

# KARATE BC

# NEWS



CHECK OUT THE KARATE BC WEB SITE AT:  
[www.karatebc.org](http://www.karatebc.org)

## James in hall of fame

Karate BC executive director James Johnson has been elected to the 2005 Burnaby Sports Hall of Fame in the builders' category.

From a report on James' inauguration, published in the New Westminster Record:

Johnson is a Karate B.C. past president and World Karate Federation executive committee member.

Johnson represented Canada in three world championships and was the first person to win four national senior men's open titles, including the 1983 championship when he was 39 years old.

He was a nationally carded referee and played a key role in women's inclusion in kumite, or sparring.

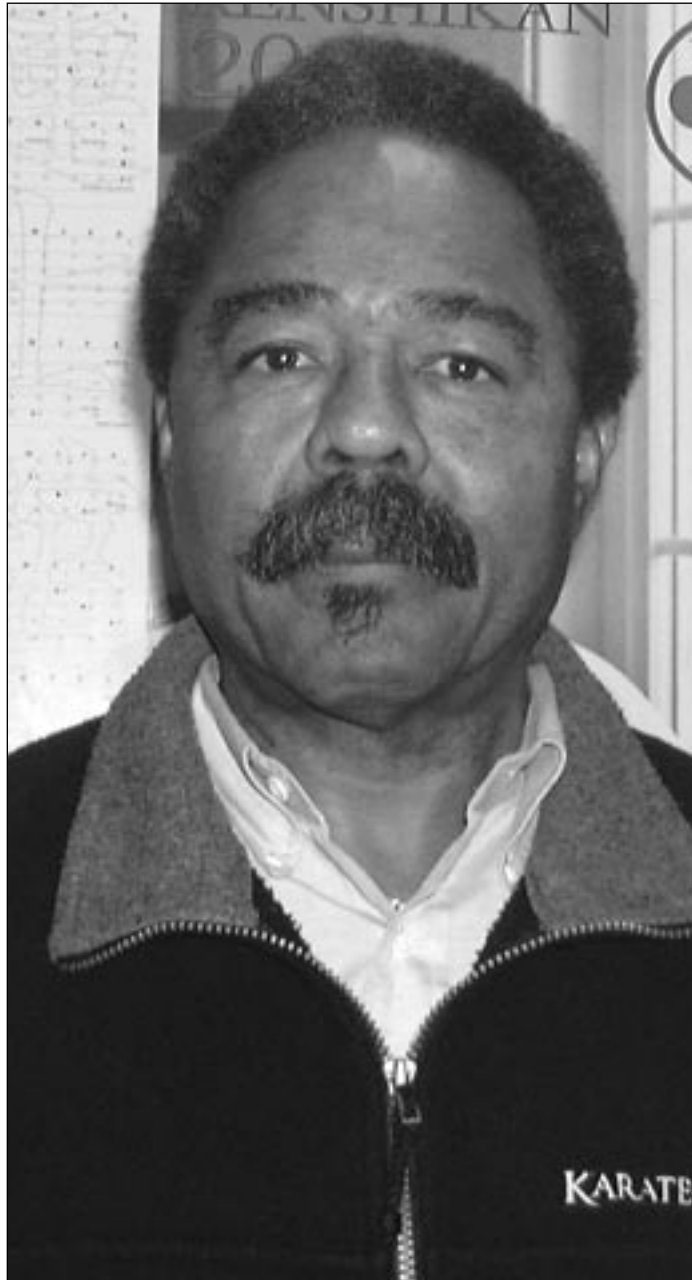
Johnson was inducted into the National Karate Association hall of fame in 1991 and was honoured for his outstanding contribution to the sport in Canada in '88.

He is also the founder and chief instructor of the Burnaby Karate Club at Cameron centre for the past 25 years.

"I'm really thrilled and pleased with the honour," said Johnson.

"I'm happy karate is getting the recognition in the community. We have a lot to offer and we do."

He is joined by six-time Stanley Cup winner Glenn Anderson in the athlete's category, fellow NHLer and recently retired centreman Cliff Ronning, nine-time national champion wrestler Justin Abdou and pentathlete Courtney Knight.



## Welcome to Karate BC newcomers

Karate BC would like to welcome and wish much success to the following new member clubs:

### 2004/2005:

- Okinawan Shorin-Ryu Queen Charlotte & Victoria, William Daniel
- Lake Cowichan Chito-Ryu, Fernando Correia
- Legacy Shorin-Ryu BC, located in Burnaby, Nick McLaren
- Pacific Spirit Wado-Kai, in Vancouver, Marta Adamovich
- Kimeru Shotokan Karate, also in Vancouver, Brian James
- Abbotsford Isshin-Ryu, Michael O'Leary

### 2005/2006:

- North Surrey Shoto-Ryu, Hardeep Gill
- Okinawan Goju-Ryu, located in Abbotsford, Harminder Saab
- Citadel Shotokan Karate, in Port Coquitlam, Aslam Khan
- Chilliwack Uechi-Ryu Karate-Do, Barry Gower

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## Holding a piece of karate history

This shield is awarded historically to the winner of the Men's Open Kumite division at the Spring Championships. It contains all the names of the winners since 1974. The 2004 winner is Dustin Ellsworth of Kelowna, pictured here at the KBC office.

## Congratulations to Valentyna Zolotarova

Dear Valentyna Zolotarova,

On behalf of 2010 Legacies Now, I would like to take this opportunity to congratulate you on being one of the recipients of the 2005-2006 Petro-Canada Olympic Scholarship Fund.

It is a significant accomplishment that you were selected as a recipient from across Canada as a result of your exceptional athletic achievements and commitment to your education.

Please accept my congratulations on this well deserved honor, and I wish you continued success in obtaining your educational and Olympic goals.

Sincerely,

Scott Braley, Sport and Recreation Now



## Nominations open for B.C.'s coach of year

The Coaches Association of BC and the Bob Bearpark Foundation are proud to present British Columbia's Coach of the Year Awards.

The purpose of the Coach of the Year Awards is to recognize a history and dedication to coaching in British Columbia.

If you have any questions regarding this program there is more information on our website at [www.coaches.bc.ca](http://www.coaches.bc.ca) or you can contact the CABC office.

To nominate a coach, visit [www.coaches.bc.ca/resources/01\\_awards/bob\\_bearpark/2005\\_coach\\_of\\_the\\_year\\_nomination.html](http://www.coaches.bc.ca/resources/01_awards/bob_bearpark/2005_coach_of_the_year_nomination.html)

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# International victories for Ross

By Dan Wallis

Jerik Ross of Campbell River won silver in kata and bronze in kumite in the 14-15 year-old category at the Wado International Karate-Do Federation's world championship Sept. 27 to Oct. 3 in Texas.

Representatives from 27 countries took part in the championships. I was coach of the Canadian Team. Canada's WIKF Chief Instructor, Ken Corrigan from Prince George, attended as a referee and as Canada's delegate.

Celynne Belanger from Prince George (12/13 year old) earned a bronze medal in kata and Sam Shaffie from Toronto (men's 18/34 category) earned a Bronze medal in kumite.

We also entered a team in Men's Team Kumite: Sam Shaffie, Joey Shano and Andrew Thompson.

They won their matches against Puerto Rico and Norway but lost to England. They fought against the Dominican Republic and lost in the bronze medal match.

This was the first world championship for Wado that supported junior events which we thought was won-

derful as nearly three-quarters of the world's karate population are juniors.

The junior divisions were very popular and will continue in the future.

Andrew Thompson proved to be the "braveheart" of the Canadian team as he had two very rough matches in adult team fighting.

In his second match he was winning 5-0 against a six-foot four-inch behemoth from Norway when Andrew suffered a fractured cheekbone. He won this fight by disqualification.

In his first match against Puerto Rico the other fellow tried to throw Andrew around. Unfortunately for him Andrew reversed the throw and the fellow ended up separating his shoulder and could not continue the match.

Andrew was not able to fight in "individual" matches after the team fighting due to the injury to his cheekbone.

Our team of five competitors brought home four medals for Canada. We are proud of each and every one of them regardless of how they performed on the tatami. I was thrilled to be their coach.

Celynne's family came all the way to Texas to support her and the Team and they were a great cheering section for us. Thanks for being there mom, grandma, Gerry and Al - you were terrific supporters!

The next WIKF World championships will be held in four years. Countries bidding for this championship are Portugal, India, and Australia.

## PROMOTIONS

The following people were promoted after the two-day seminar:

Sensei Tom Kosslow (USA) 7th Dan  
Sensei Ken Corrigan (Canada) 7th Dan

Sensei Doug Jepperson (USA) 6th Dan

Sensei Dan Wallis (Canada) 6th Dan

## ELECTIONS

The existing Board of Directors was re-elected with one addition. Sensei Wallis was elected as Assistant General Secretary for a four-year term.

WIKF Chief Director: Tatsuo Suzuki, 8th Dan

WIKF Chief Instructor: Hiroji Fukazawa, 8th Dan

WIKF Chairman: William Millerson, 7th Dan

## Young karate-ka can earn school credits

### Credit available for coaches, athletes and officials

The External Sport Credit program, administered and monitored by the Ministry of Economic Development, Sport Secretariat, and approved by the Ministry of Education allows students to apply for extra high school credits based on their sports involvement.

B.C. students may accrue four extra credits in grades 10, 11, and 12 for participating in athlete, coaching and/or officiating programs that have been officially recognized and approved.

Students accumulate credits to be used when they reach the appropriate grade level and submit them at that time.

The following has been approved for athletes participating in Karate BC programs:

Athlete 10: BC Winter Games Team

Athlete 11: BC Provincial Squad Program (Zone Qualifier)

Athlete 12: BC Provincial Team

Officials 10: Judge C

Officials 11: Judge B

Officials 12: Judge A

Coach 10: None

Coach 11: Introduction to Competition A or NCCP Theory 1 & 70 hours coaching experience

Coach 12: NCCP Level 1 Technical & 80 hours experience

For more information visit [www.bced.gov.bc.ca/graduation/courseinfo/cid.pdf](http://www.bced.gov.bc.ca/graduation/courseinfo/cid.pdf)

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# Building bigger and stronger associations

## Three pillars of strength for Seiko-Kai

Jean Sorensen

As 8th degree black belt Sensei Akira Sato, chief instructor for B.C.'s Shito-Ryu Seiko-Kai Association, celebrates 35 years of B.C. karate history, he says there are three pillars of support needed to keep a provincial organization vital. The three key principles carry forward to larger forums such as international organizations as well.

The first requirement needed to build a strong B.C. association is to ensure that there is sharing of the decision-making and the workload. A provincial association through established and active committees can spread responsibility for the running of an organization. Also, rather than the feeling that decision-making stems from one dojo, province-wide committees can represent the needs and voices of the entities within a larger body to include their needs. The process builds a strong internal structure in a growth-oriented organization.

The second key element needed for a successful organization, says Sato, is utilizing the special talents that members bring into an organization to ensure its external health. "You might have someone who is good at accounting," he says, and that person can contribute to ensuring the external well-being of the organization is preserved as well as acting as a resource person for others.

The third critical element, that Sato sees as a foundational need, is a strong communications network between the organization's members. Open dialogue will bring forward new ideas, resolve disputes, make members feel their input is valued and they are part of a united effort.

"We encourage open discussion. I try as much as I can to listen to what everyone is thinking and talking about," says Sato, adding this policy also extends to the younger people within the organization, as they are individuals who drive the organization in the future.

"There is more to dealing with young people than just ordering them around," he says. "Sometimes, I don't always like what I hear but I try to



**Senseis Sato and Suzuki, and with Fumio Demura, instructor and movie personality.**

keep an open mind as you never know when someone will come forward with new ideas."

In B.C., the Shito-Ryu Seiko-Kai Association currently has 650 members in 15 dojos. The current president is Roy Tippenhauer of the Campbell River Club. The Selkirk street dojo is the "hombu" dojo both provincially and nationally – although the Ontario and Quebec branches of Seiko-Kai do not belong to a formal national association. The hombu dojo is also the headquarters for the Pan American branch, for which Sato serves as chief instructor, on behalf of 9th degree Grand Master Seiko Suzuki in Japan. Sato recently returned from a tour through Europe where he visited dojos promoting the international organization. "Five years ago, we had only two dojos in our international organization," he says. "Today, there are 20". In the Pan American area, there are approximately 1,200 members. Whistler dojo leader Wim Tewinkel is the international coordinator for Sato, who is the Chairman of the International Seiko-Kai organization. (See [www.shitoryu.net](http://www.shitoryu.net) for information on the associations' world wide affiliation).

Andreas Kuntze, communications director, says Sato's ability to travel internationally is the result of having a strong provincial structure in place. At one time, Sato graded every kyu and black belt member within the

organization. Today's mature organizational structure has yielded ranks of higher level dans capable of performing gradings, carrying out business, and hosting seminars. Yet, the foundation of Sato's requirements and expectations remain intact. A fifth degree ranking is required for kyu gradings while in the case of higher level dan gradings, then Sato, visiting examiners, or a grading committee participate in the testing.

Two general meetings are held each year where all adult (over 16) brown and black belt members – rather than dojos – vote on key issues that affect the organiza-

tion. However, says Kuntze, the two meetings (both of which are considered AGMs) are held each year with seminar sessions that also provide special training for the brown and black belts. The meetings are held in Vancouver and a second on Vancouver Island. The AGM trades off between the two points.

The dojos in the association are not bound by any code of conduct, says Kuntze, but as many of the black belts have trained up with Sensei Sato they are "like-minded" in attitude and spirit. Since Sato is a founding member of Karate BC, it is required that members belong to the organization and adhere to the provincial body standards such as participating in National Coaching Certification Program sessions.

Dojos within the group range from non-profit right through to profit. However, the organization's constitution ensures that a fair price is charged and determines what a dojo can charge for belt tests. The organization is supported from annual dues paid to meet organizational objects. Currently, says Kuntze, there are two major goals the B.C. group is trying to achieve. The associations wants to enhance the development of its karate-kas. And secondly find a permanent training facility.

"We want to get Sensei Sato his own dojo," he says, adding that the current dojo is a rental.

**Continued, next page**

# New online drug database helps Canadian athletes

The Canadian Centre for Ethics in Sport (CCES) has launched a new online global Drug Information Database (DID). As Canada's world-recognized sport ethics and anti-doping agency, the CCES partnered with UK Sport, its counterpart in the United Kingdom, to provide athletes and their support personnel with easily accessible and accurate information about which drugs, medications, and other substances are prohibited in sport by the World Anti-Doping Agency (WADA) Prohibited List.

Visitors can search the DID ([www.didglobal.com](http://www.didglobal.com)) for sport-specific information on pharmaceutical and over-the-counter medication products sold in Canada and the UK. The site also contains information about the classes of prohibited substances, details on applying for therapeutic use exemptions, and traveling tips for athletes who train and compete abroad. Links to systems providing similar information about products sold in some other countries are also provided.

"This new service provides Canadian athletes and their support person-

nel with instant, accurate answers on which medications and substances are prohibited in sport," said Paul Melia, President and CEO of the CCES. "As an alternative to calling the CCES' toll-free Info-Line, athletes now have 24-hour access to this important information via the Internet.

"A long-term goal of this collaborative effort with UK Sport is to create a single online resource where athletes can obtain information on the sport status of medications and substances no matter where the product was purchased." The CCES and UK Sport will continue to work together to actively promote the DID to other anti-doping organizations around the world, demonstrating its benefits for athletes and athlete support personnel.

The CCES is an independent, national, non-profit organization. Our mission, to promote ethical conduct in all aspects of sport in Canada, is carried out through research, promotion, education, detection and deterrence, as well as through programs and partnerships with other organiza-

# Master Sato

From previous page

The group wants to buy their own building to ensure there is a long-term home, more so than a headquarters, for the provincial group.

"The organization is like family," says Kuntze.

Disputes may occur but they are usually settled amicably or through a consensus of black belts discussing issues and reaching an accord.

Each dojo is run independently and has a range of students: some come for the competition, others self-defense, while others want the fitness or social aspect.

"We do encourage young people to compete," says Kuntze, adding it is a good way to gain experience.

Older athletes are encouraged to compete against themselves and strive towards personal goals.

One of the most senior members is Robert Sheng, 81, a sixth degree with more flexibility than many teens.

While the dojo and provincial structure can sometimes be run without its Master, allowing Sato to do more instructing, Kuntze says, "Sensei Sato is still really the glue that holds everything together."

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## Don Sharp and new baby girl

Don and Salvina Sharp celebrate the birth of their first girl, Sara Carmen. Due on October 14th, she arrived on the 2nd - almost two weeks early! Sara weighed 6lbs 8oz, and was almost 20 inches in length. Congratulations to the new parents!

# New agreement gives coastal athletes break

## Three-year pact aids with ferry fares

Karate BC members in coastal communities will be eligible for travel assistance under a three-year agreement between BC Ferries and Sport BC.

Under the Sporting Life on the Coast program, athletes, coaches and officials will be eligible to apply to Sport BC for travel support to selection camps, competitions leading to a provincial championship event, and provincial, Western Canadian and national championships.

Support will also be considered for coaches and officials travelling to a recognized certification or professional development event.

"We know that sport participation helps people lead fuller, more satisfying lives by connecting them to their neighbours, their community and their own physical well-being," BC Ferries president David Hahn said in a news release. "With this partnership, we want to demonstrate our commitment to coastal communities."

In addition to Sporting Life on

the Coast, BC Ferries will raise funds for Sport BC's KidSport™, a program for children that helps remove financial barriers to participation in organized sport.

BC Ferries donates a portion of a special KidSport™ Breakfast and Lunch directly to KidSport™. The healthy meal offer is available to children and adults on all vessels through August.

Sport BC president Sandra Stevenson said the program will help BC reach its goal of a 20-per-cent increase in activity by 2010.

Sport BC is a not-for-profit society founded in 1966. Members include more than 80 provincial sport and sport related organizations representing more than 840,000 British Columbians as athletes, coaches, officials, sport management volunteers and staff.

Sport BC is a voice for amateur sport, advocating for increased participation in physical activity and striving towards excellence in all levels of competition.



Members of Gima-ha Karate visited Japan for celebrations marking the 17th anniversary of the death of Makoto Gima.



Makoto Gima, who founded the Gima-ha school of karate, was one of the first black belts in Japan.



Taiko drummers took part of the anniversary celebrations.

# Gima-ha to Japan for celebration

Gima-Ha Karate-do Canada members were in Japan on Nov. 4 to take part in the ceremony marking the 17th anniversary of the death of Makoto Gima, the first student Gichin Funikoshi promoted to Black Belt in Japan.

Participants from Canada included Gima-Ha Canada chief instructor Tak Sameshima, president Paul Sexton and Technical Committee member James Johnson.

They were joined by Canadian members and Tokyo residents Ed Hohmann and Tony Ojiro.

# World champ teaches Steveston seminar

**Takeshi Uchiage**

World, Asia and Japan kumite champion Kenichi Imai of Japan held a seminar November 19-20 at the Steveston Martial Arts Center in Richmond.

The students in Imai sensei's high school Karate club captured Gold, Silver and Bronze medals at the Japan National Athletic meet in Okayama at the end of October.

In August they won individual and team Kumite divisions at the inter-high school athletic meet.

All students are day students from Osaka, Nara, Hyogo, etc.

Imai sensei began teaching at Naniwa High School in Osaka after graduating from Tenri University at a time when there were only three club members and Kashiwara High School in Osaka was ranked #1 in Japan.

Mr. Imai demonstrated techniques to be really used in Kumite, rather than just fancy skill techniques. His techniques are sharp, fast and powerful even if he retired two years ago.

Richmond Mayor Malcolm D. Brodie also attended the seminar.

Steveston club president Keith Whit-

tle explained Karate to the mayor who watched for about an hour.

Naniwa High School Principal Yasuhiko Homma sent a thank you letter for inviting Mr. Imai to the international seminar in Richmond.

On Oct. 24, my son Toshi (Toshihide) and I visited the Mayor of Wakayama, Japan.

We brought a signed letter from Mayor Brodie, and I informed Mayor Kenichi Ohashi that Steveston Karate club members would be visiting Wakayama in the spring of 2008.

Steveston Karate club members visit Japan every five years.

They will practise in Tomakomai (Hokkaido), Sendai (Miyagi), Fukuroi (Shizuoka), Wakayama and Tenri (Nara); and will go sightseeing in Kyoto, Nara and Hiroshima.

Toshi currently trains at Sensei Ryoki Abe's dojo in Sendai where he stays.

Sensei Abe was World, Asia and Japan Kata Champion eight years in a row.

2002 WKF Kata champion Takashi Katada (Shito-Kai) visits Mr. Abe's dojo one week a month from Yamanashi prefecture to practise with Toshi.

Thanks to these sponsors for helping make the annual Karate BC golf tournament a success.

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**Seiko-Kai Grading.** At the conclusion of the day, several members took Dan tests with Suzuki Sensei. The following people achieved Dan grades: **Sho-Dan:** Russ Moody – Winning Edge Karate, Cody Johnstone – Campbell River Shito-ryu, Minako Inouye – Hombu, Daniel Ho – Hombu, Bernie Soong – Hombu, Nader Riahi – Winning Edge Karate. **San-Dan:** Steven Chanpong – Hombu, Tony Au – Hombu, Don Murphy – Courtenay Shito-ryu, Carole A’Hearn (Karate-do and Kobu-do) – Hombu, Marlon A’Hearn (Karate-do and Kobu-do) – Hombu, Andreas Kuntze – Hombu, Neil Odamura – Nikkei Shito-ryu. **Yon-Dan:** Sinclair Tam – Hombu. **Roku-Dan:** Scott Cheung – Hombu, Leo Rossini – Hombu, Ron Bagley – Winning Edge Karate. **Shichi-Dan:** Robert Sheng – Hombu

## Karate BC supports teen program

Jean Sorensen

Karate BC will play a major role in a January 2006 pilot project undertaken by ProMotion Plus to bring martial arts and self-defence to teenage girls who will benefit from greater self-assurance, assertiveness, and the positive social aspects of being involved in sports.

Karate BC participants in the program are Norma Foster and Suzanne Jean along with Michelle Pierce and James Johnson, executive director of KBC, acting in support roles. “ProMotion Plus is an organization that is interested in encouraging female participation in sports and in seeing that they continue in sports,” says Foster, who will be involved in supporting the teaching aspect of the program.

The 12-week program – called Fit for Sport - will take 30 high-risk teenage girls from a high school and 30 low-risk females from another high school (for comparison) and hope the exposure to martial arts and self-defence will lead to positive benefits such as greater self-esteem, more assertiveness in voicing their needs or wants and being less swayed by peer pressure. Groups participating in the ProMotion Plus funded project, besides KBC, are two targeted high schools in the Greater Vancouver area.

Currently, a teenage female at risk is defined as having one or more of the following factors: difficulty in school, alcohol or related problems, street involvement, criminal justice system involvement, risk of becoming homeless, lack of social support from family, friends, and community, or who is experiencing behavior management issues, lacks self confidence and requires basic life skills.

“The teenage years can be a confusing time for young girls,” says Jean, as they struggle with issues of body image, peer pressure, and societal expectations. “We hope to build their confidence in how they see themselves, how they view their bodies, and how they interact with those around them”. As well, it is hoped the involvement in sports will fulfill the teenage need to belong to

a peer group and offer support for teens with little or no family support system. The program, says Jean, will also look at the power dynamics that happen in relationships with young women and help them to identify and establish boundaries.

Statistics for female assault, abuse and homicide show women to be especially vulnerable. Four out of 10 female homicide victims are killed by former or current boy-friends or spouses. Female spouses under the age of 25 are 2.4 times more likely to be victims of family abuse while assaults against female children are found to be family-related 65% of the time and a family member is implicated in 44% of sexual assaults against female children.

The names of the schools are not yet available but following the study there will be an evaluation of the project and the participants. Through this process there is the goal of establishing an effective educational curriculum for other instructors teaching violence prevention, risk reduction programs as well as sports in schools and communities. The project is expected to establish and outline a standardized approach (with a manual to be produced) for instructors in a province-wide sport, fitness and recreation program as well as violence prevention and self-defence programs.

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# Tradition honoured at dojo

## Shotokan one of B.C.'s oldest karate clubs

**Michael Rhode**  
Nanaimo Daily News

Nanaimo Shotokan Karate-Do Association is in a celebratory mood this year. As one of the oldest karate clubs in British Columbia, turning 35 years old is a momentous occasion.

Saturday, they held their annual club Christmas tournament and had an old friend stop by -- founding Sensei Sam McGee -- to cut the anniversary cake. It was a fitting way to honour the long tradition of Shotokan in Nanaimo.

"There's only one other club that I know of in B.C. that is older, and that is in Vancouver, the YMCA club," said Sensei Nairn Semple, who has been involved with Nanaimo Shotokan Karate-Do for 30 years, over 10 as Sensei. "I think there is another one in Vancouver that's been around for approximately 35 years. We're right up there with them."

McGee opened the club to the public in 1970. Prior to that, he ran classes exclusively at the Nanaimo Military Camp for members of the military and RCMP.

In 1970, he moved to Dufferin Crescent Elementary School and opened it to all who wanted to learn karate.

Currently, there are 55 members in Nanaimo Shotokan Karate-Do, a fairly solid number of students.

The Shotokan style was developed in the 1930s by Ginchin Funakoshi. Shoto was Ginchin Funakoshi's pen name, and kan means 'house'. Semple says Shotokan translates into House of Shoto.

Shotokan, one of five different Japanese karate styles focuses on 'the shortest distance between two lines'. Shotokan students traditionally have excellent posture, use a low stance and hip power, and not high kicks.

"We teach a real traditional way of karate," said Sensei Semple. "That involves your whole life, it involves getting involved with the family, the parents and having them involved."

Sensei Semple has had students start when they were six years old and watched them grow into adults with their own families. Some have moved to other towns and opened up their own dojos.



He has a few second-generation karate students under his tutoring.

Studying martial arts is a fulfilling endeavour, both mentally and physically.

Those who study karate or any other martial art must be strong in mind and body. Sensei Semple says you have to be committed to both aspects or you might find yourself quickly out the door.

Tradition is of the utmost importance.

Students recite the 'dojo-kun', a club credo that outlines six points to follow - Seek Perfection of Character, Be Faithful, Endeavour, Respect Others, Refrain from

Violent Behaviour and Karate-Do is a Life Time Study.

"We do it through physical and mental training. What we're trying to do is make good people better. Someone who is of poor character doesn't last long. They come in and last a very short time."

Sensei Semple said changing someone's character from questionable to good happens, but the younger the person, the better chance there is of that happening.

"It's the really young kid who comes with a bad attitude that can change . . . once you are an adult, it's there, you can't change it," said Sensei Semple. "I'm talking about character too, not just attitude. Someone who can do this for a long period of time is tough. It's not an easy thing to do."

And students, unless under extreme duress, are to initiate fighting. Karate is a means of self defence and not to be used as a aggressive tool.

"I look at it like it's peace through violence. The physical action of karate is quite violent looking and some of the sparring looks violent. But it's very controlled. These people are punching as hard as they can and not whacking people in the head. Most people come to karate to learn how to fight, but for someone who has been in it for a long time, that's the last thing they want to do. They know they have the ability to hurt somebody really badly but they'd rather walk away."

For more information on Nanaimo Shotokan Karate-Do Association, call 250-751-3700.

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# Kicking the butt of cancer

Brendan Whieldon took his cue from Terry Fox and didn't give up when doctors told his mom he would die

By Damian Inwood  
The Province

CHILLIWACK -- Brendan Whieldon has decided to battle his incurable cancer by becoming a courageous karate kid.

The seven-year-old believes that every time he throws a punch or a kick, he's ridding his body of the deadly disease.

"I do karate to get the cancer out of my bones," says the Langley boy, diagnosed three years ago with neuroblastoma while in kindergarten.

Today, his fellow students at Valley Shidokan Karate in Chilliwack will take part in the Terry Fox Run to help find a cure for cancer.

Brendan had an inoperable tumour that started on his adrenal gland, wrapped around his heart and liver and quickly moved into his bone marrow.

His mom, Shannon Whieldon, says doctors told her son he had a five-per-cent chance of survival.

"I told him, 'That means out of 100 children, five will live, so whenever we tell people you have cancer, everyone will be crying,'" says Whieldon, a maternity nurse at Langley Memo-

rial Hospital. "I asked him, 'What are we going to tell them?' and he said, 'We're going to beat this!'"

Brendan had 45 radiation treatments and has undergone chemotherapy every three weeks for three years. Two years ago, doctors told Whieldon to take him home to die.

"They said there was nothing left for them to do," she says. "I asked Brendan how he thought he could beat the cancer and he said, 'If I could learn karate'" -- an idea he got from watching the kids' TV show Power Rangers in the hospital.

"I said, 'OK, if that's what you need, I'll do it,'" says Whieldon, who takes karate lessons with her son. "It seems to be working."

The pair were referred to Don Sharp, a fifth-dan karate master at Valley Shidokan.

Sharp says that on his first day, Brendan was so weak he had to be carried in

by his mother.

"She walked in with him in her arms and sat down on a chair and said, 'OK, teach him karate.'" Sharp got Brendan to warm up on the mat and had him do some slow jogging.

"He went from not being able to

walk in the door and by the end of the class he was a sweaty, regular kid, moving around, excited and impassioned by what he had learned," says Sharp.

"And he walked out with his mom. It kind of inspired both of us."

Brendan started off with private lessons and Sharp came up with some mental games for him.

"But it was him that came up with the idea that every time he was throwing a punch, he was shaking out the cancer from him," says Sharp.

Brendan takes four hours of training a week and has gone from a quiet, shy boy to an enthusiastic, energetic student who shouts Japanese words while he performs routines.

Shannon says she would even bring him to class after undergoing 10 hours of chemotherapy.

"All the drugs were in his body and he did a one-hour, physical workout and I think it pumped the drugs really deep into his bone marrow," she says.

In June, Brendan went off intravenous chemotherapy and on to a pill version.

"All the doctors said the pills wouldn't work," says Shannon.

"But in combination with the karate, he's got stronger and stronger all summer."

Last year, Brendan had to be pushed in a wheelchair by fellow students in the Terry Fox Run at Alex Hope Elementary in Langley.

Friday, Brendan ran two laps, or about 1,500 metres, by himself in the school run.

"He was very excited," says his proud mother.

"He said, 'I'm going to make it. Terry Fox made it.'"



Ric Ernst, The Province  
**Brendan Whieldon, 7, is battling cancer with a positive attitude and weekly karate classes at Valley Shidokan in Chilliwack.**

## Special offer for Sport BC members

President Bill Clinton and Lance Armstrong are among speakers who will be in Vancouver for a full-day event in early March called The Power Within.

For a limited time, advance tickets are being made available to Sport BC members and guests on a first come, first served basis.

To secure tickets today call the event organizers, Power Within Inc., toll free at 1-866-994-2555 and ask for Rick del Rosso at extension 228.

For complete event details visit [www.powerwithin.com/pdf/sportbc-r.pdf](http://www.powerwithin.com/pdf/sportbc-r.pdf).

## Coaches go international

Cal Moore

Four Karate BC members attended the International Coaching School at the University of Victoria in August 2005. This was made possible by the High Performance Committee obtaining a seminar grant to cover the cost of tuition.

The attendees were Kraig Devlin (kumite Coach BC Team), Sandeep Gill (executive member of the HPC), Cal Moore (chair of the HPC) and Roy Tippenhauer (Island zone coach).

Two days were spent doing the NCCP level 4 - 5 presentations on Long Term Athlete Development and Periodization.

A third day was spent with Dr. Istvan Balyi developing an outline for a karate specific LTAD programme. This work is now well advanced.

An outline for a standardized set of physiological tests for elite karate athletes was also discussed. This will be available to all Zone Coaches by early spring 2006.

The material will be produced in DVD format.

## Learning all about Level 2 coaching

Students studied hard at the recent Level 2 Technical course at Douglas College, October 29 & 30th, conducted by Donna Gardecki, Master Course conductor.



# Hosting a successful championship

## Report from Zone 4

**Yumi Mooney**

The morning of the October 22nd dawned cool and early, signaling the start of a long day for organizers and volunteers of the Zone 4 Championships. As we pulled into the parking lot of the Steveston Community Centre, volunteers filtered in and received their first duties from Garson Ho and Dave Butler, the tournament directors.

The morning was harried and full of surprises. As competitors began to arrive and check their matches for the day, we switched the marshalling area to a small gymnasium on the other side of the complex. Some volunteers received an on-the-spot lesson in marshalling minutes before calling the first competitors upstairs. Officials, timekeepers, and Zone 4 execs lingered around the head table, expectant of the first matches. I laid low and watched the scene, getting ready

to announce the first marshalling call over the public address.

Once the tournament started, it progressed smoothly. The marshallers grew more confident and efficient, competitors really seemed to get into their game, and the rings ran like clockwork. After many pokes in the side from Garson, I, too, became a more effective emcee, able to sort the score sheets out and announce medals for several divisions at a time.

The competition was exciting and showcased the young talent of the zone. Kids seven and under to adults over thirty five competed, and all age groups were amazing. From the serene kata competitions to the charged tension of the kumite matches, I could feel the intense focus and effort put forth by all. To all of the 100+ competitors, congratulations on a job well done.

Over fifty volunteers and officials

turned out to help on October 22nd. They marshaled competitors, ran the two rings, and took charge of the concession stand. Without the kind help from the volunteers and officials, we couldn't run the tournament. All zones need to thank these great people for their contribution and support.

Our competitors are the stars of the show, but they depend on the backstage staff to make sure the show keeps running. We are deeply grateful for your help.

Everyone did well at the tournament, but a group of exceptional athletes will proceed to the Karate BC Spring Provincials in April. A lucky group of juniors will represent Zone 4 at the BC Winter Games in February. Congratulations and good luck to these competitors.

As for the rest of Zone 4: train hard, work together, and we'll see you again next year.

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## Zone 2 clinic, tryouts big success

**Elizabeth Wijnstra**  
Course Conductor/Officials Coordinator

**Saturday, Oct. 22, 8:30 am,**  
**Kelowna Martial Art Center:**

Our class room started to fill up quickly with participants. With great assistance from Mr. George Schell and Paul Robertson, we managed to set up the tables and chairs just in time, 26 people registered for this clinic, so we had to move fast. The classroom is located next to this beautiful facility, where one wall is covered with mirrors, and the floor is made of bamboo. Is there a better or nicer place to be today? I don't think so!

Thanks to Sensei Tom Mah, our official's clinics here in Southern Interior are held in one of the most beautiful martial arts centers in the country. Talk about being spoiled! Not to mention that upon my arrival that morning, George assured me that I will start my day with a fresh cup of coffee from Tim Horton's, and had a few boxes of mini donuts ready for the class as well.

After the registrations, everyone was eager to start asking questions and looking for answers before writing the exam. On this day, 15 of the participants were challenging the test, 14 novices, and Mr. Phil Taneda gearing up for the highest level, Senior Referee's certification.

Most of them did succeed completing the written part, and their average score was in the low 90%, absolutely fantastic! 14 of these students have never written a test prior to today, this was their very first exam!

Congratulations to you all!

After the written part of the exam and lunch at our favorite place "Woodfire Bakery", we were back in our gis ready for the practical part of the clinic. With assistance from our senior referees Paul Robertson, George Schell and Robert Levin, we were able to split the team up into three groups and create three rings. There was no shortage on volunteers to demonstrate a kumite match or kata. Our novice judges were eager to participate in any part of the seminar, which was done without any hesitation.

Before our kata practical test, it was time for the group to learn a shitei kata. With the majority of participants studying shito and chito-ryu, Shotokan kata "Jion" was the choice from the shitei list. Kata practical test followed, and each one of the examinees successfully demonstrated one tokui kata and one shitei kata. Sensei Phil Taneda successfully demonstrated the newly learned Gion kata..... have I mentioned: flawlessly?

3:45 pm: it was time to wrap up the clinic. It was a long, but exciting day, and I was honored to be part of this fantastic and enthusiastic group of individuals, our present and future referees. This clinic took place one week prior to our Zone tryouts, and every one of us were ready for the tournament. And not just to complete the practical part of the exam, but as a support to our region and our Zone developments.

Presently in this region, we have 2 Nationally Certified Officials, 8 Senior Referees, 1 Novice Referee, and 14

Novice Judges. Way to go Zone 2!

As for the tryouts, it was another success. Under the watchful eyes and guidance of our Zone coordinator Sensei Chris Taneda and Cheryl Taneda, the event ran smoothly, and without any incidents. Our novice judges were working hard under the supervision of the experienced officials, and without any complaint. Some of them were jumping out of official's uniform into their gi's to compete, and immediately after they were back into the ring again, ready to assume their new function. Mike Ditson was wearing multiple hats that day being the tournament director, competitor and official. Way to go Mike!

What a day, and what a success! With about 140 competitors and 25 officials (all from our zone), not to forget our wonderful volunteers, we managed to finish the tournament early in the afternoon.

Congratulations to everyone on a job well done !

Special thanks to Sensei Chris Taneda, Sensei Cheryl Taneda, students and volunteers of their dojo for hosting and organizing this event.

Congratulations to Phil Taneda for completing his Senior Referees exam. Well done Phil, keep up the good work!

As the Officials Coordinator for this Zone, I would like to add and finish this report by saying that it is not only an honor to be the coordinator and course conductor for this region, but it is also a privilege. Thank you from the bottom of my heart for having me on your team! Looking forward to the next year's exciting events!

# Karate Integration Model

## Long Term Athlete Development for Karate

Cal Moore, PFLC

Scientific research has proven that it takes at least 10 years or 10,000 hours of training for a talented athlete to achieve sporting excellence.

There is no reason to suppose that karate athletes are any different. This translates into between 18 to 24 hours of training or competition per week.

The Long Term Athlete Development Model (LTAD) is based on proven scientific principles of human growth and development that allows us to support our young athletes along a clearly defined route to achieve success at the highest level.

A key element of LTAD is that it shows everyone associated with our discipline just where they fit in. Those of us who are purely recreational athletes need only do 4 or 5 hours a week of overall training to achieve our goals.

However, a talented athlete with aspirations of performance on the world stage must be involved with a programme that leads to in excess of 18 hours per week of training or competition.

Athletes who fall between these two extremes are in limbo and success will be limited.

LTAD identifies and utilizes the optimal windows of trainability.

This is because the system is based on developmental age rather than chronological age. For example, if we take two karate athletes with the same chronological age of 13 years, one could have a developmental age of 11 years and the other one of 15 years. That is a gap of 4 years.

We all have witnessed performances improving at different rates during the maturation process. At times athletes get better because they are getting bigger not because they are training properly. What follows is the Readers Digest version of the proposed LTAD programme.

FUNDamentals (Males 6 - 9 years, Females 6 - 8 years)

The aim of this phase is 'Movement literacy'. The plan must be well structured and fun. Participation in as many sports as possible is encouraged.

The emphasis is on the ABCs of athleticism, agility, balance, coordination and speed. The frequency of training is karate twice per week, and other sports 3 to 4 times per week. The first speed training window occurs at this

stage. The 'Suppleness window' is from 6 - 10 years old.

Keeping the above facts in mind, a programme of karate type games involving fast reactions in response to an action or command is advised. Dodging, lunging and evading activities are ideal at this phase.

A warm-up that includes dynamic stretching is also suggested. The introduction of basic karate movement is part of this developmental phase. Correct posture should be stressed. Fun with focus is the aim.

Learning to Train (Females 8 - 11 years, Males 9 - 12 years)

This phase addresses 'Karate Literacy'. There is a major skill acquisition window here.

The suppleness window continues throughout the major part of this stage. The introduction of karate specific activity such as the introduction to the basics of WKF rules and kata presentation strategies can be introduced at this time.

Concentration and focus can be emphasized; along with imagery and relaxation exercises. Strength development can be addressed by the use of Swiss balls, body weight movements, light plyometrics and medicine balls.

Introduce the principles associated with warm-up, cool down, hydration, rest and recovery. Sound nutritional practices should be further developed. At this point 50% of sporting activity should be devoted to karate. 5 to 7 hours of karate training is suggested here.

Training to train (Females 11 - 15 years, Males 12 - 16 years)

Young athletes consolidate their karate-specific skills at this time. There is a window of trainability here for the development of aerobic capacity, speed and strength training.

The major growth spurt that occurs during maturation can also produce a loss of coordination due to the lengthening of limbs and torso. Performance will reestablish later. This should be explained to the athlete and parents as it is very disconcerting.

Flexibility should be stressed as this ability changes due to the changes in bone, tendon and ligament length. The later part of this phase opens a window of optimum strength trainability.

Athletes hoping for success at the elite level should be training up to 15 hours per week by the end of this period; 5 - 7 hours on general karate

skills and 2 - 3 hours on specific competition skills.

These first two phases are the most important stages of athlete development. We make or break an athlete at this time.

Training to compete (Females 15 - 21 years, Males 16 - 23 years)

At this stage we optimize the engine. All the objectives of Training to Train must be achieved before Training to Compete can begin.

An elite athlete is looking at up to 18 hours per week training. 55% of this time should be spent on general practice and fitness and 45% competition or competition specific training.

The number of yearly competitions should range between 8 and 12. Recreational karate athletes can spend their time on general practice and fitness, with less emphasis on competition.

Training becomes individualized at this time. Physiological testing helps to identify attributes that need attention. Tournament experience exposes strategic and tactical problems.

Training to win (Females 23+ Males 24+)

The objective here is Podium Performance. Fitness preparation is maximized at this stage. Training is characterized by high intensity and relatively low volume.

The training to competition ratio is 25:75; the competition percentage includes competition-specific training activities. There is a fine line here between peak condition and burn-out. Multiple periodization and well planned tapering is the optimum framework of preparation.

Life Long Involvement (retire and retain, enter at any age)

Coaching, officiating, master's events, administration and volunteering are possible activities at this stage.

Notes: This article is based on the work of Dr. Istvan Balyi (ICS)

A more comprehensive treatment of LTAD will be published in book form in the Spring of 2006.



## Taking it to the beach

Hardy karate-ka from B.C. Shito-Ryu Seiko-Kai spent some time at the beach on Jan. 21, as they continued with the tradition of winter workouts on Vancouver's scenic English Bay. You can find an extensive slideshow of images from their cool waterfront session at the Shito-Ryu website: [www.shitoryu.net/beach2006/](http://www.shitoryu.net/beach2006/)



## Applications are sought for summer Olympic academy

Canadian Olympic Committee Calls for Applications for International Olympic Academy in Olympia, Greece

Toronto, January 20, 2006 – The Canadian Olympic Committee is now accepting applications for participants to attend the International Olympic Academy's (IOA) 46th International Session for Young Participants (General Session) in Olympia, Greece. The session will take place June 19 – July 3, 2006.

The aim of the IOA is to create an international cultural centre in Olympia, to preserve and spread the Olympic Spirit, and to study and implement the educational and social principles of Olympism.

The Session for Young Participants is open only to participants between the ages of 20 and 35 at the time of the Session (IOA policy). The main topic is Olympism and the special topic is Sport & Ethics. Candidates must have an understanding of Olympism and dem-

onstrate their active involvement in the Olympic movement. General information on the IOA is available at [www.ioa.org.gr](http://www.ioa.org.gr).

To learn more on how to apply, please find complete information regarding the application process at <http://www.olympic.ca/EN/education/academies.shtml#3>. Applications must be received at the COC Toronto office by 5:00 p.m. EST, Tuesday, February 14, 2006.

Selections will be made shortly thereafter and the successful candidate(s) will be notified the week of March 6, 2006.

All expenses will be paid during the course of the IOA, however delegates will be required to provide their own transportation to Toronto or Montreal (the Canadian departure points for Olympic Airways flights to Greece). Delegates will also be responsible for expenses incurred in Athens prior to the official start and after the official end of the Session.

## Have your say online

### Who:

The Coaching Association of Canada's Women in Coaching program

### What:

Have Your Say! — An online discussion board for women coaches

### When:

Let's start talking now!

### Why:

To give women coaches a vehicle to talk to one another about the subject they love most — coaching!

Many women coaches feel isolated and Have Your Say! is intended to help to build a sense of community, provide support, and gain new insights.

### Where:

The Women in Coaching Journal at [www.coach.ca/WOMEN/e/journal/](http://www.coach.ca/WOMEN/e/journal/)

### How:

Anyone can read and access the discussions, but you must register to participate.

To register, provide an email address and a name and select a user name and a password to log in.

Your user name will identify you on the discussion board, but your email will not be made public.

### Topic:

By and large, Canada remains an inhospitable environment for women high performance coaches who aspire to coach at the highest levels.

Some, like aerials coach Cindy Thomson, who writes about her experiences in China in the current issue of the Canadian Journal for Women and Coaching, take advantage of opportunities abroad to enhance their skills and broaden their experience.

Is Canada endangering its sparse pool of talented women coaches by not providing sufficient opportunities for them to flourish here on home ground?

# NCCP course schedule

Introduction to Competition Part A (replaced Theory Level 1 in April 2004)

Includes the Following Modules - Make Ethical Decisions, Planning a Practice and Nutrition

|                  |                 |                                 |                |
|------------------|-----------------|---------------------------------|----------------|
| Feb 3, 4, 2006   | New Westminster | Douglas College                 | (604) 527-5472 |
| Feb 10,11, 2006  | Courtenay       | Courtenay Recreation            | (250) 338-1000 |
| Feb 18, 19, 2006 | Kamloops        | PacificSport - Interior         | (250) 828-3583 |
| Feb 25, 26, 2006 | Vancouver       | Langara College                 | (604) 323-5322 |
| Mar 3, 4, 2006   | Kelowna         | PacificSport - Okanagan         | (250) 469-8854 |
| Mar 24, 25,2006  | North Vancouver | North Van Rec Commission        | (604) 987-7529 |
| Mar 25, 26,2006  | Nanaimo         | PacificSport - Vancouver Island | (250) 753-3245 |
| Mar 25, 26,2006  | West Vancouver  | West Van Rec Centre             | (604) 925-7210 |
| Mar 25, 26,2006  | Vancouver       | Langara College                 | (604) 323-5322 |
| Apr 1, 2, 2006   | Castlegar       | Selkirk College                 | (250) 365-1208 |
| Apr 7, 8, 2006   | New Westminster | Douglas College                 | (604) 527-5472 |
| Apr 8, 9, 2006   | Surrey          | Tong-Louie Family YMCA          | (604) 575-9622 |
| Apr 15, 16, 2006 | Vancouver       | Langara College                 | (604) 323-5322 |
| Jun 9, 10, 2006  | New Westminster | Douglas College                 | (604) 527-5472 |

Introduction to Competition Part B (replaced Theory Level 2 in April 2004)

Includes the Following Modules - Design a Basic Sport Program, Teaching and Learning and Basic Mental skills

|                 |                 |                                 |                |
|-----------------|-----------------|---------------------------------|----------------|
| Feb 3, 4, 2006  | New Westminster | Douglas College                 | (604) 527-5472 |
| Feb 3, 4, 2006  | Kelowna         | PacificSport - Okanagan         | (250) 469-8854 |
| Mar 4, 5, 2006  | North Vancouver | North Van Rec Commission        | (604) 987-7529 |
| Mar 4, 5, 2006  | Kelowna         | PacificSport - Okanagan         | (250) 469-8854 |
| Mar 4, 5, 2005  | Vancouver       | Langara College                 | (604) 323-5322 |
| Mar 24, 25,2006 | Courtenay       | Courtenay Recreation            | (250) 338-1000 |
| Mar 25, 26,2006 | Nanaimo         | PacificSport - Vancouver Island | (250) 753-3245 |
| Mar 25,26,2006  | Kamloops        | PacificSport - Interior         | (250) 828-3583 |
| Apr 1, 2, 2006  | West Vancouver  | West Van Rec Centre             | (604) 925-7210 |
| Apr 7, 8, 2006  | New Westminster | Douglas College                 | (604) 527-5472 |
| Aor 22,23,2006  | Castlegar       | Selkirk College                 | (250) 365-1208 |
| Apr 22,23,2006  | Vancouver       | Langara College                 | (604) 323-5322 |
| Apr 29,30,2006  | Surrey          | Tong-Louie Family YMCA          | (604) 575-9622 |
| Jun 9, 10, 2006 | New Westminster | Douglas College                 | (604) 527-5472 |

Theory Level 3 Schedule

|                    |                 |                                 |                |
|--------------------|-----------------|---------------------------------|----------------|
| Feb 4,5,25,26,2006 | North Vancouver | Western Leisure Consultants     | (604) 731-7066 |
| Mar 25, 25,2006    | Nanaimo         | PacificSport - Vancouver Island | (250) 753-3245 |
| May 6,7,27,28,2006 | Vancouver       | Western Leisure Consultants     | (604) 731-7066 |

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## KARATE BC CALENDAR OF EVENTS

**2006**

|             |   |   |   |
|-------------|---|---|---|
| Feb 2 - 5   | Northern BC Winter Games                    | 100 Mile House, BC  | Ken Corrigan @ 250-562-7087<br>www.bcgames.org    |
| Feb 4       | Sato Cup 2006                               | BCIT, 3700 Willingdon, Burnaby, BC                              | Andreas Kuntze @ 604-321-1815<br>www.shitoryu.net |
| Feb 18      | Shotokan Challenge                          | Pinetree Community Centre,<br>1260 Pinetree Way, Coquitlam, BC  | Cal Moore @ 604-535-7000<br>www.cska.ca           |
| Feb 23 - 26 | BC Winter Games                             | Greater Trail, BC   | James Johnson @ 604-737-3051<br>www.bcgames.org   |
| Mar 4       | 33rd Steveston International                | Steveston Indoor Tennis Court,<br>4111 Moncton, Richmond, BC    | Takeshi Uchiage @ 604-272-4660                    |
| Apr 1 - 2   | Karate BC<br>Provincial Championships       | Pinetree Recreation Centre,<br>1260 Pinetree Way, Coquitlam, BC | James Johnson @ 604-737-3051<br>www.karatebc.org  |
| Apr 29      | Vancouver Island<br>Karate Championships    | Cowichan Centre, Duncan, BC                                     | Fernando Correia @ 250-748-9111                   |
| May 6       | TMSK Cup Invitational                       | Kelowna Christian School,<br>2870 Benvoulin, Kelowna, BC        | Tom Mah @ 250-712-0268<br>www.tommahkarate.com    |
| Jul 13 - 15 | National Karate<br>Black Belt Championship  | St. John's, Newfoundland  | James Johnson @ 604-737-3051                      |
| Nov 4       | Victoria International<br>Karate Tournament | Central Middle School,<br>1280 Fort Street, Victoria, BC        | Peter Danniels @ 250-388-9241                     |

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