves with a code of ethics. They are:

- Treat everyone with respect and dignity
- Honour your teachers
- Guide and support your kohai (juniors)
- Look every person in the eye
- Speak your truth
- Walk quietly
- Have the strength of your convictions
- Be a person of your word
- Never trust a holy person that can't laugh or dance
- Live with purpose
- Be of one mind
- Mastery of waza (technique) is a never-ending pursuit
- Share with those worthy
- Be strong enough to apologize
- Embrace humility
- Recognize joy in the simple things
- Stay calm in the face of loud or aggressive persons
- Know when to stand up to belligerence
- Smile easily

The life of a budoka is not a soft life. We train, we pain, we bleed and we face our fears. However, the benefit of these struggles is that we also live a life of courage, honesty, integrity and we protect the less weak in our society. This is the life we choose....



Yoshukan Instructor: A.J. Sachdev



Sensei Dometrich teaching Kobudo Terminology and history



Sensei Dometrich demonstrating Nunchaku Waza



Sensei Dometrich doing Kobudo in the park

Yoshukan Students Studying Iaido

By Max Krouguerski

It all have started a while ago, in the fall of 2013, when a group of Yoshukan students returned from the trip to Japan. All very inspired and eager to progress further. Also what most of us brought back – a sword. Some of us bought a nice stand and placed the swords on a display and some of us wanted to put those to practice. This is how our little Iaido group began. And now, two years later, it is still going. Our group is not in isolation – we are officially affiliated with one of the most

reputable Iaido club in Canada – Mu Mon Kai (that is roughly translates as “The School of No Gates”). So once in a while we do have a chance to learn from Patrick Suen, in my opinion one of the best and devoted Mu Mon Kai instructors. While we do not meet very often, just two times a month, the progress is undeniable. Sensei Zeljko Violoni, sempai Peter Klambauer and Gianfranco Maccagnan have recently challenged and successfully passed the test for 2nd kyu. Congratulations!



Karate Excellence Kick or Treat



Living our Tradition

Practicing Karate means hearing and using all kinds of Japanese words. But do we always know what they mean? It's good to think about them from time to time, and in doing so to better understand some of the ideas and emphasis of our traditions.

Likely the first thing we expect to hear in any and every Karate practice is 'SHUGYO!' which we always understand to mean 'Line up!' The term is made of two characters; 'SHU' translates to discipline or study and 'GYO' meaning 'the arts' or the object of said study. Other martial artists and practices have dedicated themselves to awareness of SHUGYO; Zen study has described it as 'continuous daily practice'; Aikido has referred to it as 'determined training that fosters enlightenment'. In Karate the emphasis has been described as 'austere training', where the combination of mental and physical effort determines the limits of the individual, and extends those limits through regular practice.

We talk to our students about the meaning of discipline, how discipline is indeed the "bridge between goals and

accomplishments". What an excellent and succinct way of understanding both the meaning and the purpose of SHUGYO! The phrase comes from Jim Rohn who was dedicated to personal development and motivation as a means to success. We may have goals or ambitions; how best to attain them? He brilliantly described discipline as the means to get us there.

Karate is hard, there is no question about it, and sometimes the sheer magnitude of its challenges can be intimidating. The fact is however that wherever we are in our development, we always have the choice of working a bit more, learning something new or further, working a bit harder or longer. It's that little bit of difference that makes us better when we build our SHUGYO.

The next time you line up for class at the call of SHUGYO, remember that it is your bridge to getting a little further on your path and that much closer to your accomplishments. The next time your class ends with the call of SHUGYO, remind yourself that you've taken a few steps further, and how those steps will add up to hard-earned accomplishments. Every call of SHUGYO is your reminder of the road ahead, destinations that beckon, and the satisfaction of earning your accomplishments.

The Yoshukan Karate Studio in 2015: A Year of Growth in Programs and Membership

This year saw some growth in our membership in both the junior and adult stream. New faces in the white belt level gives opportunities for our more advanced students to become leaders, demonstrating discipline and technique to our kohai members.

We've seen Sempai Max Krouguerski develop a challenging and fun junior's class, using play to develop innovative approaches to technique, conditioning and cardio. Our adult class has seen more focus on stamina, leg and core strength and flexibility, and Kancho Earl Robertson has been teaching more frequently in that stream with focus on the basics and application of karate principles in our training. Sensei Zjelko and Sensei Omer focus on advanced karate and judo techniques respectively, while Sempai Peter and Sempai Nicole round out both streams with fitness, stretching, technique, kata and drills. Both streams have a regular workout that includes kumite-style training, conditioning and the associated cardio and stamina workouts involved. Whether through play or hard practice, everyone sweats!

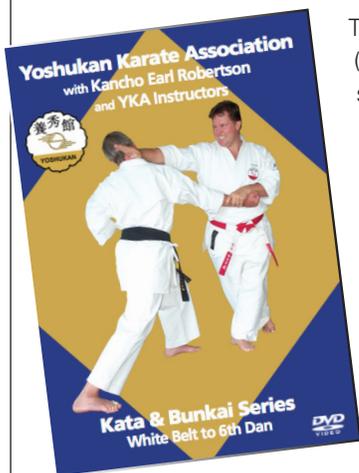
Sempai Gabi and Sempai AJ have become more prominent this past year, helping to host parties and events, and are

always on hand to help teach and demonstrate in the junior's class. Sempai Gabi also attended Provincial tournament this year, part of a growing momentum of our Yoshukan students returning to competition. Both are becoming leaders and we are continually impressed with their development as Karateka and splendid young adults.

This year's summertime Black Belt camp saw a clear emphasis on Kobudo weapons training. We were joined by members of Kyoshi Steve Trombley's Anshin School of Karate to train with Kyoshi Devorah Yoshiko Dometrich, of the Ryu Kyu Kobudo Hozon Shinkokai school, along with our brothers and sisters in the Quebec association.

Special mention must be made of Sempai Krouguerski's laido program, run as a satellite of the Mu Mon Kai Dojo in Toronto. laido is the study of sword etiquette, the handling of the Samurai Katana. We have hosted classes with Sensei Patrick Suen and Kyoshi Goyo Ohmi, and are developing friendship and connections with their wonderful school. Well done, Max, especially as you have guided our students towards recently attaining their 2nd kyu in laido!

Yoshukan Karate Association Releases New Kata/Bunkai DVD!



The Yoshukan Karate Association (YKA) is releasing the 3rd DVD series (2 DVDs – approx. 4 hours of instruction). This long-awaited DVD demonstrates each of the kata in our system along with the bunkai (applications) for each move in the kata. The 2 DVD discs are separated into Mudansha (White Belt-1st Dan) and Yudansha (1st-6th Dan) kata & bunkai.

Of special interest is over 20 of the YKA Black Belt instructors demonstrate

the kata and bunkai. The instructors are: Louise Provencher; Robert Kalinowicz; Betty Gormley; Simon Mercier-Nguyen; Zeljko Violoni; Omer Gojak; Charles Mayer; Renée Robertson; Sandra Coffey; Mattheus Bauernberger; Sanda Violoni; Max Krouguerski; Andrei Roman; Nicole Wolfe; Peter Klambauer; Jake Robertson; Gabriela Ivakovic; A.J. Sachdev; Sylvie Mercier; Maryeve K. Gouron and Kancho.

Filed by Sam Fellows, this extensive DVD compiles hundreds of bunkai from the 22 Yoshukan Kata and Exercises. Our graphic artist, Liane Bedard, did a great job at creating a new packaging design that stays in tune with the two previous DVD's (Mudansha and Yudansha) from our 2004 original production.

This DVD is an essential tool for any Yoshukan or Chito Ryu related systems that would like to gain a better understanding of their kata and what each move in the kata represents.

The new DVD will retail at \$25 and can be purchased directly from your dojo or Kancho at: iaito@rogers.com. Please add \$10 for shipping & handling in Canada and \$15 for shipping & handling in the USA.

Special thanks to all Yoshukan instructors who participated!



Videographer Sam Fellows shooting the 3rd Yoshukan DVD Series (Yoshukan kata and bunkai)

YKS at Provincial Tournaments in 2015

This past year saw attendance at Karate Ontario tournaments in April and September. Some won awards, some learned hard lessons; everyone benefitted from the experience and honoured our school with their efforts.

From our juniors program we saw our 'Power Rangers' attend both events. These are of course AJ, Brandon and Jasmine. All competitors showed determination and agility and won medals in both categories.

Calvin, Jack and Kenneth attended in September. Jack focused on kata, winning placement for his excellent presentation of NiSeiShi. Calvin and Kenneth both demonstrated kata and competed in kumite. They presented themselves well and brought honor to themselves and our dojo as they faced tough opponents.

Special mentions for our junior competitors include the following: AJ showed tremendous agility and fearless

presence. Brandon's innate technical excellence is paying off as he is facing different kinds of fighters and holding his own. Jasmine discovered her determination in the arena, presenting excellent kata and facing multiple fighters both in April and September. Jack set his goal and applied concentration and effort towards achieving it. Calvin fought heavy and hard opponents with agility and grit and held his own in the ring, where he showed real courage. Kenneth displayed rock-solid zanshin both in kata and kumite and stared down his opponents without a flinch.

Adult students attended tournament in April, including Edwin, Gabi and Gianfranco, all variously bringing medals back to the Dojo. Special mention must be made for Edwin's hard-fought day, facing three very tough opponents! Even Sempai Peter attended the tournaments, presenting kata in both April and September.

Everyone who attends the tournaments grows up just a little bit in the crucible of competition and challenge, and returns to the Dojo a leader. All were splendid in every way as they faced the arena; indeed, all were AWESOME.



AJ young bruce lee



Brandon sparring



Calvin kicking



Ken is fearless



Jaz fighting



Jack with medal



Power rangers with medals



Atkinsons at KAO



Jaz kata



Peter and Gabi



AJ kata



Edwin after fight



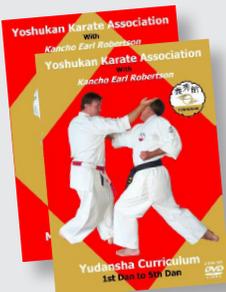
Gianfranco gets his medal



Edwin fighting



Awesome teens



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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