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KARATE 道 BC NEWS

KARATE CANADA'S LONG TERM ATHLETE DEVELOPMENT

by Kraig Devlin, Karate BC LTAD Chair, Karate Canada LTAD Chair

Karate Canada's Long Term Athlete Development (LTAD) Model is off and running with the release of the Karate for Life (K4L) resource guide. This guide is the culmination of more than two years of work on the part of Karate Canada's LTAD Steering Group, who drew from expert sources both inside and outside the karate world. Its primary purpose is to act as a guide to a practitioner's development in karate through the stages of growth and maturation.

It should be noted that the concepts within the LTAD model are not aimed strictly at developing elite athletes. Rather, they relate to doing the right thing at the right time so that each child has the best chance of becoming a physically literate and active adult. In essence, LTAD can be distilled to thirteen basic principles. These principles form the building blocks of any participant-centered sport program and should inform any decision made by sport associations with regard to athletic programming.



1. Life has significant stages of development including the transitions from child to adolescent, adolescent to adult, and adult to senior. Each stage is accompanied by changed capabilities.
2. For optimal development, sport programs must be designed for the stage of development and gender of the participant.

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President's Message

What do you want your provincial karate association to do for you? We are entering our 37th year...

2010 BC Winter Games

The Opening Ceremonies of the BC Winter Games took place on the evening of March 4th.

2010 BC Team Season

The BC Team was proud to send a large delegation to the 2010 National Championships in Toronto, Ontario.

PRESIDENT'S MESSAGE



Dan Wallis,
Karate BC President

What do you want your provincial karate association to do for you? We are entering our 37th year.

This question was the driving force behind a recently held Strategic Planning Session sponsored by Karate BC. Members from around the province were brought in to share their hopes, concerns and wishes for their provincial association. To that end we sent invitations to over thirty-five of our members and once schedules were checked, conflicts addressed and plans made, we were honoured to have twenty-ONE attendees at the planning weekend.

In order to ensure we had input, if not physical attendance, by many of Karate BC members, a survey was sent out to all karate clubs soliciting as many opinions and ideas as possible. The twenty-three people met with facilitator Joanne Veltri and we reviewed the points raised and then built a foundation document for YOUR provincial karate association.

This document, soon to be ratified by the Karate BC Executive, will be the first step to realizing what YOU want for YOUR karate association.

The following is an excerpt from the Introduction to the Strategic Planning Document 2010-2015 that was just completed in October, 2010.

- Enhancing development and capacity in a provincial sport governing body (PSO) relies on five strategic pillars: a development-supporting organization, athletes, coaches, officials and medical.
- The strength of a PSO does not rely solely on one or more of the strategic pillars. It requires all of the pillars to work together to produce a unique sport infrastructure for the individual PSO. Simply, the sum is greater than its parts.
- Strategic planning is a necessary step toward improving the current state of the organizational infrastructure as a whole.
- In October of 2010, 21 people came together to help craft the future direction of the association for the next five years. The participants represented a mix of the five strategic pillars while also reflecting the breadth of the provincial membership.
- The group considered past successes, failure to reach pre-set 2010 goals, a complicated financial picture, as well as current environmental challenges in the decision-making process.
- In order for participants to identify the best interests of KBC and gain a planning platform for their own piece of the KBC strategic pie, the group broke into five planning teams, each supporting one of the five strategic pillars.
- The result of this new planning format was a plan that kept to basic elements due to the assumption that the organization would be able to rely on fewer grants and less funding. This led to the creation of a simpler, but more relevant, goal path and a realistic strategic plan that will take KBC through the next five years.

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Karate BC, in order to best serve its membership, must constantly be evaluating what we have done, what we are doing, and what we hope to be doing in the immediate future in order to be relevant to the members. The just-concluded Planning Weekend attempted to meet these objectives. I would like to thank the following people for giving up their Friday night, all day Saturday and Sunday to help their Karate Association:

Akira Sato (*Technical Committee Chair*)

Paul Sexton (*Officials Committee*)

Mike Ditson (*Assistant Coach*)

Rick Penner (*Director-at-Large,
High Performance Chair*)

Rodney Hobson (*Zone 2 Rep*)

Elizabeth Winjstra (*Officials
Committee Chair*)

Sandeep Gill (*Head Coach*)

Keith Whittle (*Steveston Karate
Tournament*)

Nicole Poirier (*Assistant Coach*)

Andreas Kuntze (*Membership Director,
Tournament Director*)

Trevor Walmsey (*Director-at-Large*)

Roy Tippenhauer (*Karate Canada
Board Member*)

Robert Walker (*1st Vice President*)

Dan Wallis (*President*)

Tanya Hickman (*Zone 7 Rep*)

Al Belanger (*Parent*)

Jason Farquharson (*2nd Vice-President*)

Ken Corrigan (*Treasurer*)

Peter Stoddart (*Professional Karate Instructor*)

Cheryl Gray (*Executive Assistant*)

Bob Tuss (*Executive Director*)

Joanne Veltri (*Facilitator*)

Thank you all for lending your expertise, sharing your viewpoints, and for helping us begin to formulate a plan for the coming years.

So just what are some of the items that are being considered?

MEMBERSHIP

PLAN: Develop and deliver a Tier Membership Program to encourage greater sport participation, increase revenue and drive membership into Karate BC over the next five years.

BOD to identify the appropriate and relevant tier tactics from the following recommended categories:

- Family rate
- Elite
- Recreational
- Parents (supporter member)
- Associate member
- Lifelong member
- Cross-training member
- University / College – student membership

Tournaments were cited as one of the association's primary promotional assets. With the success of the zone plan, they provide an excellent platform to leverage greater attention and sport participation in markets outside the Lower Mainland.

- a) Rotate a tournament to different zones starting in the 2012 competition season.
- b) Strengthen the tournament environment through various event management adjustments in KBC competition.

IMPROVE KBC COMPETITION SCHEDULING

- a. Prepare a competition review for the BOD that identifies and rationalizes participation, location, and time period for the Elite focus/BC Team selection tournament.
- b. Identify and rationalize the pathway for Karate BC's second tournament event .
- c. Competition review outcome: an enhanced tournament pathway with precise identification of a suitable segment to best strengthen the overall tournament experience, and drive recreational membership determined from the following recommended segments:
 - Youth only
 - Weapons
 - University Cup
 - Dojo Cup

KBC HARMONIZES ITS COMPETITIVE STRUCTURES TO ACHIEVE RELEVANT LTAD OBJECTIVES.

- a. Research LTAD best practices that best apply to KBC
- b. Report findings and rationalize recommendations for the BOD
- c. Promote the approved LTAD procedures through website and relationship marketing program

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COACHING DEVELOPMENT

- Increase the quality and quantity of coaches.
- Coordinate coaching attendance by KBC coaches at international competitions.
- Plan and deliver two levels of seminars each year for three years in the following two categories:
 1. Instructor level – NCCP.
 2. High performance level: Plan and deliver an Annual Coaching Summit with a high-level athlete and an internationally recognized coach.

ATHLETE DEVELOPMENT

- Support the participation of 12/13 year olds at the Pan Am level and 14/15 year olds at the world competition level.
- Plan, develop and deliver athlete development seminars.
- Establish non-monetary awards for athletes.
- Plan, develop and deliver a 5-year calendar for BC Team athletes.

OFFICIALS DEVELOPMENT

- Coordinate annual high-level official's clinics at the provincial level on a cost-recovery basis.
- Focus development effort of middle-level/junior officials.
- Support the Officials program through targeted communications as well as training tools that include, but are not limited to:
 - a. Website page devoted to Officials
 - b. On-line test
 - c. Training video

MEDICAL COMMITTEE

- Re-examine the current tracking and registration process against the relevancy for KBC and;
 - a. administrative office usage
 - b. tournament management
 - c. injury prevention
 - d. determine a risk management platform that is relevant for kbc.

This will be a very exciting next five years – are you interested in being part of these ideas? Be like the “Nike” slash – just do it! Put your name forward as a board member at the AGM on January 22, 2011 at our Provincial Championships.

Dan Wallis
President, Karate BC



KARATE KIDS PUSHING FOR FOOD BANK

By J.P. SQUIRE

Reprinted with permission: The Daily Courier, Monday, November 29, 2010

Kelowna youngsters dressed in their white karate uniforms proved irresistible for shoppers during the official re-opening of the Rutland Cooper's Foods on Sunday.

Thirty members of Rodney Hobson Karate Academy are involved in a Push-ups for Non-Perishables campaign to collect donations for the Kelowna Community Food Bank.

For every donation, the karate kids have promised they would do a push-up at Rutland Centennial Hall at 6-7 p.m. on Tuesday.

However, the kids were so pumped up on Sunday they promised to do five push-ups on the spot for a donation of noodles or jar of peanut butter.

By noon, after the first four hours of the day-long official opening, they already had 717 items. Those will be added to the 1,000 items previously collected, which was the original goal.

"We don't necessarily like always fund-raising for the academy. We figure that there are a lot of other people in our community who we can help out. We figured it's Christmas time and hard economic times, especially in Kelowna, and there are a lot of families that need some help," said academy director Rodney Hobson.

"We like doing a whole lotta pushups, so our kids do a lot," he added with a laugh.

Asked if his students, mostly children, really liked doing pushups, Hobson admitted: "Kids get used to them, I guess. It's something that we figure we are all good at and, hopefully, inspire other people to get fit and help out."

All of the donated food will be on display on Tuesday and then loaded up – in spite of sore arms – for delivery

to the food bank on Wednesday. The public is welcome to watch the pushup marathon.

As part of Cooper's grand re-opening, academy members operated a wheel of chance for the store, awarding Save-On More points, karate lessons and grocery items, which could be taken home or donated to the food bank, he said.

"The kids love the campaign; there are smiles on every face. They are really gung-ho to help out our food bank.

And I think it is very important for us to teach our kids that it's not just about us; it's not about just your immediate surroundings; it's teaching them the right way to live. There are a lot of other people in our community who need some help. And they are in a position to do something to help."

The entire club supported Push-ups for Non-Perishable, and every single member, from six-year-olds to adults in their 40s and 50s, donated their time on Sunday, he said.



J.P. SQUIRE/The Daily Courier

Rodney Hobson of the Rodney Hobson Karate Academy did push-ups with Jayden Whitemore and donations to the food bank on his back during a Push-ups for Non-Perishables campaign at Cooper's Foods in Rutland Sunday.

Final Talley - 3,812 FOOD ITEMS!!

That was A LOT of pushups!!

3. Physical literacy is the basis of life-long participation, excellence in sport and engagement in health enhancing physical activity.
4. There are sensitive periods during which there is accelerated adaptation to training. These periods occur during pre-puberty, puberty and early post-puberty.
5. Training, competition and recovery programs should be based on stage of participant capability rather than chronological age.
6. Every child is an athlete and is genetically predisposed to be active if the environment encourages participation.
7. Life-long participation and excellence in sport are best achieved by participating in a variety of sports at a young age, then specializing later in development.
8. A variety of developmental, physical, mental, cognitive and emotional factors affect the planning of optimal training, competition and recovery programs.
9. Providing guidance through the developmental stages of sport and physical activity will result in increased participation and performance across a participant's lifespan.
10. Mastery in sport develops over time, through participation in quality sport and physical activity programs.
11. LTAD is a participant/athlete centered, coach/instructor led and organization/administration supported philosophy that takes into consideration the demands of home, organized sport, community recreation and school.

...A MORE IN-DEPTH ANALYSIS IS BEING UNDERTAKEN WITH INPUT FROM MORE THAN TWENTY KARATE COMMUNITY LEADERS FROM ALL CORNERS OF THE COUNTRY.

12. Quality sport and physical activity, combined with proper lifestyle, result in better health, disease prevention, enhanced learning, enjoyment and social interaction, leading to improved wellness.
13. Sport practices, scientific knowledge and societal expectations are ever changing and, therefore, LTAD needs to continually adapt and improve.

LTAD has become more than just a program; it has become a movement. The extent to which the principles and terminology of athlete development have been adopted across the country is astounding. All National Sport Organizations (NSO) have either developed or are in the process of completing LTAD models. Provincial and community sport organizations across Canada are creating LTAD implementation plans based on their NSO model. Municipal recreation centres are classifying and labeling their recreation programs by LTAD stage. Teachers are incorporating the principles of LTAD into school physical education programs. Not only will the next generation of coaches be completely immersed in the principles of LTAD, so too will the children they coach, along with their parents.

K4L is essentially a “what is” document detailing the theoretical information underpinning Karate Canada's LTAD Model. Looking ahead, work is continuing on a “how to” implementation plan that will integrate the theoretical concepts of LTAD with practical grassroots applications. This will be achieved in part by the integration of LTAD with the new NCCP curriculum. In all likelihood, the future of coach education will contain no stand alone LTAD documents, as all of the relevant information will be completely assimilated into the “best practices” of the individual sport coaching curriculums.

As an integral part of the Karate Canada implementation plan, a comprehensive competition review is currently under way. The purpose of this review is to deconstruct the competitive karate systems within our country through analysis from an LTAD perspective. At its most fundamental level, competition should offer:

- An opportunity for practitioners to engage with skilled opponents
- A venue to demonstrate improvements in skill
- An opportunity to gauge one's improvements and the impact of practice
- Social interaction

Beyond these four basic points, a more in-depth analysis is being undertaken with input from more than twenty karate community leaders from all corners of the country.

To further develop an understanding of our competitive structure, the following questions have been developed to illuminate the relevant factors: Following each question are a number of possible answers illustrating the varying purposes, outcomes or considerations that should be weighted.

- **What is the purpose of the competition?**

- > Nation building, entertainment, business, athlete development, athlete selection, winning, etc

- **What type of competition is it?**

- > Training, preparatory, performance, decisive, etc

- **What is the developmental emphasis?**

- > Physical, skill, technical, strategic, tactical, mental, socio-emotional, etc.

- **What are the parameters?**

- > Rule modifications, time, facilities, officials, coaches, volunteers, etc.

- **What are the cost considerations?**

- > Travel, time, education, etc

- **What are the competitive formats?**

- > Groupings (skill, age, weight, etc), leagues, seasons, games, playoffs, etc

- **Are the formats developmentally appropriate?**

- > Is the right thing done at the right time?

- **How is the competition planned with respect to....?**

- > Competition to practice ratio, rest and recovery, periodization, taper/peak, etc

- **What is the reward?**

- > Media attention, medals, prizes, trophies, internal satisfaction, titles, recognition, etc

Once the context of the competition is understood, its format and structure can be developed to become truly participant-centered. This should be done in such a way as to be both “meaningful and appropriate” . Meaningful and appropriate competitions are defined as ones that: contain appropriate competitive levels that are progressively linked together; allow each athlete a chance to succeed, and even win, but still retain an element of uncertainty; and contain clear goals linked to participant development as determined by their individual stage of growth and maturation . Too often, sport associations are defined by competition rather than using competition as an avenue to express core values and to achieve a core purpose. In other words, competition should be seen as a good servant but a poor master .


When all of these factors are taken into consideration and our competition structure reformatted accordingly, the competitive aspect of karate will have taken a step towards becoming more participant-centered. Events will be fun, safe and attractive for all involved, offer meaningful competition and define success in a stage appropriate way. They will also provide a pathway towards personal and athletic success while at the same time reflecting the values held by Karate Canada, True Sport and Karate BC.

Karate Canada has become a full partner in Canadian sport delivery. K4L has been added to the more than fifty other sport specific LTAD documents in the Canadian Sport for Life (CS4L) library. However, the most challenging elements are still ahead. Integrating the LTAD concepts into the style based instructional curriculum will take a determined effort on the part of all stakeholders.

In spite of the challenges, there will be many benefits for those who choose to partake in this program, most notably the recognition that will come with the usage of a country-wide LTAD

terminology and language. Currently, children will be physically educated via the principles of LTAD through almost any other sport that they engage in. For example, baseball, soccer and hockey all have published LTAD models and are implementing these concepts throughout their organizations. Moreover, parents will also be receiving an LTAD education via sport association pamphlets and websites. In fact, in the near future parents may well come to expect or demand that their childrens’ sport activities be founded in the concepts of LTAD.

Member clubs of Karate Canada will benefit from this growing, country-wide recognition by utilizing and distributing the K4L information. PDF format files containing karate LTAD information can be emailed to all club members to support the K4L poster and other information being displayed in the dojo. Club instructors, along with provincial and style associations, are also encouraged to join the Karate Canada LTAD “Club Excellence” by signing and posting a declaration stating that they will implement the principles of LTAD as a “best practice” within their association or dojo. The Club Excellence Program will also be used as an avenue for the sharing of LTAD implementation ideas and for spotlighting dojo across the country that have successfully assimilated the LTAD principles into their instructional curriculum.

All dojo instructors are encouraged to read the K4L document, discuss it with other instructors and to ask questions to further their understanding of LTAD. They are also encouraged to find innovative ways to implement the concepts in their dojo and to share those findings with others in the karate community. Karate for Life is a living model and the best way to improved it is to continually incorporate the “in the trenches” knowledge and experience of Canada’s karate sensei. 

CANADIAN NATIONAL CHAMPIONSHIP RESULTS

TORONTO, ON ● MARCH 19 - 21, 2010

GOLD

Name	Hometown	Division
Reuben James	Vancouver	Junior Men Kata (16/17), Junior Men Kumite (16/17, -61kg)
Reid Lofstrom	Mission	Girls Kumite (14/15, +54kg)
Matthew Ly	Burnaby	Boys Kumite (14/15, -70kg)
Tan Nguyen	Vancouver	Boys Kata (14/15)
Cassy Schouten	Vancouver	Women Kumite (18-21, +60kg), Women Kumite (18+, +68kg)
Toshi Uchiage	Richmond	Men Kata
Kodi Archbold Derek Chan Matthew Ly Avneet Matharu	Duncan Burnaby Burnaby Richmond	Team Kumite Boys (14/15)
Lucas Fung Reuben James Johnathan Lum	Surrey Vancouver Vancouver	Team Kata Junior Men (14-17)

SILVER

Name	Hometown	Division
Celynne LaMarre-Belanger	Prince George	Junior Women Kumite (16/17, +59kg)
Johnathan Lum	Surrey	Junior Men Kumite (16/17, -67kg)
Rita Ngo	Vancouver	Women Kata (18-21)
Allie Stover	Mission	Girls Kumite (14/15, +54kg)
Victoria Barusic Lauren Maguire Morgan Maher	Burnaby Vancouver Pemberton	Team Kata Junior Women (14-17)
Coulson Boothe Desmen Jaldbert Reuben James Daniel Parker	Summerland Mission Vancouver Mission	Junior Men Team Kumite (16/17)

BRONZE

Name	Hometown	Division
Kalan Anglos	Cumberland	Men Kumite (18-21, -78kg)
Abbas Husain	Surrey	Junior Men Kumite (16/17, -55kg)
Cindy Jacob	Coquitlam	Women Kumite (-68kg)
Sarah Jenkins	Mission	Junior Women Kumite (16/17, -59kg)
Sukhresh Kaloty	Kelowna	Boys Kumite (14/15, +70kg)
Kenneth Lee	Vancouver	Men Kata (18-21)
Andrea Maikawa	Burnaby	Women Kumite (18-21), Women Kumite (-61kg)
Jeric Ross	Campbell River	Men Kata (18-21), Men Kumite (18-21, -68kg)
Samantha Rowland	Maple Ridge	Girls Kumite (14/15, -47kg)
Jusleen Virk	Surrey	Women Kumite (18-21, -53kg)
Sumi Uchiage	Richmond	Women Kata
Danielle Kumalae Reid Lofstrom Morgan Maher Samantha Rowland	Westbank Mission Pemberton Maple Ridge	Girls Team Kumite (15/14)
Victoria Barusic Sarah Jenkins Cadence O'Neal Anisha Virk	Burnaby Mission Burnaby Surrey	Junior Women Team Kata (16/17)
Cindy Jacob Kimberly Logan Andrea Maikawa Cassy Schouten	Coquitlam Burnaby Burnaby Vancouver	Women Team Kumite

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ANNUAL RECOGNITION AWARDS 2009



< Sandeep Gill
& Dan Wallis



Brian James >
& Bob Tuss



Mike Ditson & Bob Tuss

*Athlete of the Year Awards are based on highest level of achievement.

- | | |
|-----------------------|------------------|
| Male Athlete | Shaun Dhillon |
| Female Athlete | Cassy Schouten |
| Junior Male Athlete | Matt Bickel |
| Junior Female Athlete | Victoria Barusic |

*Based on Nominations:


- | | |
|--------------------------|------------------|
| Inspirational | Louise Outland |
| Official | Brian James |
| Coach – Grassroots | Mike Ditson |
| Coach – High Performance | Sandeep Gill |
| Volunteer – Dojo | Barry Ross |
| Volunteer – KBC | Fernando Correia |
| Sponsor of the Year | Bushido |

Karate BC congratulates each recipient for their dedication, achievement, volunteerism, and commitment to karate in BC.

On behalf of the Executive Committee we salute each for their personal achievements.

Robert Tuss, *Executive Director*, Karate BC • 604-333-3610 executivedirector@karatebc.org

HALL OF FAME

Three Canadian Karate Instructors received Hall of Fame Awards at the Hilton Anaheim Hotel in California on June 19. This is the first time Canadian Martial Arts Instructors received this award. Sensei **Takeshi Uchiage** received a Golden Life Achievement Award. Global Karate-Do Sensei **Zvonko Celebija**, who holds the highest WKF Kumite Certificate in Canada, received a Silver Life Achievement award along with a congratulatory letter from the President of Croatia. Sensei **Brian James** from Kimeru Karate-Do, who is the highest certified WKF Kata Judge in Canada, received a Life Achievement Award. Sensei Takeshi and Toshi Uchiage visited the “Masters Magazine” studio in Los Angeles on June 20. An Interview and filming of J.K.F. Shitei-Kata with technique information took place. 



TAKESHI UCHIAGE

J.K.F. 7th Dan. The highest Dan out of Japan. Started karate at 6 yrs old under his father Master **Kenzo Uchiage**. Master Uchiage has the highest Dan from the Goju-Ryu founder Chojun Miyagi and the highest J.K.F. Dan. He edited the J.K.F. Shitei Kata Saifa and Seipai in 1982.

Former Tenri University Karate Club Coach and Osaka Keizai University Ni-Bu Karate Club T.C. Came to Canada as a first Ambassador for the Sister-City exchange between Wakayama and Richmond City. Awarded from the Mayor of Wakayama and the Sister City committee in 2000 & 2003.

ZVONKO CELEBIJA

Chief Instructor – Global Karate Do, Mississauga Shotokan Karate Club Started karate in 1972 under Sensei **Takemasa Okuyama**. Ontario Sport Award. Syl Apps Achievement Award. WKF Kumite Referee B. 7th Dan.

BRIAN JAMES

Chief Instructor – Kimeru Shotokan Karate, 4th in Dan. Shodan in Judo and Aikido. PKF Kumite Referee A & Kata Judge A, WKF Kata Judge A

WORLD KARATE SEMINAR




A World Karate Seminar was held at the Steveston Martial Art Centre on December 5th and 6th, 2009.

Sensei Kinichi Imai, the coach for the Naniwa High School in Osake, taught Kumite. Sensei Imai is also the coach of the Osaka Prefecture and the Tenri University Karate Club, the club from which Steveston Instructor Sensei Uchiage came as a goodwill ambassador from the City of Richmond's sister city, Wakayama.

Sensei Imai captured a gold in the All Japan National Athletics, Asia and World Cup. The Naniwa High School won the Intern High School (All Japan High School Championships) at the end of July 2010. His student from Naniwa won the WKF 80+kg in Tokyo, Japan, in 2008. Sensei Imai met with the Mayor of Richmond, Malcolm Brodie, at the mayor's office for a courtesy visit after he arrived at the Vancouver Airport.

Sensei Imai taught techniques for speed, kime, and the development of kumite. For kata, Toshihide Uchiage, the Junior National Karate Team Coach for the Junior Pan-American Championships in El Salvador in 2009, taught a kata seminar for Superinpei, while Hidemi Uchiage taught Seipai. Both of them showed what they had learned from their grandfather, Master Kenzo Uchiage, who received the highest Dan from Goju-Ryu founder, Master Chojun Miyagi, and also edited the first version of the the JKF Goju Shitei Kata. Kayoko Uchiage, Toshihide and Hidemi's mother, also assisted them in their seminars. Kayoko was one of the first two females on the Japan National Team.

Sensei Imai left for the All Japan Championships the next day as the Osaka team coach. The tournament was held December 12-13th at the Nippon Budo-Kan in Tokyo. 



2010 BC WINTER GAMES

HELD MARCH 4TH TO 7TH IN TERRACE, BC

The Opening Ceremonies of the BC Winter Games took place on the evening of March 4th. At the ceremonies, each zone had their team introduced as they marched into the venue along with their coaches. It reminded us of the Opening Ceremonies at the Olympics; seeing all the athletes proud to be there! The entertainment during the Opening Ceremonies was fantastic, including the lighting of the torch! Similarly, upon arrival on March 3rd, each athlete was given a badge that displayed their name and sport, like the Olympics.

The volunteers in Terrace were very helpful and friendly. They provided maps showing the various venues and schedule of all the events. The events were very well-organized for both the athletes and the spectators. We attended both the gymnastics and the karate events. All the athletes were very enthusiastic and constantly cheered their team on while performing. The coaches were always around assisting and supporting the athletes. You could tell that they, too, were having a great experience.

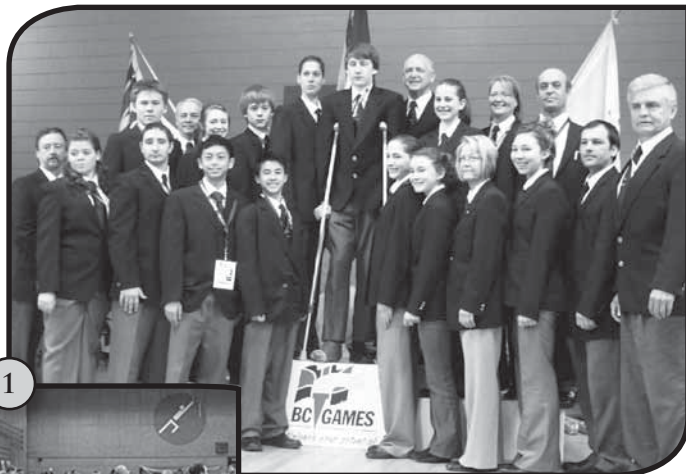
Throughout the Games, the athletes attended fun events every evening to unwind and relax; a dance, hypnotist show, and swimming party among them.

On the last day of the Games, all the athletes and coaches attended the Closing Ceremonies before leaving for home. The BC Winter Games was a very memorable experience. Our hats go off to all of those who were involved with organizing the Games and, of course, to the city of Terrace, BC.

GAMES A GREAT SUCCESS

Karate BC has been now designated as a Core Sport and will be part of the 2012 BC Winter Games to be held in Vernon.

Good work everyone! 



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1: Officials attending the 2010 BC Winter Games

2: Fernando Correia, Karate BC Provincial Advisor

3: Officials workshop headed by Norma Foster



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2010 BC TEAM SEASON

by Sandeep Gill, Karate BC Team Coach

The BC Team was proud to send a large delegation to the 2010 National Championships in Toronto, Ontario. This year's shorter spring season led to a variety of challenges that the athletes and administration had to overcome in order to ensure that we sent our best possible team to the championships. Unfortunately, the athletes and parents had another large obstacle to overcome, as recent spending cuts by the government led to a huge reduction in funds available to support the team. Athletes and parents were affected. However, the executive of Karate BC and coaching staff were able to keep the costs as low as possible and the increase in fees was minimal, considering the circumstances.

With all these hurdles to overcome, the athletes and trainers did a fantastic job preparing for the tournament itself. This led to a balanced medal haul from the province of BC, as Zones 3,4 and 5 were able to produce National Champions this year. Zone 2 has been improving steadily over the past couple of years as well and has several medals to show for their hard work. Zones 6 and 8 were also able to produce a couple of medals, ensuring that all active zones brought some medals back home to their respective communities.

We also had a number of performances that inspired the athletes, coaches and spectators alike. Matthew Ly performed tremendously by not only winning his division at Nationals, but winning team kumite, defeating his opponent by 4 points. It was quite the task, and at times the match resembled a Tae Kwon Do match rather than a Karate match. Nevertheless, Matt was able to win by scoring two head kicks and a couple of reverse punches in the final match against Quebec.




Reuben James had a phenomenal tournament as well, capturing gold in his individual kata division and his individual kumite division, as well as team kata. Reuben is a polished performer with plenty of experience. His training and hard work paid off as he also received both the Junior Male Grand Championship and the Junior Sportsmanship award. Reuben set an example for all athletes by performing at an elite level, as well as honoring the tradition of Karate-do by performing with respect and kindness towards his opponents and everyone involved in the tournament.

Lastly we had a great showing by Brian Purves of the Westwood Goju Ryu dojo. Although Brian came up short in bringing home a medal, he had some very intense and entertaining matches and defeated last year's National Champion. He was an inspiration to me, along with everyone that witnessed his intensity and work ethic in the ring.

We had many great performances. Cassy Schouten won double gold medals in the Womens division and 18-20 category. Toshi Uchiage yet again showed excellent technique in winning yet another gold medal for the province in Mens Kata. Derek Chan, Reed Loftstrom, Tan Nguyen won National Championships as well. This Nationals was a great comeback for Kata in this province as the Boys 14/15, 16/17 and Mens divisions were all won by BC athletes.

As a coach, I was extremely proud of the athletes and their determination to work throughout the season and represent their Province, Dojos and themselves so well at the Nationals. There were many people who were responsible for this success, but I would like to thank the coaching staff of Nicole Poirier, Mike Ditson, Peter Stoddart and Andrew Ahlsten for the work that they put into the season. I would also like to recognize Louise Jenkins for the effort that she put forth in getting the team organized. She has now moved to Quebec and we will certainly miss her organization and care for the athletes. The executive of Karate BC worked hard to try to make the best out of the financial situation that we were in; the athletes and everyone on the team are extremely grateful for their efforts. Finally, I would like to thank all the dojo instructors and coaches that prepared the athletes for the Nationals and developed the athletes that were able to compete at this tournament. We look forward to continued cooperation and success.

It is now time to prepare for another season. We look forward to seeing a lot of familiar faces back with the team along with some new faces that are ready for a challenge! 



SATO SENSEI

40 Years of Karate in Canada



To celebrate Sato Sensei's forty years of teaching Shito-Ryu karate in Canada, a semi-formal banquet will be held at the River Rock Casino Resort on **December 4th, 2010 at 7:00 pm.**

Seating is limited to 130 persons, and the cost is \$55.00 Canadian per person all inclusive with exception of drinks.

Special room rate applies to all bookings 30 days prior to the event at the resort. The rate per suite is C\$ 139.00 + taxes with breakfast included.

The brown and black belt workshops are held at the same weekend. Seminars by Sensei Suzuki and Sensei Demura will be at the Peretz Center from Friday to Sunday.

For more information: www.shitoryu.net

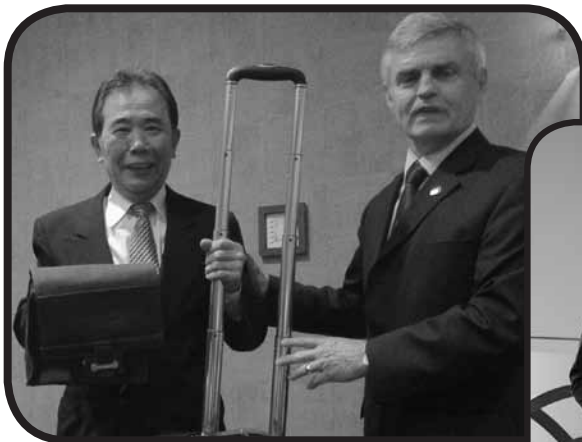
SPECIAL V.I.P. GUESTS:

Grand Master Suzuki Souke

Shihan Fumio Demura



8811 River Rd. Richmond, British Columbia



Clockwise: Dan Wallis, President of Karate BC, honouring Sensei Sato's 40th Anniversary of instructing Shito-Ryu Karate in BC; Sensei Sato and class at one of the weekend workshops; Delta Cable community channel Steve Erickson interviewing Grand Master Suzuki Souke, with interpreter; Grand Master Suzuki Souke; middle: Steve Erickson interviewing Sensei Mert Horita.



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KARATE KIDS TAKE KYOTO

A key group of hardworking and dedicated students from Shudokan Karate and Education Canada Society was selected for a karate training and cultural visit to Japan. The students, from First Nation communities in the Lower Mainland, travelled to Japan in the first two weeks of October 2009. The trip was an incredible adventure for the students, given that they had never travelled internationally before. The first thing that they realized on boarding the international flight from Vancouver to Tokyo is that they could watch movies and play electronic games for ten hours, and soda pop could be ordered by pushing the button for the flight attendants.

In Tokyo the youth were able to visit the Emperor's castle, Electronic City (a gigantic electronics shopping mall that displayed the most modern Japanese wizardry), and the Tokyo Tower (a replica of the Eiffel Tower). The students took the high-speed bullet train from Tokyo to Kyoto.

In Kyoto they were treated to a dinner intended to honour Master Shiomi on the occasion of his receipt of his 9th degree black belt. The dinner

was attended by high-level instructors from throughout Japan.

While in Kyoto, the students had the rare honour and privilege of training with Master Shiomi. As well, they visited the Golden Temple, a local castle and a Hollywood-like film studio.

From Kyoto, the students travelled to Osaka. Enroute to Osaka, they visited the Nara Temple where they were able to see the gigantic bronze Buddha and feed the domesticated deer in the park on the temple grounds. In Osaka, the students visited the famous Osaka Shogun's Castle and many other sites.

Throughout the trip the students were privileged to meet many of the highest level instructors in Japan who are close friends of Sensei Nomada. As an inaugural venture, the trip was a huge success. The students had an experience that they will remember and treasure for the rest of their lives. The Shudokan Society would like to extend their sincerest regards to the sponsors who made it possible. The students are extremely grateful and appreciative of being provided with such a incredible opportunity. 🇯🇵






BRITISH COLUMBIA'S NCCP TRAINING GURU: DONNA GARDECKI

Karate has been a part of my life since my school days when I joined the Gojukai club at the University of Alberta. I used to watch Kung Fu (1972) with David Carradine and fell in love with the philosophy of karate (there was not much for martial arts in those movies at that time). I competed from the time I was a white belt through my entire 26 years that I have been practicing, winning medals at local tournaments all the way to 4th place internationally in our Gojukai Worlds in Brazil in 1998. Most recently, I was the National Gold medalist for Women's Kata in 2008 and Provincial champion

in both Master's kata and kumite in 2009. Ever since I was a child wanting to compete in gymnastics, I always wanted a coach – someone who could help me improve my skills and manage myself during competitions. That didn't change as I moved into karate competition. I thought, as I completed my degree in Physical Education, that perhaps I could be a person who helps others reach their goals. I began coaching competitive gymnastics (to make some money - I was a poor student, you know). As I continued through my Master's Degree in Physical Education, the NCCP program was gaining ground. At that time, courses were offered through the University where I took my training with one of the top coaches in swimming at that time, Dr. John Hogg. Furthering my training, I got involved with teaching the Theory courses and continued to do

so after I moved to BC in 1991. Those courses are now called Introduction to Competition Part A and Part B. At that time, James Johnson and Mark Stacey were teaching the technical courses for karate in BC and I came on board to assist with those courses and have continued to offer them, with strong support from Karate BC, for everyone's benefit. As we move towards restructuring our sport program for karate in Canada, I look excitedly forward to our new Long Term Athlete Development program. Finally, a program that will help instructors at the grass roots level understand what is required to help a developing karate athlete work their way towards proficiency and success, whether in the competitive arena or in front of a dojo grading panel. I think that the next phase in the NCCP will be very exciting for instructors, coaches and athletes alike.

Editor's note: Donna is a Godan in Goju Ryu and is currently chief instructor at West Coast Gojukai in Coquitlam, a full time martial arts and yoga studio. She continues to work as a rehabilitation therapist helping people recover from soft tissue injuries related to accidents, sport injuries, work-related injuries or just 'getting old'. She also recently became certified as a yoga instructor and enjoys teaching yoga during the week as well. Donna has been an invaluable teacher, working tirelessly to offer NCCP courses around BC to Karate BC instructors and students. Her great commitment to the development of karate and physical education are inspirational and immensely beneficial to all karateka. 

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SATO CUP RETURNS FOR 2011

by Andreas Kuntze, Tournament Director



12th Annual Sato Cup
5 February 2011
BCIT, Vancouver, Canada

www.shitoryu.net
Email: satocup@shitoryu.net
Registration deadline: 28 January, 2011
Tel/Fax: 604.321.1815




After a one-year hiatus, the Sato Cup will once again be held at BCIT in Burnaby, on the 5th of February 2011. We hope everyone has recovered enough from the Olympic craze, and are willing and able to get back into the swing of a busy Karate season!

As in past years, we will encourage teams from out of province to attend. We hope to see competitors from Washington State, Oregon and California, as well as Alberta, and perhaps some from further afield.

Scheduled just two weeks after our Karate BC Provincial Championships,

our event offers a fun time for all levels, from the absolute beginner to those looking to hone their skills for national and international competition.

Registration packages will be mailed out in November; this will be posted on our website as well. For further information, please do not hesitate to contact us directly via email (SatoCup@Shitoryu.net) or check out our website: www.shitoryu.net. 



38th STEVESTON INVITATIONAL KARATE TOURNAMENT

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THE 37TH STEVESTON KARATE TOURNAMENT

The 37th Steveston Karate Tournament was held on Jan. 9, 2010 at the Steveston Indoor Tennis Court. Vancouver hosted the 2010 Winter Olympic Games on Feb. 12-28 and Paralympics on Mar. 13-21.

It's difficult for our guests to book a hotel so for the first time we had to set up the tournament in Jan. The opening ceremony was at 1:00pm. Mr. Malcolm D. Brodie, Richmond Mayor came to give his greetings despite his busy schedule before the Olympic Games. Mr. Jim Kojima who is the former Chief referee of the International Judo Federation, Executive member of the International Judo Federation, President of Judo Canada also made it to the event. He will be part of the Olympic


torch relay on Feb. 9. Mr. Robert G. Tuss who is the KBC Executive Director had also taken the time to come and give a speech to the competitors.

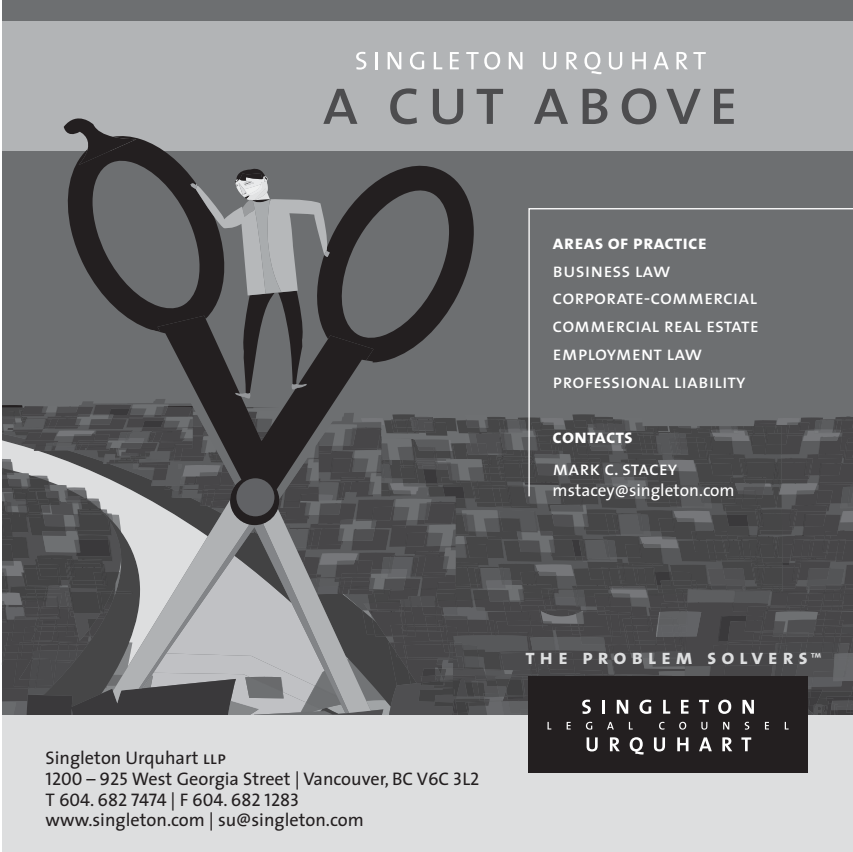
We presented an award for the most outstanding athlete for Jrs and Srs from our 2009 tournament. They received a Japan Karate Federation All Japan Championships Gold medal on a glass stand. Jr. Female – SHALENE LEE (West River Karate Club), Jr. Male – MATTHEW LAI (Kimeru Karate Club) Sr. Female – HIDEMI UCHIAGE (Steveston Karate Club) and Sr. Male – ADAM WACKERSHAUSER (Ippon Karate Club, Calgary).

We then did a presentation of awards to clubs and competitors who came to

support this event. 30 people received awards, and 5 door prizes including three navigators were handed out.

The W Division which was Jr. Kata under the WKF rules had over 30 competitors and displayed a high quality performance. We divided W-1 for Female and W-2 for Men due to the many athletes entered. W-1 was won by Shalene Lee (West River) and W-2 won by Seiya Takeuchi (Steveston).

For the team Kata, Jr. Intermediate was won by Westwood Goju, Jr. Advanced won by Kimeru and Sr. Team won by Steveston. For the Sr. Black Belt Div's, for Women, Sumi Uchiage got two golds and for Men's, Adam Wackershauser received two golds. 



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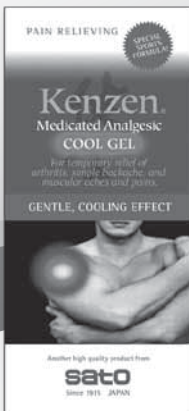
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Congratulations

Congratulations to the happy couple, Rosella Ng & Andreas Kuntze married Sunday, August 15, 2010, both long-time members of Karate BC and Vancouver Shito-Ryu.



Congratulations Zoe!

Zoe Clemens, a member of the Burnaby Karate Club, grades for her 2nd degree black belt on July 17th. Still going strong at the age of 70, she passed!



Emma Hunchak, a ten year old blue belt from Shito-Ryu Karate in Campbell River, was watching Family

Channel when she saw an advertisement for the Canada-wide Karate Kid Contest. Emma sent in a video of her best moves, in which she performed her favorite kata (Pinan Yodan). In July 2010, Family called to inform Emma that she was the national grand prize winner. Emma won \$1000 for her karate dues and she, along with her dojo and Sensei Roy Tippenhauer, is very excited about her great achievement. The video is available to watch online for a limited time on family.ca.

Another Karate BC member gets married: Paul and Natsumi Atkin in Hawaii ...



Kurt Nordli appointed Provincial Tournament Director.



**30TH ANNIVERSARY
Congratulations James!**

Burnaby Mayor Derek Corrigan presenting James Johnson with a plaque in honour of the Burnaby Karate Club and Cameron Recreation Complex celebrating their 30th Anniversary together at a special community event which took place September 18, 2010. Congratulations to James and all the member of his club.



SHOTOCANADA SUMMER CAMP

JUNE 4-6, 2010 · HOLLYBURN COUNTRY CLUB, WEST VANCOUVER

by Elizabeth Wijnstra



Left to right:
Mike Scales
Elizabeth Wijnstra
Dr. Ilija Jorga

Each and every summer, ShotoCanada's dojo instructors and its members get together to train and to share not only their knowledge, but their passion for karate as well.

This year was no different, with one exception: our guest instructor Soke Dr. Ilija Jorga.

Dr. Jorga is not only a founder of the World Traditional Fudokan Shotokan Karate-do Federation, but also the Sensei who introduced me to karate at the age of 16 in my home city of Novi Sad, former Yugoslavia. I left Yugoslavia in 1974 as a first kyu (brown belt) in Shotokan karate, knowing that wherever I end up living, I will never be able to give up the sport that made such a huge impact on me as a teenager.

In 1983, I joined Coquitlam Shotokan dojo under the instruction of Sensei Mike Scales, and the rest is history. During the last few years years, I kept


wondering what happened to my old dojo, and with Sensei Jorga. Thankfully to cyber space, and friends from the old country, I managed to reconnect with my former Sensei three years ago.

After a weekend training with Sensei Jorga in Chicago, Sensei Andy Holmes and myself returned to Canada being so impressed by his teaching, that we decided to invite him on behalf of ShotoCanada's Technical Committee, to be the special guest instructor at our summer camp in 2010.

Sensei Jorga accepted our invitation, and after 36 years, we made history also at my dojo in Kelowna. For me to have my first Sensei walk in, and teach my very own students on the other side of the world after all these years, was definitely an emotional moment that is impossible to describe.

But that was not all. After spending two days in the Okanagan, we traveled to the coast to participate in our summer

camp. The evening before, Sensei Jorga was invited to teach at Coquitlam Shotokan as well, which was the dojo that I trained at for 17 years. So, here we were, my two Sensei's who inspired me so much with their knowledge, passion and commitment to the sport that I could not give up after all these years, were meeting face to face. It was incredible! I still have to pinch myself to believe that this was truly happening.

The summer camp was a blast. Everyone enjoyed the teaching of our very own Sensei's: Mike Scales, Andy Holmes, Rob Ingram, Ingrid Sheere, myself and Sensei Dr. Ilija Jorga. Young people were walking away shaking their heads saying: "I can't believe that I am getting beaten up by a 69 year old!" Dr. Jorga demonstrated that age is only a state of mind. A man who looks like 50, but moves like a 40 year old has proven the true benefits of studying karate-do. It was a weekend to remember for many years to come... 



t 604.333.3610 f 604.333.3612 e info@karatebc.org

KARATE BC SUMMER STUDENT INTERNSHIP

by *Adi Burton*



This past summer, Karate BC was given a grant by the Canada Summer Student Jobs to hire a student to help with a variety of duties. Adi Burton is a third-year philosophy student at the University of British Columbia.

This summer, I worked on various projects at the Karate BC office, including the Long-Term Athlete Development Program (LTAD), Fall Newsletter, Sport BC Membership Report, Karate BC Media List and redesigning the Membership Registration Package, Corporate Sponsorship Package, and BC Team Handbook.

Though I handled various other smaller tasks over my 14 weeks at Karate BC, I worked primarily and consistently on the Summer Audit. This undertaking, consisting of several complicated spreadsheets and countless lists, consisted of going through the records of Karate BC and ensuring that they were accurate and current. The main focus of this task was gathering certification information from head instructors of all Karate BC clubs and assisting with renewals of criminal records checks.

Throughout the duration of the Summer Audit, I was in contact with many Karate BC members and clubs. I found it interesting to learn about the different styles of karate, the format of tournaments and divisions, and the Dan ranking system (which I now know by heart). In the beginning of my time at Karate BC, I researched various subjects relating to the history, philosophy, and culture of karate in Japan and worldwide as I was presented with information with which I was unfamiliar. I hope to learn more about karate and different martial arts as a result of my experience here.

Working in the office with Cheryl Gray and Bob Tuss was a valuable experience that has enriched my understand-

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Full Page Size	\$200.00	\$24.00	\$224.00
Website			
Style Association Logo (with link to website)	\$350.00/year	\$42.00	\$392.00
Display Advertisement	\$50.00/week	\$6.00	\$56.00
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Advertiser's Logo (with link to website)	\$50.00/month	\$6.00	\$56.00
Email Distribution of flyer/advertising material to member clubs/ individual members	\$25.00	\$3.00	\$28.00

ing of administrative work, my own abilities, and what it means to work in the close-knit community of a PSO. Many of the tasks assigned to me challenged my technical, design, and other abilities and compelled me to extend my knowledge of the many different areas related to Karate BC. As I hope to work with Non-Profit Organizations in the future, I learned a great deal of indispensable information of how such organizations function, and I am grateful for the experience and friendship gained this summer. 