

ZANSHIN



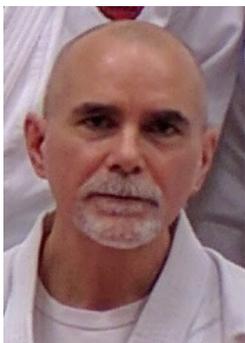
THE OFFICIAL NEWSLETTER OF THE YOSHUKAN KARATE ASSOCIATION

Summer 2017

YKA PROMOTES NEW SHIHAN; SENSEI; SEMPAI AND BLACK BELTS

The Yoshukan Karate Association recently held its YOSHUKAN TEEN CAMP under the direction of Sensei Max Krouguerski (ably assisted by his wife Oxana!) and the YOSHUKAN KARATE ASSOCIATION BLACK BELT CAMP in Montreal. Examinations and promotions were completed at both camps and the YKA is pleased to announce the following results:

PROMOTED TO SHIHAN (Master Instructor)



Sensei Robert Kalinowicz



Sensei Zeljko Violoni

PROMOTED TO YONDAN (4th Dan)



Sensei Alain Denis



Sensei Omer Gojak

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KANCHO CORNER

GENERATIONS



There are a few sayings that have stuck with me over the years: **'That which does not kill us makes us stronger'** by Friedrich Nietzsche; **'The real test of good manners is being able to put up with bad manners'** by Kahlil Gilbran and **'There is no growth without crisis'** by...myself.

One of a Kancho's responsibilities is to ensure the quality and standards of his/her 'house' (Kan) are continually improving. As every practicing Black Belt knows, improvement is a slow, often tiered, process. We can sometimes train diligently for months...or years...before seeing a jump of improvement. Our recent YOSHUKAN TEEN CAMP and YOSHUKAN KARATE ASSOCIATION BLACK BELT CAMP were two 'checkpoints' in time to review our progress and areas of improvement.

I am very pleased to say that our association continues to prosper, grow and improve. The recent Black Belt exams showed a marked improvement from every candidate and were a testament to the individual efforts put forth by each student. Kata; Kumite and Bunkai all showed improvements and...the

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YKA Promotions

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PROMOTED TO SHIDOIN (Senior Instructor)



Sensei Charles Mayer



**Sensei Simon
Mercier-Nyugen**



Sensei Sandra Coffey

PROMOTED TO SANDAN (3rd Dan)



Sensei Renee Robertson



Sensei Max Krouguerski



Sensei Miki Nishida



Sensei Mathias Bauernberger

Kancho Corner

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camaraderie and mutual respect of the group was impressive.

However, before we sit and celebrate, there are three areas I would like each of our Yudansha (Black Belt holders) to concentrate on:

- **Make your kumite 'real'!** What I mean by this is don't lose sight that kumite was developed for self-defence. When practicing kumite, practice the techniques that you could also use if in jeans; skirts or high heels! There is no reason you can't be a top-tier fighter with the core techniques that work anywhere (competition; dojo; street)!

- **Research your bunkai!** The core of Yoshukan Karate-do is your bunkai. When you can demonstrate your bunkai with any opponent; of any size and any rank...you will be it's master! There is only one way to get there...research and practice!

- **Age adjust!** The practice of martial arts were never limited to the young. Your kata will be a place you find peace and fluidity even in old age. I often say 1 billion Chinese can't be wrong! When in China I would often practice my kata in the parks at 6:00am with many centenarians practicing their Tai Chi. Do all your kata at a steady pace...concentrating on your breathing...and you will find your kata keep you young!

Finally, Thank you to all our Black Belts at the recent camp that shared their thoughts about our future and vision for the association. You were listened to and you will see some new directions as a consequence of your feedback. Ous!



Sensei Sandra Coffey

PROMOTED TO NIDAN (2nd Dan)



Sempai Sylvie Mercier



Sempai Aj Sachdev



Sempai Sylvain Robert



Sempai Maryeve Gouron

PROMOTED TO SHODAN (1st Dan)



Sempai Gianfranco Maccagnan



Sempai Yolanda Somerville

The examinations were conducted by: **Kancho Earl Robertson** (7th Dan); **Sensei Devorah Dometrich** (8th Dan); **Sensei Louise Provencher** (6th Dan); **Shihan Rebecca Khoury** (4th Dan); **Sensei Robert Kalinowicz** (4th Dan) and **Sensei Zeljko Violoni** (4th Dan). Promotions are awarded based on the student's dedication; perseverance; understanding of the Yoshukan curriculum and contribution to our association. Black Belt examinations are held each summer at the annual Black Belt camp and students pre-test prior to the camp at their respective dojo. Promotions recognizing teaching licences are awarded by Kancho Robertson, after consultation with his senior teachers. The teaching licences in our system are: **Hanshi** (Grand Master - vacant); **Kyoshi** (Teacher of teachers); **Renshi** (Teacher); Shihan (Master Instructor); **Shidojin** (Senior Instructor) and **Jyun-Shidojin** (Instructor). Currently there is one Renshi-grade in our association (**Sensei Louise Provencher**) and 3 Shihan-grade (**Sensei Rebecca Khoury**; **Sensei Robert Kalinowicz** and **Sensei Zeljko Violoni**).

While not all examinees pass, the purpose of the examination is to focus the student on their development. In this sense, all students gain from the examination process. On occasion, Kancho will award promotions based on the students diligent study and progress. A simple rule to determine the minimum time between grades is $\text{grades} = \text{years}$. For instance, students grading from 3rd to 4th dan would need a minimum of 4 years to grade. It's not atypical for students to do 2X or 3X the years required before challenging for their next level. Simple math tells us that to advance to senior grades takes a minimum of $5 \text{ yrs} + 2 \text{ yrs} + 3 \text{ yrs} + 4 \text{ yrs} + 5 \text{ yrs} + 6 \text{ yrs} + 7 \text{ yrs}$ (total minimum of 33 yrs to advance to 7th dan). More typically, students will train for 25 years before advancing to 5th dan levels. If we added grades 8th to 10th dan, we would add another $8 \text{ yrs} + 9 \text{ yrs} + 10 \text{ yrs}$ (total minimum of $27 \text{ years} + 33 \text{ yrs} = 60 \text{ years}$ minimum to accede to 10th dan level). So, next time you see a 30-year old call themselves a 8-10th dan... do the math!

Examinees must submit to the following conditions to test: Pass a pre-test; Be recommended by their local senior teacher; Complete the 200 question written exam (Shodan); Submit their passport (have they been attending events?); Submit an essay (all dans) and prepare a thesis (5th dan). The examination covers: All waza up to Shodan (keri; kihon; zuki; uke; ukemi; randori) and then kata; kumite; and bunkai relative to their grade. Examiners follow 3 simple rules when evaluating students:

- Are they at our minimum standard?
- Is the 'A' player giving us an 'A' performance? (ie. if a 'B' player gives a 'C' performance...they don't pass!)
- Will it help or hurt the student to pass them? (ie. did they do adequate preparation?)
- What events/activities have they participated in to further their development?

While passing is important to each of us...character development is often furthered by not passing a student. As in life, it isn't getting knocked down that counts...it's getting back up again!



YOSHUKAN BLACK BELT CAMP!

August 17-19, 2018

Special guest: **Hanshi Masaru Inomoto**

10th Dan - Karate, 8th Dan - Iaido, 8th Dan - Kobudo, 5th Dan - Jukendo

The YOSHUKAN KARATE ASSOCIATION is pleased to invite you to join us and train under Grandmaster Masaru Inomoto at our annual Black Belt camp.

Inomoto Sensei was a direct student of Dr. Tsuyoshi Chitose (Founder of Chito Ryu) for over 40 years. Sensei Inomoto will be accompanied by his daughter, Mami Inomoto, a karate and kobudo champion in her own right.

This is a unique opportunity to train with this world renowned master and learn the origins of our systems and technical interpretations of our technique.

Plus, Sensei Devorah Dometrich, 8th Dan Kobudo & Karate-do and Director of the **Ryu Kyu Kobudo Hozon Shinkokai North America** will teach kobudo and conduct kobudo exams for eligible students.



Camp Schedule:

Friday, August 17 - Arrival & check-in. Examinations 1:00-4:00 pm
- Training with Inomoto-Sensei from 6:00-8:00 pm

Saturday, August 18: - 9-12 Karate-do with Hanshi Inomoto
- Market! Bring your dojo merchandise
- 1:30-3:30 pm Karate with Kancho Robertson
- 4-6 pm Iaido/kobudo with Dometrich Sensei
- Group Dinner (included in fee)

Saturday, August 19: - Training: 9-11 Karate-do with Hanshi Inomoto
- 11-1 Kancho Robertson Kata/bunkai
Kobudo training/exams with Dometrich Sensei
- Closing lunch/ceremony



Camp Fees: Include: Training & 2 Dinners. Fees DO NOT include accommodation....must bring your own tent or stay in local motels. Details to follow. \$195 per person (\$160 USD). Space is limited! Register early!

To Register: Contact Kancho Robertson at: iaito1@me.com or (905) 601-2880
Camp Location: Grafton, ON (between Toronto, Montreal and Ottawa)

YMCA ST LAURENT DOJO



Sempai Henri Tchibozo with his new group of students at the Y St. Laurent



GADBOIS DOJO



Test results!



Guy, Marianne, Champion Alexandra, Patrice and Sensei Provencher.



Yoshukan Quebec group at Black Belt Training - Preparing for their Yudansha exams



Yoshukan Quebec group at Black Belt Training - Preparing for their Yudansha exams



Yoshukan Quebec demonstrating at the Salon International des Arts Martiaux (with Georges St. Pierre!)



Louise trained with Patricia Wright our first Canadian World Champion in ParaKarate with a 5 Time world champion -50kg from France Alexandra Ricchia last june in Montreal



Sensei Louise Provencher teaching an Adapted Boxing class for disabled students at Gadbois Dojo



Black Belt Camp students in Montreal with Sensei Dometrich and Kancho Robertson

KARATE EXCELLENCE



First Brown Belts in Karate Excellence Dojo!

It has been four and a half years since I opened my dojo and I am so proud of Paula Dumitru and Israâ Babin, my first two students to attain the rank of 1st Kyu! They have trained very hard and dedicated themselves to the practice and spirit of Karate-do through teaching, competition and taking other complementary martial arts classes. Many thanks to Sensei Louise, Sensei Rob and all the other Black Belts who have also contributed to their development. Congratulations Paula and Israâ!



Summer training outdoors

With the good weather comes the opportunity to train outdoors. We are lucky to have a nice lawn just outside the dojo on the grounds at Villa Maria. Sun glasses and caps required! Many Thanks to Sempai Sylvie Mercier for her teaching help!

Kumite Clinics with Sensei Ridha Dhrifi

Sensei Dhrifi is a kumite champion and third Dan in Shotokan who trained with Renshi Provencher. He comes to give kumite clinics and we are grateful to benefit from his wonderful teaching and tournament experience. Thanks Sensei Ridha!



Belt Test May 27th 2017 An enthusiastic bunch tested in May. Congratulations to all

YOSHUKAN KARATE STUDIO MISSISSAUGA



Sensei Nicole Wolfe training her student



Mighty Morphin Power Rangers at YKS in Mississauga



Sempai Klambauer with student at YKS Mississauga



Hmmm?....



YKS Mississauga Meditating student



Sensei Omar Gojak (with 4th Dan diploma) and Sensei Mike Litwinczuk, Founder of the NDG Dojo in Montreal

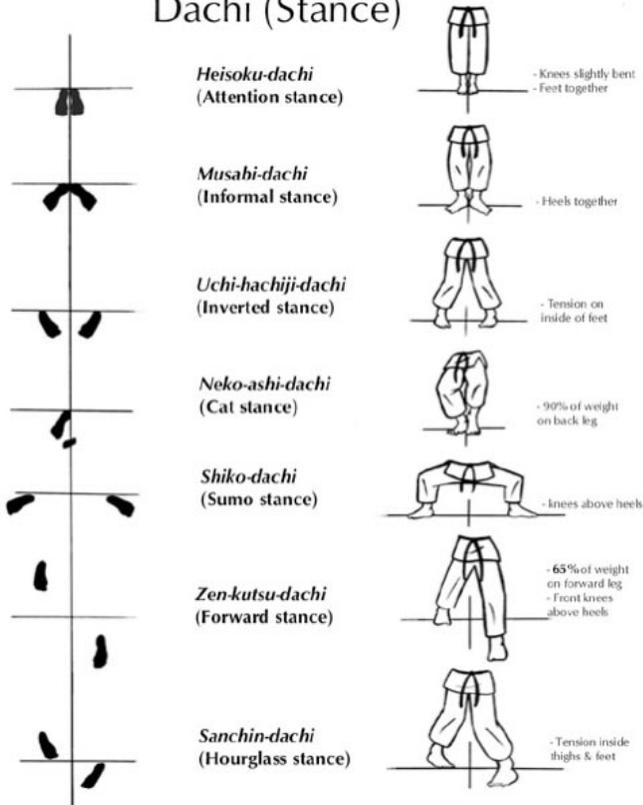


Black Belt Examinations in Montreal



Black Belt Examinations in Montreal

Dachi (Stance)



Yoshukan DVDs – White Belt to 5th Dan

All kata; Bunkai; Kumite; Ukemi; Kobudo and Gosin Jutsu demonstrated by Kancho Robertson and Yoshukan Instructors. DVDs show complete system from White Belt to 6th Dan Black Belt levels in the Yoshukan System.

\$25 Each or \$45 for 2 or \$60 for all three. Please add \$15 for shipping & handling charges. Payments can be made by credit card or check made out to: Yoshukan Inc.

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