

KARATE BC NEWS

APRIL 2004



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www.karatebc.org



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Join us as Karate BC proudly presents the 30th Annual

Spring Provincial Championships and Recognition Awards

For 30 years Karate BC has been promoting the traditions and integrity of karate-do as well as providing opportunities for its members to excel in a competitive environment. In recognition of this milestone in our history this year's Spring Provincial Championships and Recognition Awards Banquet promises to be unforgettable.

Participants will travel from all corners of the province to attend the annual provincial championships. On Saturday night following the adult competition, members are invited to gather at the Holiday Inn for an awards banquet, which includes dinner and dancing. Awards will be presented in the following categories: Volunteer of the Year (Karate BC), Volunteer of the Year (Club), Official of the Year, Coach of the Year, Sponsor of the Year, Athlete of the Year categories and the new President's Award.

Events:

Adult / Junior - Spring Provincial Championships
Saturday and Sunday, April 17-18, 2004 – 8:00 am
Capilano College, North Vancouver
Recognition Awards Banquet
Saturday, April 17, 2004 – 6:30 pm
Holiday Inn Hotel & Suites, North Vancouver

Costs:

Registration for Championships: Adults (\$25), Juniors (\$20)
Spectators: Adults (\$7), Youth (\$5), Children 6 & under (Free)
Awards Banquet Tickets: Individual (\$35), Table of 10 (\$300)

For more information, sponsorship opportunities and to reserve your tickets for the Recognition Awards Banquet, please call or email Justin Karasick at Karate BC:

(604) 737-3051 or info@karatebc.org.
We look forward to seeing you there!

Find out more about the events at www.karatebc.org

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Karate BC Newsletter

is printed and published

by Infigo Imaging

1367 West Broadway

Vancouver BC V6H 4A9

CANADIAN PUBLICATIONS

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Looking back on early days

Celebrating 30 years



Photos from Dan Wallis' first-ever BC Interior Tournament which took place in Prince George almost 30 years ago

As Karate BC marks its 30th anniversary, karate-ka across the province are digging into their memories – and photo albums. Dan Wallis supplied the above photos from the first B.C. Interior Tournament, featuring Dan (at left, in photo on left) and current KBC executive director James Johnson in competition (right in photo at right). The official for both matches was Akira Sato.

Tracking the B.C. provincial karate team through the years



Karate BC has dug into the archives for a look back at some of the athletes who have represented the province over the years. Here's a sampling of the images showing some very young – many of them still active – members of the B.C. karate community.



Surgery can't slow Fernando



Even though he is in the process of recuperating from major emergency surgery, Fernando Correia pushed his pain aside and braved the trip from Duncan to Vancouver to receive the Sport BC President's Award for Karate.

This well-deserved award is given annually to a volunteer who has gone above and beyond ordinary efforts to promote his/her sport in the province of British Columbia.

Presenting this distinguished award was Brian James, President of Karate BC.

Special thanks goes out to Harvey Robinson. Without his assistance this appearance by Fernando probably would not have been possible.

And making history again, Norma Foster was honored as the Sport BC Official of the Year at the 38th Annual Athlete of the Year Awards that took place on March 9th at the Vancouver Hyatt Regency Hotel.

It is the first time in the history of these awards that a Karate person has been honored. Norma is the highest ranking female karate official in the world and was appointed to the World Karate Federation Referee Council last year. She is shown, at left, being congratulated by Premier Gordon Campbell for her accomplishments.



TOP: Fernando Correia with Brian James.
 ABOVE: Norma Foster and Premier Gordon Campbell.
 RIGHT: Brian, Fernando and Norma celebrate.

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Karate BC 2003 Recognition Award Winners Luncheon

On January 11, 2004, Karate BC members attended a special luncheon at the Shabusen Japanese restaurant in Vancouver to honor the 2003 Karate BC award winners.

For those that could attend, this was an excellent opportunity to enjoy a delicious lunch with the men and women whose outstanding contributions are making things happen for Karate BC.

On this page are some of the winners accepting their award from Karate BC President Brian James.



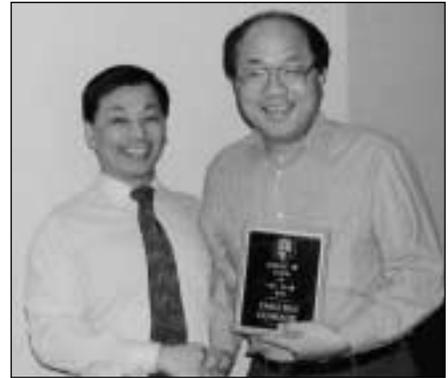
Female Athlete of the Year: Hidemi Uchiage, Steveston Karate Club



Sponsor of the Year: Justin Hui, accepting on behalf of Tiger Balm



Male Athlete of the Year: Toshi Uchiage, Steveston Karate Club



Coach of the Year: Takeshi Uchiage, Steveston Karate Club



Junior Female Athlete of the Year: Sumi Uchiage, Steveston Karate Club



Official of the Year: Norma Foster, Guseikai Karate Club



Volunteer of the year-Karate BC: Choy Family, accepted by Wallace



Say "sushi" everyone! Karate BC members enjoying their lunch!



Celebrating success

New cards for KBC members

Karate BC has sent out laminated membership cards this year. These cards are intended to be used for a period of five years.

Renewal stickers will be supplied each year until the expiry date. There will be a replacement charge of \$10 for all lost or stolen cards.

Volunteers are shown to the right taking on the wearisome task of laminating the cards.



The Jameses – Brian, Breanna, Rebecca and Reuben – getting to work laminating the new Karate BC membership cards.

Looking for leading coaches

Please go to the website <http://www.coaches.bc.ca/> and submit online nominations for outstanding coaches from the 2003 season.

Coaches can be nominated from the following categories:

- Recreational Grassroots
- Regional/Provincial Development
- Secondary School

- International
- Nominations will be accepted until April 15.

Premier's awards two from karate

Each year the Premier Athletic Awards recognizes the top male and female athletes from 48 sports partici-

pating in the BC Athlete Assistance Program and honours these athletes for their outstanding performance and achievements. This year's recipients for karate are Toshihide Uchiage from Steveston and Valentyna Zolotarova of Vancouver. Winning athlete's photos and achievements are displayed on plaques hung at the BC Sports Hall of Fame and Museum in Vancouver.

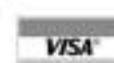
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Winter Games karate results: the winners



Zone 3 competitors face off on the mats in karate competition at the B.C. Winter Games, held in Port Alberni.

Making karate history

For the first time 12- & 13-year-old competitors were highlighted at the 2004 BC Winter Games.

This is part of the government's goal to use the games as a developmental tool instead of an elite event. Based on

the spirit of the competition and the positive responses of the athletes, it appears to be a popular move. Seventy-two athletes from seven zones took part in the four-day event.

Another historical event that recently took place was the pilot project of the Junior Officials Program. This project was formulated and conducted by Norma Foster, who as a member of the BC, NKA and WKF Referee Committees, has played a prominent role in officiating on the world karate scene.

The participants, all members of the BC Karate Team, took part in an intense two-day theory and practical evaluation that led to certification as Junior Officials. The success of this pilot project will have far-reaching effects on karate officiating in BC and in Canada. Hats off to Norma and the juniors.

Participating juniors were Andrew



Norma Foster leads enthusiastic young participants through her course for Junior Officials, a first for the sport and a way to develop a new generation of officials.

Thompson, Brittany Fuccenecco, Graydon Green, Valentyna Zolotarova, Erik Chambers, Cindy Jacob, Andrew Burfitt, Kelsey Corbett. Assisting and officiating were Dan Wallis, Ken Corrigan, Joe Lappan, Cal Moore, Rassamee Ling, Tina Schade, and Ken Schwab.

Having junior officials presiding over junior events works. The officials took their jobs seriously and worked with admirable attitude, good humor and willingness.

However, more detailed explanations are needed prior to such events so that people can prepare better. The examination questions should be addressed before the next theory exam so that participants understand what is required.

Over the next two years, the junior development program must be properly implemented in preparation for the Winter Games.

Kata: Boys

Ben Prokopetz
Chilliwack
Jeric Ross
Campbell River
Michael Lindesay
North Vancouver
Allen Agco
Richmond

Kata: Girls

Andrea Maikawa
Burnaby
Kathryn Wong
North Vancouver
Sarah Lee
West Vancouver
Hayley Spooner
North Vancouver

Kumite: Boys - 44 kg

Neil Smith
Courtenay
Jaskaran Gill
Vancouver
Kyle Nelson
Courtenay
Zale Davis
Quathiaski Cove

Kumite: Boys + 55 kg

Carlo Sepe
Langley
Jake Rose
Kelowna
Gurpreet Mann
Vancouver
Lindsey Boucher
Chilliwack

Kumite: Boys 44 - 55 kg

Jeric Ross
Campbell River
Kalvin Tam
Surrey
Adam Kaczmarek
Kelowna
Cody Martin
Burnaby

Kumite: Girls - 44 kg

Danielle Goudie
Kelowna
Karmen McDivitt
Kelowna
Lauren Currie
Kelowna
Jusleen Virk
Surrey

Kumite: Girls + 55 kg

Chelsea Bomford
Cobble Hill
Krista Gray
Westbank
Cara Cochlin
Langley
Sophie Lachapelle
Campbell River

Kumite: Girls 44 - 55 kg

Sarah Lee
West Vancouver
Andrea Maikawa
Burnaby
Holly Kruse
Cobble Hill
Erin Gniwoddas
Sardis



Karate-ka representing Zone 4 posed for the camera during competition at the BC Winter Games, held earlier this year in Port Alberni on Vancouver Island.

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C.S.K.A. SUMMER CAMP 2004

July 9th – July 11th

Revelstoke Community Centre, 600 Campbell Ave, Revelstoke, BC

Ed Otis, 7th Dan

Director Martial Arts & Eastern Studies, Riverside University, CA, and Chairman American JKA

John Hanratty, 6th Dan

Coach of the Year, 1989 and Canadian and US former Masters Champion

Mike Scales, 6th Dan

BC Masters Champion, Kata and Weapons & former NKA Official of the Year

Andrew Holmes, 6th Dan:

10 times BC Kumite Champion & former NKA National Champion

Ron Bagley, 5th Dan

Former Canadian Kumite Champion

Registration: Lorri Cooper, 624 – 78th Avenue NW, Calgary, AB T2K 0S5

Adults (16 yrs & over): \$120.⁰⁰ ~ Youth (15 yrs & under): \$100.⁰⁰

Register before June 14, 2004 and deduct \$10.⁰⁰ from your registration fee.

Go to <http://cska.ca/> for more information



From left: Jim Kojima, Former Chief Referee of the International Judo Federation; Geoff Plant, Attorney General and Minister Responsible for Treaty Negotiations; Malcolm Brodie, Mayor of Richmond; and Takeshi Uchiage in background.

Black Belt Kata

WKF DIV. 17 & UNDER MIX

Welton Vo
Sumi Uchiage
William Louie-Brad
Dana Exum

WOMEN

Hidemi Uchiage
Rachna Eav
Sumi Uchiage
Nao Nakatsuka

MEN

Toshihide Uchiage
William Louie-Brad
Andrew Ahlsten
Freddie Solari

Black Belt Kumite

WOMEN -60KG

Itzael Pichard
Hidemi Uchiage
Nancy Sham
Racha Eav

WOMEN +60KG

Kathy Islam
Kathy Oneha
Allison Ning
Anita Hui

MEN -70G

Adam Ballout
Paul GiGuitierrez
Lawrence Vo
Ronny Guzman

MEN -80KG

Aadam Tibon
Jason HHeidebreacht
Stephan Grunkemier
FreddiCharlie Loo

Grand Champion

JR. FEMALE GRAND CHAMPION

Asuka Nakagawa (Steveston)

JR. MALE GRAND CHAMPION

Welton Vo (Kingsway Shito-Ryu)

SR. FEMALE GRAND CHAMPION

Hidemi Uchiage (Steveston)

SR. MALE GRAND CHAMPION

Toshihide Uchiage (Steveston)

World kata champ among 600 at Steveston event

Over 600 competitors entered the Steveston event. Participants included Jr. World Kata Champion (16-17) William Louie-Bradford from Anchorage, Alaska; former Jr. Pan American Kumite Champion Adam Tibon from Stockton, California; and USA Kumite Champion Rachna Eve. Ten internationally licensed officials also attended the event.

Special presentations were given by: Geoff Plant, Attorney General and Minister responsible for treaty negotiations; Malcolm Brodie, Mayor of Richmond; Jim Kojima, former Chief Referee of the International Judo Federation and Chief Director of the International Judo Federation. After the opening ceremony the Black Belt divisions started.

USA Kata medallist Rachna Eve, former Jr. World Champion Amber Ramirez, the former Canadian Champion Nao Nakatsuka and present Canadian National Team member Hidemi Uchiage all entered the competition

for Women's Kata.

Canadian Champion (16-17 yrs) Sumi Uchiage received second place in the WKF Division (17 & under mix), which took place in the morning. Hidemi Uchiage captured the gold medal, Rachna Eav placed second, and Sumi Uchiage and Nao Nakatsuka shared third.

Jr. World Champion William Louie-Bradford, Pan American Champion Toshihide Uchiage, IKA International tournament Grand Champion Nigel Nikolaisen, BC Open Champion Andrew Ahlsten, WKF division (17 and under) winner Welton Vo and five-year USA Jr. Champion Freddie Solari were among 16 competitors in Men's Kata.

Chief judge was Shihan Kunio Murayama (JKF Shito-Kai) WKF from Mexico. Toshihide Uchiage won this division, second place went to William Louie-Bradford and Andrew Ahlsten and Freddie Solari shared third.

JKF New Shitei Kata Seminar

Japan Karate-Do Federation's (JKF's) new Shitei Kata seminar was held at Steveston Martial Arts Center.

Participants separated into two groups. Group A took Shito-Ryu Shitei Kata (Rohai and Nipaipo) by Shihan Kunio Murayama. Shihan Kunio Murayama is a member of JKF Shito Kai and one of the most senior WKF officials. Group B took Shoto-Kan Shitei Kata

(Empi and Gojyushiho Sho) by Shihan Kiyoshi Yamazaki, who is a WKF technical committee member.

In the afternoon athletes could select which Kata they wanted more practice in. After the seminar some people requested Yamazaki and Murayama sensei's to attend the seminar again after the 32nd Steveston International Tournament.

Concussion: Heads up for coaches

Increasing awareness of the dangers of head injuries

By Heather Kent

Reprinted in part with permission from SportMedBC from 'Best Practices Quarterly' Vol. 18, No. 3

Concussion is common and it can be fatal. This was demonstrated in the summer of 2003 when a 13 year old B.C. boy, who was skateboarding without a helmet, died after hitting his head.

Concussions are a controversial issue. Medical science has been slow at adequately addressing issues such as: when is it okay for an athlete to return to sport after a concussion?

So just what is concussion?

"The message we are trying to get out to coaches and families is that you can still be awake but concussed. If people are confused or have some memory loss, they have been concussed," says Dr. Chris Honey, an associate professor of neurosurgery at the University of British Columbia.

"By definition, "concussion" is temporary and reversible. But multiple concussions are a bad thing."

"The definition of concussion has been changed lately to reflect more modern thinking," says Dr. Karen Johnston, a Montreal neurosurgeon who chairs the Concussion in Sport group (CIS), which recently revised 35 year old concussion guidelines.

"In the past, we thought that you needed to be knocked out to have a concussion – that is not true. It can be as mild as a ding, where you have a transient alteration in your sensation, which may go away very quickly or may take a prolonged period to go away.

"We need to have more respect for this injury. The effects of any one concussion may seem quite transient, but it is not at all uncommon for some people, after a mild injury, to have some fairly persistent symptoms (e.g. headaches, decreased concentration). No one injury should be treated as though you know what the outcome is going to be."

The degree of concussion is now also receiving a lot of attention.

"The whole concept of serious concussion is really controversial. People used to think the most serious concussion was when you were knocked out. But we have lots of proof now



that show that's not true. In fact, a concussion when you are not knocked out, but when you still have headaches a month later is probably a more serious injury than if you were knocked out and felt fine the next day," says Johnston.

It is important to remember that concussions are not limited to direct hits on the head.

They can also result from a blow to the body, such as from bodychecking in hockey, where you just shake the head around because it is attached to the body.

"That's a relatively new way of thinking of this," says Johnston.

Johnston thinks that media coverage of high profile athletes and locker room discussion "from teammate to teammate," have generated increasing public awareness of the danger of concussion.

However, she admits, "We have a long way to go, because there are large groups of kids who have very little supervision. In the professional leagues, they all have team doctors and trainers who have been taught about concussion, but at the local level, you've pretty much got coach and parent.

So our goal is to make an impact on those populations, because that is where most of the injuries are happening – in the non-professional

training arenas.

So what should parents, instructors and coaches do when a child has hit their head, playing at school or at the training hall?

The first challenge is recognizing the concussion, says Johnston.

"Although you can lose consciousness, that is the very rare case. If somebody is knocked out, they are going to get looked after. It is the myriad of other injuries that get ignored."

The adults seeing the child after the injury "have to have a high index of suspicion" and ask specific questions, including:

- Do you have a headache?
- Do you feel sick to your stomach?
- Did you feel dizzy after that – did you see stars?

Even if you are not certain that there has been a concussion, the child who was playing/practicing "must sit out – if in doubt, take them out." The athlete then needs to be evaluated by a doctor and monitored, says Johnston.

When should an athlete return to sport, given the dangers of succumbing to a second concussion?

Continued next page

NCCP theory course schedule

Theory Level 1 Schedule

Dates	Location	Host	Phone #
Apr 1, 8, 15, 22	Surrey	Clayton Heights Continuing Education	(604) 575-0550
Apr 17, 18, 2004	Surrey	YMCA	(604) 575-9622
Apr 17, 18, 2004	North Vancouver	North Vancouver Recreation Commission	(604) 987-7529
Apr 17, 18, 2004	Vancouver	Langara College	(604) 323-5322
Apr 24, 25, 2004	Burnaby	Simon Fraser University	(604) 291-4142
May 1, 2, 2004	New Westminster	Douglas College	(604) 527-5492
Jun 12, 13, 2004	North Vancouver	North Vancouver Recreation Commission	(604) 987-7529
Jun 13, 26, 2004	Maple Ridge	West Coast Kinesiology	(604) 467-7322

Theory Level 2 Schedule

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

Apr 24, 25, 2004	Surrey	YMCA	(604) 575-9622
Apr 23-25, 2004	Vancouver	Langara College	(604) 323-5322
May 1, 2, 2004	New Westminster	Douglas College	(604) 527-5492
May 15, 16, 2004	Salmon Arm	Okanagan University College	(250) 804-8888
Jun 26, 27, 2004	North Vancouver	North Vancouver Recreation Commission	(604) 987-7529

Theory Level 3 Schedule

May 1, 2, 15, 16, 2004	Vancouver	Western Leisure Consultants	(604) 731-7066
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Concussion: Heads up for coaches

Continued

Honey is unequivocal: "if you are still under the effects of one concussion and suffer a second, the results can be devastating. What would seemingly be a trivial second concussion can be more than cumulative—that's called Second Impact Syndrome and that is basically what we are trying to prevent."

While Second Impact Syndrome is well recognized in neurosurgery, coaches need to be more aware of its implication, says Honey.

"Where the hockey player comes off the rink – he's never unconscious but is clearly confused and he sits out for a shift or two then he's back in the same game – they're playing with his life doing that sort of thing."

The athlete who returns to sport too soon risks debilitating long-term cognitive problems, says Johnston.

"My concern is for the impact of ongoing, persistent symptoms at this point in the athlete's life, particularly when you are talking about kids or young adults.

"If these kids are having headaches, dizziness, lack of concentration, problems with memory, fatigue, and insomnia on a regular basis, this has a big impact on their day-to-day life, in terms of their socialization and their academics. I have seen many

kids who lose a year of school simply because they have headaches every day, so it is very serious."

The CIS guidelines stress a step-wise return-to-play program, based on progressing to the next level when the child is symptom-free.

If the athlete experiences post-concussion symptoms, they should return to the previous asymptomatic level for at least 24 hours.

The six levels are as follows:

- No activity, when free of symptoms proceed to next level.
- Light aerobic exercise such as walking or stationary cycling.
- Sport-specific training at light intensity (no partner work – karate)
- Non-contact training skills at normal intensity
- Full-contact training after medical clearance.
- Return to competition.

(Adapted from return-to-play protocol, Summary and Agreement Statement of the 1st International Symposium on Concussion in Sport, Vienna 2001)

"Sometimes symptoms can come back with any kind of exertion; if symptoms come back at any point, you slow down, go back to the previous level and resume is a more gradual fashion.

"We don't know why symptoms

come back with exertion, but the longer you have been symptomatic, the more likely your symptoms will return with exertion. So it's very important that you don't go straight from sitting on the couch for a couple of weeks back to full training and competition."

Johnston says that there are several things that coaches can do at the beginning of each sport season, including having athletes undergo pre-season medical examinations to establish baseline data.

For coaches, free sideline evaluation forms for use in the event of a suspected concussion are readily available. One is the McGill University's ACE questionnaire, or the Standardized Assessment of Concussion (SAC).

These are simple to use, check-off type surveys.

"Everyone has access to them, they can be performed by non-neuropsychologists—the trainer, the coach or even the parent – and it's recommended by the CIS group which is the largest group of expertise consensus on this topic.

"There will come a time in the near future when if you are not using (such evaluation forms) perhaps you should not be doing the job you are doing, coaching and looking after kids in contact sport."

The KARATE BC NEWSLETTER is printed and published
by SBC Distribution Ltd., 1367 West Broadway,
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KARATE BC CALENDAR OF EVENTS

Date	Event	Location	Contact/No.
2004			
Apr 16	Karate BC Annual General Meeting & Elections	Holiday Inn, 700 Old Lillooet Road, North Vancouver, BC	James Johnson, 604-737-3051
Apr 17	2004 Awards & Recognition Banquet www.karatebc.org/awards	Holiday Inn, 700 Old Lillooet Road, North Vancouver	James Johnson, 604-737-3051
Apr 17-18	30th Karate BC Spring Provincial Championships	Capilano College, 2055 Purcell Way, North Vancouver, BC	James Johnson, 604-737-3051
Apr 24	Gima-Ha Shiai	North Delta Secondary, Delta, BC	Chris Millard, 604-536-6372
May 1	Vancouver Island Karate Championships	Cowichan Centre, 2687 James St, Duncan, BC	Fernando Correia, 250-748-9111
May 8	Northern Provincials	St. Anthony's School, Kitimat, BC	Cheryl Skender, 250-632-2702
May 15	Island Friendship Tournament	Comox Community Centre, Comox, BC	Brenda Bombini, 250-338-9722
May 23-30	XVIII Pan American Championships	El Salvador	James Johnson, 604-737-3051
Jul 9-14	IV World University Championships	Belfrade, Yugoslavia	James Johnson, 604-737-3051
Sept 8-12	XV Pan American Junior Championships	Chile	James Johnson, 604-737-3051
Oct 16	Karate BC Fall Provincial Championships	Okanagan University College, Kelowna, BC	James Johnson, 604-737-3051
Nov 13	Shotokan Challenge Cup	Pinetree Recreation Centre, Pinetree Way, Coquitlam, BC	Cal Moore, 604-535-70001260
Nov 14-21	WKF World Championships - Adult www.karatemy2004.com/	Monterrey, Mexico	James Johnson, 604-737-305

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