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www.karatebc.org

BLOOD ON THE FLOOR

by Jean Sorensen

Everyone has one in karate. An image that never fades.

Mine is of a sensei, old school, who decided to give his students a mind-over-matter demonstration. He broke beer bottles in a box and stood on them barefoot while preaching that a strong mind is no match for glass shards.

He got cut. But, being pure old school he refused to acknowledge it. He walked the mats counting off 100 push-ups for us in sets of 25 interspersed with squats. The blood poured from his feet. The mats became sticky, tacky with blood. Everyone struggled to land hands on the floor where no blood existed. One

kept one's face off the mat. Sensei wouldn't quit and we weren't allowed to. At the end of class when friends packed him off to emergency, it became clear to me that the word ignorance stems, in part, from a conscious choice to ignore certain facts, not a lack of them.

"Credibility is one of the most important things that have been created by Karate BC. You must be a Karate BC member to participate in the BC Winter Games. Only Karate BC members can attain school credits for BC Team participation, BC Winter Games participation, and being part of the Officials program. Karate BC has the recognition of the Provincial Government which gives credibility to any of its members."

Sensei Chris Taneda
(35-year KBC veteran)

In the early era of karate, sensei's trained rep, rote, and physical endurance. It was heady stuff as one pushed the body to exhaustion, exulting at new limits, never caring about long term harm to the body. One always fell back on the righteous perception of youth that one was invincible. Recouping

powers, a safety net, compensated for any faux pas training methods. >



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Team BC Brings Home 48 Medals from the Nationals

Team BC made the province proud when they brought home 48 medals from this year's National Karate Championships in Calgary.

Karate BC Celebrates 35 Years

Karate BC is celebrating 35 years! The organization started in 1974, and has come a long way since then. We're celebrating the members who have been with us since the beginning, or close to.

NCCP – Why You Should Get Involved

NCCP has been part of the Canadian Sport System for more than 30 years...

President's Message



Welcome back for another season of traditional karate training. Karate BC endeavours to meet the needs of each of its member clubs and in order to do that we need to have regular, two-way communication with clubs and members. We send out printed newsletters and electronic newsletters to keep you up-to-date on what is happening in the clubs around the province, how members have excelled in their karate training, some very inspiring personal stories, as well as what is happening on the national karate scene. We hope that these vehicles meet your needs but we also realize that communication needs to be more than just newsletters.

To that end, our new Executive Director, Bob Tuss, is making the effort to get around to the zones in the province in the coming months to meet you face-to-face and hear what karate is like in your zone, how you see Karate BC impacting you, where you would like to see the relationship with your provincial organization evolve, and any other messages you feel are important to you. Bob will be on Vancouver Island October third, and in the Okanagan on the 18th, for just such a meeting and he is more than willing to hear from you when would be a good time to meet with you and your zone. Give him a call.

Karate BC has embraced the "Zone" concept in order to make our Provincial Championships the highlight tournament in our province, to foster pride in your region (zone), to help develop coaches, administrators and officials at the zone level by providing more opportunities to practice these skills. I would like to share with you how one zone (zone 6) has taken up this challenge to perhaps serve as a bit of a model for other zones if they feel it may work in their area.

Zone 6 has a Board of Directors who meet generally twice during the season. I have had the pleasure of being President of this group and can tell you that no one person has to do it all: we have people willing to share the load and it benefits us all. Beside myself on the Board we have Harvey Robinson (VP), Charles LaVertu (Secretary), Loretta Schwab (Director), Pam Ross (Director), Fernando Correia (God and BC Games Coordinator). We have a coaching staff that currently consists of Roy Tippenhauer, Pam Ross and Kraig Devlin. They will be planning training sessions every 5 weeks or so up to the Provincial championships. We regularly have between 50 and 60 trainees that range in skill level from novice to national champion. Last season we had one "Super Sunday" when we also included a referees/scorekeepers course. We did this to help streamline the number of weekends people felt were given over to karate so on this one day Roy and his crew worked with athletes of various levels (some only trained half-day, others full-day) while Fernando and Loretta ran a scorekeepers clinic for those parents who drove their children to the training session. It worked very well and we trained over half of the scorekeepers we needed for our zone playoffs at the same time.

The revenues generated by these training sessions not only cover the cost of the gym rental, some training equipment, as well as expenses for coaches, we also are able to pay an honorarium to the coaches as a token THANK YOU for sharing both their expertise and time with Zone 6 athletes. In addition to the above, we have a surplus each year and we have decided to financially recognize those athletes who have made it on to the BC Team and on to the National Team. Our Board recognizes the tremendous costs both in time and financial resources to those individuals and families who devote themselves to the pursuit of excellence.

By cooperating, dojos on Vancouver Island give those individuals interested in pursuing sport karate extra training needed to do well provincially. By cooperating, instructors share knowledge and skills for the betterment of athletes and the dojo. And finally, by cooperating we build a sense of community – called Vancouver Island Karate Society. Perhaps such a model may work for you in your community.

Dan Wallis
Karate BC President



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Blood on the Floor *continued from page 1*

Few and precious books showed fingers of Japanese karate masters with blunted ends from shoving them into beans to toughen them. Makiwari boards grew nubbed, callused knuckles. Spirited dojo kumite yielded sprained ankles, cuts, bleeding noses, and cracked or broken ribs. Preparation for competition or belts at dojos ranged from haphazard to so intense individuals often left to go out back to disgorge. Coaching skills were essentially practices transferred from sensei to sensei, with no real understanding of why something worked, if it did work, and for what type of karate-ka.

Almost two generations later, there is now a greater clarity of karate in British Columbia. While the old identity of karate was drawn purely from Japan, Canada has placed its own hallmarks on the sport greatly aided by Karate BC, other provincial organizations, and the National Karate Association. Karate BC, which once existed mainly for organizing tournaments, began evolving standards for dojos such as qualifications that a sensei should have, insurance that not only covered the dojo but also covered the athlete, and coaching courses (NCCP, sports medicine, and workshops) created more awareness of health issues, human rights, and generally what we were doing with students.

Standards, combined with a sense of professionalism, emerged as dojos grew up, grew out, and grew bigger. They moved from low-rent commercial space, garages, or basements to storefronts, churches, community centres, schools, and YMCAs. Karate became more mainstream.

The sensei evolved from a multi-faceted individual combining coach, mentor, advisor, and role model into one entity. Senseis learned to deal with a more complex and diversified student body that came in all ages, with a range of physical capabilities, and objectives ranging from fitness to high-performance competition.

Senseis learned that there was a duty of care that existed in how the sensei shapes the individual and moved that person towards a black belt. Clubs set standards and syllabuses. There is a step-by-step program for achieving that goal, moving through syllabuses and organized test dates. There is feedback on performance, corrections, and suggestions for improvement. Nationally, a grading board was established so that individual clubs were no longer reliant upon bringing in grading individuals from Japan, the U.S. or abroad. Today, senseis take pride

“The most profound effect by Karate BC over 35 years is to have participated in the development of a credible, standardized, world-level generic black belt and to be positioned with it to offer guidance, leadership, umbrella governance and support for respected, safe, genuine world-level sanctioned karate for the people of BC (and Canada).”

Sensei Rick Chernoff
(35-year KBC veteran)

“The initiation of NCCP courses was a significant factor for all KBC dojos. This was the first uniform guidance provided for all coaches and assistant coaches no matter what the dojo focus. Knowledge on over-all student health and safety was available whether that individual was a recreational karate-ka or a high performance athlete.”

Sensei Chris Davis
(35-year KBC veteran)

in their student's accomplishments because more so than ever, they are a reflection of all the knowledge and skill we have learned over the years. We, in karate, left behind the physical abuse, the intimidation, verbal abuse, ridiculing students, harassment, or neglecting those students who just didn't fit in, in the hope that they would eventually just go away.

These had no place in the new standards we wished to bring forward. And, with great courage, we dug even deeper looking at ourselves for some things we rather would not see. We did not condone discrimination of any kind (old, young, women, or racial) and rooted it out. Sensei Norma

Foster's now famous words are etched in newspaper archives as she pushed forward women in judging. “The only balls a judge needs are eyeballs,” she said. Harrassment, bullying, and poor sportsmanship were also not condoned. We asked police checks to be made for chief instructors. Karate became more accountable to the public as it moved mainstream.

What did all this yield us 35 years later? The answer is an organization that is evolving its own brand of karate-ka, dojos, and senseis. There is reverence linking into the traditional past but there is also foresight and vision embracing the future as Karate BC stands with a national organization that produces a Canadian karate-ka respected throughout the world. Karate-ka coming forward today epitomizes the skill of seasoned instructors, more professional dojos, and are better trained, coached, and mentored.

While competition is not a measure of karate, it is a measure of how well the critical elements that a provincial sport body organization stands for, have been delivered to students. BC athletes have competed at world events, Pan-American events, and also national events. When a BC karate-ka steps onto the floor at an international event, or, when courageous youth like Brendan Whieldon, who has had over 100 rounds of chemotherapy battling cancer, goes into a provincial tournament standing tall to pull out his best, ones heart has to swell with a sense of pride.

“The largest change has been a move in our organization's structure to a primary activity for children. When Karate BC first started, it comprised mostly of males between 19 to 35 years of age. Our new organization is comprised to a great extent by young people. This has permitted a more diverse organization, benefiting all. Our officials program is, in my opinion, one of our largest assets, which adds to our tournaments displaying professionalism and a more level playing field for athletic competition and development.”

Ken Corrigan
(35-year KBC veteran)

Because we know. That's our blood on the floor. **KBC**



Team BC Brings Home 48 Medals from the Nationals

2009 TEAM BC ROSTER

Yuki Hisata, Wade Nicholl, Victoria Barusic, Toshi Uchiage, Thien Nguyen, Sumi Uchiage, Shaun Divecha, Shaun Dhillon, Seiya Takeuchi, Sarah Jenkins, Samirah Muhammad, Samantha Rowland, Ryan Maizis, Ron Curran, Rita Ngo, Reuben James, Raibir Buttar, Paulo Santillian, Pam Ross, Nicholas Trotzok, Morgan Maher, Micheal Houg, Matthew Ly, Matt Bickel, Manjit Gosal, Lucas Fung, Lauren Maguire, Kodi Archbold, Kim Logan, Kendra Clough, Kelly Jackson, Katherine Lam, Katayoun Islami, Kalan Anglos, Jusleen Virk, Junya Yamamura, Joseph Tassone, Johnathan Lum, Jeric Ross, Jason Farquharson, Iris Wong, Hidemi Uchiage, Hamid Tarighatbin, Erik Teitz, Eric Mah, Dylan Robinson, Dylan Riches, Desmen Jaldbert, Derek Chan, Dayton Turchenek, Danielle Kumalae, Daniel Parker, Coulson Boothe, Cody Martin, Cindy Jacob, Chris Joe, Celynne LaMarre-Belanger, Cassy Schouten, Callan Evans, Cadence O'Neal, Arash Beytoei, Anisha Virk, Andrea Maikawa, Amy Parker

TEAM BC HEAD COACH
Sandeep Gill

VOLUNTEER ASSISTANT COACH
Peter Stoddart

Team BC made the province proud when they brought home 48 medals from this year's National Karate Championships in Calgary.

The tournament took place July 25-27, 2009, and sent 63 Team BC members, five coaches, four officials, and team manager to Alberta. The team has much to be proud of, as the whole team and staff were extremely successful on their endeavors, bringing home 11 gold medals, and many more.

A big congratulations goes out to Victoria Barusic who won Female Junior Athlete of the Year at the 2009 National Banquet.

The Nationals were a great opportunity for KBC athletes to thrive in a competitive nature, and the successful results are an achievement for the whole team, the staff, and all Karate BC Members. **KBC**

ASSISTANT COACHES
Andrew Ahlsten, Nicole Poirier, Mike Ditson

TEAM MANAGER
Louise Jenkins



National Tournament Results

GOLD

Name	Hometown	Division
Hidemi Uchiage	Richmond	Womens Team Kata
Sumi Uchiage	Richmond	
Pam Ross	Courtenay	
Reuben James	Vancouver	Boys 16/17 Team Kata
Johnathan Lum	Vancouver	
Lucas Fung	Surrey	
Toshi Uchiage <i>(Senior National Team Member)</i>	Richmond	Mens Kata
Cadence O'Neal <i>(Junior National Team Member)</i>	Burnaby	Girls 14/15 -47kgs
Victoria Barusic <i>(Defending Champion - Junior National Team Member)</i>	Burnaby	Girls 14/15 -54kgs
Cadence O'Neal	Burnaby	Girls 14//15 Team Kumite
Victoria Barusic	Burnaby	
Morgan Maher	Pemberton	
Danielle Kumalae	Westbank	
Derek Chan <i>(Junior National Team Member)</i>	Burnaby	Boys 14/15 -57kgs
Joseph Tassone <i>(Junior National Team Member)</i>	Burnaby	Boys 16/17 -55kgs
Matt Bickel <i>(Junior National Team Member)</i>	Burnaby	Mens Under 21 - 68kgs
Shaun Dhillon <i>(Senior National Team Member)</i>	Abbotsford	Mens +84kgs
Manjit Gosal	Abbotsford	Masters Men Kumite

BRONZE

Name	Hometown	Division
Lauren Maguire	Vancouver	Girls 16/17 Kata
Sumi Uchiage	Richmond	Womens Kata
Thien Nguyen	Richmond	Boys 14/15 Kata
Jeric Ross	Campbell River	Mens Under 21 Kata
Samantha Rowland	Maple Ridge	Girls 14/15 -47kgs
Morgan Maher	Pemberton	Girls 14/15 -54kgs
Kelly Jackson	Richmond	Girls 14/15 +54kgs
Katherine Lam	Richmond	Girls 14/15 +54kgs
Anisha Virk	Surrey	Girls 16/17 -54kgs
Sarah Jenkins	Mission	Girls 16/17 -59kgs
Jusleen Virk	Surrey	Womens Under 21 -53kgs
Jusleen Virk	Surrey	Womens -50kgs
Rajbir Buttar	Abbotsford	Womens -50kgs
Andrea Maikawa	Burnaby	Womens -61kgs
Cindy Jacob	Coquitlam	Womens -68kgs

SILVER

Name	Hometown	Division
Victoria Barusic <i>(Junior National Team Member)</i>	Burnaby	Girls 14/15 Kata
Lauren Maguire	Vancouver	Girls 16/17 Team Kata
Victoria Barusic	Burnaby	
Iris Wong	Burnaby	
Hidemi Uchiage <i>(Senior National Team Member)</i>	Richmond	Womens Kata
Paulo Santillian <i>(Junior National Team Member)</i>	Vancouver	Boys 14/15 Kata
Reuben James <i>(Junior National Team Member)</i>	Vancouver	Boys 16/17 Kata
Kim Logan <i>(Junior National Team Member)</i>	Burnaby	Girls 16/17 -59kgs
Kim Logan	Burnaby	Girls 16/17 Team Kumite
Kendra Clough	Surrey	
Lauren Maguire	Vancouver	
Sarah Jenkins	Mission	
Andrea Maikawa <i>(Junior National Team Member)</i>	Burnaby	Womens Under 21 -60kgs
Cassy Schouten <i>(Junior National Team Member)</i>	Nanaimo	Womens Under 21 +60kgs
Cassy Schouten <i>(Senior National Team Member)</i>	Nanaimo	Womens -68kgs
Derek Chan	Burnaby	Boys 14/15 Team Kumite
Dylan Robinson	Burnaby	
Matt Ly	Burnaby	
Erik Teitz	Surrey	
Shaun Dhillon	Abottsford	Mens Team Kumite
Ron Curran	Maple Ridge	
Kalan Anglos	Cumberland	
Arash Beytoei	North Vancouver	
Michael Houg	Prince George	
Matt Bickel	Burnaby	

Name	Hometown	Division
Hidemi Uchiage	Richmond	Womens Team Kumite
Andrea Maikawa	Burnaby	
Cassy Schouten	Nanaimo	
Cindy Jacob	Coquitlam	
Dylan Robinson	Burnaby	Boys 14/15 -63kgs
Reuben James	Vancouver	Boys 16/17 -61kgs
Daniel Parker	Mission	Boys 16/17 -76kgs
Ryan Maizis	Lake Cowichan	Boys 16/17 Team Kumite
Coulson Boothe	Summerland	
Reuben James	Vancouver	
Johnathan Lum	Vancouver	
Kalan Anglos	Cumberland	Men Under 18 -78kgs
Cody Martin	Burnaby	Mens -60kgs
Matt Bickel	Burnaby	Mens -67kgs
Ron Curran	Maple Ridge	Mens +84kgs

Officiating at the 2009 National Championships

by Andreas Kuntze

THE CLINIC

This was my first experience as an official at the National Championships. Phil Taneda from Westbank Chito-ryu was another 'newbie' and he did very well indeed. The official's clinic and evaluation process spanned the entire championships, from the 21st of July until the 25th of July.

The initial clinic and test was very informative. As this was the first time anyone had been evaluated with the updated 2009 rules, there were a few changes that had to be addressed. A shortened written test was administered for Kumite, while the full WKF test for Kata was used.

The practical portion of the clinic was held on the second day. The format was quite good for both Kata and Kumite. I particularly liked the idea of having the evaluator sit behind the kumite judges to determine their vision and flagging skills.

THE TOURNAMENT

For a small tournament, the National Championships was fairly well run, although there could have been less down-time for officials. The building was very hot, as there was no air conditioning and we could not open the doors to the outside. I'm not sure it would have made much of a difference though, as it was Calgary in the middle of July! We did see quite a bit of contact on the second day. No category 2 penalties were awarded for wild techniques. This was a particular problem for high kicks. Unfortunately, this resulted in some serious injuries, including a few to our BC team members.

As usual, the intensity at the Nationals was totally different from our Provincial events, with everyone's emotions ratcheted to a much higher level.

CONCLUSIONS

This experience certainly helped me evaluate where we are in BC with respect to officiating. It is clear to me that the Provincial Referees in BC are at least on par with what I saw at the national level.

The format of the clinic was quite good, with some innovations that I had not considered. I will certainly try to use some aspects of these clinics when and if I run my own in BC.

The experience has certainly motivated me to improve my own officiating, but also to help produce more officials in BC, run productive, enjoyable clinics and to encourage our more experienced referees to attend the National Championships. They have much to gain by their attendance.

I would like to thank Sensei Norma Foster and the Officials Committee for their support and encouragement. **KBC**

My 2009 Nationals Experience

by Victoria Barusic, West River Karate Club

From the time I left the airport in Vancouver to fly to Calgary, I knew I was going to win. When I stepped off the plane, to the moment I was at the edge of the mat for my first match, my drive to win was bigger than ever. My goal for this year's Nationals was to defend my returning champion title (in Kumite), and to exceed my medal count from last year. My support for this year as expected came from my parents, Sensei Kenny Lim, Thien & Tan Nguyen, Lauren Maguire, Iris Wong, and Morgan Maher...they were all at my ring-side for every match I had for both Kata and Kumite. Thank you all for being there for the support and motivation.

The first event of the day was Cadet 14-15 Kata; I had a total of three rounds, including finals. In the end, I came second in the division losing to Quebec in the finals. The following event was the Cadet 14-15 -54kg Kumite...the event I look forward to the most. I had a total of three matches, winning them all victoriously. Unfortunately, in the fi-

nals the other athlete was unable to compete due to medical issues. It's not the way I like to win, however I was confident that that I would have pushed through anyway. Next up was Team Kumite where we quickly finished off the first round against Team Alberta. Cadence and I finished them off in only two matches. Team BC was off to finals against Team Quebec. The first fight was Cadence which ended in a tie (2-2). The tension and excitement was rising quickly. I was up next, and I finished my fight as quickly as possible with a spread of 9-0. We had one more fight, and we would win the division – for this fight we had to either win it, or make sure they didn't exceed the amount of 8 points. Thanks to Morgan Maher's performance, she kept the score at 4-1 winning the match. My first Team Kumite victory at Nationals...so much excitement and fun!

The following day I had one event left, and that was Team Kata in the 16-17 year old division. Our team of myself, Lauren Maguire,

and Iris Wong won our preliminary round with all three flags...then it was off to finals. In the finals we had to face off against Quebec. It was a tough round that seemed very close, but the judges gave the decision to Quebec with four flags to one. A little disappointing, but since it was our first year with Team Kata...I'll have to remain happy with a Silver. My final results from this Nationals was 2 gold and 2 silver...my goals were well met. I defended my title, and increased my medal count. At the end of the tournament on banquet night, I was awarded Junior Female Athlete of the Year. This was a wonderful way to end Nationals 2009, and this experience was one of the best...I will never forget it.

My next goal is to have an outstanding performance in El Salvador (Jr. Pan Am's) in September...then hopefully a decision change with Karate Canada to allow me as a 14-15 year old to compete on the world stage this year in Rabat, Morocco. **KBC**

Why the National Coaching Certification Program (NCCP)?

Each year, thousands of adults in BC enroll in Canada's most respected and world-recognized coaching education program, the NCCP. The NCCP has been a part of the Canadian sport system for more than 30 years and it continues to serve our sport system very well.

So why take a coaching clinic? Let's ask some short questions that address some potential benefits for both you and your athletes. Have you ever wondered if you are being as effective as you could be in training your athletes? Are your practices structured in the most effective way for your athletes to learn, or that you make appropriate interventions with your athletes that promote effective learning? Are your athletes mentally prepared for competition, and have you been able to integrate mental preparations into your practices? Do you and your athletes have all the information you need to make good decisions about nutritional needs pre and post-competition?

Knowing how to be the most effective instructor; knowing how to integrate mental training into your practices for more effective competition, or knowing what the best nutritional options will be for your athletes, are just some of the elements of the NCCP program that can enhance the experience for your athletes.

These are but a few of the topic areas that the NCCP will answer to make sure that your athletes are getting the best possible sport experience. Regardless of whether or not you are coaching recreational athletes, or high performance athletes, how effective you will be with them will be determined by how well prepared you are in each of these, and many other, areas.

The sport experience that you provide to an athlete should encourage their on-going participation in their chosen activity. What better way to make sure that you keep them engaged than by offering them additional re-

sources or services to make their experience more interesting, more learner-centred, and that provides you with more tools that can effect change in your athlete's everyday life.

The NCCP program is unique in the world for the knowledge that it offers to coaches

and instructors in the sport system. If you are interested in learning more about how this program can benefit you and your athletes, please contact Karate BC or the Coaches Association of BC for more information: www.coaches.bc.ca **KBC**



2009 BC Team Season

by Sandeep Gill, Karate BC Team Coach



The 2009 BC Team finished its season on a high note with a good performance at the National Championships in Calgary, Alberta.

This was the largest team BC ever sent to the Nationals, providing some logistical challenges that the BC Team Manager and Karate BC Executive were able to overcome.

In terms of results, we are happy to report that we received 7 individual gold medals. Rounds of congratulations are due to Shaun Dhillon, Toshi Uchiage, Matt Bickel, Derek Chan, Victoria Barusic, Cadence O'Neal and Joseph Tassone. All the athletes who attended the Nationals deserve credit for being well-prepared for the event, training extra hours and dedicating their time and effort to get ready for this tournament.

The highlight of the season for me was all the help we received from the dojo instructors and coaches from around the province this year. It brought a lot of joy to the athletes to work with some of the best instructors we

have in the province, and we all benefited from the experience these coaches shared with the athletes. Please note that we look forward to further cooperation and help in the coming year from more dojo instructors that are willing and excited to work with top athletes in the province.

This year we also had volunteer coaches help us at the Nationals. A special thank you goes to Peter Stoddart (Hollyburn) and Kenny Lim (West River). Without their help we would not have been able to perform as well as a coaching team, and we appreciate their professional approach and selfless attitude to help support the athletes to achieve their best.

This year our team showed a great spirit that was no doubt inspired by the hard work of all the dojo instructors and training partners, officials, volunteers and KBC Executive who have been behind us all the way. Thank you for believing in our athletes and we hope our attitude and desire to perform to our personal best has made the province of BC and Karate BC members proud. We look forward to your support again next year! **KBC**

2ND LOCATION
IN RICHMOND

2ND TO
2^{NONE}



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SPORTS CLUB**

REDEFINING EXCELLENCE

Our new Richmond facility features 55,000 Square Feet of Workout Space, indoor pool, Group Classes, Tennis complex, and many more exciting amenities.

Exclusive special for all Karate BC members
\$50 off enrollment and \$10 off the monthly membership fee at Steve Nash Sports Club (Richmond Location)

Call Sean at the Richmond club today: 604 273 5213 or email seanc@stevenashsportsclub.com

Visit our website: WWW.STEVENASHSPORTSCLUB.COM
For more information

Steve Nash Sports Club Richmond
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Richmond, V6X 2M9
(604) 273 5213

No other discounts can be used with this offer. Must be at least 19 years old, or 13 with parent. Enrollees must show proof of employment with above references firm at time of enrollment. Family add-on must be: related as a spouse, domestic partner, or child (13-19 years old) and live at the same address as the employee. Additional fees will be added for family memberships. Facilities and amenities may vary per location. Valid photo I.D. required at check-in. Offer expires as stated above. See club for details.

Karate BC Provincials, New Trophies, and Hall of Fame

The 2009 Karate BC Provincial Championships were held on May 9 and 10 at BCIT in Burnaby. Karate BC members who competed in Zone tournaments around the province matched up to qualify for the Nationals in Calgary in July. On May 10, Mother's Day, all the moms were encouraged to wear a funny hat to the tournament. Of those who participated, two received great door prizes – first place took a one-night stay at the Accent Inns anywhere in their system, and the runner-up received a very nice stainless steel barbecue utensil set from Trail Appliances. There were a number of other prizes given away including passes for the PNE/Playland, Minter Gardens, and Gold's Gym; tea for two at the Wedgewood Hotel & Spa, accommodation

at The Inn at the Quay New Westminster, and Hotel Victoria; products from Yamato Marketing, Kenzen, and Panago Pizza, and a grant from Tourism Burnaby. Special mention goes to David deRoy and his crew from OneLegWest Design for their photo contributions. Next year's Provincials are set to take place on January 23 and 24 at BCIT in Burnaby. It's being held earlier because the Nationals will be taking place March 19-21, 2010.

A BIG THANK YOU TO ALL THE VOLUNTEERS WHO WORKED SO HARD TO MAKE THIS YEAR'S TOURNAMENT SUCH A SUCCESS!!! WE COULDN'T DO IT WITHOUT YOU!!!



Karate BC acquired new Inukshuk Provincial trophies this year which were awarded to Ron Curran for Male Grand Champion and Cassy Schouten for Female Grand Champion. Each winner received a smaller replica trophy to keep – the larger trophies will remain on display at the office. We will be introducing a special trophy to be awarded to the all-around sportsperson, under 16 years old, at the provincial tournament in 2010.



The "Johnson Cup", which in the past was presented to the female tournament champion, and the plaque given to the male champion, have both been retired and are now on view to the public at the BC Sport Hall of Fame at BC Place in Vancouver. The handover took place at the Annual Recognition Awards Dinner with Colby Fackler in attendance from the Hall of Fame. You can see them on display at BC Place Stadium, Gate "A", 777 Pacific Boulevard South in Vancouver. **KBC**

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Annual Recognition Awards

The Annual Recognition Awards and James Johnson Retirement Dinner took place on May 9th, 2009 at the Executive Inn, Burnaby. The dinner was a great East Indian buffet, with lots to eat and a great variety. Karate BC Athletes of the Year were recognized at the dinner. The Male Athlete of the Year went to Shaun Dhillon, and Female Athlete of the Year to Cassy Schouten. The Junior Male Athlete of the Year was Cody Martin, and the Junior Female Athlete of the Year award went to Jusleen Virk.



There were other awards based on nominations. The Inspirational Award went to Brendan Whieldon; Official of the Year was Andreas Kuntze; Grassroots Coach of 2009 was Jason Farquharson; the High Performance Coach of the Year went to Nicole Poirier; Dojo Volunteer was Tom McDonagh; the KBC Volunteer of the Year award was given to Trevor Walmsley; and the Vince Redfern Scholarship went to Andrea Maikawa. No males applied for the scholarship this year.

The Awards Selection Committee was made up of Michael Doherty, Mark Stacey, Donna Gardecki, Akira Sato, James Johnson, Julie Zilber, Chee Ling, and Norma Foster.



Photos from top to bottom:

Jusleen Virk – Junior Female Athlete of the Year

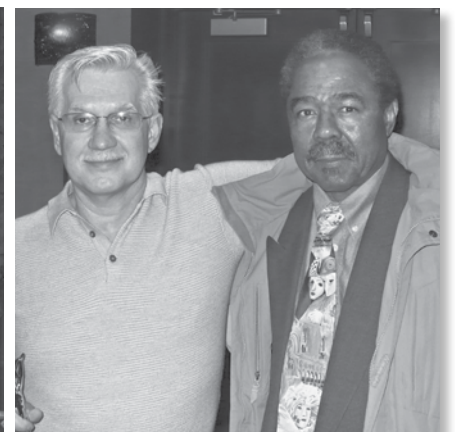
Cassy Schouten – Female Athlete of the Year

Shaun Dhillon – Male Athlete of the Year; accepting Cody Martin's Jr. Male Athlete of the Year Award

Nicole Poirier – High Performance Coach of the Year

Bottom right: Trevor Walmsley (left) accepting the Karate BC Volunteer of the Year Award from President Dan Wallis – Trevor has returned to Karate BC as Tournament Director and new Member-at-Large on the Executive Committee. Welcome back Trevor!

Louis Heim (L) and James Johnson (R) at the Sport BC Presidents Award Evening – Volunteer of the Year. Louis is a familiar face at almost every Karate BC Tournament and this was an opportunity for us to show him our appreciation for all his hard work.



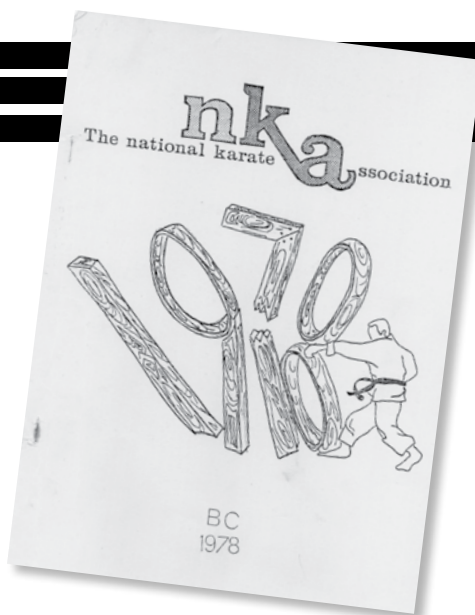
Karate BC Celebrates 35 Years

Karate BC is celebrating 35 years! The organization started in 1974, and has come a long way since then. We're celebrating the members who have been with us since the beginning, or close to. We'd also like to thank those who have been with us for 30-34 years, and have received a commemorative certificate: Dan Wallis (34), Tak Sameshima (34), Phil Taneda (33), Tom Mah (33), Robert Lee (33), Scott Cheung (33), Mike Scales (32), Rassamee Ling (31), Leo Rossini (31), and Maurino Ruperto (31). Thank you to everyone for their ongoing support.

The banquet also gave us an opportunity to say "Thank You" to James Johnson who retired earlier this year as Karate BC's first Executive Director. Without James' long-time commitment and dedication to karate in the province, our organization would not be where it is today. Congratulations James – we wish you a very happy retirement, and we will all miss you.



James at his retirement dinner



From our archives:
Cover of the first newsletter produced by Karate BC.

Long-time, 35-year members presented with commemorative plaque at Anniversary Banquet



Left to right, front row: Dr. Chee Ling, Fernando Correia, Ray Wong, Rick Chernoff; back row: James Johnson, Ken Corrigan, Chris Taneda, Chris Davis

Fernando Correia and Norma Foster present James with his new "Johnson Cup" trophy



Bino Felix and James: longtime friends share a moment



Mark Stacey, one of the evening's roasters, gave away some of James' secrets





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Karate BC's Inspirational Athlete of the Year — WHO IS Brendan Whieldon?

by Shannon Whieldon

Anyone who looks will find his hand in more pies than a baker.

He comforts bereaved parents, speaks to politicians and stands up for children in need. He is an aberration, even among the unique. One minute he can be arguing with a teacher; the next, he is using his allowance to buy a teddy bear to cheer up a sick child.

After 7 rounds of chemotherapy for an incurable form of childhood cancer, medicine had all but given-up. But Brendan, too weak to walk, said he could heal himself with karate.

When asked, "Why do you do karate?" it's an easy answer – "to save my life."

He can show you his book, he trains everyday at home because he knows after 100 rounds of chemotherapy, over 900 days of treatment,

karate will do what medicine can't.

He's a kid. He'd like to win a medal or grade for a belt but he knows it's the training itself that will save him. For the past three years he's introduced karate to the children in his class. He's given up his recess to help the learning disabled because "they need one-on-one". He's given up his allowance because "she's poor but loves karate, it's all she has" and he wants her to train. He knows some children's lives are far more difficult than his own.

He finished his homework on a stretcher in ER the night his best friend broke Brendan's jaw from a perfectly executed mawashi-geri. He told the doctor; "I've never been sick a day in my life – I'm an athlete", and never thought to miss his next karate class as he stood, front of the line, face-brace intact, hair falling out from



his latest chemo. It can be difficult for some as they can only see his deficits, his weakness, or his fatigue. But for those who know him, who train beside him – those who know they could not do what he does, day after day; they see his courage and feel his spirit. He makes us laugh.

Brendan is a living example of the power of the mind. He lives by the true meaning of the spirit of karate-do. A boy with passion, a creator of good luck and an inspiration to those whose lives he touches. Brendan; he is "a little dynamo."

Junior Pan American Championships by Rébecca Khoury, President Karate Canada

I wanted to give you an update on the results of the Junior Pan American Championships in San Salvador. The Canadian delegation was comprised of 52 athletes, 4 coaches, 7 officials and 2 medical staff traveling with the team for the 1st time. I believe it was quite an experience for a lot of these young athletes, as most of them were traveling for the first time with the national team. Canada came 9th in the overall placing of the 30 countries participating with the following medal count:

GOLD MEDALS

Joanna Guiet kumite female 16-17 -53kg

Kamille desjardins kumite female 16-17 -59kg

SILVER MEDALS

Victoria Barusic kata female 14-15

Kimberly Logan kumite female 16-17 -59kg

BRONZE MEDALS

Yael Gaudreau kumite male 16-17 +76kg

Emmanuelle Garneau Mignot kumite female 16-17 +59kg

Vanessa Jacque Weisser kumite female 16-17 +59kg

Boy's team kata: **Jonathan Lum, Reuben James & Lucas Fong**

Women's team kumite: Marie-France Bernard, Katie Campbell, Roxanne Côté & Renée Robertson

I would like to congratulate them all for making it on the team, for doing their best in front of the best of the Pan Americas and for making us understand and remember that life is a work in progress and that we all have something to learn and work towards. Congratulations are also in order for the officials who were upgrading their licenses at this event:

Leslie Bowers - Ref A - Judge A, Reconfirmed kumite

Don Mazerolle - Ref A - Judge A

Brian James - Ref A - Judge A, Reconfirmed kumite

Ahad Tanzadeh - Ref B - Judge A, Promoted kata/kumite

Josh Drury - Judge A - Judge B, Promoted kata / kumite

Brian Perry - Judge B - Judge B, Promoted kata/ kumite

David Griffin - Judge C - Judge B, Promoted kata

A huge thank you to the coaches, **Toshi Uchiage**, Philippe Poirier, Paul Oliver and **Kraig Devlin**, who stayed positive with our athletes and contributed to this great experience. Lastly, a thank you to the two additional people who traveled with us and worked tirelessly to make our kids feel better with their professional care, Louis Philippe L'Écuyer Lafleur, our physiotherapist and Marjorie Belley our sports massage therapist.



The 36th Steveston Karate Tournament

by T. Uchiage

The 36th Steveston Karate Tournament was held on March 7, 2009 at the Steveston Indoor Tennis Court.

This tournament is not only the largest traditional karate tournament in Canada, but also one of the highest quality with international athletes and officials. This is the first time the new WKF rules were implemented in a sanctioned tournament in Canada. Sensei Charles Sweigart and Julius Parniczky, licensed WKF Kumite A officials, explained the changes between the old rules and the new, before the start of the tournament. We had just over 30 officials that were used in six rings and more officials came after the start of the tournament. We had 38 officials in the end, and many of them had previously taken a

course on the new rules which helped us run a smooth day of competition.

The opening ceremony was at 1:00pm. Mr. John Yap, MLA, and Richmond Mayor Mr. Malcolm D. Brodie, did greetings. Mr. Robert G. Tuss, who is the new Karate BC Executive Director, was also present as a guest. We then did a presentation of awards to clubs and competitors who supported this event. Thirty people received awards, and one senior athlete received a door prize of \$500.

The W Division for junior Kata under the WKF rules had close to 30 competitors, and displayed a high quality performance. Bellevue, Washington's Kacatin Madison won;

second place was Izumi Shimanouchi from Cupertino, California; and third place finishers were Seiya Takeuchi of Steveston, and Lauren Maguire of West River. The senior Black Belt Division Women's Kata was won by Hidemi Uchiage, and Men's Kata by Toshi Uchiage, both from Steveston. Kumite for Women was won by Hidemi in the -60Kg and Sumi Uchiage won the open weight. In Men's Kumite Adam Wackershauser from Calgary won, and Seattle's Ichiro Hirai was second. The open weight champion was Brian Purves, who received the JKF Goju Kai All Japan Championship medal. Todd Guillet and Matt Ewers, from Calgary, finished third in the Open weight. **KBC**

DIV.	1ST PLACE	2ND PLACE	3RD PLACE	3RD PLACE
WKF System Jr.	Kacatin Madison	Izumi Shimanouchi	Seiya Takeuchi	Lauren Maguire
Women Kata	Hidemi Uchiage	Sumi Uchiage	Aryamitra Bake	Asuka Nakagawa
Women -60Kg	Hidemi Uchiage	Sumi Uchiage	Asuka Nakagawa	Dayna Goldsmith
Women Open	Sumi Uchiage	Kristie Shaffer	Hidemi Uchiage	Dayna Goldsmith
Men Kata	Toshi Uchiage	Kenneth Lee	Junya Yamamura	Yuki Hisata
Men -70Kg	Adam Wackershauser	Ichiro Hirai	Pranav Singh	Andrew Moore
Men Open	Brian Purves	Adam Wackershaus	Todd Guillet	Matt Ewers

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Sato Cup 2009 and Reminder for 2010

by *Andreas Kuntze, Tournament Director, The Sato Cup*



Thanks to our many volunteers, this year's Sato Cup was another great success. Now in its 11th year, the tournament has grown to a level that it does receive international attention. This year The Sato Cup was even included on the Japanese Consulate General Calendar of Events, connected to their celebration of 80 years of Canadian-Japanese consular relations. This was a tremendous honour for us.

The level of competition was quite good in 2009, with an excellent team coming from Sacramento, California, as well as several good athletes from Washington State and Oregon. There were even two competitors from Venezuela. Sensei Paz Guillermo of Venezuela Shito-Ryu was named Master's Grand Champion. All results can be found at: <http://www.shitoryu.net/html/satocup2009.html>

Another highlight of the day was a visit and demonstration from Sensei Akihito Yagi, President of International Meibukan Gojuryu Karate-do Association. He is the star of one of the latest and best Karate movies to come out of Japan in recent years, called "Kuro Obi", or "Black Belt". Our VIP guest list keeps growing and growing – this year was no exception. Thanks to all of them for attending!

- Shihan Fumio Demura
- Mr. Seiichi Otsuka, Consul of Japan
- Mr. Ichiro Muto, Deputy Consul of Japan
- Mr. Nozomi Nakamura, Deputy Consul of Japan
- Sifu Paul Tam, Choi Lee Fut Kung Fu and Chen's Taiji
- Ms. Emily Ng, Fairchild TV
- Mr. Bob Tuss, Executive Director, Karate BC
- Mr. James Johnson, Retired Executive Director, Karate BC
- Mr. Akihito Yagi, President of International Meibukan Gojuryu Karate-do Assoc.
- Mr. Hidemine Endo, Kibune Sushi

Also, we would like to send out a reminder that there will be NO Sato Cup 2010, as Vancouver will be hosting the 2010 Olympic Games instead. **KBC**

My Trip to Japan by *Celine Kwan – Kuyukai Black Belt*



Celine Kwan, Shihan George Chan & Sensei Julie Zilber

The 11 hour flight to Wakayama, Japan seemed rather long for a first-time international traveller, but it was well worth the journey.

Upon arrival at Kansai airport, the Go Ju Ryu Canada karate team members were enthusiastically welcomed by fellow Ku Yu Kai Japan club members. This felt like a much-needed long-time reunion, since the last time I saw their faces was close to eight years ago. The Japanese atmosphere, culture and hospitality were overwhelming to take in at first, but over the 10 day stay we eventually adapted to the surroundings.

Something I will most likely never forget will be the training sessions we had, preparing us for the Ku Yu Kai 5th Hirano Cup Tournament.

Fitting almost thirty students into a tiny, non air-conditioned dojo was only the half of it; add in a room temperature of 30 degrees Celsius, intensive warm-ups and pools of sweat dripping down your face, and you have the recipe for a typical karate class in Japan. It was definitely not like your average class back in Canada.

The day of the tournament was a complete eye-opener for me: getting to observe, compete against and meet fellow club members from all over the world was an experience of a life time. Who can say that they got to compete against a South African, a Belgian, a Japanese and an Indian, all in the same day? Not many people, let's just say that. The tournament was already intense to watch, but the pressure was definitely on when it was time to compete. Everyone entered the ring with concentration, focus, and a face full of sweat. Considering the heat and the determination in each individual's eyes, I knew the competition was going to be tough. As I entered the ring to perform my kata, my heart was beating so loud and fast that I felt like it was going to burst out of my chest. Not the feeling you want before you are about to execute a

difficult kata in front of five judges. In the end I came out ahead with a victorious first place win, and our Sensei, Julie Zilber, received a well fought second place trophy for her kata in the Master's division. As the results were being presented I was literally jumping for joy awaiting my coveted trophy and plaque. The whole tournament put on by Saikou Shihan Osamu Hirano was a success; with close to 200 competitors it was a great way to interact and create friendships with club members around the world.

The rest of the trip was filled with sightseeing tours in the vicinity of the city and delicious dinners loaded with ramen and sushi until you were stuffed to the brim. These were only some of the many ways our Japanese hosts showed their hospitality to their guests, besides the fact that they graciously offered us accommodations at their houses. We were extremely grateful. As the trip drew to an end, a huge party was hosted by Sensei Teramura Seiji, as a thank you for travelling all the way to Japan to take part in the tournament. It was a chance to have fun, enjoy good food, let loose and establish friendships to last a life time. **KBC**

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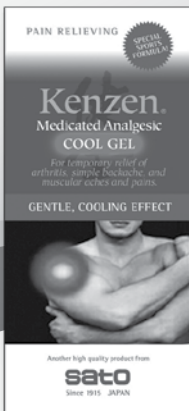


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7th World Shito Ryu Karatedo Championships

by William Chung



Tsukasa Mabuni Sandai Soke presenting Alice Chung with her bronze medal in Women Black Belt Kata



William Chung, Eric Yee, and Garson Ho, with Ken-Yu Kazuo Mabuni (2nd from right) the son of Kenei Mabuni

“Hot and humid” were the words that came out of the mouths of the 19 members of the Canadian Team, as they stepped out of the air-conditioned facility of the Itami Airport in Osaka, Japan as they made their way to the bus station to the hotel.

July 25 and 26, 2009 were the dates of the 7th World Shito Ryu Karatedo Taikai in Osaka. The championships occur every two years around the world, with every fourth year in Osaka, Japan the final home of Shito Ryu founder Kenwa Mabuni. The Shito Ryu Nippon Karatedo Kai is headed by Sandai Soke and Tsukasa Mabuni, the eldest daughter of Kenzo Mabuni, who passed away in 2005.

Despite the global recession, this year's championships were attended by representatives from Japan, Canada, United States, Mexico, India, Venezuela, Hong Kong, Australia, and Singapore.

CANADIAN TEAM MEMBERS:

Alice Chung (Arbutus Club Dojo), Lori Weiss, Larry So, and Asheeshpal Jagdeo (Cambie Dojo), Garson Ho (Richmond Dojo), Eric Yee, Brittany Chung, Dave Andrews III, Raiden Chung, Sora Andrews, Harvinder Jagdeo, Arshdeep Jagdeo, David Andrews IV, and Simran Jagdeo (Sea Island Dojo)

ENTOURAGE:

Nozomi Andrews (Sea Island Dojo), Andy Weiss, Nikki Weiss

HEADED BY SHIHAN:

Hashem Mehdizadeh Kyoshi (Toronto), William Chung Renshi (Vancouver)

RESULTS:

This year's team took home 9 medals for Canada. Congratulations to the following members:

Garson Ho -
Bronze, Men 35-45 yrs Black Belt Kata

Brittany Chung -
Gold, Girls 16-18 yrs Black Belt Kata

Alice Chung -
Bronze, Women Black Belt Kata

Raiden Chung -
Gold, Boys 10-11 yrs Kyu Kata

Larry So -
Gold, Boys 12-15 Kumite &
Bronze, Boys 12-15 Kyu Kata

Lori Weiss -
Bronze, Women Kyu Kumite

Asheeshpal Jagdeo -
Bronze, Boys 12-15 yrs Kyu Kumite &
Silver, Boys 12-15 yrs Kyu Kata

Congratulations to Larry, Asheeshpal, and Lori for also being promoted to Shodan by the Nippon Karatedo Kai Shito Ryu. **KBC**

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KBC Gets More Media Coverage

Karate BC has updated our news release template, and in turn, we have improved media coverage. The July 2009 Nationals sparked media coverage in several newspapers, including The Province (Vancouver). Since amateur sport does not get much readership or major coverage, unless it is supported by an international body like the Olympics, this is quite a success for Karate BC.

We encourage each zone to designate a person to spark interest within their local media outlets, by covering KBC members in their zone and local tournaments.

Karate BC is also in the process of generating sponsors; we are creating two separate sponsorship packages to properly represent KBC. One will be geared to all of Karate BC as a not-for-profit organization; and the other will represent Team BC.

Members can also expect to see introduction to new karate promotional brochures – and for participating clubs, membership numbers can be improved. **KBC**

New Membership Cards for Karate BC

KBC is getting a new membership card system for the 2009/2010 year. We are excited to be working in part with TB Vets and implementing a keytag membership system. The new KBC membership cards can be added to key chains, and in the event that a member's keys are lost, a finder could put the keys in a mailbox and returned to the KBC head office. Once the KBC office receives the keys, they will be mailed back to the owner, free of charge. The new cards will use less plastic, and we believe the new system will be an added benefit for KBC members. There will be a charge of \$15 for all replacement cards. **KBC**

Upgrades to KBC Website

There have been a number of significant upgrades to the Karate BC website. We are hosting and controlling our own website, and have implemented a new server to make sure our database does not crash, and all member information is safe within our network at the head office. Efficiency has been improved dramatically on our website due to our new server, and we have cleaned the site up and decreased the amount of broken links, false information, and glitches. We are interested in making our website more interactive, but since our site is built on an old platform, it is out of our budget to make such improvements at this time.

Members have access to many informative and helpful documents on the website's "Members Only" page, including coaching tips and guidelines, member fees and benefits, medical documents, etc. There may be a few technological glitches as we transfer information over from the old server to the new one, but things should be smooth sailing once the transfer is complete. We apologize for any inconveniences the transfer may cause. **KBC**

West Meets East



Robert G. Tuss, Executive Director, Karate BC, visiting Armenia on a Government Program in September, is pictured here with Grigor Mikhayelyan, Shihan 7th Dan and President of the Armenian Karate Federation, in their offices located in the city of Yerevan. An exchange of gifts as well as conversations on how karate is conducted in the region and to what degree their tournament travels extend. Some discussion was around Armenia, Azerbaijan and Iran having teams travel to BC and Karate BC possibly host seminars, clinics, and a mini-tournament. Such an exercise would draw numerous attendees to the event where West meets East could be marketed. Talks would require Karate BC to formally invite said participants and host partial components of the visit. The potential countries to attend are highly recognized with world champions and a very high level of achievement in tournament competition. Armenia is a very small country with approx. 3,000,000 people; 7,500 practise karate; only about 4% are female. **KBC**



Bob Tuss, Karate BC Executive Director, and Olympic Mascots at the Olympic Oval in Richmond, BC at the BC Sports Venue Conference in April.

Karate Does Not Get Go-Ahead from IOC

Unfortunately Karate did not make the cut to become an Olympic sport for 2016. Karate had made it on a short-list of seven sports – including baseball, roller sports, squash, and softball – but it was recently announced that the two finalists are golf and rugby. According to the International Olympic Committee, the two finalists are the sports they believed would add the most value to the Games. The IOC also says the key factors in determining a sport's suitability for the Olympic programme include youth appeal, universality, popularity, good governance, respect for athletes and respect for the Olympic values. The final decision between golf and rugby should be announced after the full IOC session in Copenhagen in October. **KBC**

Calendar of Events

KARATE BC CELEBRATES 35TH ANNIVERSARY IN 2009!

Aug 12	CLUB & MEMBERSHIP RENEWAL (PACKAGES MAILED)	We encourage ONLINE Registration. Check the website MEMBERS ONLY SECTION	Cheryl Gray	604-333-3610
Oct 3	'Executive Director' Vancouver Island Visit & Meeting Session	SHIMA DOJO - NANAIMO 4286 Departure Bay Road Unit #7 (NOON to 5 PM)	Robert Tuss	604-333-3610
Oct 3	West Coast Open – Tacoma, Washington www.westcoastopen.com	Mt. Tahoma High School, 4634 South 74th St. Tacoma, Washington USA	Charles Sweigart	253.589.6924
Oct 10	Shoto Canada Cup	Hollyburn Country Club, 950 Crosscreek Road, West Vancouver, BC	Elizabeth Wijnstra	250-980-3279
Oct 18	'Executive Director' Interior Visit & Meeting Session	Moxies Grill, 1730 Cooper, Kelowna	Robert Tuss	604.333.3610
Oct 25	Campbell River Shito-Ryu Challenge Cup	Carihi Secondary School, 350 Dogwood Street, Campbell River, BC	Roy Tippenhauer	250-923-3157
Nov 7	Zone 6 Karate BC Provincial Qualifier	t.b.a., Victoria, BC	Maurino Ruperto	250-727-2570
Dec 5	Zone 6 BC Winter Games Playoffs	Island Savings Centre, 2687 James Street, Duncan, BC	Fernando Correia	250-246-7247
2010				
Jan 9	37th Steveston Invitational Karate Tournament	Steveston Indoor Tennis Court, Richmond, BC	Takeshi Uchiage	604-272-4660
Jan 23 - 24	KARATE BC PROVINCIAL CHAMPIONSHIPS	BC Institute of Technology, 3700 Willingdon, Burnaby, BC	Robert Tuss/Cheryl Gray	604.333.3610
Feb 4 - 7	BC Northern Winter Games www.bcgames.org/NBCWGS	Prince Rupert, BC	Ken Corrigan	250.561.1432
Mar 4 - 7	BC Winter Games • www.bcgames.org	Clarence Michiel Elementary School, 3430 Sparks Street, Terrace, BC	Fernando Correia	250.748.9111
Mar 19 - 21	2010 National Black Belt Karate Championships www.nka.ca	Toronto - CHEER ON TEAM BC!	Dave Kelly, NKA Treasurer	902.471.6408
May 15	Karate BC AGM & Recognition Awards Dinner	Holiday Inn Riverport/Spaghetti Factory, Richmond, BC	Robert Tuss/Cheryl Gray	604.333.3610
Nov 6	Victoria International Karate Tournament	Central Middle School, 1280 Fort Street, Victoria, BC	Peter Danniels	250-388-9241



Kraig Devlin, from Victoria, won gold in the 85kg kumite division at the 2009 World Police & Fire Games held August 3 & 4 at BCIT, Burnaby.

Way to go Kraig!!

Karate BC Advertising Rates

ITEM	AMOUNT	5% GST	TOTAL
Newsletter (per issue)			
business card size	\$ 43.75	\$ 2.19	\$ 45.94
¼ page size	\$ 56.25	\$ 2.81	\$ 59.06
½ page size	\$ 93.75	\$ 4.69	\$ 98.44
full page size	\$156.25	\$ 7.81	\$164.06
Website			
Style Association Logo	\$350.00/year	\$17.50	\$367.50
Display Ad	\$ 50.00/week	\$ 2.50	\$ 52.50
	\$150.00/month	\$ 7.50	\$157.50
Scrolling Banner	\$ 31.25/week	\$ 1.56	\$ 32.81
	\$ 125.00/month	\$ 6.25	\$131.25

Karate BC and the Summer Student Intern

This past summer, Karate BC was given a grant by the Canada Summer Student Jobs to hire a student to help with administrative duties. Birdie Hamilton, a broadcast journalism student at BCIT, assisted with tasks throughout the summer such as media coverage, updating files, the design and implementation of updated KBC membership cards, sending out membership renewal packages, creating a new sponsorship package, and putting together the newsletter content. She has gone back to school this fall and will be graduating in May 2010. Birdie was a pleasure to work with. We wish her good luck in the future. **KBC**

Karate BC Affiliations: Karate Canada, Pan-American Karate Federation, World Karate Federation, Sport BC, Canadian Sport Council, Coaching Association of BC, The Canadian Olympic Association, BC Recreation and Parks Association

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