

KARATE BC

NEWS

JULY 2007



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



Team BC comes together

By Roy Tippenhauer
High Performance Chair

“A huge opportunity” is the way Manuel Monzon the Canadian National team coach described the BC team.

He went on to say how BC was the team to beat when he came to Quebec. That they feared drawing a BC athlete as BC had a powerhouse of talent who were intent on winning.

He saw much promise and talent in the athletes who attended the weekend session.

Manuel was excited at the young prospects noting that Canada was benefiting from BC getting better. His main focus was to have the athletes believe as “everything starts with a dream.”

Karate BC hosted the National Team coach at BCIT on April 21 and 22 with a special training session for club instructors and zone coaches on the Friday evening.

This seminar is part of this years High performance Committee’s goal of integrating the Zone/Provincial/National training program.

This concept gives zones a chance to pass on some of the training concepts of the national team. Fourteen club instructors and zone coaches took part in the Friday evening session and over 50 attended the squad training sessions on Saturday and Sunday.

Manuel Monzon came across to many athletes I talked to as incredibly positive and motivating. His philosophy hones in on the mental training of athletes as he feels 80% of the success is mental stability of an athlete.

He gave athletes many ideas about their training regimen as well as many strategy exercises. **Continued on page 9**



Competing for the Nationals

See details on pages 12 & 13

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Female athlete of the year and Vince Redfern Scholarship winner Valentyna Zolotarova.

Karate BC's Annual Awards

Shaun Dhillon
Male Athlete of the year

Valentyna Zolotarova
Female Athlete of the Year

Matt Bickel
Junior Male Athlete of the Year

Danielle Goudie
Junior Female Athlete of the Year

Zoe Clemens
Inspirational Athlete of the Year

Fernando Correia
Official of the Year

Brian James
David Bentley
Coach of the Year

Andreas Kuntze
Volunteer of the Year – Dojo

Bob Mooney
Volunteer of the Year – Karate BC

Panago Pizza
Sponsor of the Year

Valentyna Zolotarova
Ryusuke (Roger) Izumi
Vince Redfern Scholarships

Ken Corrigan makes a return to the Karate BC Executive Committee

He has been a strong supporting member of Karate BC for over 30 years, and currently is the Chair of the organization's Officials Committee, and a member of the Technical Committee.

And now Ken Corrigan has returned to the Executive Committee, elected at this year's Annual General Meeting for a two-year term as Director-at-Large.

In addition to his commitments with Karate BC, Mr. Corrigan is also involved with the BC Winter Games and is Chief Instructor of the Nechako Karate Club in Prince George.

Congratulations Ken! We look forward to working with you in your new capacity.



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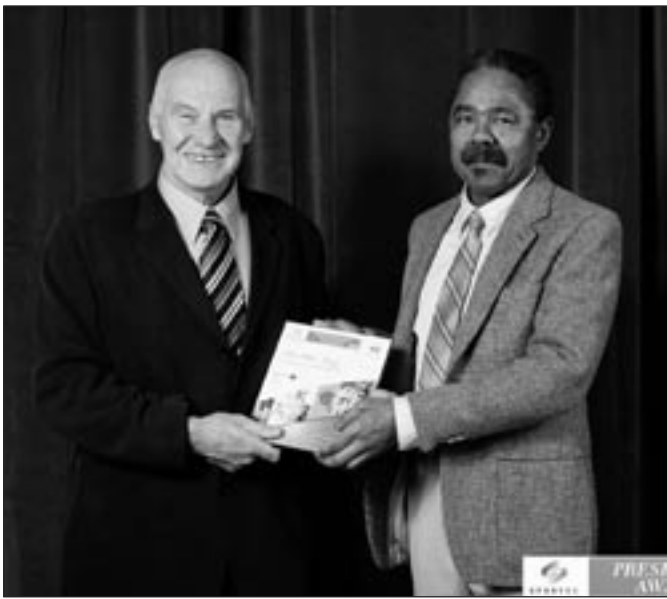
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Cal Moore accepts the Sport BC President's Award on behalf of Dr. Chee Ling, from Karate BC Executive Director James Johnson.

Sport BC President's Award

Dr. Chee Ling has served in many capacities over the past 30 years as a member of Karate BC.

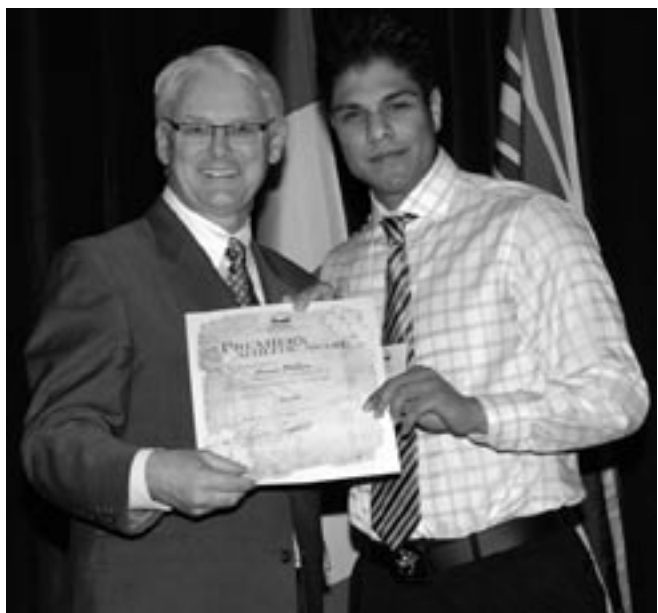
When he registered as a competitor, he was provincial champion. He has served on Karate BC Board, the Technical Committee, Awards Committee is a provincially and nationally certified official. As Medical Director for Karate BC for over twenty years, he had the responsibility of insuring standards for the safety of all participants.

Along the way, he has produced four National Champions. He has four lovely daughters, whom he has coached to provincial, national and international titles. Karate BC is proud to name Dr. Chee Ling as its nominee for the 2007 Sport BC President's Award.



Promoted to seventh dan

Mike Scales and Andy Holmes were promoted to 7th Dan by new Shotocanada grading board.



Valentyna Zolotarova and Shaun Dhillon are this year's winners of B.C. Premier's Athletic Awards, presented to the two athletes earlier this year by Premier Gordon Campbell.

Prince George karate champ kicks onto new lottery ticket

A karate champion with international ambitions, Clark is one of six B.C. athletes featured on the new SportsFunder lottery game, which raises money for amateur sports in B.C.

The winner of many regional and provincial competitions, Darlene Clark of Prince George Chito Ryu holds two grand championship titles for Kata (karate forms where the athlete goes through a detailed pattern of movements).

She earned a spot at the 2007 Karate BC Provincials in the advance division and is currently training to compete at the World Chito-Ryu Championships in Norway this summer.

Darlene promotes active living for youth and girls in sports by hosting seminars in her community, and she has taught basic karate to Girl Guides from around the world.

Darlene has her Level A - National Coaching Certification and plans to get the Level B certification in the near future.

"Sport has made me a better person. It has taught me focus, discipline and humility. Being humble is key to success at karate - and life," said Darlene

Other athletes featured on the new SportsFunder Homegrown Heroes ticket are:

- Annedore Bock, a mountain biker from Hazelton
- Chris Schaalo, a football player from Victoria
- Casey Archibald, a basketball player from Salmon Arm
- Marc Theriault and Alexandra Magee, figure skaters from Surrey

SportsFunder was developed in celebration of the Vancouver 2010 Olympic and Paralympic Winter Games. Proceeds from SportsFunder lottery games are distributed by the provincial government to directly support:

- Sport BC's KidSport™, providing sport registration grants to financially disadvantaged children;
- Team BC, providing support for high-performance B.C. athletes;
- Coach and Leadership Development to provide education and certification for coaches;
- Youth Sport Travel Assistance for B.C. athletes to access training facilities and sporting competitions.

SportsFunder lottery games are available wherever lottery products are sold in B.C.

British Columbians interested in starring on an upcoming SportsFunder ticket can enter on bcl.com.



Gold from Las Vegas for three from B.C.

By Sandeep Gill

B.C. athletes returned home with three gold medals, four silver and a bronze from the U.S. Karate Open held April 5 to 8 in Las Vegas.

A total of seven athletes from Ultra Skills Karate took part in the international tournament that included athletes from Japan, Canada, Mexico, Bangladesh, India, Kosovo, Kazakhstan, Ukraine, Macedonia, Peru, Panama, Ecuador, Austria and from across the U.S.

Matt Bickel, Cody Martin, Alvin Krishna (Burnaby Karate Academy) won Gold in the boys 16/17 division. They beat USA in the final.

Andrea Maikawa (Burnaby Karate Academy) won a silver medal in the 16/17 girls division. She lost the gold medal match 0-1 against the World Champion in that division, Emi Kurata from Hawaii.

Jusleen Virk (Crescent Beach Karate) won a bronze medal in the 14/15 girls division.

Kim Logan (Burnaby Karate Academy) won a silver medal in the 14/15 girls division as well.

The girls team of Maikawa, Virk and Logan won a silver medal in the 16/17 division. They won impressive matches against Norway and Italy before losing a close match against Canada 1 (from Quebec).

Shaun Dhillon (Mission Isshin Ryu), +80kg won two fights before losing to World champion Maniscalco from Italy 5-3.

It was a close match, and encouraging as we can see our BC athletes are able to compete with the best competitors in the world.

He then withdrew from his repechage match due to injury.

Aside from the Ultra Skills Team, Cody Johnstone (Campbell River Shito Ryu)-70kg was also in attendance, where he won an impressive two matches.

He eventually lost in the repechage to the former 2002 world champion from Italy.

Kendra and Cameron Clough (Crescent Beach Karate) also attended the event.

This tournament was one of the highest calibre tournaments in North America.

There was a former world champion in all of the men's kumite divisions, as well as Kata. In all, 39 countries participated in this excellent event.

Thank You to all KBC members who have supported the team and helped BC athletes achieve great results.

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URQUHART

The punch line

By Lisa Ling

Wednesday, 4 pm – A group of five- and six-year-old girls sits facing me, looking crisp in their starched uniforms, white belts tied snugly around their waists.

“Eyes closed, take a deep breath,” I say, peeking out from under my lids to see if they are listening. Giggling at first, then sitting attentively, backs straight. A few seconds later – silence. Ten more seconds as they feel the stillness. “Okay, eyes open, meditation finished.”

We begin class and each girl begins her journey. They don’t know it, but in this hour, they are picking up much more than how to kick and punch. Like it or not, by studying an ancient martial art steeped in the “ways of the warrior” they’re getting a little taste of some life lessons.

Katherine skips into the room, her brown curls bobbing energetically around her smiling face. Dressed in black lycra shorts and a bright pink shirt that says “run like a girl,” she says “hello, Sensei” as she goes by.

“Where’s your gi, Katherine?” I ask.

“Oh, I don’t want to wear it because it’s too hot,” she replies nonchalantly.

She’s right, of course. I think of how I sweat wearing the long-sleeve, long-pant uniform in this tropical weather.

“Sorry, but wearing your gi is a ‘must do’. Your gi is a special uniform just for practicing karate, and you have to wear it, hot or not.”

“But I get all sweaty and itchy,” she moans.

“That’s okay,” I deadpan. “You’re supposed to work hard and sweat in karate, and do it without complaining.”

For a second, she looks at me with surprise, as if I’m from another planet, then quickly changes into her uniform without another word.

Self-discipline

Ayu R. is quieter than the other girls, and appears shy at first.

But towards the end of just our second class, she runs over and gives me a big hug around the waist, then flops down on the floor playfully.

Initially pleasantly surprised by her show of affection, then curious about why she is suddenly so playful, I hang onto her hands, helping her up.

Is she simply genuinely happy, looking for a little extra attention, testing the waters for what comes next, or all of the above? Up on her feet again, she plonks down at the side of the



room, not wanting to participate in the last round of the “big ball game.”

“What’s up Ayu?” I inquire.

She glances over at me, but remains silent.

“You don’t want to play the game anymore?” I suggest.

She nods. She already had her turn, and now wants to sit out. Is she tired? Bored? Tuning out?

“Is it fair that when it was your turn everyone joined in, but now that it’s someone else’s turn, you’re sitting out?” I continue.

Silence. “Did that register?” I wonder.

A few seconds go by, as if she’s processing what I just said. Turning the words over in her mind and making her decision about how to react. Then she looks over at me, grins and jumps in to join the last minute of the game.

Participation

“Ready to do a kata?” I ask the group. “Okay, let’s line up. Three people in front, and three behind.”

“Feet together, stand up straight, hands by your side. Bow. Step forward and punch. One, two, three, four...”

Ratu confidently repeats my instructions and corrects the other girls during class.

“Not like that, do it like this,” she instructs, her brown eyes wide and wavy black hair moving from side to side across her bony shoulders. She is used to being a big sister. She is used to being the boss.

“Who’s job is it to be the teacher?” I ask gently.

“Yours,” she replies softly, glancing down. She is quiet for about five minutes, until we move onto another exercise with a new set of instructions which she repeats again.

She just can’t help herself. I remind her. Again.

Old habits are hard to break, even at age six. By the end of class she’s got it.

She listens quietly, attentively, eyes fixed on me, as I talk to the group. She doesn’t repeat a thing.

Restraint

Hanna is the smallest girl in the class. She has great technique already, after only two lessons. Standing straight, her blond hair tied back in a cute ponytail, she turns her hands just before the punch reaches its target, thumb tucked in to make a tight fist, first two knuckles hitting the bag square on.

One, two, three – “Hit harder,” I urge her. Four, five, six – she turns it up a notch, her mouth pursed with concentration, spunky bright blue eyes focused like a tiger on its prey.

Seven, eight, nine – her little hands pound the white circle in the middle of the punching pad. Ten! “Kiaaaaaaiiiiiiii,” she shouts at the top of her lungs, releasing the energy from her body and letting her punch rip. A big smile spreads across her face. She knows she punched as hard as she could, and it felt good.

Focus

Tara is tall and lanky, her long limbs and skinny frame discovering the meaning of co-ordination. I roll the big exercise ball towards her and she kicks it back to me, her delicate brown eyes fixed on the moving target in front of her.

I roll it to another girl, she kicks it back, and on we go.

The pace picks up, and the ball flies quickly around the room, girls jumping here and there. Suddenly there’s a crash and I see Tara on the floor. “Is she okay?” I worry.

She gets up slowly, brushing herself off, flicking her sandy brown braid behind her again. Seeing that she’s fine, no one says a thing. Seeing that everyone simply continues with the game, she joins right in again without missing a beat.

Continued next page

Challenges, accomplishments

Report from Zone 5

By Michele Pierce
Zone 5 Representative

Congratulations to all the athletes, parents and instructors who participated in Zone 5 Karate Association activities this year.

We had many challenges to overcome but with dedication and a great deal of effort we pushed forward and produced great results.

Our overall accomplishments this year were outstanding. These include:

- Holding our first AGM and election
- Improving our Playoff Tournament
- Expanding the number of dojos participating in the zoning program
- Holding two officials clinics in our zone
- Holding Zone Training Camps for Recreational and Elite Athletes
- 37 Provincial Champions

Zone 5 Karate Team wins the 2007 Provincial Championship

ZONE	GOLD	SILVER	BRONZE	BRONZE	TOTAL	AGGR
Zone 5	37	22	26	13	98	194
Zone 6	23	26	14	22	85	157
Zone 3	22	24	25	13	84	152
Zone 2	11	15	13	15	54	91
Zone 4	15	15	12	10	52	97
Zone 8	5	6	4	5	20	36

Thanks and appreciation is extended to the Zone 5 Executive – Brian James, Bill Holder, Andreas Kuntze, Cindy Jacob and Patti Lee for their awesome leadership and thoughtfulness that created a culture of inclusion, transparency, support and friendship.

Special thanks to the Wong family from Winning Edge Dojo who without their dedication and volunteer-

ism our Zone Tournament would not have the success that it was.

Thank you also to Brian James for hosting two inspiring and information Officials Clinics.

Last, but not least, special thanks to Sensei Ron Bagley and Winning Edge Karate and Sensei Kaz Hashimoto and Odokan Karate for hosting two outstanding, fun and powerful Zone Training Camps.

Curran's Taizo Nishio honoured for passion, commitment

The Tiger Balm Athlete for April was Taizo Nishio of Curran's Karate in Maple Ridge.

From his nomination: Taizo is 17 and teaches half of all my classes.

Taizo has been on the honour roll in

each year of high school and is a role model for every student – a genuine, passionate, committed student who exudes all that a black belt defines.

Taizo will receive a package of goodies supplied by Tiger Balm.

The punch line (continued)

From previous page

Falling down and getting back up again. The cycle of life.

Perseverance

Ayu S. is a rambunctious girl in constant motion, hard to contain, like a shaken bottle of Coke, desperate to fizz out of the container.

At the end of class, her body twitching with excitement and concentration, her black bob-cut locks sticking to her sweaty round face, she sits still, legs tucked underneath her in seiza, hands on her lap, eyes closed, meditating with the rest of the group for a full minute.

Sixty seconds doesn't sound long, but to a five-year-old sitting quiet and still with eyes closed and five friends beside her, it is an eternity.

Willpower

Class over, we kneel down again, girls in a straight line, facing front. We bow to each other, closing class with a simple show of respect.

As they chatter excitedly while putting on their shoes, I smile to myself, knowing that with every punch they throw, with every kiai they shout, these girls are becoming stronger people, physically and mentally.

Self-discipline, participation, restraint, focus, perseverance, willpower and respect all add up over time to confident young women.

There's something intangibly empowering about hitting a target with all your might, then adding timing, technique and speed to the equation when you thought you couldn't do any more, and exceeding your limit.

Call it what you want, it's the stuff about yourself that feels good, not in relation to anyone except yours truly (and maybe the punching bag). A lifelong journey, beginning with a first step – er, punch.

The ultimate aim of karate lies not in victory or defeat, but in the perfection of the human character: Gichin Funakoshi

Lisa Ling is a former Canadian Karate Team member, now living in Jakarta, Indonesia after stops in Australia, England and the U.S. She is currently working on a Martial Arts book for girls, and loving teaching karate to her two kids (age 4 and 2) and their friends. Read more stories about life overseas on Lisa's blog: www.postcardsfrommaha.blogspot.com
Lisa is available via email at: lisa@esteemteam.com



Dan Wallis and Harvey Robinson, dapper in green.



Senseis Dan Wallis and Fernando Correia switched gis to compete in the Zone 6 play-offs.



Fernando Correia took advantage of a Zone 6 practice session to hold a referee clinic Below: Referee clinic instructors Loretta Schwab and Fernando Correia strive to make Vancouver Island self-sufficient in officials.



The people make it special

Report from Zone 6

By Dan Wallis
President of Zone 6

So what makes Zone 6 special?

It's the people. No question about it.

On Vancouver Island style isn't related to Wado, Shito, Chito or Shoto: it has more to do with friends supporting one another, laughing with each other, doing karate with each other and just being around each other.

Now that's Zone 6 STYLE.

At our Zone Playoffs we showed our colours – the big green machine.

Harvey Robinson and I show off our new duds. Don't they look cool!

We really want to thank our zone



Serena Gill

coach Roy Tippenhauer and assistant coach Serena Gill. They did a great job preparing our athletes for the Provincial Championships.

The athletes and their parents are very appreciative of the time and energy both coaches put into athlete development.

Zone 6 would like to wish Serena all the best as she moves east to Alberta to further her work career. She'll be missed by us all.

Besides preparing athletes, Fernando Correia has worked extremely hard to develop the talents of officials on Vancouver Island.

These pictures are from a recent officials clinic held in Duncan.

Fernando and Loretta Schwab conduct very informative and professionally run clinics.

We have a good blend of senior and junior officials on the island.

Fernando's vision and hard work are paying big dividends.

We also support each other by attending and volunteering at each other's tournaments.

Victoria, Duncan, Campbell River and Comox annually host tournaments while some, like Campbell River, step up to the plate to host Zone Play Offs when needed.

So like I said, it's the people that make Zone 6 special.

We genuinely like each other and like doing karate together. Zone 6 rocks!

~ More Zone 6 news on page 11



Sensei David Akutagawa celebrated his 70th, his 50th, and his 8th on Feb. 24 with the help of more than 80 people from various karate organizations across B.C. and Alberta, family and friends.

Students of Shito Ryu Renshikan Karate-do, past and present students and various senior Karate BC people helped Akutagawa Sensei mark his 70th birthday, his 50th anniversary of studying and teaching karate and his recent award to eighth dan Shihan from Kenei Mabuni Sensei, Shito Ryu Karate-do Soke.

Earlier in the day Akutagawa conducted a seminar at the Justice Institute attended by 80 people.

Tribute came from such people as RCMP Officer Randy Burt, a former student and self-defence instructor at the RCMP Academy in Regina. Akutagawa was visiting instructor at the RCMP Self Defence Depot in Regina for a 10-year period in the '60s and '70s.





From left Sensei Akira Sato, Sean Dhillon, Matt Taneda, Cody Johnstone, Peter Stoddart (Coach), Naotaka Takeda, Christian Cretu and Shihan Fumio Demura.

B.C. athletes win praise at Sato Cup

By **Andreas Kuntze**

Sato Cup Tournament Director

The Sato Cup 2007, our 9th Annual tournament, was a great success!

With over 100 volunteers, we ran a very smooth operation.

Our international competitors included athletes from Japan, England, Portugal and of course the United States; I am glad to report that they were very impressed with the quality of our BC athletes and happy with the way they were treated.

This year we had a number of special guests, the most famous among them Shihan Fumio Demura from California.

Demura Sensei, whose friendship with Sato Sensei goes back to when they trained together in the same organization in Japan, has come up for our event a number of times.

We are always glad to see him. Once again, the audience was rapt with interest to see a demonstration from this

famous Karate-ka.

Another fixture of the karate scene for many years, at least in Canada, was Shihan Ohgiya, who now lives in Japan.

He first came to Vancouver in the 1970s to train with Sato Sensei.

After a few years, he moved to Quebec to open a dojo there. Some of the 'old timers' in Karate BC might remember him, but all of them will remember his most famous student Denis Deziel, who trained in BC to become a seven-time Canadian kumite champion and today is a member of the NKA Hall of Fame.

Of course, Sato Sensei also did a very entertaining demonstration with his assistant Sensei Scott Cheung.

You can check out results, pictures and video of the Sato Cup action at our web site: www.shitoryu.net/html/sato-cup2007.html

Thanks to our enthusiastic BC Team members, we were able to retain the Sato Cup as well!

Congratulations to everyone involved and thank you very much for your continued support of our big event.

Team BC comes together

Continued from front page

Hopefully these ideas will filter down to the many excellent clubs we have in the province.

Manuel will be back the week after nationals to do the Junior National Team camp which invites all athletes 14 and older competing in the elite divisions.

The camp will take place on July 14 and 15 and will cost \$100 per athlete unless you take gold at nationals, whereupon you will be free of charge.

We are excited to have the National Team camp in the west this year and are looking forward to many athletes

attending.

Congratulations to all athletes who placed in the top four in your respective division.

You are now part of the BC team squad which will playoff on June 9 for a berth in the Canadian National Championships in Richmond this July 12-14.

I am very proud to see the effort all of the athletes exhibited in the playoffs and in the first two training sessions.

Congratulations again.

500 gather for 34th Invitational

Eight new clubs join the celebrated annual Steveston tournament

By Takeshi Uchiage

The 34th Steveston Invitational Internation Tournament was held at the Steveston Indoor Tennis Court on March 3rd 2007.

Over 500 competitors entered. Eight new clubs accepted the invitation to this year's tournament.

Before we started the tournament, we held a moment of silence for Sensei Jerry Ferguson, who passed away on November 14.

Tournament director Darren Choo and other marshalling staff were very fast and did an excellent job the whole day to ensure that the contestants were ready just before the previous division had ended.

For the Team Kata, 26 teams were entered. Team Kata A (Jr. White-Orange) won by Kimeru Futures, B Div. (Jr. Green-Black) won by Kimeru Stars and the STEveston U & I won Div. C (Sr.).

Guests included Dr. Julius Thiry, former WKF OC, VP PKF; Sebastian Pirrone, past NKA president from Windsor, ON; Thomas Burke, past president of the USANKF from Seattle; Norman Gillies, NKA president from Toronto;



Sumi Uchiage with the Mayor of Wakayama's Cup, won at the Steveston Invitational.

Gene Tibon VP of USANKF from Stockton, CA.

Other guests included Suenori Tominaga, Chuck Sweigart, Julius Parniczky, Doug Smerec, Matt Day, Junko Arai, Jay Whaley, Doug Exum and Richmond Mayor Malcolm Brodie

For Women's Kata, competitors included two-time junior PKF medallist Hidemi Uchiage, Sumi Uchiage and Valentyna Zolotarova.

Sumi Uchiage won the Gold medal, as well as the Gold in the Women's Kumite -60 Kg, Cindy Jacob won +60 Kg and Hidemi Uchiage won the Open weight.

Sumi received the Mayor of Wakayama's Cup. Wakayama, Japan is the sister city to Richmond.

For Men's Kata, Toshi Uchiage came back to Canada after spending two years training in Japan to

win the division.

Men's KUMITE -70Kg, Naotaka Takeda won, -80Kg won by Troy Hirschhorn and the Open weight was won by Shaun Dhillon.

Black belt results from Steveston

BLACK BELT

Women's

Kata	Sumi Uchiage	Hidemi Uchiage	Valentyna Zolotarova Navjot Grewal
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Men's

Kata	Toshihide Uchiage	Noa Figueroa	Kenneth Lee An Vo
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Women's

-60kg	Sumi Uchiage	Hidemi Uchiage	Pamela Ross Valentyna Zolotarova
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Women's

+60Kg	Cindy Jacob	Crystal Burke	Kristie Schafer Katherine Potocki
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Women's

Open	Hidemi Uchiage	Cindy Jacob	Katherine Potocki Dana Exum
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Men's

-70Kg	Naotaka Takeda	Noa Figueroa	Adam Wackerhauser Hamid Tarighatbin
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Men's

-80Kg	Troy Hirschhorn	Conan Galloway	James Ebanks David Woods
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Men's

Open	Shaun Dhillon	Adam Wackerhauser	Brian Purves Andrew Benzel
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First visit for Mabuni Sensei

Mabuni Sensei will be visiting Canada June 29 to July 9.

This is his first visit to Canada, and he will hold a clinic in Vancouver on June 30, from 10 a.m. to 3 p.m., at the Justice Institute on 8th Ave and McBride in New Westminster.

All Karate BC and NKA members are welcome to attend. Attendance is limited to 100 members. Fee is \$50.

Contact Todd Connor at 604-435-3987

Mabuni Sensei will visit Whistler and Banff and enjoy a bit of Canada. He will also conduct a National Summer Camp in Canmore Alberta from July 6 to July 8.

This is also the Summer Camp for Shito-Ryu Renshikan Karate-do with David Akutagawa Sensei. NKA members are welcome to attend the Canmore Camp. The fee is \$125 for the three days.

Also attending from Japan are five other senior karate senseis.

Volunteers are needed. Best seat in the house. Free lunch and souvenir t-shirt. Contact Karate BC.



Presents

**2007 NATIONAL BLACK BELT
KARATE CHAMPIONSHIPS**

**July 12-14, 2007
Minoru Arena
Richmond, British Columbia**

Co Presented by



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REVIEW

KARATE  **BC**



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Officially Sanctioned by





Karate BC Team Selection Tournament

June 9, BCIT, Burnaby

- ADULT KATA - Women**
- W4 Women Black
1. Valentyna Zolotarova
 2. Hidemi Uchiage
 3. Sumi Uchiage
-
- ADULT KATA - Men**
- JM1 Junior Men 18-20
Advance/Black
1. Kenneth Lee
 2. William McLaren
 3. Michael Houg
-
- M4 Men Black
1. Andrew Ahlsten
 2. Nao Takeda
-
- ADULT KUMITE - Women**
- JW2 Jr. Women 18-20
Advance/Black -53kg
1. Valentyna Zolotarova
 2. Sumi Uchiage
-
- W9 Women Black -53kg
1. Valentyna Zolotarova
-
- W10 Women Black -60kg
1. Hidemi Uchiage
 2. Pam Ross
-
- W12 Women Black Belt Open
1. Hidemi Uchiage
 2. Pam Ross

- ADULT KUMITE - Men**
- JM2 Jr. Men 18-20
Advanced/Black -65kg
1. Clinton Roberts
 2. Alvin Krishna
-
- JM3 Jr. Men 18-20
Advance/Black -75kg
1. Cody Johnstone
-
- JM4 Jr. Men 18-20
Advance/Black +75kg
1. Michael Houg
-
- M9 Men Black -60kg
1. Alvin Krishna
 2. Andrew Ahlsten
-
- M10 Men Black 65-65kg
1. Clinton Roberts
 2. Jason Farquharson
 3. Nao Takeda
-
- M11 Men Black 65-70kg
1. Hamid Tarighatbin
 2. Cody Johnstone
-
- M12 Men Black 70-75kg
1. Matt Taneda
-
- M14 Men Black +80kg
1. Ron Curran
 2. Shaun Dhillon
-
- M15 Men Black Open
1. Brian Purves

2. Ron Curran
 3. Matt Taneda
-
- JUNIOR KATA - Girls**
- G13 Girls 14/15
Advance/Black
1. Josephine Shiu
 2. Kathryn Wong
 3. Meagan Monkman
 4. Samantha Chin
-
- G16 Girls 16/17
Advance/Black
1. Ashtin Callaghan
 2. Lauren Currie
 3. Cassandra Brake
-
- JUNIOR KATA - Boys**
- B13 Boys 14/15
Advance/Black
1. Rueben James
 2. Yuki Hisata
 3. Bryce McMath
-
- B16 Boys 16/17
Advance/Black
1. Cody Martin
 2. Galen Humber
 3. Cameron Clough
-
- JUNIOR KUMITE - Girls**
- G29 Girls 14/15 -45kg
Advanced/Black

1. Samantha Chin
-
- G30 Girls 14/15 -55kg
Advanced/Black
1. Kim Logan
 2. Bryanne Kitagawa
 3. Josephine Shiu
 4. Anisha Virk
-
- G31 Girls 14/15 +55kg
Advanced/Black
1. Kendra Clough
 2. Celynne Lamarre-Belanger
 3. Emily Lacey
-
- G34 Girls 16/17 -53kg
Advanced/Black
1. Jusleen Virk
 2. Cassandra Brake
-
- G35 Girls 16/17 -60kg
Advanced/Black
1. Danielle Goudie
 2. Lauren Currie
-
- G36 Girls 16/17 +60kg
Advanced/Black
1. Amanda Yates
-
- JUNIOR KUMITE - Boys**
- B29 Boys 14/15 -50kg
Advance/Black
1. Joseph Tassone

2. Rueben James
B30 Boys 14/15 -60kg
Advance/Black
1. Dylan Riches
2. Jonathan Lum
3. Yuki Hisata

B31 Boys 14/15 +60kg
Advance/Black
1. Kyle Nelson
2. Lucas Fung
3. Dan Riches

B34 Boys 16/17 -60kg
Advance/Black
1. Cody Martin
2. Neil Smith

B35 Boys 16/17 -70kg
Advance/Black
1. Joey Furugori
2. Cody Bagg
3. Galen Humber

B36 Boys 16/17 +70kg
Advance/Black
1. Cameron Clough
2. Alex Brocklebank
3. Jonathan Lee



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Girls get a kick out of karate

By J.P. Squire
Kelowna Daily Courier

The 24 Grade 8 girls filing into Rutland Middle School's auditorium Friday reminded karate instructor Michelle Tremblay of her tumultuous teenage years.

"I was the very shy, very insecure girl. I didn't have a lot of confidence. I did really well in school, but I didn't have that assertive personality," she said.

"When we started these classes, these girls were shy and didn't want to engage in anything that was going on. They were looking down a lot."

Their teacher, Diane Milner, has also noticed a significant change in their behaviour as a result of karate lessons and class discussions.

"They're working hard and I think they're gaining a lot of confidence. At the very beginning, they were very timid and shy, and they didn't want to touch or kick anybody. Now, they're right into it. They're having fun, but they're learning a lot, too," said Milner.

Student Alexandra Fieseler added: "It taught me how to think on the fly, not to be nervous in a dangerous situation."

"It gave me confidence," said student Samantha Eiko. "I learned lots, like how to defend myself."

When Promotion Plus teamed up with Karate B.C. to launch the innovative program for adolescent girls, Tremblay knew she had to be involved. She taught the 10-class program at Glenrosa Middle School last year and is more than halfway through the series of one-hour sessions at Rutland Middle School.

"We talk about aggressive behaviour, feelings, anger, self-defence safety strategies, what to avoid. We talk about some of the things that can come up, like drinking, and how to get yourself out of a situation like that," Tremblay said.

"Really, it's about creating awareness so the girls can be more knowledgeable. We help build their confidence, their self-esteem; we give them tools, life skills to work with for the rest of their growing years."

The pilot project is being offered to 13- to 15-year-old girls, but those involved can see it for other age groups.

"It's neat to see these girls blossom and take things home that they can use in their everyday life. It's really rewarding work," Tremblay said.

"I've only done two schools, but from what we've seen, the girls are



excited to come to class, to try different things, to step out of their comfort zone, to do things that they would never do before."

One of the main objectives is to help teenage girls focus, to concentrate their efforts on one activity.

"That can be implemented in so many other parts of their lives, in schools and studying," Tremblay said.

"I personally have a real passion to encourage growth in kids. I was raped when I was 17 and I feel drawn to share some of the things I've experienced through my karate training and to give them more of a start than I had."

"Now, I do public speaking; I'm

involved in Jaycees; I do everything. It's a component of my karate background. Now that I'm really able to push myself, this has been a stepping stone in my life to open up other doors. My big thing is to be a role model for girls."

She feels the current generation of adults must take the time to pass along their knowledge and experience

"It's really important for us to spend the time with these girls, to make a difference in their lives, to give them tangible things they can take with them, the kind of valuable things they may not be learning at home, real values that they may not experience in any other part of their lives," said Tremblay.

It's also her passion to believe in the young girls, to see their potential and to inspire them.

"That's what I've had in my karate training. My instructor really inspired me to reach beyond where I thought I could go. The world is your oyster. That support, that positive influence in your life can make a huge difference."

Promotion Plus, which encourages female participation in sports, developed the program to combat bullying and physical violence in schools. Pilot programs have been offered in the Okanagan, Vancouver and Victoria. The aim is to include it in the school curriculum, at community-based recreation centres and in social service programs.



B.C. head coach Kraig Devlin

Training with B.C. head coach

By Roy Tippenhauer
Zone 6 head Coach

Prior to the Provincials, Zone 6 hosted a training session featuring Karate BC head coach Kraig Devlin.

Kraig shared with our athletes some top secret training techniques that will help Zone 6 athletes in the coming Nationals.

The Karate BC coaches are available to visit your Zone to assist your training. In addition Karate BC has agreed to allow the zones to keep the profits from the training sessions to help boost their zone coffers.

We certainly appreciate this as the Vancouver Island Karate Society is partially sponsoring its athletes, refs, and coaches in their training endeavours.

The workshop took place in Courtenay and about 50 people took part.

We have had at least one training session per month starting in September to prepare our athletes for competition.

The training sessions have been taking place in Duncan and Courtenay so all athletes on the island can participate.

Response has been fantastic.

NCCP courses available at home

The Coaches Association of BC sponsors a home study program designed for those coaches unable to attend NCCP courses in their area.

Home Study is available for:

- Competition - Introduction Part A

- Competition - Introduction Part B
- Theory Level 3

- Make Ethical Decisions Module

Information on registration is available from the coaches association at www.coaches.bc.ca/nccp/homestudy.

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Brendan Whieldon still fighting

Earlier, Karate BC President Cal Moore awarded Brendan Whieldon a special trophy for courage. Here is an update on Brendan's courageous fight against cancer.

By Katie Robinson
Black Press

It's a secret he shares with Bruins star Oscar Moller. And it's a secret he is not willing to spill.

"It's a secret," the nine-year-old said, moments before the start of his Thursday evening karate class.

"I'm not allowed to tell."

He didn't tell his best friend. He didn't tell his mom. And he definitely did not tell the enquiring reporter.

Brendan has cancer; that's no secret. He's had it for more than half his life. When he was four years old, he was diagnosed with Neuroblastoma, a large, solid tumor sitting above his kidney that spread to his bone marrow.

There is no cure for this disease, and there's little research done because it is so rare in children – of the 130 children diagnosed with cancer each year at B.C. Children's Hospital, only five will have Neuroblastoma.

Chance of survival is slim to none.

Three years ago, doctors gave up on Brendan. They told his mom Shannon there was nothing they could do for the spirited, shaggy-blond-haired boy.

The Whieldon's were not willing to accept that.

Let's do karate mom, Brendan said, I'll kick the cancer out of my bones.

Three years later, the cancer is still here, but so is Brendan.

Brendan celebrated his ninth birthday last month doing something most boys his age and teenage girls only dream of: He spent an afternoon



hanging with the Bruins in their locker room.

"Today I watched the Bruins practice," he wrote in his Nov. 20 journal entry entitled The Bruins Locker-room.

"All the players are tall. If they weren't tall they wouldn't be good hockey players.

"I like Oscar the best now. I can't tell you why because it's a locker-room secret but he is my favorite. All the other guys in the locker-room know the secret is true."

Shannon wasn't allowed to accompany Brendan into the room.

"It was no girls allowed, boys only," she said with a huge smile on her face.

"He came out of there so happy. He was like 'Mom, they were all telling jokes. And some of them were undressed. And Oscar is my new favorite player because he has something nobody else has, and I know it's true because everyone said so, and I even saw it.'

"He was absolutely thrilled to be one of the guys — it was pretty exciting."

Brendan's never really been interested in hockey until this year. He's always been focused on his karate, focused on kicking the cancer — that invisible opponent of his — out of his

bones. But when the family purchased seasons tickets for the Bruins, he soon became a fanatic.

"Me and my mom have seasons tickets," he said. "We see lots of games."

And the Bruins organization is aware of Brendan's situation. When Shannon purchased the tickets, she had to request seats by the door in case Brendan got too ill to stay. She had to request permission to bring boiled water into the arena, because even bottled water isn't safe for Brendan's delicate immune system.

And when former goalie Jim Watt — who's mom is a cancer survivor — learned of the young fan, he got on the horn arranging the locker room visit.

Brendan was honored with a goalie stick signed by the entire team.

"They gave me a hockey stick and a puck," he wrote in his journal. "The stick was signed by the whole team. Jim gave it to me because it was letting in too many goals."

Brendan doesn't remember what it's like to not have cancer. He's had 60 rounds of chemotherapy and this year alone he's had 130 days of intravenous chemo.

He's undergone seven disease progressions, and has had to switch medications three times.

The disease is so aggressive, it can reduce him to non-weight bearing status.

On the flip side though, he's attended school full time this year. He does chores and homework, goes to swimming lessons, and has attended 130 karate classes — the exact same number as his chemo treatments.

"He lives a typical life of a school-age child," said Shannon. "He's got the spirit of a true samurai warrior and doesn't plan to let the cancer win. He's a little fighter."

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The Moody News

January 2007

Published by the Moodys

Tokyo, Japan

New Year Greetings

From the Moody Family



Editor's message

Over the years, we have received year-end letters from friends which offers a great way to stay in touch.

With our busy schedules raising two boys, it is time that we give it a try.

While Christmas will have passed by the time you receive this, we hope it arrives by year-end. Our apologies if this arrives late.

It has been a difficult and busy year for our family with the passing of Masako's mother in June after a fight against cancer. She was 63. In addition, my mother is in the hospital in North Vancouver after suffering a stroke in December. She is 79.

The year also presented some new excitement as our boys entered school. Mikey in elementary and Davey in a local kindergarten.

Life goes on and on we must go...

Wishing you a great 2007!

The Moodys
Homat Garnet 701
7-7-15 Roppongi
Minato-ku, Tokyo
106-0032



School begins for Mikey

This past year was certainly an eventful one. In March, Mikey turned six and the following month he entered grade one at a local Japanese elementary school. Kogai Shogakko is located next to a large park in Hiroo. Neil takes Mikey to school by bicycle, and Masako picks him up and takes him to **violin and swimming lessons**.

He is speaking both English and Japanese fluently and seems to be enjoying school and his new friends. In June, the school held its first sports day (known as *undoka*). The red team versus white team affair included lots of races, team building and a fantastic display of Japanese dance. The paparazzi parents who crowded the perimeter of the outdoor track and field added to the day's excitement.

Following in the footsteps of his Uncle, Aunt and Neil, Mikey for the past year-and-a-half has been practicing karate. Traveling 45 minutes to the head dojo of Seiko-kai, **Shito-ryu karate** in Shin Koiwa, he looks forward to training with Neil under the direction of Shihan Suzuki, holder of a ninth degree. On Mondays, Mikey goes with his younger brother Davey to Yoyogi Pool for swimming lessons and is now able to swim the width of the large pool. This will come in handy next summer when they visit their cousins Alex and Laura, who are competitive swimmers.

A bazaar event

Masako was kept busy commuting back and forth between Tokyo and Fukuoka during her mother's illness, but managed to also chair the kindergarten's annual bazaar committee. With all the driving she does back



and forth to the schools, violin and other after school activities, she can at least enjoy the driving experience in our new (2003) red BMW touring wagon. Our old Volvo retired gracefully.

On the other work front, Neil has now been with the CCCJ (www.cccj.or.jp) for 11 years. With the recent visit of three provincial premiers, business delegations and a renewed interest in Japan by Canadian companies, it has been a good year.

Neil takes the kids **skating** at a local rink, and both boys look forward to the weekly activity. Hockey for them is not far off. Davey is skating on his own, and Mikey races around. Golf is now becoming more enjoyable now that Neil has switched back to playing his natural left-handed side. Now the challenge is to play more—and well.

On the move in 2007

In the coming year, we will be on the move—somewhere—as our Homat apartment is scheduled to be demolished in April. Roppongi has been very convenient; however, a change will be welcome. We are just not sure where we will end up, but know our boys need more space to tear up.

Kindergarten drafts Davey

Davey, now four, entered a local kindergarten this April, following in the footsteps of his brother. Conveniently located next to Arisagawa Park (National Azabu), Davey has adapted well to his new surroundings and the teachers enjoy having him.

In his first Sports Day, Davey, aka **Dash**, set new speed records in the race around the playground. He is very athletic and absolutely fearless on the monkey bars and all things he can catapult himself from. Scraped knees and an endless supply of band-aids go with the territory.

Davey is also a quick study on the violin and never misses a chance to pick up the instrument for a chance to play.



He and Mikey are great playmates and, together, are quite a handful but fun.

REPORTING FROM JAPAN

Learning the NCCP ropes in Nanaimo

Recently we were treated to an NCCP level 2 technical course in Nanaimo presented by Karate BC and taught by Donna Gardecki.

The course was very informative and gave us all an insight into the science of coaching.

Everyone in attendance enjoyed the interactive style and group brainstorming.

We had several outsiders to our usual Zone 6 group and they fit in very well and were a welcome addition.

Thank you from all of us in Zone 6 to Donna for the great course.

We all learned a lot and promise to get the homework done ASAP.



Karate BC NCCP Level 2 Technical Course, led by Donna Gardecki, was held in January in Nanaimo. Participating were: (Front Row) Harvey Robinson, Todd Robertson; (2nd Row) William Holder, Donna Gardecki (course conductor), Pam Ross, Brenda Bombini, William Daniel; (3rd Row) Fernando Correia, Loretta Schwab, Tanya Hickman; (4th Row) Mike Airton, Kraig Devlin, Roy TIPPENHauer. Thanks to Mark Deugau for his assistance in setting up this course.

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Gearing up for big event

The world comes to Kelowna this October

Tsuruoka International Karate Tournament

October 26, 27, 28, 2007
Kelowna BC

Planning for the Tsuruoka International Karate Tournament is well under way as you all know, and I'd like to update you on a few issues.

Our venue is the \$16.5 Million world -class News Centre, Kelowna's newest and most diverse sporting facility.

The centre features two indoor artificial turf fields, two NHL-sized arenas, five outdoor soccer pitches, an indoor running track and fitness facility.

Additional amenities include a physiotherapy clinic, concession, fully-licensed restaurant with view of main ice arena and several meeting and tournament offices.

Our tournament will be hosted on the indoor soccer fields with a 300-metre indoor running track above for great photos and videos. We will also have bleachers on the ground level.

The venue is located five minutes from downtown Kelowna, and 15 minutes from the Kelowna International Airport.

The official hotel for the event is Kelowna's "Traditional Choice for Quality," the Coast Capri Hotel. The second largest hotel in the city, the Coast Capri Hotel features 185 recently renovated guestrooms.

We have had great local/provincial support for this event

Tournament, seminar set for Barbados this winter

Organizers are extending an invitation to karate-kas to the Barbados Open Championships for clubs and Technical Seminar, which is scheduled to be held from November 29 to December 2.

The Technical Seminar, which will be held on November 29 & 30, will cover both Practical (Physical Training) and Theory (explanation of the new World Karate Federation (WKF) rules etc.) and will be conducted by Mr. Javier Mantilla, a member of the WKF Referee Commission, Chairman of the CCCKF and PKF Referee Commission as well as Mr. Cleveland Baxter, member of the WKF and PKF Referee Commission.

This seminar is open to all interested persons including athletes, coaches, referees and judges who might be interested in obtaining CCCKF or PKF certification in the future or familiarizing themselves with the changes to the WKF competition rules.

The Championship will be held on December 1 and 2 and will consist of events for both Juniors and Seniors, Male and Female in Kata and Kumite as well as Team Events.

Those interested in participating in this event, should contact the Barbados Karate Federation before June 30, 2007, indicating your request in receiving full information in regards to Championships.

Says Joel Linton, president of the association, "On behalf of the Barbados Karate Federation, we look forward to welcoming you to our Championships and sharing the warmth and friendliness of our island and its people."

The federation can be contacted at Bajanbudo@yahoo.com.

from the local karate-ka, as well every province in Canada will be sending teams out to compete.

Remember this tournament will not only be karate-ka within the Tsuruoka Karate-Do Federation, however all dojos, all styles.

We have teams with confirmed attendance from the United States, Germany, Poland, France, Austria and Switzerland. This is truly an International Event, and the biggest the Okanagan Valley has ever seen.

We have World level competitors, International Champions, Pan-American competitors, all the way down to juniors who will be competing for the first time.

This event is for everyone, young and old, white to black belt.

We're looking forward to your attendance at this event,. We are making it not only a tournament but a celebration for O-Sensei Tsuruoka and his contribution to karate in Canada.

We know many of you will be planning a holiday in the Okanagan Valley and we are dealing with local wineries in town and arranging tours and holiday plans with many local businesses.

I guarantee this will be a event you will never forget.

Rodney Hobson

Tsuruoka International Karate Tournament Director
Chief Instructor RHKA Dojos

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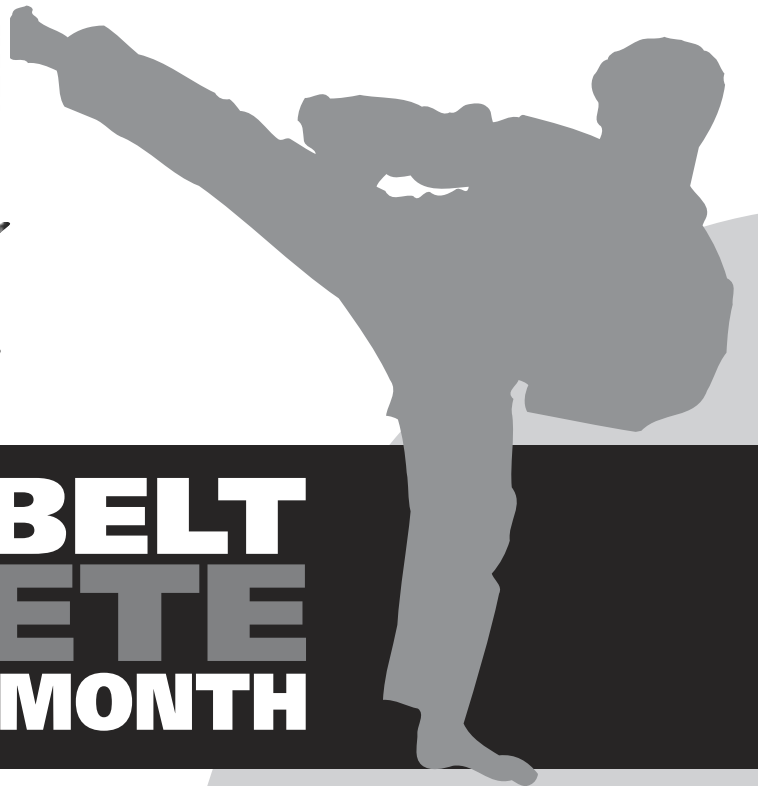
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BLACK BELT ATHLETE OF THE MONTH

Within every karate club there are certain individuals who exemplify the true spirit of karate.

Many of these athletes go the distance achieving their black belt. In karate, the black belt represents the highest level of sport excellence. It's a symbol of strength, endurance and discipline.

Karate BC and Tiger Balm have partnered together to give these individuals the recognition they deserve and encourage our 4,700 members across the province to strive for their own personal goals of strength, endurance and discipline.

Starting in February 2007, members will have the opportunity to nominate someone in their club who they feel is worthy of the Tiger Balm Black Belt Athlete of the Month award. The winner for that month will be chosen from the nominations received.

The Tiger Balm Black Belt Athlete of the Month is not about winning medals – rather it is about sport excellence in the sport of karate. Karate is not a sport that rewards aggression or size. It is a martial art that gains its power from the focussing of mental, physical and spiritual energies.

The Tiger Balm Black Belt Athlete of the Month is brought to you by:



Do you know a person, male or female, in your club that you would like to nominate as the Tiger Balm Black Belt Athlete of the Month?

Nomination process:

Send in your nomination by fax 604-737-3159 or email info@karatebc.org by the 5th of every month. Give us the name of your nominee and tell us a little about why you think this person deserves this recognition (in 25 words or less).

The winning nomination will receive an official Tiger Balm / Karate BC prize pack and will be featured in the Karate BC News.

Strive for the highest level of excellence whatever your arena.

Japan: A trip of a lifetime

By Ian Atkin
Chief Instructor, Kelowna Shotokan

I have just returned from a two-week trip of a lifetime, to Japan.

My son, Paul Atkin, went to Japan nine months ago to teach English for the Shiramizu Dojo.

He also trained in Karate both with Arakawa Sensei (Wado) and Masuda Sensei (Shotokan). I was amazed by the incredible hospitality I received while in Japan. The people of Japan I found to be the most polite and helpful people I have ever had the pleasure of meeting.

They all went out of their way to make my trip the most spectacular event possible.

A special thank you to Arakawa Sensei and his staff from the Shiramizu Wado Dojo for planning and organizing my visit.

They gave of their valuable time to show me so many parts of their country and culture. They included me in their lives and let me see the real Japan, a Japan I would not have seen from a tour bus or a five-star hotel in Tokyo.

I cannot believe that having spent 25 years in Karate, I have not visited



Ian Atkin with Arakawa Sensei during Ian's visit to Japan.

Japan before.

The culture, the friends, and the hospitality were more than enough reason for me to thoroughly enjoy my visit.

I truly appreciated the incredible opportunity to train with such

excellent Karate practitioners.

Seeing such a high quality of competition at the Budokan in Tokyo has elevated my benchmark in karate and filled me with renewed enthusiasm!

Thanks again to Arakawa Sensei and staff.

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Calendar of Events

Jun 30	Soke Mabuni Ken-ei Seminar www.karatebc.org/shitoryuposter.pdf	Justice Institute, 715 McBride BLVD. New Westminster, BC	Todd Conner	604-290-2269
Jul 10	NKA Technical Committee Meeting: 1:00-3:00pm and Dan Testing 3:00-6:00pm	Executive Airport Plaza Hotel, 7311 Westminster Hwy., Richmond, BC		
Jul 10	NKA National Council Meeting: 1:00-6:00pm	Executive Airport Plaza Hotel, 7311 Westminster Hwy., Richmond, BC		
Jul 11	NKA Officials Seminar & Testing: 9:00am-5:00pm	Executive Airport Plaza Hotel, 7311 Westminster Hwy., Richmond, BC		
Jul 11	National Karate Association AGM: 7:00 pm	Executive Airport Plaza Hotel, 7311 Westminster Hwy., Richmond, BC		
Jul 12 - 14	2007 National Black Belt Karate Championships	Minoru Arena, 7551 Minoru Gate, Richmond, BC	James Johnson @ 604-737-3051	
Jul 15 - 16	National Junior Training Camp	Steveston Martial Arts Centre, 4111 Moncton Street, Richmond, BC		
Oct 26 - 28	Tsuruoka International Karate Tournament: 50 Years of Karate in Canada	Capital News Center, Kelowna, BC	Rodney Hobson @ 250-868-8700	
Nov 10	Victoria International Karate Tournament	Central Middle School, 1280 Fort Street, Victoria, BC	Peter Danniels @ 250-388-9241	
Nov 24	Zone 6 BC Winter Games Playoffs	Cowichan Centre, 2687 James Street, Duncan, BC	Fernando Correia @ 250-748-9111	
2008				
Aug 21 - 23	2008 World Wado Kai Karate Championships	Hollyburn Country Club, 950 Crosscreek Rd, West Vancouver, BC	WWC Administrator @ 604-444-3462 www.canadajkwadokai.org	

NCCP Course Schedule

Competition - Introduction Part A (replaces Level 1 Theory)

Modules Included - Make Ethical Decisions, Planning a Practice and Nutrition

Jul 28, 29	Vancouver	Langara College	(604) 323-5322
Aug 18, 19	North Vancouver	North Van Rec Commission	(604) 987-7529
Aug 25, 26	Maple Ridge	West Coast Kinesiology	(604) 465-2470
Sep 22, 23	Kamloops	PacificSport - Interior	(250) 828-3500

Competition - Introduction Part B (replaces Level 2 Theory)

Modules Included - Design a Basic Sport Program, Teaching and Learning and Basic Mental Skills

Jul 14, 15	Vancouver	Langara College	(604) 323-5322
Jul 21, 22	North Vancouver	North Van Rec Commission	(604) 987-7529
Jul 28, 29	Maple Ridge	West Coast Kinesiology	(604) 465-2470
Aug 11, 12	Vancouver	Langara College	(604) 323-5322

Theory Level 3

Aug 18, 19, & 25, 26	Victoria	National Coaching Institute - International Coaching School	(250) 721-7589
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