

ZANSHIN



THE OFFICIAL NEWSLETTER OF THE YOSHUKAN KARATE ASSOCIATION

Winter 2015

Renshi Louise Provencher acknowledged at Québec National Assembly on October 24, 2014

By Sylvie Mercier

Last June Renshi Louise Provencher was acknowledged at the Montréal region Annual Outstanding Volunteer Appreciation Gala. Her outstanding contribution was celebrated in this special event where volunteer awards were presented to people whose leadership, dedication, and sustained involvement, impact on the community and the development of community members.

That was the stepping stone to a wonderful next level. As the "all category laureate of year" for the Montréal Region, the "Dollard Morin Merit Award", Louise Provencher was hosted and recognized at the Québec National Assembly on October 24th to celebrate some 25 years of generous involvement in both Karate and Boxing.

Over that time, Renshi Provencher has demonstrated leadership at the community level, but also the national and provincial levels. As Yoshukan Karate Canadian Technical Director and Québec Chief Operating Officer, she shows talent, energy and innovation. She demonstrates the same engagement as Master Coach for the Québec Karate Team and Canada Karate Team, training youngsters for international, Canadian, Québec or local competitions. Her passion is endless and it serves to reaching many people and

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KANCHO CORNER

What's on Your Chalkboard?



This issue of ZANSHIN begins with a wonderful honour and recognition of our Canadian Technical Director, **Sensei Louise Provencher**. Louise has been recognized by the The Minister of Education, Recreation and Sports, **Dr. Yves Bolduc** at the Québec National Assembly. It was particularly gratifying for me to see Louise get this lifetime recognition after devoting so much of her time, money and energy to helping others grow.

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Renshi Louise Provencher

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organizations from all walks of life and all styles.

Renshi Provencher's enthusiasm has led to holding many dojos in the Montréal regions but mostly to changing live of young – and not so young- people around her. Below are a few words reflecting her impact.

« Shihan Provencher is a Quebec treasure! contributing to the development of both youth and adults in the Montreal sports community for over 25 years. » — *Kancho Earl Robertson, 7th Dan and CEO Yoshukan Karate Association.*

« Louise is a giver of her time, her energy, her knowledge and her experience. She has a genuine and palpable affection for her students. She has dedicated her life to her sport, her art! To Louise teaching karate is not just a physical activity, but a means of personal development, teaching interpersonal interaction, social



behaviours and attitudes that have implications beyond the dojo. Shihan Louise Provencher is my mentor my sensei, my training partner. » — *Sensei Robert Kalinowicz, 4th Dan, Head of Montréal NDG Dojo*

« Dès mon début en karaté il y a 17 ans, Louise s'est présentée comme un de mes mentors les plus influents. Ses succès en tant que compétitrice de karaté et de boxe ainsi que ses efforts dans la communauté de karaté m'encouragent à poursuivre ma carrière compétitive en karaté et par la suite à devenir coach provincial puis national pour partager ma passion avec les générations suivantes. » — *Sempai Sarah Perez, 2nd Dan*

There is little more to say than Congratulations Renshi Provencher! As friends, dojo partners, karateka and parents we feel privileged to have crossed Louise Provencher's path and, for that, we will continue supporting her in ensuring the betterment of our sport and our community.



Louise with partner Joel Leclerc and Student/Friend Sylvie Mercier

Kancho Corner

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It caused me to reflect on a lecture I have often given to my own kids (poor kids having a teacher for a Dad!) that goes like this: *'We are all born with a blank chalkboard. Although we have all been given different gifts & opportunities, most of what is going to be written on the chalkboard is the consequence of our choices. It takes a whole life to write on our chalkboard and it can be both positive and negative. We can have a chalkboard that is jam-packed with highlights...or lots of blank spaces. It is our chalkboard and what gets written is the story of our lives. The question we have to ask ourselves every day is 'What am I going to write on my chalkboard today?''*

Sensei Provencher's chalkboard is filled with a lifetime of passion, caring and determination. Her drive to push herself is

infectious and they want to soak up her drive to help them achieve their own goals and aspirations. And...there is more to come! Sensei, like all of us, is still learning, growing and pushing for more. Her model is a wonderful example of the Yoshukan philosophy and how we get to choose what goes on our chalkboards. What are you writing on yours?

One of the activities we do at Honbu Dojo annually is we bring in the new year with a January 1 10:00 am class. Sometimes referred to as the 'release the toxins' class!

It's a great way to begin the year with some cardio, technique, stretching and meditation. We end each class with our 'Goals'. For those not familiar with this practice, at the end of each new year's class, we take a few minutes and write down our goals for the year. They can be on any topic and

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Kancho Corner

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aren't strictly related to martial arts. They could be about fitness; finance; health or even travel. The important thing is that we take a few moments and reflect on what it is we would like to achieve in the coming year and then write them down!

We also receive our goals from the previous year and get to see what we had written at the previous year's new year class and how we did. It's a fun exercise that gives us a touchpoint on where we were a year ago and what we have accomplished since then.

The practice of writing down goals has been around for centuries but research has proven that 'Those who wrote their goals accomplished significantly more than those who did not

write their goals' (Sid Savara and Dominican University Study -cdn5.sidsavara.com/wp-content/uploads/2008/09/research_summary2.pdf).

As a lifetime goal-setter/writer, there is an additional element I believe we need to execute when goal setting...and that is patience. Being driven to accomplish goals is an admirable trait and certainly the practice of writing down our goals is an additional tool to achieving them. However, it's equally important that we enjoy the view as chase the target! Most achievers will tell you that they wish they had taken some time to savour life while chasing their dreams. Achieving a goal in 12 months...with little time to breath, may not be as rewarding as achieving the same goal in 24 months...but enjoying the experience!

Ultimately, it is our interactions with each other and our environment that provide us with the energy to keep driving forward. Being in the 'moment' and truly listening & appreciating are two goals we need to keep working towards as both martial artists...and human beings!

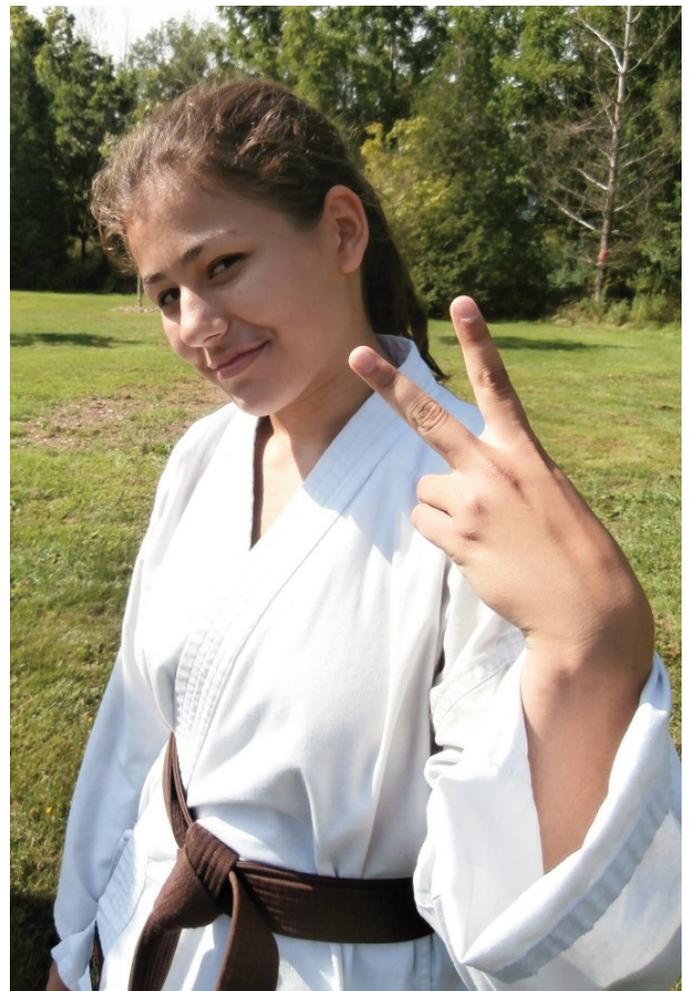
Best wishes to each of you for a healthy, prosperous and engaged 2015!



Mattäus Bauernberger practicing iaido at BB Camp



Academy Black Belts: Aron Sigurdsson and Molly Reeves ganging up on Billy Reeves while AJ Sachdev and Cole Jackes look on



Sempai Gabriella sharing her PEACE sign

2014: A Year in Review – It's Been a Busy One



The middle of 2014 saw the transition of the Academy of Yoshukan Karate to become the **Yoshukan Karate Studio**. Working with Kancho Robertson, the new administration is led by Sempai Nicole Wolfe and Sempai Peter Klambauer, long time students, Black Belts and parents of Black

Belt graduates. Nicole and Peter have been teaching the popular Juniors program for the past few years and are very excited to continue doing so.

What's in a name? Nicole and Peter chose "studio" for a very specific reason, as a reminder that Karate is a martial art, and the studio is where that art is nurtured. It is an art that is made with hands and feet, balance, speed, force and focus; its practitioners work to develop competence and then perfection in their efforts. We cultivate ourselves as individuals and each others as members of a community, with shared purpose and standard. The practice of martial art as **Budo**, the way of the warrior, becomes a model for life, as the skills developed in the dojo can be applied to one's personal and public experience.



Other than the name change much remains the same, especially our mission of **Building Life Champions**. For our juniors it means that they are developing the basis of **Confidence, Respect, Discipline and Self-Esteem**; Sensei Peter Urban said it best: "Everyone works. Nothing is free. All



start at the bottom." As students work and grow, they win their accomplishments through their efforts, and come to learn what they are capable of; in addition to the good work of helping others develop their own potential.

Our Adult program develops Fitness, Flexibility, Strength and Empowerment. Program membership has a range that includes beginner level belts all the way to Sandan (third degree) Black Belts, who have earned the title of Sensei in our system. Typically the Adult class is taught by a rotation of senior belt instructors, in addition to special guest teachers, who bring knowledge of other styles and specialization. Adults typically find that they are capable of much more than they thought when they started, and all find satisfaction as they work to improve their skill and their overall health in a community of like-minded individuals. Kancho Robertson continues to train the instructors and advanced adult students, and has developed momentum with a Kobudo program within Kyoshi Devorah Dometrich's **Ryu Kyu Kobudo Hozon Shinkokai**.

2014 saw much of the same exciting and fun events that we are known for, with Easter and Halloween parties, guest seminars and the annual Black Belt Camp; we've added a regular open practice night once a month and laido (Japanese sword) program led by Max Krouguerski. This year also saw a return to tournament focus, with junior and senior students competing at Karate Ontario, and the Kan-Zen-Kai Yuujou Friendship Tournament. This year's competitors included AJ and Jasmine Attkinson, Daniel Krouguerski, Brandon Manichanh, Ginafranco Maccagnan, Ainslie Poles, Maya Senthilkumaran, Calvin Zheng and Edwin Zvrko. A very special mention must be made of Aron Sigurdsson, who attended all of these events as a coach and mentor, and himself competed

at the KAO Elite tournament in November, winning bronze for kata and gold for kumite; all very well done!

2014 also saw a new generation of black belt graduates, with Ellis Harvie, Gabby Ivakovic, Christian Martyn, Taegan Poles and AJ Sachdev earning their Shodan, and Peter Klambauer graduating to Nidan in addition to earning the Jyun-Shidoin – Junior Instructor's Diploma. It was a busy year, and 2015 is already shaping up for more of the same. We're looking at a strong start; training, sweating, stretching and pushing ourselves towards new goals and new accomplishments.

Sempai Nicole Wolfe and Sempai Peter Klambauer

Yoshukan Karate Studio Mississauga



Just another Saturday sparring at the Dojo



Kancho teaching class at the annual X-mas Party



YKS Mighty Power Rangers!



Sensei Zeljko Violoni and Sempai Henri Tchibozo sparring



Sempai Nicole Wolfe awarding a green belt



YKS Students in Crab Fights!



Sarah Perez teaching juniors



Kancho teaching the advanced Black Belts at the annual Summer Camp



Sempai Max Krouguerski and Sempai Henri Tchibozo sparring



Claudio Caruso recognized as Student of The Year, through perseverance, dedication and hard work

L'ASM – Académie Sportive de Montréal est fière d'avoir participé à la journée du sport!



Fière de ses ATHLÈTES ÉLITES en karaté



ACTIF
Boxe Mise en Forme



Nous étions dans la GAME tous les jours de la semaine par la pratique de la Boxe, le Karaté traditionnel et sportif. Nous avons connu un franc succès par la présentation d'un tournoi pour les 6 à 18 ans.



Maire d'arrondissement
Benoit Dorais
Nous rend visite



Gadbois results Test Dec 6th



Tournoi Yoshukan

Group Testing at Hochelaga

Merci à tous pour votre présence le 6 décembre au Y Hochelaga. C'était grandiose de faire un examen regroupant les 5 écoles des membres de Yoshukan Karate Association au Québec! Félicitations



Villa Maria



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Group photo at the Jeux NDG CDN, November 22, 2014, hosted by Sensei Kalinowicz



Copyright Yoshukan Karate Excellence

Group photo at Renshi Provencher's tournament on November 16, 2014



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Photos of the belt test held on October 4 under the watchful eye of Renshi and the help of other Instructors such as Sensei Simon and Senpai Dave and Sylvie

Kancho visits Montreal last October



Sensei Kalinowicz refereeing at the Yoshukan Tournament!

This year at Karate Ontario



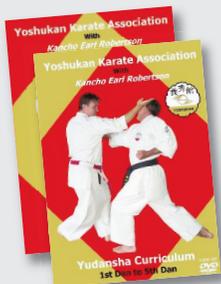
Edwin Zvrko and his proud parents



Gianfranco Maccagnan and his proud parents



Aron Sigurdsson and his proud dad, at Elite Tournament



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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