

KARATE BC NEWS



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BC Team set to retake National Championships!

Head Coach Ron Bagley predicts a win for BC. Come support them at the Pep Rally April 3, 2 p.m. at Capilano College, North Vancouver.



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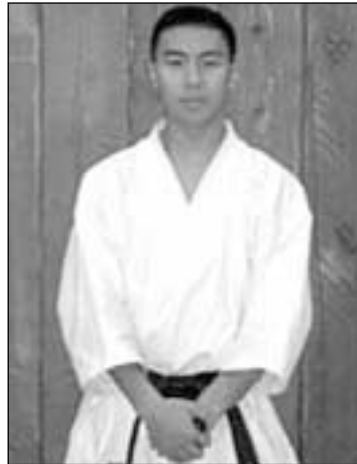
A reflection on an extraordinary life

It is with great sadness that we report that Odokan black belt, Welton Vo, was killed in a skiing accident at Apex Mountain in Penticton, BC on Friday, February 18, 2005.

At the time of his accident Welton was participating in the Iron Legs ski competition, a race to determine the fastest skier to finish 24 double diamond runs.

Welton is survived by his father Lawrence, mother Kim and sister Tracy, and countless friends and fellow karateka. This unexpected tragedy has left a hole in the hearts of those who had the honour of being a part of this extraordinary young man's life.

Welton's achievements in karate were impressive: 2001-2002 Junior National Champion, 6th at the 2000



Junior Pan Ams and 2004 Steveston Junior Male Grand Champion. When Welton walked through the doors of the dojo, Kohai knew they had someone to look up to and Senpai knew they had someone to challenge and push them. Welton's exceptional talent in Karate was equally matched by his willingness to share his knowledge and his

enthusiasm for learning new things.

We are all grateful to have been a part of Welton's life. Here at Kingsway dojo we have made a pledge to Welton to keep the dojo the way he loved. To continue to train hard and to train strong. That way, he will always know he has a home, and we will always know he is there with us.

Kingsway Odokan Dojo

Long years of hard work honoured with President's award for Linda Thompson



For over ten years Linda has worked tirelessly and without reward both locally and provincially as a volunteer to make Karate BC the successful organization that it is.

She has been the foundation of the Nechako Karate Club, providing leadership by organizing both sport and social functions, including two provincial championships.

She has attended virtually every Karate BC tournament for the last ten years, at her own expense, and worked the entire time organizing athletes and assisting the tournament director to insure the smooth running of the event. She is a tireless worker who asks nothing for herself and is always willing to fill in the gaps when asked.

Karate BC would not be the organization it is without dedicated volunteers like Linda.

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Toshi Uchiage with his bronze medal.

Toshi Uchiage to Germany for worlds

We're pleased to report that Toshi Uchiage, of the Steveston Karate Club, has qualified to participate in the 2005 World Games in Duisburg, Germany.

The Games are open only to the top eight competitors in the world in their sport. Toshi finished 3rd at the 2004 World Karate Federation Championships.

The story of Toshi's victory in Mexico:

The 17th World Championships were held in Monterrey, Mexico from November 18-21, 2004. On November 19th, the second day of the tournament, 19-year-old Toshi entered the Men's individual Kata. He lost in the 4th round, but got into the repechage system and won the bronze medal match 4-1 against a Spanish athlete.

The first World Championships were held in Tokyo in 1970 when only 33 countries participated, while 84 countries participated this past year.

In September, Toshi didn't attend the Junior Pan Am Championships in Santiago, Chile because he had already received a gold medal last year in the same division, 18-20 yrs. Kata Division.

Instead, he trained hard for the Senior World Championships.

The 18th World Championships will be held in Finland in 2006 and the 19th Worlds will be in Tokyo, Japan in 2008. Toshi also received credit to enter the World Games, which are held every four years.

See full report on next page



Better late than never!

Connor Borsa, Female Grand Champion - 2004 Spring Championships, with the Johnson Cup. Belated congratulations, Connor.

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Winning bronze in Mexico

Toshi Uchiage tells the tale of his world-class achievement

The challenge that every athlete faces is going forward to vie for the medals under fierce pressure. Here is Toshi's story of facing world-class competition and how he uses the realism of kata to win a bronze. (editing by Jean Sorensen)



Toshi on the medal podium in Mexico City.

My world championship experience began back in June 2004. Only weeks earlier in May, I had been in El Salvador competing in the 2004 Senior Pan American Championships. In 2003, I had an easy - and lucky - draw in the competition to gain third place. I knew I had to train hard for the 2004 Pan Ams. When I looked at the draw, I had the top 5 seeded kata athletes on my side of the pool. What went through my head? "Yes, now I can finally prove to everyone that I deserve to be on the podium." If you want to be the best, you have to beat the best, and it was thrilling to see this challenge ahead of me. Many probably would not have given me a shot at getting through.

I got through all right, made it into repechage but they were using two rings. What does that mean? Back-to-back katas within two minutes for competitors. I won my first repechage match, then the next was for the

bronze. Mentally and physically I felt great, and I was prepared for the humid conditions and the temperature. But I was a little out of breath and was only able to perform my kata at 90% of my potential.

All I could do was gear it up for the worlds. Over June, July and August I did off-season weight training with much of my time spent working in order to get enough money to go to the world championships. I was really only training to maintain what I had then. When September hit, I began training twice a day - harder than I had ever trained in my life before. Most of my training consisted doing the katas one after the other - sometimes, even 21 katas in a row or seven katas three times. At the world championships I would

only need six katas. But I had seven prepared. One needs to be prepared for the unexpected. It happened at the airport.

The evening I arrived at Mexico's Monterrey Airport, my luggage wasn't there. I had my competition gi and belts in my backpack, so no panic. I was assured my luggage would be sent to my hotel later. I spent Monday evening downstairs talking to all the Canadian athletes and coaches coming in, and sure enough, my bag

arrived. On Tuesday, I didn't eat breakfast or lunch, because I knew I needed to drop a few more pounds to be at competition weight. I generally lose about eight pounds for a competition, sometimes more. There was no place to train so we trained outside with shoes on. By the time you're in the place for a tournament, it's mainly mental training. Your job is to try to give 100% of what you have when in the ring. On Wednesday, the second full day in Mexico, Sensei Murayama from Monterrey graciously offered his dojo after learning that we had no place to train. During training I felt really good. Wednesday night, I could barely sleep a wink because my roommate was trying to make his weight for the weigh-in Thursday

Continued on next page

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Winning bronze in Mexico

morning. Thursday was the first day of competition, so I watched the team kumite and team kata divisions. After dinner I did some light stretching to prepare, because Friday was the day I was to compete. Kata started at 4 p.m. When I awoke Friday morning my legs felt tired, as if I had run too much. I don't know why, but it was just how my body was the day of competition. After a light breakfast I went back to my room, put on my practice gi, and went through the motions of the kata I was to use in the second round (Seipai). I knew from looking at the draw that my time on the mats (since I had a bye on the first round) would be tougher than the next. So I made sure I was 100% warmed up and ready to fire. I won 2-1. My second match in the third round was against Fiji. I did Kururunfa and I won 3-0. Next round I was up with Peru, as expected. I knew this competitor would be the one to beat on my side of the pool, so I did my second-best kata (Annan). I lost 0-3. Later, I heard it was closer than the score would suggest but a loss is a loss.

I went back into the warm-up area and shortly after heard the expected news that Peru had made the finals. My coach had been cued to alert me when the ring was three matches away from mine so I can warm up just the right amount, and not get over-

worked. Before the repechage, I became worried about funding, asking my coach if I lost whether I would still be in line for financial support. My coach looked confused and said simply - "Stop worrying so much about money, and worry about your match." That shows you the state of mind I was in. I had to regroup and even though I felt physically drained I knew I had to take it round by round. If you don't believe in yourself while you're in the ring, you have no business being at the world championships.

During repechage, my first round I went against Vietnam. I did Chatanyara-Kushanku - I had my shaky moments. I was able to get by with a 3-2 win. Then, deja vu hit. They were trying to hurry me up into giving the name of my next kata and competing right away as in the fateful Pan Ams. I told the officials which kata I was to do next, but my coach went to the officials and bought me some precious time. I was tired and one tires faster because of the tremendous pressure and stress. It is something that conditioning and training can only partially compensate for. At the world championships, if you don't give at least 120% of your best each round, you won't compete at that high performance level. You have to push and push and push. Only the ones who

don't crack under the pressure will survive.

For the bronze medal match, I was up with Spain. I did Superimpei, and so did my competitor. Out of the corner of my eye, I saw he was more dynamic in style. But, I felt mine was more real and conveyed more of a karate feel. You never know how judges go, so as we lined up, I wasn't expecting anything. I knew I had performed at my best in that situation, and that's all that mattered. The judges flags went up. The three judges up front split 2-1 for me. I looked to the corner judge on the right; he held a red flag for me. The corner judge on the left held another red flag. I couldn't believe it, I just won the bronze medal 4-1.

The judges felt I had a stronger foundation of basic, and my Superimpei was more real, and was a true Goju-Ryu Superimpei as compared to that of the Spanish competitor. This is why one of the first people I will always thank will be my father. He came from Japan, and he knows what real karate is all about, not this new wave of "Sport Karate." It's about the basics, and the principals which Karate has taught me and that is why I am able to have come this far, and gain so much from Karate.

Brian James named coach of the month for B.C.

The Coaches Association of BC (CABC) named Brian James Coach of the Month for December 2004.

Brian has dedicated his life to karate. He is a JKA Instructor, an NCCP Coach, and a Certified PKF Continental Referee who has judged at the international level. He is currently the President of Karate BC. In 2003, Brian was named National Official of the Year by Karate Canada.

Brian believes that a good karate



coach must understand their athlete's physical and mental abilities. He continually strives to develop his athletes' maximum potential and encourages them to do their best in all areas of their lives.

The biggest highlight of Brian's coaching career was coaching his daughter,

Rebecca James, in the Pan American Karate championships. A second highlight was having one of his students, Valentyna Zolotarova, receive the National Grand Champion Award at

the 2004 Canadian Karate Nationals. At the Pan American Karate Championships, Rebecca received a silver medal in kumite and Valentyna won a Bronze in kata and kumite.

Brian is a positive example to his students, guiding them to put health, sportsmanship, and effort above all. He is a patient coach who makes training fun, and he advises other coaches coming into the sport to do the same.

For Brian, karate is not a business - it is his life, and he is more than willing to help anyone who is truly determined to succeed.

CONGRATULATIONS BRIAN!

Watching karate grow in Iran

1st Islamic Women's Games of the Capitals, Islamic and Asian Countries, Tehran, Iran, January, 2005

By Norma Foster

In an effort to expand contact between sportswomen from Iran and from other countries and to increase the sport competence of Iranian women, the Tehran Municipality hosted these games, which were similar in concept to our Winter Games, but with a twist.

About 19 countries participated in about 13 sports, including Taekwondo, Karate and disabled sports.

The Iran Karate Do Federation generously invited me to participate as an Observer for Karate. The Games accommodation for all at the Hotel Shahr was paid by Tehran Municipality and I was provided with a car, driver and translator. All participants were provided with a long, beige manteau with padded shoulders to minimize shape and a pale green cotton scarf to ensure conformation to Islamic propriety, Iran style. In addition, participants received backpacks, pens and notebooks with the Games logo as souvenirs.

The Women's Karate Federation, which was previously governed by the Ministry of Women's Affairs, was a separate entity from the Iran Karate Do Federation until this year. Around the time of Mr. Nazerian's replacement by Mr. Alireza Samandar as president of the Iran Federation, the Women's Federation became part of the IKF. This means that the women's

national team now has a male coach and the women have access to all of the federation's facilities. Some women consider this arrangement a benefit, whereas others consider it quite differently. Nonetheless, Mrs. Eshrat Shah-Mohammadi is now the Vice President of the Iran Karate Do Federation. Coincidentally, Islamic women are now permitted to compete in Asia Karate Do Federation events wearing hijab, that is, a headscarf. This news has been eagerly anticipated by female karate practitioners in Iran.

The opening ceremonies at Azadi Stadium were exquisitely organized,



well choreographed, colorful, interesting and totally Koranic. All of the large-scale spectacles were associated with religious issues, including the grand finale, which was a stunning representation of the Hajj pilgrimage. The stadium was full of ladies in scarves and the atmosphere was loud, buoyant and electric. In deference to the singular Canadian among all sports, a red and white Maple Leaf fluttered proudly and equally among the flags of the participating Islamic and Asian countries. Canada also



marched in during the entrance of the competitors, a thoughtful inclusion since Canada had no competitors.

On the day after the opening ceremonies, I taught a Shitei kata seminar in Tehran at the large Federation facility. About 100 or so women attended, mostly from Shotokan schools, but with a significant number from Shito Ryu and Kanzen Ryu.

The draws for all sports were implemented at the hotel dining room, starting with Koranic verse recitals and welcomes in 5 languages including Russian, English, Urdu, Farsi and Arabic. Mr. Mehrabad (a past WKF Judge) and a computer person did the initial draws for Karate. The software resulted in producing byes and uneven draws favouring the Tehran and Tehran Municipality teams. Teams without coaches were assigned Iranian coaches. I felt apprehensive about this unusual situation and expressed such to Mrs. Shah Mohammadi, but nothing could be done to alter it.

KATA COMPETITION

The Kata competition was supposed to start at 3 pm on the following day. After experiencing the notorious Tehran traffic, I arrived and the competition had not started, due to Tajikistan, who had not yet even arrived in Tehran.

Male and female police guarded the entrance to the venue. All cameras and cell phones had to be checked

Continued on next page

Watching karate grow in Iran

Continued from previous page

into the male guard's protection before one was frisked by the female guard. After passing the security check, a curtain was withdrawn to allow entry into the venue. A single ring of assorted colors of WKF mats was flanked on three sides by various Persian carpets, and all scarves were off because of seclusion in a totally female environment.

The entire event was being run by female Iranian officials. I was asked how to proceed with the team kata competition since the kata competition only included 3 countries. . By 4 pm the competitors were becoming impatient. A discussion with representatives resulted in changing the event to matrix instead of elimination with repechage and the winning teams performed bunkai as a demonstration.

Azerbaijan received a silver medal in both individual and in team kata, from the panel of Iranian female judges. 1st and 3rd places were occupied by Iranian teams.

KUMITE COMPETITION

Slated to begin at 9.00 am, the start was delayed until around 10.00 am because of traffic and the weigh-in process.

Disaster struck during the -53 kg event as the digital clock failed to work and showed a score of 5-3 in favor of Tajikistan, when the score was in fact 4-4 and went into overtime. The Iranian competitor won and Tajikistan raised some serious objections. Azerbaijan, who had just lost a bout due to questionable calls, yet made according to the rules, joined in. They recruited Kazakhstan who had just lost to a national team member from Iran and threatened to walk out of the event, which would have left only teams from Tehran municipality, Iran and Afghanistan.

The hosts agreed that the foreign competitors probably felt as though they had to fight the officials, score and timekeepers and a faulty clock in addition to the opponent. Thus, to maintain a spirit of friendship, Iran should be prepared to void the results, restart the competition without benefit of digital clock and I would function as a Match Area Controller. Fortunately, this solution was in line with the desires of the unhappy teams. The competition then proceeded without further incident and the right winners went home with the right medals.

Among the invited countries, only Iran has overwhelming numbers of female coaches and officials. To ensure the smooth running of future international events, I suggested specifically inviting female referees from non-Islamic and non-Asian countries. This would ensure a perception of impartiality by visitors and home teams alike. In addition, events should be run by a tournament committee separate from the officials.



On the last day of the visit, I was flown to Shiraz, a journey of just over one hour, where I taught another Shitei kata seminar to about 90 female black belts and immediately returned to Iran. Chief official, Afsaneh Bagheri of Kanzen Ryu accompanied me.

I thank my hosts, the Iran Karate Do Federation represented by Vice President, Mrs. Shah Mohammadi for incomparable hospitality, Maryam Sedighi who made me feel as one of the family, my good friend, Jahan Fariborz, who came all the way to Shiraz via Tokyo and his family, Maryam Pirzad and her sensei, Shahnaz, a national team member and referee, who arrived at the airport to say goodbye at 6 am, and my translator Sharareh Nikooravin, a Canadian immigrant who did an exceptional job of running all the other translators and taking care of me, all while her daughter was sick.

Iran is full of warm, wonderful people who are anxious to show the very best of Persia ...culture, craft, history and art, but most of all, their heart and soul.



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John Garcia Attains Dan Rank at 60

Andreas Kuntze
with Carole and Marlon A'Hearn

Almost fifteen years ago, John Garcia came into our dojo a broken wreck. Walking onto the floor with a cane, he told us that he wanted to take up Karate. We were not sure about this guy, but Sato Sensei in his usual breezy attitude eagerly agreed to take him on as a student.

Everyone realised that there was more to this fellow than met the eye. He seemed a bit strange, this middle-aged man with a cane, with visible scars on his scalp and obvious physical limitations. How could he possibly endure the rigours of a karate workout? Honestly, many people were not sure whether it was safe to take on a student with such obvious disabilities. However, John was obviously determined.

After a few months, John came into the dojo without a cane. The training, he claimed, was doing wonders for his body; he was even more enthusiastic about the prospect of coming to the dojo and even advancing through the ranks. Now, to put this into perspective, our dojo at the time had a very intense atmosphere. Ron Bagley was keen to defend his Canadian Kumite title, Mike Shimizu was another national team member and important Sempai and many others on the BC team (including Lisa Ling who was training for the World Championships) came for 'friendship training' to hone their skills. To his credit, John Garcia was undaunted; he knew he had limitations, but he was willing to explore those limits and push the envelope. He would not make excuses.

In fact, we had to wring the details of his situation out of him over many months. He told us that he was in a serious car accident, in which he sustained very bad 'lower body' and leg injuries as well as a number of serious head injuries. It later turned out that



John Garcia after winning his black belt at age 60.

he had been in a coma for several weeks. Yet he did not despair and refused to assume the worst or give up his dream of attaining a Dan rank.

John embodies for many of us one of the most important precepts that Karate has to offer: "Spirit First, Technique Second". That is, if you do not bring strength of will and character to the table, no amount of correct technique will save you. The amount of pain he has endured is unimaginable, yet he continues to work for the goals many others are too weak to achieve. While many will feel sorry for his situation, John's inner character and sense of worth have not been diminished by his accident or his circumstances. He obviously has the kind of indomitable spirit to which every Karate-ka can aspire, whether they practice for recreation or competition.

Over the years, Karate training as well as Kobudo (weaponry) have become more and more important to John. As he advanced through the kyu ranks, he became more hesitant to take his Black Belt test. In fact, when Sato Sensei 'told' him to take the test, he avoided the dojo; it was obvious that John wanted to be a 'real' Sho-dan. He did not want special consideration. It was often difficult to explain to him that everyone was graded on the basis of their own

abilities, and that he should consider his technique accordingly. In fact, one high ranking Sempai (5th Dan) prefers to train with John because his techniques are so quick and relaxed, yet unpredictable; you never know where John's punch is going to land. You have to be on your toes to block it at all!!

He has also become an integral part of the Nikkei Heritage Centre Dojo since its inception in the fall of 2000. His great passion in the past few years has been Kobudo. You can see John practicing his Tonfa and other traditional weapons on most training days. In fact, he earned his Kobudo Sho-dan when Grand Master Suzuki visited Canada in the fall of 2000.

John also took part in the Nikkei Centre Family Expo 2004 in which he performed a Tonfa Kata. He took part in the Youth and Senior Talent Show at the Dogwood Pavilion in Coquitlam and was a member of the Shito-Ryu Kobudo Team, which participated in the Okinawa/Karate BC Exchange Demonstration in 1999.

But John has many other interests, such as singing. He is part of a choir and loves Karaoke. He will often show up at a party with his own disc of classic Sinatra tunes; many will remember the 2003 Christmas party where it was difficult to get the mike away from him.

32nd Steveston International

The 32nd Steveston International Invitational Karate Championships were held at the Steveston Indoor Tennis Court on March 5.

Dr. Julius Thiry (Vice-president of PKF), Sensei Ki-yoshi Yamazaki (WKF Technical Committee member and an



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

instructor for Arnold Schwarzenegger), 5 WKF officials, and 5 PKF officials were present. In total there were 38 officials present at the competition.

After the opening speech by Mr. Geoff Plant and Richmond Mayor Mr. Malcolm Brodie, Toshi Uchiage, who now trains in Kumamoto, Japan and won the Bronze medal at the 17th World Championships in Monterrey, Mexico last November did a demonstration.

Two Junior members from the Lower Mainland won door prizes

(\$500 and \$200 cash).

Nine teams entered the Team Kata A: the Kimeru Chickens got Gold, Burnaby Chito-Ryu #1 second, and Kimeru Celtics got bronze.

Fourteen teams entered Team Kata B divisions: YMCA Cats won, Uchiage-Kai Brampton, ON was second and Kimeru Panthers was third.

In the Senior Team Kata (Div. C), Tibon's Goju, CA captured gold, Uchi-Ayas from Steveston got silver and Tibon's Goju #2 got bronze.

For Women's Kata, the medallists

Grand Champions

Jr. Female Grand Champion
Cindy Jacob (Coquitlam Shoto-Kan)

Jr. Female Grand Champion
Breanna James (Kimeru Shoto-Kan)

Jr. Male Grand Champion
Freddie Solari (Tibon's Goju, CA)

Sr. Female Grand Champion
Eriza Cabanig (Tibon's Goju, CA)

from the W Div. (WKF system under 18) also entered this division.

Medallists from the W Division. are: Valentyna Zolotarova, Rebecca James and Dana Exum. Hidemi Uchiage got the gold medal, Breanna James 2nd and Eliza Cabanig, CA and Sumi Uchiage were 3rd.

For Men's Kata, the third place finisher from the W Division, Derek Wong won.

Kenta Takenaka was 2nd and 3rd place went to Robert Lawrie and Andrew Ahlsten.

For Women's Kumite -60Kg, USA National team member Eliza Cabanig won, and in the Men's Kumite -80 Kg, Former Junior PKF Kumite Champion Adam Tibon from Stockton, CA won.

In the last newsletter, we outlined the new Zone concept. Starting in 2006 athletes competing in provincial tournaments will have to qualify in Zone playoffs to participate. This design is similar to the BC Games Zone concept, but tailored to the realities of Karate in the province. The following zones have been established and their coordinators appointed. For more information, please contact your zone coordinator.

Zone	Description/Major Centres	Coordinator
1 & 2	Kootenays/Thompson-Okanagan Castlegar, Cranbrook, Fernie, Nelson, Trail Penticton, Kelowna, Merritt, Kamloops	Chris Taneda cctaneda@smartt.com
3	Fraser Valley Abbotsford, Surrey, Chilliwack, Mission, Hope Coquitlam, Port Moody, Pitt Meadows	Mark Hepburn markhepburn@telus.net
4	Fraser River-Delta Burnaby, Delta, New Westminster, Richmond	Robert Lee roblee@hotmail.com
5	Vancouver/Squamish Squamish-Lillooet, Sunshine Coast, Lions Bay West Vancouver, North Vancouver, Vancouver	Brian James bri_jam2004@yahoo.com
6	Vancouver Island-Central Coast Powell River, Comox, Central Coast, Victoria, Nanaimo, Port Alberni, Port Hardy, Campbell River	Fernando Correia fcorreia@pacificcoast.net
7 & 8	North West/Cariboo- North East Bulkley-Nechako, Kitimat-Stikine, Terrace, Prince Rupert, Prince George, Williams Lake	Ken Corrigan kcorrigan@city.pg.bc.ca

35th Shito-ryu Beach Practice

January 15, 2004,
Spanish Banks, Vancouver

By Mert Horita

As we said good-bye to the old year 2004 and hello 2005, Shito-ryu Karate-ka were looking forward to the Annual Beach Practice. This year's is a milestone at 35 continuous years.

However, Vancouver went into a two-week cold spell of below freezing temperatures. Would it break before the 35th annual Beach Practice?

No it didn't.

Karate-ka awoke Saturday morning to a cool -8C. By the afternoon, with -4C temperature, snow on the ground and with heavy snowfall late in the afternoon, karate-ka showed their KARATE SPIRIT.

Lead by Shihan Akira Sato and Shihan Kaz Hashimoto, 80 karate-ka spent an hour training and most ended their session with a watery finish.

All would say it was the right way to start the New Year by overcoming a challenge.



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Taking karate to the streets

Gong Hay Fat Choy - GoJu Ryu in Chinatown!

On Sunday, February 13, 2005, over 100,000 excited parade-watchers lined Pender, Keefer and Gore streets in Vancouver's Chinatown to celebrate the arrival of the Year of the Rooster during what has become a landmark event. The weather co-operated with no rain and sunny periods.

Different ethnic cultures participated in the festivity, dancing and marching to the sound of the drums lead by the many colorful dancing Lions.

Shopkeepers strung garlands of firecrackers and lucky envelopes from their overhangs and burnt sticks of incense to patiently await the Lion, as it danced, performing the ceremonial taking of the offerings and in return giving blessings of prosperity and good luck to the businesses.

Among the many paraders and martial artists, GoJu Ryu Kuyukai members lead by Sensei George Chan joins Chin Wing Chun Tong in ringing in the New Year. The overflowing crowd cheered loudly as the karatekas marched by with their banners and colorful flags.

The spirit of karate was felt by the onlookers as the team shouted out their kia's, performing their katas kobudo (weapons) with precision and confidence.

The parade ended with greetings from Dignitaries as well as a closing kata for Premier Gordon Campbell, Mayor Larry Campbell and MLA Patrick Wong, who also handed out lucky red envelopes containing good wishes.



PEOPLE IN KARATE

Grants to help kids in sports

The Kidsport fund provides grants to kids to participate in sport who might not otherwise be able to participate.

Recipients must be a member of a provincially recognized sport organization (Karate BC).

Many organizations "outside" of

Karate BC have been making applications, which have been turned down. Check out the site for more information.

<http://www.sport.bc.ca/Content/KidSport/How%20to%20Receive%20Funds.asp>

The 7th Annual Sato Cup

February 5, 2005 • BCIT Sports Complex, Burnaby, B.C., Canada

All contestants showed great spirit and provided lots of excitement at Sato Cup 2005.

Team Washington are to be congratulated for displaying great prowess in bagging the Grand Trophy. Team B.C. will seek their revenge in 2006.

Much of the success of our tournament is due to the efforts of all the volunteers who gave their time and energy in the organization and physical setting-up, etc. of this premier West Coast event under the very capable hands of the tournament director, Andreas Kuntze.

Many thanks to everyone involved.

Thanks are also due to all members of the public, as well as contestants, officials, friends and family, who purchased tickets in our raffle.

\$1520 in tickets were sold and the entire proceeds will be donated to

the Save the Children fund to aid the many young victims of the recent Tsunami disaster.

Major award winners were: Sportsmanship (Vince Redfern Memorial Trophy):

Rob McCully, Cascade Karate

Masters Grand Champion:

Roy Tippenhauer, Campbell River Shito Ryu

Junior Girls Grand Champion:

Valentyna Zolotarova, YMCA Karate Club

Junior Boys Grand Champion:

Reuben James, YMCA Karate Club

Men's Grand Champion:

Andrew Ahlsten, Valley Shidokan

Women's Grand Champion:

Kristy Wong, UBC

Team Kumite SATO CUP:

Team Washington, U.S.A

Full results (PDF) at <http://www.shitoryu.net/>



Mike Scales reports: Pictured here with medals from the Sato Cup, Cindy Jacob won four gold and one bronze. I won the masters kata. To my amazement, this is my 21st masters kata gold. Life in the old dog yet.

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IMPORTANT CALL TO ACTION

Dear Friends of Sport in BC,

On February 2, 2005, MLA Christy Clark announced her plans for a Private Member's Motion asking the provincial government to implement family tax credits for children's sports, recreation and arts program registration fees.

Sport BC strongly believes in supporting initiatives that increase accessibility to amateur sport. When barriers to participation are lowered, more British Columbians will be active.

If you support this initiative, it's easy to voice your opinion:

1. Write a letter, or send an email, stating your personal support of this motion as a British Columbian taxpayer (not your organization's position)
2. Send it to Ms. Christy Clark's constituency office at 2816 St. John's St., Port Moody, BC V3H 2C1 or email it to: christy.clark.mla@leg.bc.ca
3. Courtesy copy (cc) your local MLA (use this website to find address and/or email information: <http://www.legis.gov.bc.ca/mla/3-1-1.htm>)
4. Blind carbon copy (bcc) Sport BC at Turner@sport.bc.ca or send us a copy of your letter for our records. (You may be contacted for future campaigns.)
5. Visit Christy Clark's website and complete the on-line petition www.christyclark.net
6. Send this request out to your contacts all over the province.

It will only take a few minutes of your time but there are numerous benefits to getting involved:

- At a provincial level, it demonstrates a united effort for the betterment of amateur sport.
- On a community level, this grass-roots action demonstrates teamwork and builds our network of sport leaders.
- At a club level, membership numbers may increase.
- On a personal level, your family's income taxes could be reduced.

Thank you for your support of amateur sport in British Columbia.

Olympic experiences: National coach speaks

Each year at Sport Leadership, the Coaching Association of Canada's annual conference for leading coaches, sport administrators, and coach educators, the CAC's Women in Coaching program hosts a luncheon that turns the spotlight on women coaches and women's leadership in sport.

The luncheon has evolved from a small gathering for women into one of the most popular events of the conference.

This year was no exception.

One of the keynote speakers in 2004 was national sailing coach Kelly Hand (Canadian Journal for Women in Coaching, "Tales of Transition", April 2003).

Her frank and moving account of her experiences in the months leading up to and including the 2004 Olympic Games held the audience's attention.

Speaking from the heart, Kelly's words struck a strong responsive chord in men and women alike as she laid bare emotions that most coaches keep well hidden.

Judging from the overwhelmingly positive reaction to her speech, Kelly broke down many barriers that afternoon.

The Journal is proud to share her experiences with our readers.

Visit:

<http://www.coach.ca/WOMEN/e/journal/index.htm>

KAZOKU KAI INTERNATIONAL CAMP

June 3rd, 4th and 5th 2005

Hosted by the: Tom Mah School of Karate
1894 Ambrosi Road, Kelowna, B.C., V1Y 4R9, Canada

Instructors

Derek Ridgeway - 6th Dan (Shito-Ryu)
Mike Scales - 6th Dan (Shotokan)
Tom Mah - 5th Dan (Shito-Ryu & Chito-Ryu)
Peter Collins - 5th Dan (Shotokan)

Course Content: Kata, Bunkai, Nage Waza, and Kumite

Camp Fee: \$140 Canadian (North American Registration add 7% GST tax)

(Price includes lunch for Saturday and Sunday)

Enquiries for Europe: Contact Derek Ridgeway at derek@kazokukai.com

Canada and North America: Mike Scales at emscscales@telus.net

Tom Mah at ktmafc@shaw.ca

Register early - Limited entry from each region/country

Training shoes are important

Getting good footwear is key to making your training effective

By Cal Moore (CFLC)

The genesis of this article was my attendance at the first Karate B.C. Squad training in the fall of 2004.

A number of athletes were wearing training shoes that were either badly worn or not designed for gym use.

Luckily just a few minor problems occurred that could be related to training shoes. We were of course dealing with elite athletes whose physiques are more tolerant of abuse. What follows is a synopsis of my research into the choice of training shoes for the karate athlete.

The use of shoes in a karate dojo is not common. It follows that discussions on training shoes is not a common topic in karate circles.

This is not a hard and fast rule, as a number of instructors are using shoes. We will discuss the reasons for this later; the point here is that footwear has its place in our discipline. Let us look at the reasons for wearing training shoes in our various activities.

The primary purpose of a training shoe is foot protection and performance enhancement. Injury, disease, congenital problems, training protocols and dojo floors are just some of the reasons that make shoes advisable or essential.

Shoes designed for the activity you pursue help prevent injury. Shoes may also allow you to continue training if an injury or an infection is present.

In the case of blistering, taping is not terribly effective. If a foot infection is present, for example athlete's foot (ringworm of the foot), uncovered feet are not acceptable. Any condition that can be spread or exacerbated by uncovered feet calls for training shoes.

Complimentary protocols

such as plyometrics and resistance training require suitable footwear if injury is to be avoided. Jumping and landing, for example, produce loads of more than three times the athlete's weight. If we throw in a concrete floor covered by vinyl tiles this further complicates the situation.

Training on this type of floor is acceptable only in the short term. Longer periods can contribute to repetitive strain injuries without some form of cushioning. This is why running shoes have more cushioning than cross training shoes.

Training shoes also allow an athlete with a congenital problem such as flat feet to continue training over longer periods; particularly if the shoes are fitted with custom orthotics.

I know several instructors who could not continue with their schedule without taping and/or training shoes. Conditions like the above, left untreated can contribute to ankle, knee, hip and back problems.

When shopping for shoes go to a specialty store. Sales personnel in big box or general

sports stores do not have the expertise to give you specific advice. Local high performance centres, aerobic teachers or a sports podiatrist are good sources of information on suitable specialty outlets.

A cross training shoe is the logical choice for plyometrics. The shoe is less cushioned than a running shoe but offers lateral stability.

Your movement style should be considered when deciding on a specific shoe. If you over-pronate, pronate normally or under-pronate there are shoes to match.

A good idea is to bring your old shoes as the wear pattern will allow the staff to give better advice on the most suitable shoe.

Be sure to tell your sales person about current problems or past problems with shoes.

Also bring the socks you intend to wear with the shoes. On that note you might look for a sock made of synthetic fibers that wick moisture away from your feet. Cotton socks retain moisture. The added expense of a specialty sock is worth the added comfort.

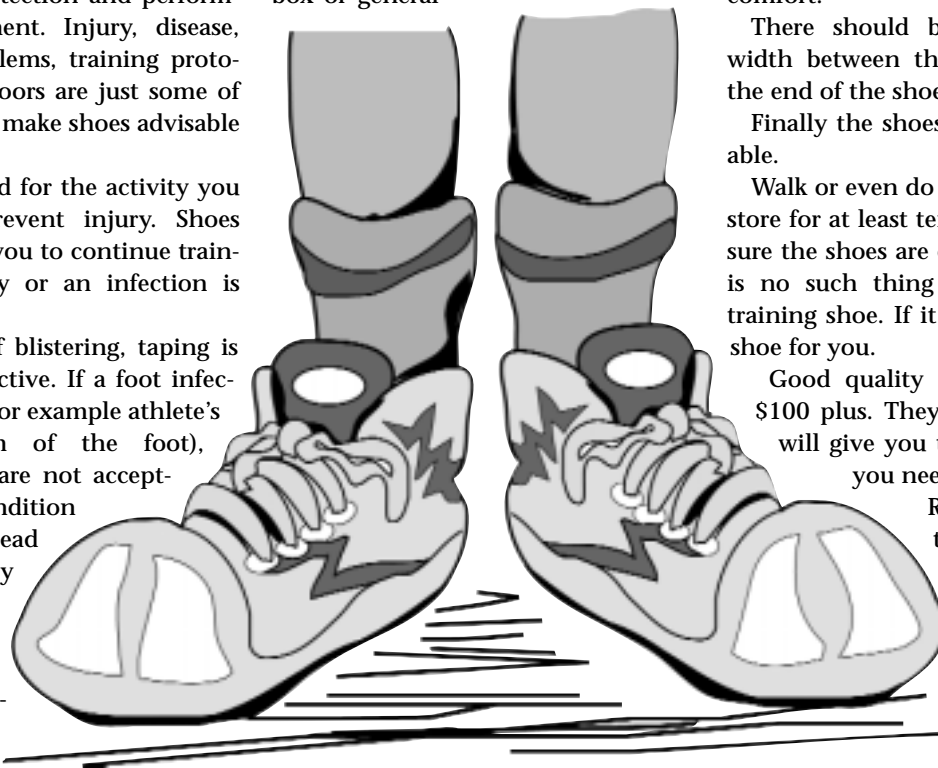
There should be about a finger width between the longest toe and the end of the shoe.

Finally the shoes must be comfortable.

Walk or even do some jumps in the store for at least ten minutes to make sure the shoes are comfortable. There is no such thing as breaking in a training shoe. If it hurts it is not the shoe for you.

Good quality cross trainers cost \$100 plus. They are washable and will give you the lateral stability you need when training.

Remember, anything that contributes to being in the best possible condition on the big day is worth it.



NCCP theory course schedule

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

Apr 7-28, 2005	Surrey	Clayton Heights Continuing Education	(604) 575-0550
Apr 9, 10, 2005	Nanaimo	PacificSport - Vancouver Island EX1-2649	(250) 753-3245
Apr 9, 10, 2005	Salmon Arm	Okanagan University College	(250) 804-8888
Apr 9, 10, 2005	Vancouver	Langara College	(604) 323-5322
Apr 30, May 1, 2005	Maple Ridge	West Coast Kinesiology	(604) 467-7322
Jun 11, 12, 2005	New Westminster	Douglas College	(604) 527-5492

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

Apr 1-3, 2005	Grand Forks	Selkirk College	(604) 442-2704
Apr 2, 3, 2005	Kamloops	PacificSport - Interior	(250) 828-3344
Apr 2, 3, 2005	Victoria	Pearkes Recreation Centre	(250) 475-5400
Apr 5, 12, 19, 26, 2005	Maple Ridge	Ridge Meadows College	(604) 466-6577
Apr 9, 10, 2005	Nanaimo	PacificSport - Vancouver Island EX1-2649	(250) 753-3245
Apr 9, 10, 2005	West Vancouver	West Vancouver Aquatic Centre	(604) 925-7210
Apr 9, 10, 2005	Port Alberni	Port Alberni Parks and Recreation	(250) 723-2181
Apr 16, 17, 2005	Vancouver	Langara College	(604) 323-5322
May 5-26, 2005	Surrey	Clayton Heights Continuing Education	(604) 575-0550
May 7, 8, 2005	Quesnel	Continuing & Adult Education	(250) 983-6900
May 7, 8, 2005	Salmon Arm	Okanagan University College	(250) 804-8888
May 28 & Jun 5, 2005	Maple Ridge	West Coast Kinesiology	(604) 467-7322
Jun 11, 12, 2005	New Westminster	Douglas College	(604) 527-5492

Theory Level 3 Schedule

Dates			
Apr 9, 10, 23, 24, 2005	Nanaimo	PacificSport - Vancouver Island EX1-2649	(250) 753-3245
Apr 30, May 1, 14, 15 /05	Vancouver	UBC - Western Leisure Consultants	(604) 731-7066

Participants get free year

Effective Jan. 1, all participants in Introduction to Competition Part "A" classes will be eligible to sign up on-line for a free one-year Coaches Association of BC membership.

This will entitle them to receive all services, including the "Coaches Perspective" newsletter.

In order to receive this offer, they are required to register through the on-line membership registration system at: www.coaches.bc.ca

During the registration process they will be asked to provide the Course Registration Form number from their class.

This is the number at the top right hand corner of the registration form you will be forwarding to us at the end of the course.

Only those participants whose names appear on the course registration form are eligible for this offer.

Coaches Association of BC

NCCP HOME STUDY COURSES - THEORY COMPONENT

1. AVAILABILITY: Theory Home Study Courses are available at:

Introduction to Competition - Part A (formerly Level 1)
Introduction to Competition - Part B (formerly Level 2)
Level 3

2. LEVEL: Each theory level must be taken in order.

3. FEES: The fees for the period that this document is valid are:

Part A	\$105
Part B	\$140
Level 3	\$175

4. TIME LIMITS: Workbooks must be returned within the following time limits:

Part A	within 2 months of mailing to candidate
Part B	within 3 months of mailing to candidate
Level 3	within 6 months of mailing to candidate

The return date is marked on the letter sent with the course material.

Applications, fees and all enquiries should be addressed to:

Dr. Eric Broom
2550 York Avenue, Vancouver, BC V6K 1E3
Tel & Fax: (604) 731-7066 e-mail: e.j.broom@ubc.ca

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KARATE BC CALENDAR OF EVENTS

Date	Event	Location	Contact/No.
Apr 1-9	National Black Belt Championships	Halifax, Nova Scotia	James Johnson 604-737-3051
Apr 16	Vancouver Karate Cup www.kenzenkarate.com	University of BC War Memorial Gym, Vancouver, BC	Steve Johnson 604-612-7233
Apr 16	Gima-Ha Annual Shiai	Aldergrove Secondary School	Kathy Wong 604-856-3076
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
May 7	Northern Provincial Karate Championships	Duchess Park Secondary School, Prince George, BC	Keith Nakashima 250-564-9945
May 7	TMSK Cup Invitational Challenge	Kelowna Christian School, 870 Benvoulin, Kelowna, BC	Tom Mah 250-712-02682
May 14	Island Friendship Tournament	Comox Community Centre, Comox, BC	Brenda Bombini 250-338-9722
May 22-29	Pan American Senior Championships	Argentina	James Johnson 604-737-3051
May 27	Karate BC Annual General Meeting	Executive Inn, 4201 Lougheed Hwy, Burnaby, BC	James Johnson 604-737-3051
May 28-29	Karate BC Provincial Championships	Capilano College, 2055 Purcell Way, North Vancouver, BC	James Johnson 604-737-3051
May 28	Karate BC Annual Recognition Awards Banquet	Executive Inn, 4201 Lougheed Hwy, Burnaby, BC	James Johnson 604-737-3051

order form

KARATE BC NEWSLETTER ORDER FORM

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