

Hi Everyone; here is the Zone 4 Karate report from the Kimberley–Cranbrook 2008 BC Winter Games.

Coach Hidemi and I are extremely proud of a team that came together and performed amazingly well in a very short time. Personally it was an honour to work with students with such positive attitudes and focused work ethics. The quality was simply outstanding.

In Martial Arts, the quality of the student is often a reflection of the instruction and Dojo.

Nothing short of excellence was demonstrated time and time again over the weekend. Whether the athlete was a high performance competitor or they were a first timer, I believe the Games have helped foster a spirit and memories that will last these kids a lifetime. I sincerely believe that their experience will stand them in good stead for the future of their Karate in whichever path they decide is right for them.

Respectfully

Coach Peter Stoddart & Coach Hidemi Uchage.





*ZACHARY CHAN – AGE 12*

TEAM KATA BRONZE

AWESOME GETTING HERE! I WANT TO WIN AT LEAST ONE MATCH. I REALLY HAVE TO STRETCH AND GET USED TO THE MATS, AND PRACTICE SOME COMBINATIONS. THIS IS SO FUN – I FEEL LIKE AN OLYMPIC ATHLETE! THE FOOD IS GOOD AND I TRIED SOME NEW FOOD. I WOULD LIKE IT IF WE HAD OUR OWN ROOM, SOME OF THEM WERE DISRESPECTFUL THAT WE WANTED TO GO TO SLEEP.

THE BCWG WAS FUN AND EXCITING. IN KATA I LEARNED HOW MUCH FUN IT CAN BE AND KUMITE I LEARNED ABOUT THE OPPONENTS.

I MIGHT DO MORE KUMITE IN THE FUTURE. THE COACHES WERE NICE AND ENCOURAGING AND IF IT WEREN'T FOR THEM I WOULDN'T HAVE GOTTEN ANY MEDALS.

## *DEREK CHAN - AGE 12*

INDIVIDUAL KUMITE GOLD

SO FAR THE TRIP HAS BEEN REALLY FUN EXCLUDING THE SLEEP DEPRIVED BUS RIDE, I HOPE I WILL MAKE THE FINALS IN KUMITE AND I HAVE HAD FUN PERFECTING MY KATA. IN TRAINING I PRACTICED MY KATA A FEW TIMES AND DID KUMITE DRILLS AND I REALLY LIKED THE INSPIRATIONAL SPEECHES! THE FOOD IS AWESOME – PASTA FLAVOUR! I LIKE HOW THE STUDENTS WROTE LETTERS FOR US... I WOULD LIKE IT IF WE HAD OUR OWN ROOM THOUGH. ZONE 2 IS IN THE GAME!

## *KATHERINE LAM - AGE 13*

TEAM KUMITE SILVER  
TEAM KATA GOLD  
INDIVIDUAL KUMITE GOLD  
INDIVIDUAL KATA BRONZE

IT TOOK A REALLY REALLY LONG TIME TO GET HERE BUT I THINK I'LL DO OK AT THE TOURNAMENT. INTERACTING WITH NEW PEOPLE IS FUN. IN KATA I NEED TO GET USED TO THE MATS AND IN KUMITE I WANT TO GET LOOSE AND WORK ON MY REACTIONS.

I LIKED THE MASCOTS A LOT! DINNER IS GOOD THE FRUIT STRIPS ARE GOOD AND THE PICTURES ARE CUTE. ZONE 5+ 6 ARE FRIENDLY AND SO IS SO IS ZONE4 SQUASH.

MY EXPERIENCE WAS GREAT! PEOPLE WERE NICE AND WE HELPED EACH OTHER. IN KATA IT WAS GOOD AND I GOT LUCKY. IN KUMITE IT WAS REALLY EMOTIONAL BUT LUCK HELPED AGAIN! THE COACHES HELPED US A LOT IN OUR COMPETITION.

## *MAYA DETTLING – AGE 12 – ZONE 4 (THE BEST!)*

IT WAS A LONG TRIP BUT QUITE GOOD, I NEED TO PRACTICE OVER AND OVER TO GET BETTER THOUGH. I LIKED THE OLYMPIC MASCOTS. THE TRAINING IS GOING GOOD; I LIKE THE LUNCHES AND THE FUNNY PICTURES THAT THE KIDS MADE FOR US. ZONE 4 IS GOING TO DO WELL – WE ARE THE BEST. GREAT EXPERIENCE! I THINK I DID OK, AND EVERYONE WAS NICE.

## *VICTOR SO – AGE 12*

ZONE 4 SPIRIT AWARD – GOLD

THE TRIP WAS OK BUT A LITTLE UNCOMFORTABLE. MY KATA PRACTICE WAS AWESOME BUT MY KUMITE WAS ONLY OK. IN PRACTICE I'LL STRETCH, PRACTICE DRILLS AND COLLECT MYSELF. I LIKE SEEING THE MASCOT AND THE FOOD IS GOOD. I LIKE ZONE 5 AND 3 A LOT BUT THE OTHER KIDS ARE NOISY. I THOUGHT IT WAS VERY FUN, I THOUGHT I DID PRETTY GOOD N KATA BUT WORSE IN KUMITE. THE COACHES WERE REALLY COOL AND GOOD. I REALLY ENJOYED THIS!

## *BOBBY MARTIN AGE 12*

### TEAM KATA BRONZE

GREAT TRIP AND I WANT A GOLD MEDAL! I LOVE THE STRETCHING, PARTNER TRAINING AND LINE TRAINING; I HAVE TO GO OVER AND OVER FOCUS TOO. I LIKED WALKING IN TO THE OPENING CEREMONIES ON THE COACHES SHOULDERS AND SEEING THE MASCOTS. THE DINNERS WERE GOOD BUT THE SANDWICHES WERE TOO COLD AND TASTE BAD. I LIKED THE KARATE PICTURES ON THE WALL BUT THE FLOORS WERE QUITE DIRTY. THE KIDS IN MY ROOM WERE ANNOYING BUT ZONE 5 WAS REALLY COOL!

I THOUGHT I DID WELL IN INDIVIDUAL KATA BUT THE FIRST KATA I DID IN THE TEAM I MESSED UP BUT THE SECOND ONE WAS GOOD. IN SPARRING I FOUGHT STUPIDLY AND DID SOMETHING WHICH MADE ME LOOSE BUT THE COACHES WERE NICE TO ME.

THE EXPERIENCE WAS GREAT, THIS IS MY FIRST TIME DOING KATA IN COMPETITION AND I DID GOOD. I ALSO DID GOOD IN KUMITE. THE COACHES WERE NICE AND FUN TO TRAIN WITH AND I HAD A BLAST HERE.

## *JESSICA TAM - AGE 13*

### INDIVIDUAL KUMITE SILVER

### TEAM KATA GOLD

### TEAM KUMITE SILVER

THE TRIP WAS REALLY LONG BUT OK. HOPEFULLY I'LL PLACE IN KATA AND GET THROUGH AT LEAST ONE ROUND. I'VE BEEN LISTENING TO TIPS AND CONCERNS FROM HIDEMI AND PETER AND I HAVE POSITIVE THOUGHTS ... AT LEAST IN KATA. IT KATA I'M GOING TO BE WORKING ON MY POWER, BREATHING AND TECHNIQUE, IN KUMITE I NEED MORE POWER AND RETRACTION. THE CEREMONIES WERE REALLY BORING BUT I LIKED GETTING TO KNOW OTHER ZONE4 MEMBERS AND SEEING THE OLYMPIC MASCOTS. THE FOOD IS GREAT – ESPECIALLY THE CARROT CAKE AND THAT THEY TOOK CARE OF ME BECAUSE I'M A VEGETARIAN. THE SCHOOLS SPIRIT WAS VERY WELCOMING BUT I WOULD ENCOURAGE SOMEONE TO SWEEP THE FLOOR. THE KIDS FROM OTHER ZONES WERE GREAT, ZONE 6 WAS SUPER FRIENDLY AND I LIKED SEEING MY FRIEND COMPETE IN HOCKEY AND BADMITON.

## *KATHERINE LAM –AGE 12* TEAM KUMITE SILVER, TEAM KATA GOLD, INDIVIDUAL KUMITE BRONZE, INDIVIDUAL KATA BRONZE

MY LACK OF EXPERIENCE. I FOUND MY KUMITE A LITTLE MESSY. COACHES WERE GOOD! ENOUGH SAID! THE BCWG WERE ... HOW DO I PUT THIS.. EPIC AND AMAZING. I FOUND NEW SIDES TO MYSELF AND IT WAS A GREAT SURPRISE. KATA WAS SUPER FUN, NOW I KNOW WHO MY COMPETITION IS AND WHAT I CAN IMPROVE ON. IN KUMITE AHHAHAHA I THOUGHT I SUCKED, BUT EVERYTHING JUST CLICKED. I AM SO PLEASED WITH MY ACCOMPLISHMENTS. PETER AND HIDEMI ARE WOW! I LEARNED SO MANY NEW COMPETITION TECHNIQUES FROM PETER, AND HIDEMI TAUGHT ME HOW TO 'WORK IT' IN KATA!!!

## *CADENCE O'NEILL – AGE 13*

INDIVIDUAL KUMITE GOLD  
TEAM KUMITE GOLD

THE TRIP WENT WELL BUT I DIDN'T SLEEP WELL. I THINK THE TOURNAMENT IS GOING TO GO WELL FOR ME TOO. WE'VE DONE LOADS OF TEAM TRAINING AND I'VE DONE MENTAL TRAINING TOO – I'VE LEARNT LOTS FROM THE COACHES AND IVE BEEN WORKING ON DIGGING Y PUNCH AND GETTING PUMPED UP FOR THE MATCH. I THOUGHT THE CEREMONIES WERE GOOD BECAUSE THEY RECOGNISED EACH ZONE INDIVIDUALLY. THE FOOD IS GREAT AND THERE IS LOTS OF VARIETY AND THE CLASSROOM WE ARE STAYING IN IS THE PERFECT TEMPERATURE AND THERE IS LOADS OF SPACE. I LIKE HOW THE OTHER SPORTS ARE FRIENDLY ESPECIALLY ZONE 4 GIRLS.

MY EXPERIENCE IN THE BCWG 08 WAS GREAT. I GAINED A LOT OF EXPERIENCE AND LEARNED A LOT ABOUT TOURNAMENT PREPARATION. I AM REALLY PROUD OF MY INDIVIDUAL KUMITE AND MY TEAM KUMITE PERFORMANCE WAS AWESOME! THE COACHES WERE REALLY GREAT AND I LIKE THEIR STYLE.

## *YUKI NAKAHARA – AGE 13*

TEAM KUMITE SILVER, TEAM KATA GOLD, INDIVIDUAL KUMITE GOLD, INDIVIDUAL KATA BRONZE

IT WAS A COMFORTABLE BUS TRIP, I AM GOING TO WORK ON MY BREATHING AND TIMING WHEN I COMPETENT AND THE PRACTICES HELP A LOT. THE CEREMONIES ARE A LITTLE BORING BUT I LOVE THE FOOD – ESPECIALLY THE CARROT CAKE! THE PICTURES ON THE WALL ARE AMAZING AND ITS PERFECT TEMPERATURE HERE. THE SHOWERS ARE OK. I LOVE ZONE 6 SQUASH, ZONE 5 AND ZONE 8!

IT WAS REALLY ENJOYABLE ALL THE COACHES, VOLUNTEERS, COMPETITORS WERE REALLY GREAT. I LEARNED A LOT OF NEW THINGS AND HAVE SO MANY NEW MEMORIES. IN KATA I THINK MY BREATHING GOT A LOT BETTER AND IT REALLY HELPED MY TEMPO WHICH REALLY HELPED OUT MY KUMITE TOO! THANKS HIDEMI AND PETER!

## *JAMES DETTLING AGE 14*

INDIVIDUAL KUMITE SILVER

THE TRIP WAS LONG BUT A LOT OF FUN. AT THE GAMES I AM GOING TO TRY TO DO MY BEST – I HAVE TO WORK ON RETRACTION AND POINT SCORING THE MOST. IT WAS NEAT TO SEE THE OLYMPIC MASCOTS AT THE OPENING CEREMONIES. THE FOOD IS UNLIMITED PORTIONS, AND ACCOMMODATIONS ARE PRETTY GOOD. I REALLY LIKED THE LETTERS LEFT FOR US IN THE GRADE 2 CLASSROOM. ZONE 8 WON'T BE QUIET AT NIGHT, ZONE 5 ARE REALLY COOL.

THE BCWG HAVE BEEN AN AWESOME EXPERIENCE FOR ME. I FEEL THAT MY LAST KATA WASN'T AS GOOD AS I STUMBLED THROUGH THE LAST MOVES.

I FEEL MY KUMITE WAS THE BEST PART OF THE GAMES AND THE COACHES WERE REALLY HELPFUL.

## *MATT LY – AGE 13* INDIVIDUAL KUMITE BRONZE

THE TRIP WAS LONG BUT PRETTY FUN AND I WANT A GOLD MEDAL AT THE EVENT. I ENJOY A CLEAN BREAKFAST, LIGHT WARM UP AND STAYING LOOSE AND HAPPY. I AM MENTALLY IN THE ZONE. I LIKE THE STRETCHING AND THE KICKING MOST. I LIKE THE END OF THE CEREMONIES THE MOST. THE FOOD IS TOTALLY AWESOME AND I LIKE THE PICTURES ON THE WALL. THE SOFT FOAMIES ARE NICE, CLEAN AND AWESOME. ZONE 4 RINGETTE GIRLS ARE COOL BUT THE ZONE 8 GUYS ARE NOISY BUT FUN. THE LIBRARY IS A GREAT PLACE TO HANG OUT.

THE BCWG WAS AN AWESOME EXPERIENCE. I MET SOME COOL PEOPLE AND HAD LOTS OF FUN. I CAN'T BELIEVE THE COACHES ALLOWED ME TO DO KATA BUT IT WAS A GOOD EXPERIENCE. KUMITE WISE A LEARNED A LOT ABOUT MYSELF AND MY ABILITY. THE COACHES ROCKED TOO!

## *AUSTIN BLIX – AGE 12*

### INDIVIDUAL KUMITE BRONZE

THE TRIP WAS AWESOMELY 'SICK' AND IT WAS FUN. SOME OF THE PRACTICE DRILLS WERE NEW BUT I THINK IM GOING TO DO GOOD. I LIKE WATCHING OTHER PEOPLE'S MOVES. I REALLY LIKED LINE TRAINING AND TIMING. I LOVED THE OLYMPIC MASCOTS - THE SPEECHES WERE BORING AND I DIDN'T KNOW ANYONE SPEAKING. THERE IS GOOD FOOD, APPLES AND JUICE AND THE HOT CHOCOLATE IS AMAZING. THE FLOOR IN THE SCHOOLS IS QUITE SLIPPERY SO YOU CAN SLIDE ON IT REALLY WELL. ZONE 8 IS KIND OF ANNOYING BUT FUNNY. THE 'RINGETTES' ARE NICE TO US AND I KNOW SOME OF THEM NOW.

THE EXPERIENCE I THOUGHT WAS GREAT BECAUSE IT'S ONLY A ONCE IN A LIFETIME CHANCE! IT FELT GREAT COMPETING EXCEPT FOR MY BLOODY NOSE..BUT IT HAPPENS. THE WHOLE THING WAS GREAT, EVERYONE WAS NICE AND IT WAS JUST AWESOME.

## *PETAR DIDAK - AGE 12*

### TEAM KATA BRONZE

THE TRIP WAS AWESOME AND FUN – I THINK I AM GOING TO DO GOOD IN THE COMPETITION, WE PRACTICED SOME KATA AND KUMITE AND WE LOOK GOOD. FOR KATA WE PRACTICED HARD AND WERE SERIOUS ABOUT IT, FOR KUMITE WE DID TECHNIQUES AND MADE THEM QUICK. THE OPENING CEREMONY WAS GREAT AND EXCITING, AND THE FOOD IS NICE TOO. THE ACCOMMODATION WAS GOOD AND THE QUESTIONS AND POSTERS ON THE WALL ARE NICE AND SO ARE THE VOLUNTEERS. I LIKE ZONE KARATE AND THE RINGETTE GIRLS ARE REALLY REALLY NICE TO US.

THE COMPETITION EXPERIENCE WAS GREAT – MY FIRST TIME DOING KATA IN COMPLETION AND I DID GOOD. I ALSO DID GOOD IN KUMITE. THE COACHES WERE NICE AND FUN TO TRAIN WITH AND I HAD A BLAST HERE!