

ZANSHIN



THE OFFICIAL NEWSLETTER OF THE YOSHUKAN KARATE ASSOCIATION

Summer 2018



MISSISSAUGA DOJO — What a Ride It Has Been!

As our friends and colleagues in the Association are aware, Nicole and I closed our dojo this spring, after a run of nearly four years and some years prior to that volunteering as teachers in the Honbu dojo.

It was bittersweet of course. We were considering our decision late last year, and announced in January, after which it was pretty much non-stop busy to our last day. We offered our members a challenge, everyone was invited to grade for their next belt. Most took it on, and everyone performed well. All in

all, it was a positive experience; more of a graduation than an ending.

Now, with the benefit of some time having passed, we can think about what it meant, what we've accomplished and what we've learned.

First off, running a school is a lot of work, it just plain is. If you don't like the work you'll be miserable, that's a fact. But if you do like the work then it's heaven. One of my favourite

Continued on Page 2

KANCHO CORNER

VISITING OLD FRIENDS...



I visited some old friends this morning. I visit them often and always feel a sense of comfort when we reconnect. There is something about visiting an old friend that is comforting and reassuring.

Truthfully, we need a little lubrication when we meet...but it helps us relax our joints and muscles and settle in to our old routines. I have found these friends to be there through thick & thin. When times are good or bad, they are there. When life is presenting challenges, visiting them gives me a mental break and refreshes my perspectives.

I have also found that our relationships have evolved. When I was young these friends were in their early stages of our relationship and it took extra effort to understand them and relate to them. In middle age, they gave me an opportunity to continue

Continued on Page 2

IN THIS ISSUE

- 6** NDG Dojo
- 8** Black Belt Camp
- 9** Zuki (Punches)

Kancho Corner

Continued from Page 1

learning & growing. Now, in my 60's, they provide a link to the past and a way to keep myself current and fluid.

Its also terrific that my wife, Betty and my kids, Renée and Jake, know these friends and often visit them with us. These relationships have extended across many generations and I look forward to introducing these friends to my future grandchildren. You could say they are timeless.

Visiting these friends has an additional benefit. That is calming my mind and settling my spirit. With the pace of life we all lead, there is something special about giving ourselves

the gift of peace and personal time. Often referred to as 'moving Zen', these friends put my mind into a different arena where time/place are replaced by tranquility & mindfulness.

As you may have realized...I am not talking about people...I am talking about kata! These exercises have been passed down over many generations and continue to have relevance today. Whatever your age and rank, adding kata training to your personal curriculum has only upside consequences. I encourage each of you to also develop your relationships with these 'old friends' and enjoy the positive way they can contribute to your life.

Mississauga Dojo

Continued from Page 1

pastimes was washing the floor after night classes. I didn't always want to have to do it of course but often found it meditative, a nice way to reflect and relax.

That said, don't look for unnecessary work. Don't let yourself get so overloaded that you can't manage the basics. If you run a school then you're the first person to arrive and the last to leave, and yes, you also have to be engaged for the duration in-between. That means being available. Always smile. Never argue. Have a joke. Have a story. And always have a class plan.

Also, get your head around the fact that it's a service industry. Get over it. Accept the simple truth that you are selling a product and dedicate yourself to making it the best it can be.

Refresh what you do. Experiment. Bring in new things, variety. Over the past few years Nicole discovered yoga and brought in a lot of stretching exercises that were especially limbering and energizing.



See what we have to put up with

Advertising is pointless, beyond three things; have a business card, a brochure and a website. That's it. Don't need posters, demonstration shows, ads, street or lawn signs. They can be great projects but all you really need is a website and a phone number, those are the real basics. A brochure is always



Favourite picture: Easter, 2017

good to have, it helps you figure out identity, mission and message, and is a dry run for designing your website, which is your true public face. And it's fun to design business cards.

Networking seemed to bring us a lot of students, which meant that someone would join, tell their friends and so on. We also took on a number of students that came from other schools, who were impressed by the curriculum and the way we taught physical mechanics and strategy more so than dogma. Camaraderie is just as important, especially as we took people out of their comfort zones into new territory.

Did I mention to have a class plan? Always have a class plan. Have a backup. Have a no-fail go-to, when-all-else-fails, hard & fun workout that will leave your students sweat on the floor, their spirit soaring and believing that nothing feels better than working that hard. Try to teach at least a single new thing, or to improve or resolve something, every class. Teach your students to be proud of the work that they do, and to remain inquisitive.

Find the balance between fun and firm. If it's not fun then there's no point. And if it's not firm it won't go anywhere. This won't make sense to many people, but every teacher will understand.

On teaching I would offer three lessons from our experience. First off, the teaching process is mingled with

Continued on Page 3

Mississauga Dojo

Continued from Page 2

learning, and it can be the basis of an authentic connection between teacher and student when both are on a journey of learning. One of my favourite teachers spoke to me about the fellowship of learning, how learning can create bonds of



Adult class

association between people. That phrase has stayed with me ever since I first heard it.

Next is a simple truth, teaching is learning. Of course, it is learning about your students, which therefore helps us develop compassion and connection, but it's also about learning more deeply what you do, and why.

My third lesson would have to be about understanding respect, and of course ties right back to the first. Lack of respect undermines or limits any relationship. Mutual respect opens so many doors between people, as it is of course the basis of good manners, which is what makes civilization possible. But it's also about respecting the art, the soul and the purpose of what we study and practice.

So much learned, so much experienced. What a ride.

We've seen students through the full range of training, from white to black belt. We've seen children grow into adults, and adults evolve. We've seen all of our students develop



YKS last class

strength and courage.

We've also had the privilege to support and develop our advanced practitioners and teachers, and to host our Association brothers and sisters, as well as kindred community members.

Our karate practice has included kata, bunkai and kumite training, and we branched out with kobudo and iaido training affiliated with other internationally known schools and systems. Our members and graduates have distinguished themselves in our community with their accomplishments and grading, and they have done so in tournament competition, bringing back honor, experience and medals to the dojo.

Furthermore, we made a lasting public contribution to the provincial community: Our membership and Association showed me amazing support in 2016 when I challenged the existing political structure of Karate Ontario (KAO) with a petition demanding change, and subsequently ran for a seat on the Board of Directors as Treasurer. This was part of a historical transition of Karate governance in Ontario, that saw the birth of the current Ontario Karate Federation (the OKF), that succeeded KAO, as our elected Board facilitated and supported OKF as a fresh start for the future of provincial karate. The voice of that change was captured in our petition, whose first signatures came from our Association, our members, our dojo.



Kobudo fun

For me, that was the culmination of a series of opportunities to meet, network, learn about and train with other members of the Ontario Karate community, with its variety of styles and outlooks. It was also however a hard awakening to the world of sport politics, which can be ugly, and which led me back to appreciate our local community all the more. It helped me to recognize what was special in our school, our Association and our style. It especially helped me return to the core lessons that we learn from practising karate. Though it is a combative practice, whether sport, budo or otherwise, it is nonetheless about discovering compassion from a place of personal strength, and about developing others as you do yourself.

What a ride! Where has it led to?

Continued on Page 4

Mississauga Dojo

Continued from Page 3

As we were approaching our closure, I often directed our student's attention to the Shomen, which showed our Kancho and all of the teachers that have influenced the evolution of his style. I reminded them that all of these pictures also represented different places and times in Kancho's life, different parts, events and experiences that came to inform his outlook, his approach, his Budo; and what better illustration could there be of the martial arts journey, if not an image of that very journey?

I am happy to be a student again, having already connected

with some local Chito- and Goju-Ryu groups. I've been impressed to see our former students filtering out to broaden their practice with these schools, still looking for sweat and not minding a few bruises. Nicole and I are enjoying much more time together, just us two, including hot yoga on our Saturday mornings or sometimes sleeping in. Of course, we miss the dojo, but are glad and grateful that we were able to run it the way it deserved to be, and that we wrapped it up the same way. Like all of our students, we've had a great time and can bring its lessons and insight back into our lives. It was an awesome ride! Thank you everyone, for supporting us, for your fellowship and for being a part of it!



Historic first gold medal at PanAms in Chili in June



Kancho visited Montreal in May

 **Yoshukan Karate Association** is with Robert Smith and 5 others.

Published by Louise Provencher [?] · May 20 · 🌐

Proud to be invited to Sensei Michael Litwinczuk's induction to the Black Belt Hall of Fame last night! Kancho Robertson, Shihan Kalinowicz and Robert Smith Sensei present to commemorate this recognition!



Banners distributed to Chief instructors of our Yoshukan Dojos



ADAMA represented by Agathe Melançon



Henri with Baby



Kancho and Junior group



Kancho and Adult group



Peter Giffen visited Montreal beginning of May



NDG DOJO



Great turnout at our first event to commemorate the 50th NDG anniversary



Kobudo with Sensei Alain Denis



Kumite with Sensei Simon and Sempai Henri, assisted by Sensei Charles



Sensei Peter Giffen with Yoshukan Black Belt Group

In NDG's continued celebration of its 50th anniversary at the YNDG, we have are hosting various events at the dojo.



In April we were visited by Sensei Peter Geffen who held two workshops for our students, an advanced Blue, Brown, Black belt training and a workshop for the Yoshukan Kids where he shared his unique perspective and training methods with our students.



In May, we had the honour to welcome Sensei Mike Litwinczuk, the founder of the NDG Dojo back to his/our dojo to watch our training and host a Q&A for our members. We learned a lot about the history of this great man and the origins of our humble second home.



June was a particularly memorable month as I was invited to witness the induction of Sensei Litwinczuk into the Canadian Black Belt Hall of Fame. It is a wonderful feeling to see dedication, hard work and a lifetime of achievements recognized.

Robert Kalinowicz



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
- Group Dinner at Robertson Farm

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

Sunday: August 19: - Training: 9-11 Karate-do with Hanshi Inomoto
- 11-1 Kobudo training/exams with Dometrich Sensei*
- Closing ceremony

**Note: Yoshukan Students may also train with Kancho Robertson*



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 CDN per person if accommodated at the farm. \$135 CDN per person if self-accommodated.

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

Zuki (Punches)



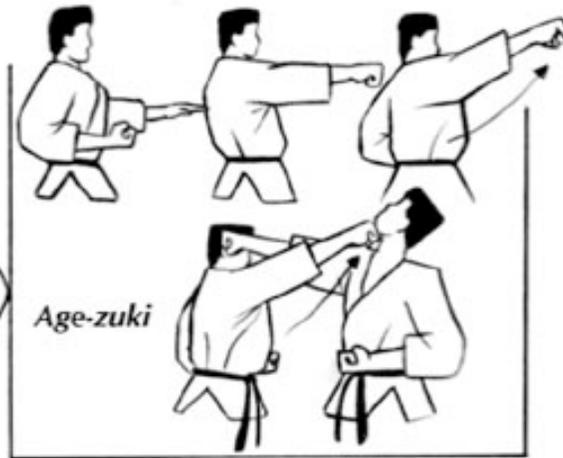
Yama-zuki



Tate-zuki



Nukite



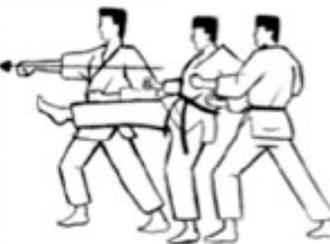
Age-zuki



Ippon-ken-zuki

*Nakataka-
-ippon-ken-zuki*

Mae-te-zuki



Mae-geri



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.

ZANSHIN

436 Eddystone Road
Grafton, ON K0K 2G0
Phone: 905.601.2880
Email: : iaito1@me.com
Website: www.yoshukankarate.com