

Saturna Island Athlete Named Tiger Balm Black Belt Athlete of the Month

Michel Bourassa has been named the Tiger Balm Black Belt Athlete of the Month Award for the month of October.

The provincial award is given by nomination to a member in the Karate BC provincial sport system who exemplify outstanding qualities both on and off the mat.

Bourassa, a retired judge from the North West Territories came to Saturna in 2005 and quickly made an impression on the small community by giving free karate lessons.

His 'Free Lessons' tactic quickly motivated many in the Island to continue in the sport and within two short years, seven school-age children have earned an orange belt while six adults have earned greens belts.

In addition to being a judge in Yellowknife, Bourassa, operated his own dojo for twenty years where he saw many of his karate students compete at Canada's National level competition. When the former NWT resident moved to the coast, he turned this passion for sport excellence into starting the Saturna Island Dojo. The results are obvious.

In addition to a strong focus on practiced movement and discipline, the Saturna Island Sensei has exposed his students to new experiences such as bringing to the Island high level practitioners. His goal - to instill in his students the principles of mind, body and spirit.

Michel Bourassa exemplifies the true spirit of karate.

According to his student Ilka A. Olsen, a karate green belt, "many of Michel's students now desire the path to perfection because of his intense dedication. Sensei Michel embodies all superlatives; in fact, our continuing quest is due solely to his inspiration".

Michel Bourassa is truly deserving of the Tiger Balm Black Belt Athlete of the Month Award.