

KARATE BC NEWS



CHECK OUT THE KARATE BC WEB SITE AT:
www.karatebc.org

MEET THE COACHES!

Karate BC's new coaches have words of praise of the province's karate-kas and big plans to make the provincial program one of the best in the country.

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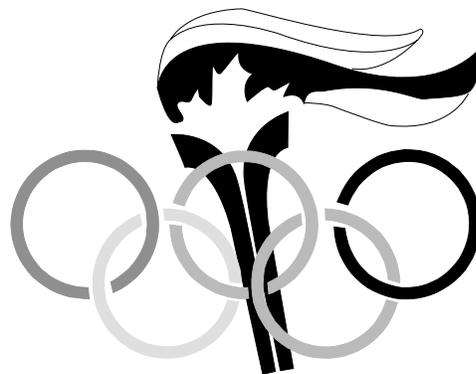
KBC unveils a proposal for better regional development throughout the province14



INTRODUCING

As part of our continuing effort to build stronger ties between Karate BC and members of the organization, we introduce Elizabeth Wijnstra and Carole A'Hearn, two of the newest members of the KBC Executive Committee.

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KARATE GETS NOD

Karate is one of five sports that is in the running for inclusion in the 2012 Olympic Games, giving the martial art a higher international profile and potentially setting the stage for world-wide recognition of the top karate-ka from around the world.

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KARATE BC • 220-1367 West Broadway • Vancouver, B.C. V6H 4A9

Tel: 604-737-3051 • Fax: 604-737-3159 • e-mail: info@karatebc.org • Web: www.karatebc.org

Meet the new members of the Karate BC executive

Elizabeth Winjstra: champion, instructor, national class A official

Name: Elizabeth Wijnstra
 Date of birth: Aug. 28, 1954
 Place of birth: Novi Sad, Yugoslavia
 Occupation: Certified Dental Ceramist
 Marital status: married to Eduard 28 years
 Children: none
 Pets: Smokey, Siberian Husky



Karate history:

- 4th degree black belt
- studied Shotokan karate for over 25 years
- former student and instructor of Coquitlam Shotokan Karate Club
- member of NKA and CSKA
- 1999 National grand master woman champion
- national and provincial certified A class official
- member of KBC Officials Council
- KBC membership director
- Course conductor for officials in Okanagan/Thompson region
- After moving to the Okanagan in 2000, established and is the Chief instructor at karate club in Okanagan Falls: Skaha Lake Shotokan Karate.

Carole A'Hearn 'is always ready for a challenge'

Carole teaches and practices Shitoryu Seikokai Traditional Karate and Kobudo (weaponry). She is a Karate BC Official and is certified in the National Coaching Certificate Program. She is a Western Canadian and Provincial medallist, in Kata and Kobudo.

In partnership with her husband Marlon, they hold weekly Kobudo classes at the Nikkei Heritage Centre in Burnaby. Carole has had the honour of teaching at the PAWMA (Pacific Association of Women Martial Artists), Frauen Frühlingscamp, Germany and Shitoryu Seikokai annual training camps.

Carole is passionately involved with promoting the equality of women and girls in all facets of life. She is a primary partner in the "Women in the Martial Arts Project". In her work life, she is an Electronic Systems Technician.

Carole welcomes your ideas, questions, and inspirations. Please e-mail her at Ahearn_kobudo@canada.com.



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Long-time karate coach, official passes away

We are sorry to inform you that Sensei Ron Tkacz, 6th Dan and Executive with Karate Ontario has passed away in October.

Sensei Tkacz was a sincere and dedicated leader who contributed to the development and betterment of Karate Ontario students, athletes and members for over three decades.

The Toronto Star posted this obituary:

40 Year Employee with the Toronto Star. Ron Tkacz Peacefully at his home on Sunday, October 10, 2004. Ron passed away with his family by his side. Beloved husband for 35 years of Susan. Loving and devoted father of Keri and Ted Banfalvi, and Dana. Dear and proud grandpa "bobo" of Rory. Ron will be missed by his sister-in-law Gloria and his "special pal" Lewis.

Ron dedicated many years to Karate Ontario, not only as a competitor, but as Provincial Coach for 25 years and touched the lives of many athletes.

For those who wish, memorial donations may be made to the Canadian Cancer Society.



Andrew Ahlsten and Nigel Nikolaisen display their Labour Day trophy.

C'mon over: fishing is great

By Nigel Nikolaisen, NWSK

On Labor Day weekend, KBC and Canadian Team member Andrew Ahlsten visited fellow teammate and good friend Nigel Nikolaisen and North West Shito Kai on the North Vancouver Island city of Campbell River.

During his visit Andrew experienced some of Campbell River's world famous tourist attractions, such as snorkeling the Campbell River where we saw hundreds of spawning salmon and other wildlife native to BC. And, of course, we took him fishing where head Senpai Wayne Nikolaisen was able to hook Andrew a 28-pound Chinook salmon, only about 200 yards off shore from the city of Campbell River. We stayed out on the water until dark, and then headed back for a night on the town. Needless to say we had fun till the sun came up, and Andrew's Campbell River weekend visit with North West Shito Kai will go down in his record books.

Come and train with us anytime! Just try and time it with the fishing season :)

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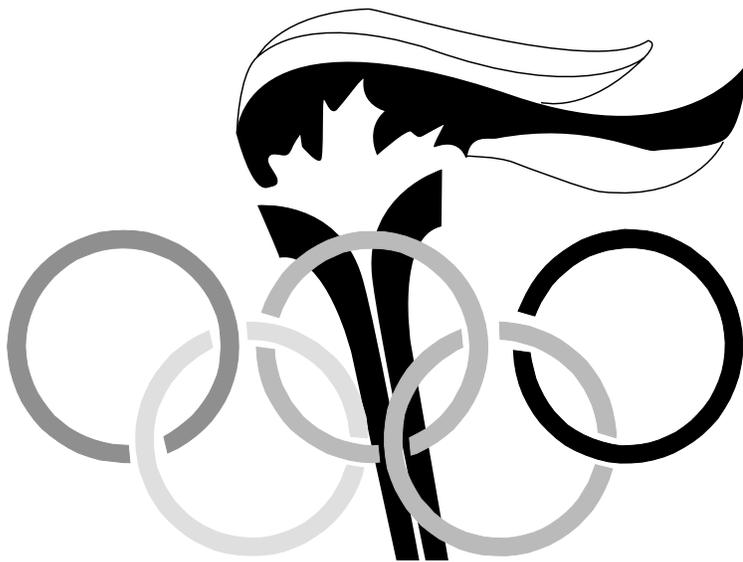


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Five sports in running for Olympic inclusion

The International Olympic Committee has nominated five sports to receive further evaluation with a view to inclusion in the Olympic Games programme in 2012.

The sports are golf, rugby union, roller sports, karate and squash. The international federations representing the sports were notified of the decision in a letter from Olympic Games executive director Gilbert Felli and sports director Kelly Fairweather.

The IOC will assess these five sports, as well as all those that were on the programme for the recent Athens Olympics, and make a final decision on the programme for 2012 in July next year.

Three sports - softball, baseball and modern pentathlon - that were under

threat of exclusion from the 2008 Olympic Games in a proposed cull have been reprieved, with the IOC saying that there can be no changes to the programme until the following games.

However, with the IOC determined to prevent the games from growing too large, it is thought certain that the inclusion of new sports would entail existing ones being dropped from the Olympic programme.

Golf and rugby union have appeared in the Olympics before but roller sports, karate and squash would be making their debut if included on the programme in 2012.

Five cities - Paris, Madrid, London, New York and Moscow - are bidding to host the 2012 Olympic Games.

WKF happy with result

TO: All WKF federations-members

Dear Ladies and Gentlemen,

Further to a previous communication and in the frame of your information on any development about karate's inclusion in the Olympic Games programme, please find attached a letter sent by the International Olympic Committee to the WKF.

According to what is mentioned on that letter, the IOC, based on the recommendations of the Olympic Programme Commission and in the frame of the Olympic Games programme review, will further study a short list of another five Recognized International Federations, among which is WKF.

Based on what one can easily conclude from the above mentioned, I take this opportunity to congratulate and thank the WKF President, Mr. Espinós, and all WKF people who have systematically worked to get us this far.

Karate deserves to be in the Olympic Games as it has a lot to offer to the Olympic movement and I believe that we will finally succeed in having our sport included in the Olympic Games programme.

Yours Sincerely,
George Yerolimpos
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Meet the KBC coaching team

Here's what Karate BC's new coaching team has to say about themselves and the bright future they see ahead.

CAL MOORE

1. Why I decided to volunteer for coaching this year?

I have a background in coaching and sports physiology. Upgrading my skills and knowledge is an ongoing endeavor. This year I saw the applications for our coaching positions and decided I would like to be part of what should prove to be a dynamic team.

2. What do I hope to accomplish?

As a member of the executive, I will keep my colleagues informed regarding the direction and intent of the coaching staff. I will report back to the high performance committee the decisions and directions of the executive. If I can synchronize the objectives of both committees, I will call that success.

3. Where do you think BC is compared to the rest of Canada?

Third, however we can and will do better this year.

4. What do you think of the potential of BC athletes?

I remember many years ago a coach saying to me "You have potential." He then dropped me from the team. We all have potential this year. We are looking for results.

5. Other thoughts.

Every squad member will receive the best our coaches can bestow. Every squad member is expected to produce 100% effort in the pursuit of excellence.

SEREY SINN

1. Why I decided to volunteer for coaching this year?

I decided to coach so that I can give back to a sport that has given me so much in terms of my personal and even professional development.

2. What do I hope to accomplish?

I would like to see Kata become the backbone of the BC Team once again and help karateka to realize that their potential as elite athletes in not only the province, but in the rest of Canada as well.

3. Where do you think BC is compared



Karate BC coaches Ron Curran, Serey Sinn, Michele Pierce, Balraj Uppal and Ron Bagley.

to the rest of Canada?

I believe that the BC team has been sub-par in the past couple of years. The potential is there but to be successful, we need to take the sport as seriously as the Quebec and Ontario teams do.

4. What do you think of the potential of BC athletes?

It is what they believe it to be and right now, the confidence of the athletes and of the team as a whole needs to be improved.

RON CURRAN

1. Why I decided to volunteer for

coaching this year?

I wanted to be able to provide the athletes with current and updated training techniques and strategies locally.

2. What do I hope to accomplish?

To increase our medal average to 100%. So this means not taking 80 people to the nationals and getting 20 medals, it means taking only 20 athletes and getting 20 medals.

3. Where do you think BC is compared to the rest of Canada?

People do the absolute best with the resources that are provided to them. Unfortunately, people don't know how to train for sport karate because they are constantly practising traditional karate in their dojo's. So I would say that Canada compared to Europe is around 20 years behind.

4. What do you think of the potential of BC athletes?

This is a tough one as I don't know very many of the current athletes so it would not be fair for me to say. However, if someone can give me their

Continued next page

COACHING KARATE BC Meet the KBC coaching team

Continued

total commitment during the training then I can make you a champion easily. Techniques can be taught, strategies can be taught, how to train can be taught. What I can't teach you is desire, passion for winning, and fighting spirit. That you need to bring to me and then I will do the rest.

5. Any other thoughts?

Come to the training with an open mind. There will be a lot of different ways of training from what you are used to. I faced struggles with many of my own instructors that felt their way was the only way, and many traditional sensei's feel threatened when their students go to learn from different people outside their style or association. This is not what karate should be about, just go to learn. The best instructor I ever had was Howard Hewitt, his many words stuck with me but the best one was "you can learn something from anyone." Apply this to your karate training and you will find that you become more well rounded.

RON BAGLEY

1. Why I decided to volunteer for coaching this year?

I love coaching high performance athletes and I wanted to help build a karate team for this province that we can all be proud of.

2. What do I hope to accomplish?

Instill in the athletes the will to prepare, the will to win, to sacrifice, sweat and succeed.

3. Where do you think BC is compared to the rest of Canada?

The BC Karate Team seems to be heading for the end of the line. "In life what sometimes appears to be the end is really a new beginning." That's where the new program is going to take the team. A new beginning and an opportunity to grow strong again.

4. What do you think of the potential of BC athletes?

The potential is there, they just need to be able to see it for themselves.

5. Any other thoughts?

The coaching staff has decided that

the training will be tough and we will only expect the very best effort from the athletes. Mental and physical toughness along with a winning attitude is what we are aiming for.

MICHELE PIERCE

1. Why I decided to volunteer for coaching this year?

I decided to volunteer for coaching this year because I love coaching, and I believe the team program is a great asset to the Karate BC community. After having a break from high performance competition, focusing on my own students, and creating a successful training program for Zone 5 2004 Winter Games Team, I felt ready to tackle the BC Team Program and to give back to Karate BC. I also wanted to coach with Sensei Ron Bagley, who will be a great motivator for the team and a great mentor for the coaches.

2. What do I hope to accomplish?

I want to inspire athletes to be the best they can be. I want to re-inspire the entire BC Karate community to believe in the team program and feel proud of all the athletes, who challenge themselves to become elite karate-ka and represent our province, nationally and our country internationally.

3. Where do you think BC is compared

to the rest of Canada?

Last year we didn't win one gold medal in Kumite, so to me it can't get any lower than that. I think all instructors should feel responsible for not producing kumite athletes that can compete at the National level and win. I believe that all elite athletes, in any sport, start their dreams at a recreational level. The sporting organizations that have strong, athletic development systems nurture and give athletes the opportunity to succeed at a high performance level. What a gift!!!

To stand on the podium with a medal at a National Karate Championship is a peak experience and something remarkable. All levels of our organization, from recreational instructors and BC Team Coaches to Committee members and Referees should work together to provide our athletes, who have the dream, talent, and will, with the opportunity to succeed in our sport and experience something that will leave an unforgettable mark of success in their lives.

4. What do you think of the potential of BC athletes?

Our potential is lost if we don't inspire our karate-ka to compete and discover for themselves how powerful challenging oneself can be, both in competition and in life.



For those interested, here are some interesting Coaching Evaluation Tools from the Coaches Association of BC.

http://www.coaches.bc.ca/resources/07_evaluation/index.htm

Briefs from Karate BC

Karate BC, Avis Rent A Car Form Alliance

Soon you will receive your Member ID card along with your Avis Worldwide Discount (AWD) number C358100. Attached to the ID card will be two coupons for you to use on future rentals. When you call Avis at 800-879-2847, just give your AWD number and you will receive special discounts just for being a member of Karate BC.

In the U.S. you will receive 10% off Super Value Daily and Weekly Rates and 5% off our Promotional Rates. In Canada, on rentals of car groups A,B,C,D, and E, up to a 10% discount will apply to Association Rates. A 10% discount will apply on Normal Time and Kilometre Rates in Western

Europe, 10% in Africa and the Middle East, 15% in Asia and the Pacific, and 10% in Latin America and the Caribbean. You can also earn frequent flyer mileage. Please check at the Avis counter for the qualifications and show your frequent flyer ID card.

We look forward to a long relationship between your association and our association.

Looking for women reps

The Executive Committee is requesting individuals interested in participating on a committee examining the the state of women in Karate in BC to forward their names to our office. This group would make recommendations to the Board regarding the same. We request expressions of interest by November 2004.

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2004 Karate BC Open Championships

LOCATION: PINETREE RECREATION CENTRE, 1260 PINETREE WAY, COQUITLAM, BC
 DATE: Saturday, November 27, 2004
 TIME: 8:00 - 9:00 am Event Confirmation & Weigh-in for all competitors
 9:00 am Competition begins with 7 & under Kata.
 FEES: Juniors: \$20.00 per event ~ Adults: \$30.00 per event (includes GST)

Cheques: Submit just one cheque. Make payable to Karate BC. Do not send separate cheques for each participant.
 Charge Card: Visa and MasterCard accepted.

SAME DAY REGISTRATION - KATA ONLY: Juniors: \$40 ~ Adults: \$60

Same-day registration for Kata events (including Weapons Kata) must be completed Saturday morning prior to start of competition. No same-day Kata registration will be accepted after this time.

SAME-DAY REGISTRATION WILL NOT BE PERMITTED FOR KUMITE *

DEADLINE: Registration and fees (includes GST) are due at the Karate BC office by:
 November 15, 2004

After November 15th, entries will be accepted for Kata only at same-day fees. This should enable us to schedule the day better & to ensure there is ample time to enter the athletes in their appropriate division so the draws can be posted at the venue as early as possible. With your cooperation, the draws will be ready on time and the competition will run smoothly.

Registrations will be accepted by mail, fax (604-737-3159) or e-mail (info@karatebc.org)

Incomplete registration forms (e.g. missing weights, age, etc.) may result in athlete(s) not being able to compete.

KIHON IPPON & FREE SPARRING REGULATIONS:

All white belts, and yellow belts who wish to, may compete in Kihon Ippon. Please refer to the Karate BC Policy Manual for a description of Kihon Ippon Kumite. Athletes cannot compete in both Kihon Ippon and Free Sparring. The following table shows kyu levels for each belt of different styles.

DIVISIONS	CHITO/SHITO	GIMA-HA	WADO	GOJU	SHOTOKAN
Novice	6-5	10-7	8-7	10-8	9
Intermediate	4-3	6-4	6-4	7-4	8-4
Advanced	2-1	3-1	3-1	3-1	3-1
Black	All Dans	All Dans	All Dans	All Dans	All Dans

WEAPONS KATA:

Separate Junior and Adult Colored Belt and Black Belt divisions have been set up for registration. These may be combined to accommodate registration numbers.

EQUIPMENT:

- * All kumite competitors must wear a fitted mouth guard.
- * All male kumite athletes must wear a groin protector.
- * Chest & groin protectors are optional for female kumite competitors.
- * All kumite competitors must wear vinyl or leather sparring mitts; cloth hand protectors are not permitted; no foam-dipped gear permitted.
- * Soft shin guards are permitted.

VOLUNTEERS NEEDED:

- * Ring set-up / take-down (Friday evening / Saturday following tournament)
- * Spectator admissions desk
- * Competitor registration / weigh-in
- * Competitor marshalling / ring announcements
- * Timekeepers / scorekeepers

Benefits of being a volunteer:

- * Free t-shirt!
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Canadian Junior Pan Ams in Chile

Results, Sept. 2004

At the 15th Pan American Karate Junior Championships in Santiago Chile, Sept. 1 to Sept. 6, the Canadian representatives did very well with a total of 17 international medals. Three Gold, seven silver, and five bronze medals. With a total of 39 athletes representing Canada, this breaks down to a 38.2% medal ratio. This has to be one of the best ratios of medals to athletes competing outside of Canada. Please look at the list below and send your congratulations to all the athletes.

Boys 18-20	-75 kg.	Xavier Fournier	Silver
Boys 16-17	+75kg.	Chris De Sousa Costa	Silver
Boys 14-15	-50 kg.	Leivin Chung	Bronze
Girls 18-20	Kata	Kristel Larouche	Gold
Girls 18-20	+60kg.	Jelena Miljkovic	Silver
		Joella Pillay	Bronze
Gils 18-20	-60kg.	Maude Lecuyer Lafleur	Bronze
Girls 18-20	-53kg.	Sandra Matijasic	Bronze
Girls 16-17	+60kg.	Anick Lamarche	Silver
Girls 16-17	-60kg.	Ada Bratic	Gold
		Kelsey Corbett	Silver
Girls 16-17	-53kg.	Dominique Chaine	Silver
Girls 14-15	+50kg.	Nadja Bratic	Gold
Girls 14-15	-50kg.	Marie-Pier Charron	Bronze
Girls 14-15	-45kg.	Roxanne Cote	Silver
Honorable mention:			
Boys 16-17	-75kg.	Anthony Gador & Gianfranco Ramanino	tied 5th
Boys 14-15	+50 kg.	Sebastian Larose	tied 5th
Boys 14-15	+60	Mathieu Coderre	tied 5th

An excellent showing for our athletes. Congratulations on behalf of the Coaches.

Paul Oliver

Teens need more iron

Teenage girls require one-third more iron than their male counterparts but 40 per cent are not regularly eating two very important sources of iron – red meat and iron-fortified breakfast cereals.

In 2002, Market Facts of Canada invited teenage girls from across Canada to participate in an Internet survey on iron. Only 37 per cent of the 621 participants scored a passing grade and only 14 per cent correctly answered 10 out of 15 key questions.

While many of the girls associated iron deficiency with anemia, fewer knew that compromised iron status could have an effect on brain functioning and energy for physical activity.

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59 medals from Australia

Taneda Karate dojo athletes win medals, grand championships

Results from the Chito-Ryu World Championships in Newcastle, Australia.

The Taneda Karate Dojo's sent a team of 33 competitors to this tri-annual tournament in Newcastle Australia. Coached by Chris and Cheryl Taneda, the team cleaned up, bringing home an amazing 59 medals.

The team was lead by Glen Kirk winning the Men's heavy weight Kumite (sparing) division for the 4th time. No one else has ever won this event more than once.

Tania Mcrae won the Women's Kata (forms) division for the second time. Tania was named Female Grand Champion.

Elizabeth Tribe was named Female Masters (+40 years) Grand Champion.

The results:

Junior results:

- Shantelle Welsh: 2 gold (kata & kumite), 1 silver (team kumite), 1 bronze (team kata)
- DJ O'Brien: 2 gold (kata & kumite), 1 bronze (team kata), 1 4th (team kumite)
- Michelle Taneda: 1 gold (kata) 1 silver (team kumite) 1 bronze (kumite), 4th (team kata)
- Erin Johnston: 2 silver (kumite & team kumite)
- Courtney Boyer: 1 silver (kata), 4th (kumite)
- Graydon Green: 1 silver (kumite), 3 4th (kata, team kata and team kumite)
- Emily Tribe: 1 silver (team kumite), 2 4th (kata & kumite)
- Rupinder Sahota: 1 bronze (kata), 1 4th (kumite)
- Lisa Gravelle: 1 bronze (kata), 1 4th (kumite)
- Steven Mairs: 1 bronze (team kata)
- Ellen Tribe: 1 bronze (kumite), 4th (kata)
- Gord Ross: 4th kata, 4th team kata
- Ryan Kelly: 5th kata, 5th team kata

Juniors: 5 gold, 7 silver, 7 bronze, 10 4th place

Adult results:

- Des O'Brien: 2 gold (kata & team kata), 1 silver (kumite), 4th (team kumite)
- Ben Eggen: 2 gold (kata & kumite), 1 silver (team kumite)
- Nancy Serwo: 2 gold (kumite & team kata)

- Tania McRae: 1 gold (kata), 2 bronze (kumite & team kumite), 4th (team kata)
- Al Reid: 1 gold (team kata), 1 silver (team kumite)
- Dustin Ellsworth: 1 gold (team kata), 1 silver (team kumite), 1 bronze (kumite)
- Chris Ward: 1 gold (team kata), 2 silver (kumite & team kumite)
- Dorothy Polukoshko: 1 gold (team kata)
- Anne Ross: 1 gold (team kata), 2 silver (kata & kumite), 4th (kata)
- Glen Kirk: 1 gold (kumite), 1 silver (team kumite)
- Sarah Holland: 2 silver (kata & team kumite)
- Lillian Green: 1 silver (team kata)
- Lisa Gravelle: 1 silver (team kata)
- Robert Simkins: 1 silver (kumite), 1 bronze (kata), 4th (team kumite)
- Mike Tingstad: 1 silver (kumite)
- Danielle Montalbetti: 1 silver (kumite), 1 bronze (team kumite)
- Matt Taneda: 1 silver (team kumite)
- Elizabeth Tribe: 2 bronze (kata & kumite)
- Diane Chailier: 1 bronze (team kumite), 4th (team kata)
- Dave Tribe: 4th (kata)
- Tyler Trenton: 4th (team kumite)

Adults: 13 gold, 9 silver, 8 bronze

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New program for Karate BC members

External Sport Credit Program

This program is administered and monitored by the Ministry of Small Business and Economic Development, Sport Secretariat, and approved by the Ministry of Education.

Students may accrue four extra credits in grades 10, 11, and 12 for participating in athlete, coaching and/or officiating programs which have been recognized and

approved.

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

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

Athlete 10	Athlete 11	Athlete 12
BC Winter Games Team	BC Provincial Squad Program	BC Provincial Team
Officials 10	Officials 11	Officials 12
Judge C	Judge B	Judge A
Coach 10	Coach 11	Coach 12
none	Introduction to Competition A or NCCP Level 1	NCCP Theory 1 & 70 hours Coaching experience

For more information visit <http://www.bced.gov.bc.ca/graduation/courseinfo/cid.pdf>.

Hydrating for sports performance

HOW WATER IS USED IN THE BODY

Water, in the form of blood, is used as a transporter of nutrients and oxygen and is essential for cell function and maintenance of blood pressure. Drinking water is especially important during activity because it helps the body cool off through sweating. In hot weather, trained and acclimatized athletes sweat up to 3L/hour! When fluid is constantly lost through sweat, it must constantly be replaced to maintain proper functioning of the body. Otherwise, dehydration and/or heat stress will result. It is essential for athletes to drink fluids if they are to train and compete at their best level.

THE BEST HYDRATOR?

Everyone has a different idea about which fluid is best for hydrating the body. Some say plain water, others promote sports drinks. While plain water is a very good hydrator, many studies suggest that water mixed with

small amounts of sugar and salt may be absorbed faster. The optimum solution (found in most manufactured sports drinks) appears to be 6% glucose (sugar) with about 0.23g sodium/L (salt). Diluted fruit juice with a pinch of salt would meet these needs. You may also try crushed saltine crackers in water. These two options are much more economical than purchasing expensive sports drinks. Some sports drinks sell powders that can be mixed with water to the desired concentration, and these are also less expensive than pre-mixed drinks. If you use these powders, follow the directions on the package.

CHOOSING TO DRINK

One of the most important considerations with young athletes (and even older athletes) is getting them to drink enough fluids. Everyone has heard that by the time you are thirsty, you are already dehydrated. It is also

true that the majority of athletes only drink enough to replace 50% of their fluid losses. It is important for the fluids to be readily available, as well as tasty and cold, to encourage athletes to drink throughout the activity.

MAIN POINTS:

- Water is necessary to cool the body and for top performance.
- A rehydrating fluid should include 6% sugar and 100mg salt per 8 ounces.
- Try diluted fruit juice with salt or powdered sports drinks.
- Drink 600mL before activity and 150 mL every 20 minutes during activity.
- Try marking a large clear water bottle and setting the interval timer on your watch.
- After exercise, drink more than the weight you have lost.
- Avoid alcohol when trying to recover quickly.

Karate BC launches new regional development program for province

RATIONALE

This program has been established out of recognition that participation of High Performance athletes, officials and coaches is on the decline.

By fostering regional awareness and pride, it is hoped that a new enthusiasm will arise within the various zones, which have been identified and in use by the Winter Games Society since 1978.

We hope to duplicate the success that the Games has had in bringing together the various clubs in each region to work together to achieve the highest levels of achievement from the participants of their respective zones.

The BC Games has had in place for some time, a proven system with proven success. Karate BC can build on that heritage and use it for our regional development.

It is hoped that the resultant pride and unity from working together will foster a renewed sense of commitment from the various clubs in each region.

Strong regions should result in a stronger association.

ZONE COORDINATOR

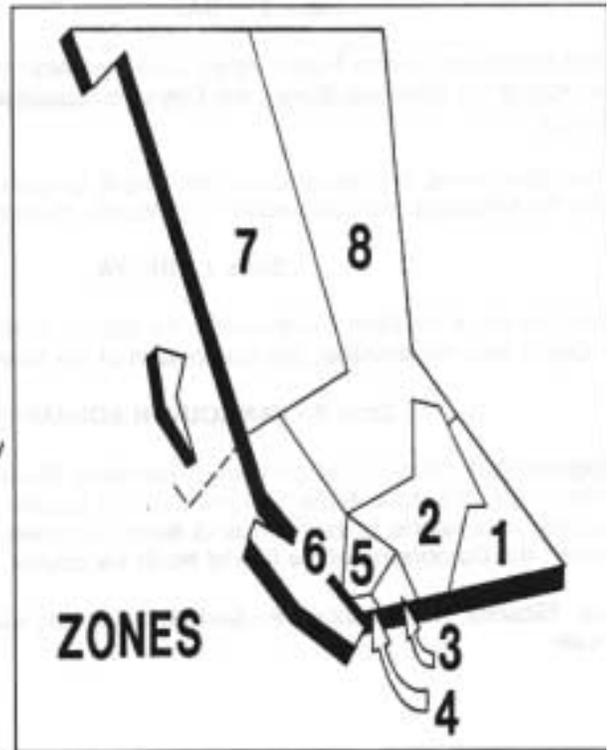
The Zone Coordinator will have the responsibility for the recruitment of Zone Coaches, Officials, Athletes, and related personnel; necessary for development of competitive opportunities within the prescribed area.

The Coordinator also has the responsibility to coordinate athlete, officials and coaches development within the respective zone, keeping within the framework of the provincial plan and objectives.

In addition, the following responsibilities are inherent in the position:

1. Scheduling Zone playoffs and securing facilities for them.

1. = Kootenay =K
2. = Okanagan =O
3. = Fraser Valley =F
4. = Delta =D
5. = Vancouver-Squamish =V
6. = Vancouver Island =I
7. = North West =W
8. = North East =E



2. Assisting the Zone Coaching Staff with securing training facilities.

3. Assist the Tournament Coordinator in securing playoff venues, and recruiting necessary volunteers.

4. Assist the Zone Officials Coordinator in providing the necessary tools for the training of junior and senior officials.

5. Provide Karate BC with the names of eligible athletes, coaches and officials who qualify to represent the zone in provincial events.

6. Assure that all events are conducted fairly and safely within the guidelines set by Karate BC.

7. Organizing and publicizing the qualifications to determine who will represent their zone in the Provincial Championships.

ZONE HEAD COACH

(Must be fully certified at Level 2 of the NCCP in Karate)

Responsible for training athletes within the zone to develop and improve their competitive skills in provincial playoffs and tournaments

and coordinating the efforts of assistant coach/es and manager.

In addition Zone coaches will have the following responsibilities:

1. To insure a safe training environment for all athletes.

2. To insure those proper elements of sport science are incorporated within the training program for athletes within the zone.

3. To make every effort to maximize the potential each athlete possesses.

4. To insure that appropriate supervision is provided for athletes within the program and at provincial events.

ZONE CHIEF OFFICIAL

Chief Officials will be responsible for the recruitment, training, and retention programs for officials within the zone.

The coordinator will establish and maintain a data base of officials within their zone and keep records of their progress.

NCCP theory 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

Dates	Location	Host	Phone #
Nov 26, 27, 2004	Kelowna	PacificSport - Okanagan	(250) 491-1384
Nov 27, 28, 2004	New Westminster	Douglas College	(604) 527-5492
Nov 27, 28, 2004	Port Alberni	Port Alberni Parks and Recreation	(250) 723-2181
Nov 27, 28, 2004	Vancouver	Langara College	(604) 323-5322
Dec 11, 12, 2004	West Vancouver	West Van Aquatics Centre - Quote #201216	(604) 925-7210
Jan 15, 16, 2005	Vancouver	Langara College	(604) 323-5322
Feb 19, 20, 2005	Vancouver	Langara College	(604) 323-5322

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

Dates	Location	Host	Phone #
Nov 19, 20, 2004	Prince George	PacificSport - Northern BC	(250) 614-7843
Nov 19-21, 2004	Burnaby	Simon Fraser University	(604) 291-4142
Nov 20, 21, 2004	Abbotsford	University College of the Fraser Valley	(604) 864-4638
Nov 20, 21, 2004	Kamloops	PacificSport - Interior	(250) 828-3580
Nov 20, 21, 2004	Quesnel	Quesnel Continuing Education SD#28	(250) 983-6900
Nov 20, 21, 2004	Salmon Arm	Okanagan University College	(250) 804-8888
Nov 21, 28, 2004	Victoria	University of Victoria	(250) 721-7282
Nov 27, 28, 2004	Kelowna	PacificSport - Okanagan	(250) 491-1384
Nov 27, 28, 2004	New Westminster	Douglas College	(604) 527-5492
Dec 3-5, 2004	Williams Lake	City of Williams Lake	(250) 398-7665
Dec 4, 5, 2004	Saanich	Saanich Recreation	(250) 388-6664
Dec 4, 5, 2004	Vancouver	Langara College	(604) 323-5322
Dec 5, 11, 2004	Maple Ridge	West Coast Kinesiology	(604) 467-7322
Dec 18, 19, 2004	West Vancouver	West Van Aquatics Centre - Quote #201217	(604) 925-7210
Jan 29, 30, 2005	Vancouver	Langara College	(604) 323-5322

Theory Level 3 Schedule

Dates	Location	Host	Phone #
Nov 20, 21, 27, 28, 2004	Vancouver - UBC	Western Leisure Consultants	(604) 731-7066
Jan 22, 23 & Feb 5, 6/05	Abbotsford	PacificSport - Fraser Valley	(604) 864-4657
Feb 5, 6, Mar 12, 13, 2005	North Vancouver	Western Leisure Consultants	(604) 731-7066

Comments on the Selection Tournament

Sunday's selection tournament was larger than expected. I am told that 70 students participated. Time constraints forced us to modify the kumite rules and drop the men's open event. The latter was unfortunate as the open promised to be very exciting. Our difficulties notwithstanding, the officials (the few who were present), and the coaches, did a superb job; my thanks and congratulations to all.

The foregoing is the positive side of the event. There is a problem that must be addressed. At the post tournament squad gathering some of the remarks were construed as being self serving and critical of many of the sensei in our organization.

It was suggested that squad members seek additional kumite training at, if necessary, alternative training venues, to supplement their kumite training. The rationale was that many

instructors are forced by necessity to offer only limited sport karate at their regular classes. It was pointed out that fifteen minutes twice or three times per week would not cut it at the national level. As I understood the comments, there was no suggestion that students should leave their current dojo and join another. The message I heard was train at your own dojo but recognize that additional training may be necessary. This was repeated several times. However the message that was taken home, in many cases, was not interpreted as I understood it.

As the chair of the High Performance Committee I take full responsibility for what happened. I had an accurate idea of the content of the coaches' remarks. My failure was in not recognizing the ramifications and the possible interpretation of those remarks.

We are all members of a very diverse organization. There are nearly as many approaches to the study of karate as there are instructors. The business of organizational leadership is to respect the differing approaches. Sport karate caters to a rather small segment of our association. Our association provides the largess that allows us to pursue our sport karate goals. It is essential that we keep everybody on side. The difficulty is being honest, specific, and diplomatic every time we make a public statement.

I will convene a meeting of the High Performance Committee in the near future. Policy statements will be on the agenda. In the interim I ask all the coaches to refer any complaints or questions of policy to me.

Respectfully,
Cal Moore

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KARATE BC CALENDAR OF EVENTS

Date	Event	Location	Contact/No.
2004			
Nov 13	C.A.S.K. Shiai	Central Middle School, 1280 Fort Street, Victoria, BC	Peter Danniels @ 250-388-9241
Nov 13	Shotokan Challenge Cup	Pinetree Recreation Centre, 1260 Pinetree Way, Coquitlam, BC	Cal Moore @ 604-535-7000
Nov 13-21	WKF World Championships - Adult	Monterrey, Mexico	James Johnson @ 604-737-3051 www.karatemy2004.com/
Nov 27	Karate BC Open Tournament	Pinetree Recreation Centre, 1260 Pinetree Way, Coquitlam, BC	James Johnson @ 604-737-3051
2005			
Feb 5	Sato Cup 2005	BC Institute of Technology Sportplex, 3700 Willingdon, Burnaby, BC	Andreas Kuntze @ 604-321-1815 www.shitoryu.net
Mar 5	Steveston International Karate Tournament	Steveston Indoor Tennis Court, 4111 Moncton St, Richmond, BC	Takeshi Uchiage @ 604-272-4660
Apr 1-9	2005 National Black Belt Championships	Halifax, Nova Scotia	James Johnson @ 604-737-3051
Apr 23-25	2nd Pan American Referee Technical & Training Seminar	San Salvador, El Salvador	Oswalds Mata @ 503-232-3937
Apr 30	Vancouver Island Karate Championships	Cowichan Centre, 2687 James St, Duncan, BC	Fernando Correia @ 250-748-9111
May7	TMSK Cup Invitational Challenge 2005	Kelowna Christian School, 2870 Benvoulin, Kelowna, BC	Tom Mah @ 250-712-0268

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