

KARATE BC

NEWS

SPRING 2008



Winners of the 2007 Karate BC Annual Recognition Awards

Male Athlete of the Year:
Shaun Dhillon

Female Athlete of the Year:
Valentyna Zolotarova

Junior Male Athlete of the Year:
Matt Bickel

Junior Female Athlete of the Year:
Danielle Goudie

Inspirational Athlete of the Year:
Zoe Clemens

Official of the Year:
Fernando Correia

Coach of the Year:
Brian James

Coach of the Year:
David Bentley

Volunteer of the Year – Dojo:
Andreas Kuntze

Volunteer of the Year – Karate BC:
Bob Mooney

Sponsor of the Year:
Panago Pizza

See full photo coverage of the awards banquet in the centre of this issue.



Zoe Clemens



Shaun Dhillon



THORPE — Bill

March 31, 1916 - January 6, 2008

It is with great sadness we announce the death of Robert William Sukrey (Bill) Thorpe of Vancouver. After a short illness, he died peacefully with his family at his side. Raised in North Vancouver, Bill excelled in tennis, basketball, football, karate and squash. After graduating from UBC he became a math teacher and sports coach and then returned to URIC to complete his MBA in preparation for his long career in the financial industry. His kindness and sense of humour filled every room he entered. Bill was a devoted husband and father. He loved his wife of 31 years, Patsy, daughters Lauren and Julie, and son-in-law Tyler. He was predeceased by his daughter Alexandra in 2002. A memorial service will be held at St. Mary's (Kerisdale) Anglican Church, 2490 West 37th Ave., (at Larch) Vancouver on Saturday, January 19 at 2:00 p.m. Special thanks to the many doctors and nurses who cared for Bill at St. Paul's and VGH dialysis, pulmonary and ICU units. In lieu of flowers, donations to the Minerva Foundation, phone 604-583-7835 or www.theminervafoundation.com would be appreciated. Wakeley & Company Funeral Directors 604-738-0000. Bill was much loved and will be greatly missed.

A loss for karate

Bill Thorpe, former KBC and NKA Tournament Director has passed on. The above announcement appeared in the Vancouver Sun.

Bill was inducted into the NKA Hall of Fame in 1994. He was also the first-ever National Tournament Director.

From the president

Ready for KBC's Showcase Tournament of the Year?



By **Dan Wallis**

Zone Playoffs are now complete and teams are being readied to take part in Karate BC's Premiere event of the year, the KARATE BC PROVINCIAL CHAMPIONSHIPS. The enthusiasm shown for this event has been outstanding: athletes want to compete not only for themselves but also their zone, parents love the growing sense of community shown by many of the zones, and the large size of these teams is a huge support network for developing athletes. Coaches have found a new opportunity to work with committed athletes on a more regular basis closer to home, while our officials have also had an opportunity to begin the road to provincial referee status by starting out as a regional kata and kumite judge – again relatively close to home.

On the weekend of the tournament, the site will be resplendent with "Zone Colours", patriotic signs such as "ZONE 6 ROCKS" and laughing, smiling people dressed in zone jackets, some of them dropping their red and blue gloves and shin/instep protectors and mouth guards as they scurry to their "zone" seating areas. Our Provincial Team coaching staff will be on hand to witness the talent pool and to provide those athletes wishing to advance to the provincial team training sessions the information they require. There will definitely be a carnival atmosphere in abundance on the weekend of March 28-29. We hope you come along to experience your zone's successes and witness some of the wonderful karate talent we have in BC.

Harvey Robinson new Zone 6 vice-president

Harvey Robinson of Duncan has been elected vice-president of the Vancouver Island Karate Society (Zone 6) for a two-year term.

He succeeds Serena Gill, who is currently in Alberta.

The society held its annual general meeting Feb. 16 following the Zone 6 play-offs in Duncan.

Also elected for two-term terms were Secretary Charles La Vertu of Victoria; and Rob Walker of Brentwood Bay and Fernando Correia, directors-at-large.

Other members of the board include President Dan Wallis, Past President Brian Kitagawa, Treasurer Jacquie Smith, Officials Committee chair Loretta Schwab, and Assistant Coach Pamela Ross and Coach Roy Tippenhauer.

The board thanked Jack Schouten, Cassy Schouten, Sherry Duncan and Serena Gill for their services.



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Vacant

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Ray Wong: a beaming grandfather.

Committee volunteers sought

Karate BC is asking for volunteers to serve on the Discipline Committee. Details of the committee:

2.7. Discipline Committee: A committee of individuals established by Karate B.C. to review the Investigation Report and accept or reject some or all of the recommendation(s) of the Investigation Officer. No members of the Discipline Committee shall have any personal or professional involvement with either the Complainant or Respondent, other than ordinary interaction at tournaments, seminars and similar events, and neither shall they have any prior involvement with the matter under consideration.

If you would like more information, refer to the Harassment Policy on the members-only section of the web site or contact James Johnson at the KBC office.



Valentyna Zolotarova is the winner of the Johnson Cup this year.

Competitors from Canada and the U.S. will gather in Vancouver on May 10 for the Vancouver Karate Cup.

Vancouver Karate Cup emphasizes friendship

Preparation has already commenced for the 2008 Vancouver Karate Cup, which will take place at UBC War Memorial Gym on Saturday, May 10. The tournament is jointly hosted by Kingsway Odokan Shito-Ryu Dojo and Canada JKF Wado Kai.

Last year's tournament was well attended by competing dojos from throughout BC and Washington State. This year's draw is expected to feature even more athletes from both Canada and the United States. The tournament has several unique features that result in a great positive experience for beginner and more seasoned athletes, as well as new officials. For example, mixed team events are included for both kata and kumite.

As well, individual kata and kumite events are based on age rather than rank with each athlete hoping to contribute to their own dojo's aggregate points to take home the coveted Vancouver Karate Cup.

This tournament emphasizes friendly competition and is geared towards ensuring that all involved have an enjoyable event that will improve their competitive skills and increase confidence. It provides a platform for those new to competition, while experienced athletes have the opportunity to try out new tactics and techniques.

In addition, new officials can be mentored and apply their skills in a positive atmosphere.

Last year's opening ceremony featured junior Taiko drummers and each competing dojo marched in under its own custom-designed banner. Special medals and trophies were presented and all participants enjoyed exhilarating half-time demonstrations.

It is hoped everyone will participate in this unique event whether to compete, demonstrate, officiate, or volunteer.

All are welcome in this friendly and exciting event.



Brendan Whieldon, a 10-year-old purple belt in Shotokan karate, credits his constant martial arts training for helping him battle and defeat his cancer

Brendan credits karate training with helping him beat cancer

By Roxanne Hopper
Langley Advance

Just a few days before Christmas, 10-year-old Brendan Whieldon received the best Christmas present he and his parents could ever have wished for.

After a five-year battle, 90 rounds of chemotherapy, seven relapses, 45 beams of radiation, one stem cell harvest, eight surgeries, 20 bone marrow biopsies, a dozen blood transfusions, more than a hundred blood tests, one broken leg, a broken arm and much more poking and prodding - Brendan is cancer free.

"Finally, the news we have all be waiting for," said his elated mother Shannon.

Even during tests earlier this month, Brendan was selling and autographing Kourageous Kids calendars for staff at the hospital.

"We did all of Brendan's tests at B.C. Children's Hospital this month. They could not find one speck of cancer. And they looked in every nook and cranny. Not even one dot, of one dot, on any of the bone marrow slides or any other tests," she said.

Brendan was four years old and had just started kindergarten when the otherwise athletic kid had pain in his hip and couldn't move. He was orig-

inally diagnosed with Stage 4 neuroblastoma.

A short time later, he had already relapsed after six rounds of chemo, was unable to walk and was to take her only son home, directing her to make him as comfortable as possible for the last days of his life.

But this mother-and-son team was not content with a five per cent survival prognosis, and simply refused to give up.

Instead of following the doctor's directions, Shannon carried her son out after his last radiation treatment in Vancouver and drove to a karate dojo in Chilliwack, where Brendan started karate and a path to wellness.

"Karate has not only made Brendan stronger physically, but it has also helped him strengthen his character and commitment to live," Shannon said. "The karate-do, way of life of a true karate student, is helping Brendan to find that elusive magic pill that we all look for. It is inside of you, if only we have the courage to believe," Mom said.

Brendan, now a Grade 4 student at Topham Elementary, has put karate ahead of medicine and become a purple belt in Shotokan karate, training with his mother at least three times a week.

Brendan is convinced karate has been paramount in his battle with cancer, and ponders - often aloud - why more children don't do it, whether they're sick or not.

"If I can do karate, then I can kick cancer out of my bone marrow," he said. "Whenever I throw a punch, I fling the cancer out of my bones, or that's what my mother said."

Whether it's the karate, an experimental chemo drug from the U.S. or a combination of both, prognosis is now remarkably different.

Shannon admitted to hearing the good news a few days ahead of Brendan.

But fearful of distracting him from his upcoming martial arts competition, she held off telling him until after a karate tournament at the Chilliwack dojo last weekend.

Immediately after that competition, however, she pulled him aside and shared with him the news.

The second-place and third-place wins in the karate tournament suddenly seemed less significant for Brendan, who was seen beaming for days - even in his sleep.

For a youngster who almost died as recently as June, this news sent him

Continued next page

Cancer-free

Continued

literally bouncing off the walls of their Walnut Grove townhouse, Shannon recounted.

"I'm so proud of Brendan. For all his faults (he has three zillion) he's still a boy filled with love, compassion and courage," Mom said.

Since hearing the news, Shannon and Brendan have been shouting it from the proverbial hilltops.

And no surprise, the reaction has been a mix of shock and delight.

"Some of them (responses) totally made me cry," Shannon said.

"I guess there really is a Santa," wrote Brendan's first babysitter.

"Brendan, I knew if anyone could do it, it would be you. You were put here for a special reason, you have inspired and helped so may and in turn you have gained the power to do anything you want to do," said Lisa Peterson, one of his former teachers from Alex Hope Elementary.

An accountant friend, who is currently fighting cancer himself, wrote: "You are an inspiration to others."

"What a journey for someone so young," said one of his Sensei's.

"It's the united collective spirit of all these people that made this miracle come true," Shannon said. "We are truly blessed."

As if there isn't enough reason for Brendan to be excited this Christmas, he's also psyched about once again spending the holiday with his father and some friends in a fishing cabin near 100 Mile House.

And upon his return, it's back to work training, as well as selling Balding for Dollars calendars to help fund-raise to assist other children with cancer at BC Children's Hospital.

This is Brendan's fourth year selling these calendars. His goal this season is to sell 750 calendars.

"We're just so grateful to be alive and want to give back to the oncology department to try and help the other children and make a better life for the other children," Mom intercedes, explaining that Brendan spends at least a half hour every day at local coffee shops selling.

The calendars contain one of Brendan's own drawings for January 2008.

"He's thrilled to have his artwork in the calendar (A picture of him so strong that flames are coming off his bike tires because he is going so fast) and to be selling them again, so he can make his contribution to helping kids with cancer," Mom said.

The calendars are \$10 each and sold at Langley Memorial Hospital's gift shop, Starbucks in Walnut Grove or online at www.baldingfordollars.com



Isabel Gallant (left) with one of two silver medals she won at the Zone 5 tournament.

Zone 5 tournament fun, but it was also very hard

Dear Members:

I competed in the Zone 5 Karate Tournament recently at Capilano College. It was very fun. It was also very hard.

There were lots of people at the tournament at different belt and age levels. I competed in the Girls, age 8-9 years, intermediate in kata and kumite. I received silver medals in both events.

In one of my sparring matches, I was kicked in my stomach really hard and lost my breath. They called in the first aid people to help me. In that same match, I got punched in the nose. I think I like kata better!

I have been training really hard to get ready for my belt test, and the

tournament was a great experience. I made a new friend named Erin who came all the way from Pemberton to the tournament.

It was also fun to watch my teammates from Hollyburn compete – Sarah, Erica, Jason, Ryan, Callan, Colby, Bradley, Iain and Sensei Peter who won gold in kata (I don't know what he won in kumite as we had left by then). They were all very helpful to me as I had never been in a tournament this big before.

Thank you so much, Sensei Peter, for helping me get ready and signing me up.

Sincerely,
Isabel



KBC
Zone 6
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Nov. 24,
Duncan, B.C.

Special report: The world of high school karate in Japan

By Richard Mosdell, Head Coach, Seiritsu Gakuen High School, Tokyo

Huge dojo banners of all colors drape from the spectator seating balcony that wraps entirely around the wide floor space of the arena. High school girls in their mini-skirt uniforms hold school placards as they lead marching karate-uniformed students. Different association executives stand at attention in the VIP section. Family and friends cheer wildly when their team salutes the tournament president as they walk by. All this is the beginning of the All-Japan High School National Karate Championships!

So how does one get to the High School Nationals? That path starts in junior high really. For junior high teens that practice karate, probably since kindergarten age, choosing a high school with a karate club that has a strong reputation is equally as important as the annual percentage of graduates a high school sends onto good universities.

All Japanese high school students join a high school club and they spend many hours participating in club activities almost every single day of their high school life. There are about 300 high schools in Tokyo, of which around 47 have a dedicated high school karate club with their own purpose-built dojo. Many of these clubs have long histories, and doing well on the high school-only tournament circuit can lead to getting accepted into a university which also has a strong karate club.

Most teachers are themselves products of the high school and university karate system, many with distinguished competition careers and national team experience. Some teachers work only as high school karate coaches, teaching beginner's karate in the PE classes and then coaching their school's karate club everyday.

Yes, everyday. Clubs meet Monday to Saturday (all high schools have classes Saturday morning) for 3 hours normally from 4pm, with some having morning practices from 7-



So how does one choose between the conflicting hours that come up with one's private club dojo they may have belonged to for years, and being a new member of a high school club? The answer is simple. The high school club comes first, always.

8:30am. All tournaments are held on Sundays, be it a high school league tournament, local open tournament or one's own private style-club tournament. Multi-club trainings are also organized, mainly for endless rounds of sparring.

So how does one choose between the conflicting hours that come up with one's private club dojo they may have belonged to for years, and being a new member of a high school club? The answer is simple. The high school club comes first, always. A high school student is supposed to experience all their high school has to offer as well as represent the school with all their energy. And private club instructors are glad when their students join a high school karate club because there is prestige gained for the private club if their students to do well in the high-profile high school karate system.

High school in Japan is grade ten, eleven and twelve, or here they say years one, two and three. Normally, all first years buy a new karate uniform with the name of the school embroidered in large Japanese letters on the left chest, and they wear a white belt no matter what their rank is in their dojo style. Second years wear a brown belt and third years wear a black belt. Of course, students new to karate may join in their

first year as well, but interestingly, at high school tournaments, everyone wears a brown or black belt so no one thinks of them as beginners.

Typical practice starts with the first years cleaning the dojo, and then everyone lines up in seiza for a short meditation and several deep bows. Right away running warm-ups and stretching is led by the club captain. An hour of standing basics and moving basics is then practiced, with coaches correcting the slightest errors, everyone being serious and trying to polish their fundamentals. Kata may be practiced for one hour afterwards, followed by kumite

drills in lines or weight training in the school gym. And through it all one's own karate style really doesn't matter.

While some school clubs stick to only one style, most have

no style. Although most students are members of different styles, each school sets its own basic training standards that everyone must meet, which are normally much harder than the private clubs (it is commonly said that style associations are much looser on standards and that they give out dan ranks too easily).

In terms of kata, the club also decides which kata students will practice and compete with, with talented athletes not only doing the kata they already know, but learning different style kata as well. Normally everyone learns several difficult kata so that they have a better chance of doing well in tournaments.

Kumite training consists of many drills done in long lines either with one partner, or rotating one person who is facing the whole line. This is followed by numerous rounds of sparring, normally until the students are too tired to move.

When kumite practice is in session, everyone kiai's, people in lines waiting kiai to get the energy up, everyone is constantly yelling encouragement and advice, so it gets pretty noisy. And from the coaches and seniors, loud scolding is common. Coaches don't normally say anything when an athlete is doing something

Continued page 11

The Oliva seminar



Here is what 10-year old Brendan got out of Oliva's seminar :

The 5 things I learned from Sensei Seba on Friday - by Brendan Wise

1. to score a point, you have to have a good , fast recovery when you have finished a punch.

2. instead of punching with just your arm, you need to turn your waist into the punch.

3. you need to be able to control your kicks.

4. if you are a kid and you are going for a kick to the head, you must not have any contact with your opponent.

5. when doing a combination punch, you need to recover after every punch - not just after the last punch.





Shaun Dhillon and Mike Scales



Brian James and Mike Scales



Matt Bickel and Dan Wallis



Yumi and Bob Mooney, Dan Wallis and Ken Corrigan



Dave Bentley and Dan Wallis



Andreas Kuntze and Mike Scales



Bob Mooney and



Fernando Correia



Zoe Clemens and



and Dan Wallis



James Johnson



Julie Zilber



Dan Wallis



Ken Corrigan



reira and Dan Wallis



Norma Foster



and Mike Scales



Medal haul at international tourney

The international stage brought out the best in many of Kelowna's martial artists at the 2007 Tsuruoka International Karate Tournament.

The three-day event—co-hosted at the Capital News Centre by the Rodney Hobson Karate Academy and Kelowna Tsuruoka—featured 200 athletes from across Canada and as far way as England, Germany and the Czech Republic.

The tournament also marked the 50th anniversary of the introduction of karate into Canada by O'Sensei Masami Tsuruoka.

Tournament chairman Rodney Hobson couldn't have been more encouraged by the response to the event.

"It surpassed all our expectations," said Hobson. "I think it put karate out there to the public and really helped put us on the map.

"Many of the people who came to Kelowna applauded the event and the city and really enjoyed themselves."

The host Rodney Hobson Academy had the largest contingent of competitors and biggest medal haul for all local dojos with 28. Danielle Goudie won a total of six medals—with bronze 16/17 Kata, Silver 18+ Kata, Silver Team Kata, gold 16/17 Kumite, silver 18+ Kumite, silver Team Kumite.

Other RHKA winners: Nick Hemingway—Bronze Kata; Ryan Samuelson—Bronze Kata; Jayden Whittemore—Gold Kata, Silver Team Kata; Felix Drechsler—Bronze Kata, Silver Team Kata; Paige Pidwerbeski—Silver Kata, Silver Team Kata; Abbeyrose Travis—Silver Kata, Gold Kumite; Norm Pidwerbeski—Bronze Kata, Gold Kumite; Dan Voth—Gold Kata, Silver Kumite; Ali Hemingway—Silver Team Kata; Emma Swan—Silver Team Kata; Katia Wells—Green—Silver Team Kata; Hannah Swan—Silver Team Kata; Jessica Saura—Silver Team Kata, Silver Kumite; Elliot Soar—Silver Team Kata; and Alana Pidwerbeski—Bronze Kumite.

The Taneda Karate Dojos grabbed their share of the spotlight winning a pair of major awards and 24 total medals.

Michelle Taneda was named the Grand Champion for women after taking the gold medal in four events—black belt kata, black belt kumite, team kata with Phil and Kari Taneda, and the women's team kumite along with Kari Taneda and Darcy Jong.

Michelle also won the Top B.C. athlete award.

Tori Taneda captured the junior girls Grand Champion award winning two gold medals in the girls 13/14 kata and kumite, and a bronze in team kata.

Other results for Taneda dojos: Phil Taneda cleaned up in the masters division winning three golds—kata, kumite, team kata—as well as silver with Mike

Ditson and Darren Harpe in the team kumite; Kari Taneda won three gold in women's masters kumite, team kata and team kumite, and a bronze in kata; Sukresh Kaloty won bronze medals in boys 13/14 for kata and kumite, and joined up with sister Avneet Kaloty and Tori Taneda to win bronze in the team kata; Ellen Tribe won silver in girls 16/17 black belt kata and she won bronze in kumite.

Kelowna Tsuruoka won nine medals in total: Vic Agostino—Bronze Kata, Silver Kumite; Spencer Costigan—Bronze Kumite, Brone Team Kumite; Andy Buch—Bronze Team Kumite; Tracy Franklin—Silver Kata; Rie Obst—Silver Kumite, Gold Kata; and Noelie Royant—Silver Kata.

Kelowna Shotokan captured eight medals: Brandon Born—Silver Kata; Lauren Currie—Gold 16/17 Kata, Bronze Women Kata, Silver 16/17 kumite, Silver Team Kumite; Taija Kormish—Bronze Kata; and Leeann Wonderland - Bronze Kata, Silver Kumite.

The Tom Mah School of Karate had one medal winner as Tina Schade took bronze in the black belt women's kata.

O-Sensei Tsuruoka announced some grading results for local students as well, promoted from BC were:

- Sensei Gordon Kirschner - 7th Dan
- Sensei Rodney Hobson - 4th Dan
- Sempai Robert Levin - 2nd Dan
- Sempai Fred Beggs - 2nd Dan
- Sempai Neil Jordan - 2nd Dan
- Sempai Dan Voth - 1st Dan

~Rodney Hobson, Chief Instructor RHKA Dojos, Zone 2 Karate Head Coach

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Special report: The world of high school karate in Japan *(continued)*

right, because the coach corrects only the mistakes as per the traditional Japanese way of teaching. This intensity is kept high because the tournament competition is fierce.

High school tournaments have two seasons. The school year runs from April to March, so the first high school city-wide tournament is at the end of April over two Sundays, one Sunday for individual kata and kumite (no weight divisions), and the second Sunday for team kata (3 athletes) and team kumite (5 athletes). The top four people or four teams go onto the regional championships in June, where normally 5-8 prefectures are combined altogether. The June regional championships is a huge event, spread over 3 days at a large arena, held in a different city each year, but it is a dress rehearsal for bigger events to come later on because it is not the National's qualifier.

In terms of bigger events, in June each city holds their high school Interhigh qualifying tournaments. The Interhigh is a real big deal. Similar to the multi-sport Canada Games, it is only for high school students and it is held for 2 weeks over an entire prefecture each August. Only the winners for their divisions qualify in each sport. Since August is sort of vacation time in Japan, the Interhigh is tons of fun to attend because the level of karate is very high and there is a festival atmosphere in the main host city as it is invaded by all sorts of sport's teams, coaches, parents, supporters, media, and celebrities. Everyone has come to the Interhigh to win big or cheer on their team plus have a good time. Quite different compared to 'natsu gasshuku!'

Summer camp. These two words have a heavy weight that when spoken aloud make people go quiet and become reflective. Held before or after Interhigh, it is the hardest, toughest time of the year. The whole club, and some graduates, go to a smaller town or village and stay at a dormitory with a gym or martial arts dojo attached. Everyone eats together, trains together, sleeps in the same rooms together, showers at the same time together and even studies together. A typical training menu is up at 6am for a one hour run through the rural hills, then breakfast, training from 9am-noon, lunch, rest, training from 2-6pm, bath (communal baths in Japan have separate rooms for men and women), dinner, lecture from coaches, furious note

writing about all the day's advice and activities followed by fatigued-laden sleep. For 5 to 7 days. With no break.

In September, school begins and everyone trains like mad for the late November second city high school championships held again over 2 Sundays at two different high school gyms. This tournament is also the winter Regional qualifier, but only the top 2 from each division go onto Regionals, held in January over 3 days. At the winter Regionals, any individual competitor or team that wins their first round qualifies for Nationals in March. So the first round is the most intense because going to Nationals is a big accomplishment and great bragging rights for one's school.

The All-Japan High School National Karate Championships are held over 4 days during the third week of March, the very end of the school year after exams are done. The school pays all the travel expenses for the Nationals, just like the Regionals. On the side of many school buildings, normally a huge 20 foot banner is hung on one wall announcing that the karate club qualified for Nationals. And the atmosphere at Nationals is very serious, not like the festive Interhigh.

The media are again out in force with TV cameras, newspaper photographers and reporters instantly talking to the winners after a division's finals are concluded. A win at Nationals can mean instant acceptance to a top university and an invitation to try out for the National Team. One's reputation can be cemented at Nationals as everyone in the club will always speak about how so and so won or just lost in the finals. So there is a lot of pressure, especially when a student only has two chances in their three years in high school to go to this event.

That's right. In their three years of high school, all students in all sports must 'retire' from their club about halfway through their last year so that they can study all out for final exams and university, college or trade school entrance exams. In karate, it is the Interhigh June qualifier that is the last city-wide event for third year students. If an athlete wins their division and goes on to the Interhigh, then that is their final event. Summer camp is not mandatory, which is a relief for some third year students because it is so hard, but most do attend because a unique event happens only at camp.

It is at the summer camp that the new club captain, a second year stu-

dent, is elected on the last day by only the first and second years, with the third years looking on. Once the election is done, the retiring third years each give a speech to their kohai (juniors) asking them to keep up their practices, fight the good fight, build the reputation of the school and honor them with strong competitive results. Needless to say, lots of crying commences at the realization that their intense time together for 2-1/2yrs is now at a close. After summer camp, third years may only come to the dojo with permission from the head coach, since they are supposed to use their time to study.

And so this is the world of Japanese high school karate. The university karate club world is quite similar, with only one difference everyone says... it is even harder!

On a final note, international students who join a high school karate club are allowed to compete all the way up to Nationals! And all clubs welcome foreign visitors. If anyone is interested in coming to Japan for a short visit or who wants to know about becoming an international student, feel free to contact me anytime. r-mosdell@seiritsu.ac.jp www.seiritsu-int.com

Author: Richard Mosdell is a former Karate BC Team member & assistant coach, whose Kenzen Karate club started the Vancouver Karate Cup in April 2000. Since 2004, he has been the full-time head coach at the Seiritsu Gakuen High School karate club, the oldest high school karate club in Tokyo. Richard has coached the athletes through the City, Regional, Interhigh and the All-Japan High School National Championships.

14 sharpen their officiating skills

Fourteen KBC members attended an officials' clinic held in Abbotsford on January 18 presented by Norma Foster and Paul Sexton. Among these were instructors and athletes, as well as some who simply wanted to understand the current competitive environment a little better. The course comprised a theory portion with flag and gesture practice, and various exercises to help improve some of the top 10 qualities that are most desirable among judges and referees.

The practical portion proceeded on the following day with those who were undergoing examination working all day at the Zone 3 tryouts. Due to the absence of qualified officials, score and timekeepers (technical officials) these candidates underwent their testing under extremely demanding circumstances and even suffered verbal abuse regarding their competence.

Due to the good spirit of these trainee officials and their willingness to work all day, Zone 3 could complete its tryouts. The results of the officials' examination were excellent, and Paul has started on the path to become a Officials' Course Coordinator.



Feedback from the participants indicated that more practical training is required before stepping on the mats for real-time officiating.

I would like to comment that some behaviors and attitudes towards trainee officials must change before the situation develops where no-one wishes to perform this function for fear of character assassination. This must stop before we seriously damage our

athletes at all levels of competition. Furthermore, officials' examinations should not proceed during competitions. This does not happen in any other sport. Officials need to be qualified *before* participating in actual competitions. This will require the support of club instructors to provide athletes and opportunities for this type of testing outside of real competition.

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Early start, exciting day as Zone 8 athletes qualify

By Richard Bisanz

Saturday, November 24, 2007 – It was the day of reckoning for Zone 8 Karate BC athletes aimed at qualifying to move on and test their skills at higher levels of competition ... at the 2007/8 Zone 8 Provincial Qualifier Tournament in Fraser Lake.

6 a.m.: The day starts with a preliminary test of courage as a sudden morning snowstorm blurs frosty windshields and jostles otherwise determined tires from their easy course. The mission requires participants and their entourage to travel up to 612km, over at least 2 days, and crossing roads firmly gripped in winter's first clutches. Drivers are required to adjust their skills to the icy conditions, as parents endure a test of their own. For tense hours, passengers must overlook distractions ...try to stay focussed. Still, everyone's watching for moose on the road...

8 a.m., morning of the tournament: Snow depth at the venue reaches 12 inches of overnight accumulation. Nerves would be thoroughly tested long before anyone sees a competition mat. Excitement is tempered with uncertainty, as everyone remains hopeful that no one is stranded, and that everyone is okay. The doors are unlocked. For the athletes, the added pressure gets to some, but only seems to intensify the focus of others.

10 a.m.: Most have made it ...but now everyone's waiting. Start time is an hour late when the last registered entrants finally show up, determined, even smiling! It's on! The mood is happy, but serious. This is not a "fun tournament" like some of the other annual regional tournaments. The faces are all the same, and friends cordially acknowledge one another ...but this tournament is important. There's no time for weakness ...no room for doubt ...performance must be maximized ...focus managed, and stress suppressed. Falter here, and the season's shot!

10:10 a.m.: The officials are in formation, the mat is open, and scorekeepers ready. The first category of athletes is marshalled; they line up, and make their way to the competition area. The crowd smiles and the noisy room quiets as steam drifts over tightly clutched coffee cups. Everyone who has come seems to release a collective (if symbolic) breath of tension ...all knowing finally, everything is okay. *HAJIME!*

The scene is dramatic but surprisingly, it's usual. It's one that is repeated year after year, time and again, in various rural locations across BC, where demographics are sparse and the environment is unyielding. Northern athletes face additional challenges, but the successful ones only turn added adversity into additional focus and determination – it becomes another weapon in their arsenal ...an advantage! It's a clear disadvantage to the athletic body, to spend hours upon hours in cramped conditions, riding to tournaments. But all that time to focus on the goal, and upcoming task, and training skills, and strategic plans ...what an advantage! It's a disadvantage to spend nights in strange beds, sometimes in sleeping bags on cold floors, and surrounded by unusual sounds. But those same circumstances can focus one's attention, heighten awareness, keep one committed to their purpose, removes complacency, and becomes a cue of preparation – what an advantage over someone who shows up groggy-eyed, and overly relaxed! The list goes on...

But turning adversity into advantage, certainly is the

karate way. It is how every single karate-ka starts, and it's implied and essential in every effort we subsequently make. Not unlike those miles of tense winter transportation, karate is a similar journey of uncertainty that's focussed on success. Locations alter, circumstances vary, the seasons change, and faces are different: but at the tournament, whether old acquaintances or even if meeting for the first time, everyone recognizes one another. And as they say, "only those who do, know." Friends and opponent's alike, share that.

The Zone 8 Provincial Qualifier Tournament took place on Saturday, November 24th, with athletes from across the north facing one another in rivalled competition, for prestigious opportunities to advance to further tournaments. Karate BC participants came from various locations including Prince George, Fort St. John, Mackenzie, Fraser Lake, and Vanderhoof.

The level of performance was impressive, leaving parents and instructors proud, anxious and optimistic for the upcoming Provincial and National season. Thanks to all the entrants, and congratulations to all the successful athletes. The tournament itself raised \$885 for the Zone 8 Team, and the training session held the following day added another \$180.

Both were great successes! Thanks to the host, the officials, volunteers, all the athletes, to our coaches, and to Karate BC!

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Cool start to a new year of karate

Members of the B.C. Shito-Ryu Seiko-Kai Association started 2008 with what has become a tradition: beach training at English Bay followed by a dip in the ocean, Jan. 19.

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March 15, 2008 – Coquitlam • April 8, 2008 – Kelowna • May 31, 2008 – Victoria

For more information or to register, call Suzanne at 604-837-6436, email kaizensj@shaw.ca or visit www.karatebc.org

NCCP Course Schedule

Competition - Introduction Part A (replaces Level 1 Theory)

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

Mar 8, 9, 2008	Maple Ridge	West Coast Kinesiology	(604) 465-2470
Mar 8, 9, 2008	Victoria	Pearkes Recreation Centre	(250) 475-5400
Mar 8, 9, 2008	Vancouver	Langara College	(604) 323-5322
Mar 29, 30, 2008	Duncan	Malaspina University-College	(250) 746-3519
Mar 29, 30, 2008	Surrey	Tong Louie YMCA	(604) 575-9622
Apr 11, 12, 2008	New Westminster	Douglas College	(604) 527-5472
Apr 12, 13, 2008	Victoria	Camosun College	(250) 370-3550
Apr 19, 20, 2008	Vancouver	Langara College	(604) 323-5322
Jun 7, 8, 2008	Surrey	Tong Louie YMCA	(604) 575-9622
Jun 20, 21, 2008	New Westminster	Douglas College	(604) 527-5472

Competition - Introduction Part B (replaces Level 2 Theory)

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

Mar 1, 2, 2008	Kamloops	PacificSport - Interior	(250) 828-3500
Mar 1, 2, 2008	Kelowna	PacificSport - Okanagan	(250) 469-8854
Mar 8, 9, 2008	North Vancouver	North Van Rec Commission	(604) 987-7529
Mar 15, 16, 2008	Vancouver	Langara College	(604) 323-5322
Apr 5, 6, 2008	Victoria	Pearkes Recreation Centre	(250) 475-5400
Apr 11, 12, 2008	New Westminster	Douglas College	(604) 527-5472
Apr 12, 13, 2008	Surrey	Tong Louie YMCA	(604) 575-9622
Apr 25, 26, 2008	Prince George	PacificSport - Northern BC	(250) 960-5346
Apr 26, 27, 2008	Victoria	Camosun College	(250) 370-3550
Apr 26, 27, 2008	Duncan	Malaspina University-College	(250) 746-3519
Apr 26, 27, 2008	Vancouver	Langara College	(604) 323-5322
Jun 20, 21, 2008	New Westminster	Douglas College	(604) 527-5472
Jun 21, 22, 2008	Surrey	Tong Louie YMCA	(604) 575-9622

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Calendar of Events

Mar 8	35th Steveston Invitational Int. Karate Championships	Steveston Indoor Tennis Court, 411 Moncton St., Richmond, BC	Takeshi Uchiage @ 604-272-4660 www.uchiage-kai.com
Mar 18	KBC AGM (Mar 28) Proxy submission deadline 5 PM. mail proxies to KBC office: #220-1367 West Broadway, Vancouver V6H 4A9		Karate BC @ 604-737-3051
Mar 28	Karate BC Annual General Meeting (7 p.m.)	Accent Inn, 3777 Henning Drive, Burnaby, BC	Karate BC @ 604-737-3051
Mar 29 - 30	2008 Karate BC Provincial Championships	BCIT, 3700 Willingdon, Burnaby, BC	James Johnson @ 604-737-3051
Apr 12	Prince George Open Tournament	Duchess Park Secondary School, 2371 Ross Cres. Prince George, BC	Elaine LaMarre @ 250-562-5070
May 3	Vancouver Island Karate Championships	Cowichan Centre, 2687 James Street, Duncan, BC	Fernando Correia @ 250-748-9111
May 10	Vancouver Karate Cup	War Memorial Gym, University of B.C., Vancouver, BC	Bill Holder @ 604-643-3169
May 24 - 31	Senior Pan American Championships		Venezuela, location tba
Jul 3 - 5	National Black Belt Karate Championships		St. Johns, New Brunswick
Aug 21 - 23	2008 World Wado Kai Karate Championships	Hollyburn Country Club, 950 Crosscreek Road, West Vancouver, BC	WWC Administrator @ 604-444-3462
Nov 8	Victoria International Karate Tournament	Central Middle School, 1280 Fort Street, Victoria, BC	Peter Danniels @ 250-388-9241

We're moving!

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as of March 26, 2008:**

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