



# KARATE



# NEWS

## Attend Nationals, win prizes

The best traditional karate athletes in Canada will be competing March 16 to 18 at the Karate Canada National

Championships in the Richmond Olympic Oval, and Karate BC wants you to be there.

To encourage members to come and watch this world class competition, Karate BC is launching a contest to see which dojo can bring the most students to watch the Nationals.

### Correia selected BC Games Presidents' award winner

Shihan Fernando Correia of Duncan has been selected the BC Games Society's 2011 Presidents' Award winner.

Correia was chosen for his long service in support of the BC Winter Games. He is Karate BC's current provincial advisor to the Games.

The citation notes that Correia was instrumental in implementing a junior officials program and in launching Karate BC's junior coach program which the Games Society hopes will be emulated by other provincial sports organizations.

Since 1981 he has been involved as a coach, assistant provincial advisor and now provincial advisor.



Sensei Fernando Correia

There are two \$250 equipment packages: one from Canada Martial Arts Supply and one from Arawaza, for the dojo that sends the most students to watch the Nationals – one is for the club from the Greater Vancouver area and the other for the club from outside the Greater Vancouver area.

Draw will be made on Sunday, March 18.

As well, Karate BC members who pay admission to the KC Nationals can enter their names to win one of 12 CMAS gift certificates worth \$25 each. There will be four draws each day.

And as a bonus, any KBC member who buys equipment from CMAS at the Nationals will get a 10-per-cent discount.

### PLEASE COMPLETE SURVEY FOR FUNDING

Karate BC as the Sport governing body for Karate in BC receives its funding from the following sources:

Membership fees about 30 per cent of revenue; other sources such as NCCP, clinics, tournament merchandise sale, 20 per cent; Gaming, 30 per cent and Grants, 20 per cent.

Provincial Sport Organizations receiving funding from the Province of British Columbia (through Gaming and Grants) for the 2011-2012 funding year are required to submit activity information through BC Sport Information.

The purpose of this survey sent to all member clubs is to provide required information on new participant recruitment for BC Sport Information.

Ticket prices have been kept low, and tickets can be ordered from the Karate BC office at [info@karatebc.org](mailto:info@karatebc.org)

Dojo instructors who buy 25 or more one-day passes can get them for \$8 each. Otherwise:

For KBC members, a one-day pass is \$10 and a three-day pass, \$25.

For non-members, tickets are \$15 for one day and \$40 for three days.

Family pass (2 adults and 2 children-12 and under): \$35 for day pass or three days is \$75.



## New member joins Karate BC family

BC Team member Valentyna Zolotarova, who competed to make the team while pregnant, has given birth to a son, Valentino, brother to Rasandre.

Valentino was born on Jan. 22, and weighed in at 3.2 kg.

The 24-year-old mom and six-time National Canadian champion is chief instructor of Hayabusa Karate.

She is also a five-time recipient of the Premier's Athletic Award; National Cyprus Champion; Wado Ryu World

Championships Kumite Gold Medalist; two-time Junior Pan-American Karate Bronze Medalist and was in the top eight in the World Karate Federation Junior Worlds 2005.

A teacher, she has a bachelor degree in French, Spanish and education from the University of British Columbia.

Valentyna will be competing in the March 16-18 Karate Canada National Championships in Richmond.

## Spread the Word, the Karate Canada Nationals are coming to Richmond

Karate BC is hosting the 2012 Karate Canada National Championships to be held March 16-18 in the iconic Richmond Olympic Oval.

All Karate BC members are encouraged to help us get the word out so that we can make these the best National Championships yet.

Valentyna Zolotarova has created a great website for the Championships and we encourage you to visit it, and frequently.

Also please help us get the word out through our Facebook and Twitter accounts.

<http://www.2012karatecanadanationalchampionships.com/#!/location>

<http://twitter.com/2012karate>

<http://www.facebook.com/#!/pages/2012-National-Canadian-Karate-Championships-in-Vancouver/310313425670877>



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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



Funded by the Ministry  
of Community, Sport &  
Cultural Development



**British Columbia was well represented**

at the recent **Team Canada** training seminar with the team’s technical director **Antonio Seba**, a pioneer of European martial arts and a world leader in the study and teaching of tactics. BC athletes on the team include **Toshi, Sumi and Hidemi Uchiage, Shaun Dhillon and Jusleen Virk**. Coaching staff includes **Sandeep Gill** from Burnaby and **Kraig Devlin** of Victoria. Oliva is a Founding Member of the Centre for Scientific Research on Martial Arts and Combat

Sports, and author of *Formalisation of Sports Karate*, 1982; *Martial Arts Practical Encyclopedia*, 1985 and *Supreme Combat*, 2002. A five-time Spanish national karate champion, his technical and coaching talents took the Spanish National Team from complete anonymity to winning the World Championships in 1980 as well as 10 individual medals. He has been teaching a total of 57 different countries including 27 in Europe, eight in Asia, eight in Africa, 11 in America and three in Oceania. — *Dick Grant photo*



# KBC needs you . . .

The 2012 Karate Nationals are coming to Vancouver – March 16, 17 and 18.

How would you like the opportunity to see some of Canada’s top competitors for free?

The organizing committee is looking for people to volunteer their time and expertise to help make this the best Nationals yet.

If you are interested please contact Joan Clarke @ [ClarkeJE@shaw.ca](mailto:ClarkeJE@shaw.ca) with your contact information, your tournament experience, belt level and availability.

## Nicole Poirier, BC Team Head Coach

Nicole Poirier was recently appointed for a two-year term as provincial head coach for Karate BC and is preparing the BC Team for the Karate Canada National Championships next month, which will be held at the Richmond Olympic Oval.

*“My ultimate goal for the BC Team this year is to create a Power Team of experts that will support the team in achieving performance goals”*

Owner and operator of TOP Karate, Poirier had great opportunities arising in 2011 partly due to past accomplishments as an elite athlete for Canada in the 90s and her dedicated work as coach and trainer for the past 15 years.

In March of 2011, Nicole was selected as Team Canada coach and accompanied the National Team to various international competitions, in particular the Senior Pan-American Championships, which was held in Guadalajara, Mexico in May 2011.



**Team Canada coach Nicole Poirier at the Spanish Cup with Pan-American Gold Medalist Pat Grant, Team member Canada Rock Guindon and Karate Canada president Rébecca Khoury — Dick Grant photo**

Nicole coached the Pan-American Gold Medalist Pat Grant from Ontario.

*“The true essence of what Coach Nicole provided me outside of the ring is undoubtedly indescribable and irreplaceable. The only way to thoroughly understand it is to experience it, and that is something no one will ever be able to take away from me,”* Pat Grant said in the summer 2011 Karate BC Newsletter. <http://www.karatebc.org/>

newsletter/eNews/  
KBC\_newsletter\_Summer\_2011\_final  
-2.pdf

*“For a coach to create a magical experience for an athlete, it takes an athlete that believes in magic. To me, this was a magical moment and one of the most powerful coaching experience I have ever experienced,”* said Nicole.

Another highlight for Nicole in 2011, was to coach BC athlete Victoria Barusic who recently won a Gold Medal at Commonwealth Championship in the 16-17 -53kg division.

*“Coaching Victoria is an easy task. Not only she is athletic, she is a determined athlete that has a passion for this sport, those qualities belong to her and they are the qualities that put her on the podium.”*

Victoria was the only Canadian Athlete in attendance at the Commonwealth Championship held in Australia last July. Karate Canada will be hosting the next Commonwealth Championships in 2013.

In addition to training elite athletes, Nicole teaches karate to children aged 3 to 12 years old.

*“Teaching children brings joy and balance in my work and I am looking forward to building a strong karate program at the North Shore Winter Club and at Central School in Port Coquitlam.”*



**Coach Nicole Poirier with Victoria Barusic of Burnaby at the 2011 Commonwealth Karate Championships in Sydney, Australia. Victoria won the gold medal for Canada in the Junior (16-17 year old) -53 kg female kumite division — Dick Grant photo**

**Canadian National  
Karate Championships,  
March 16 to 18  
Richmond Olympic Oval**

# BC Team: dojo, style, sensei, trainer, expert, family

By Nicole Poirier  
BC Team Head Coach

When Karate BC President Charles La Vertu asked me to write an article for the Karate BC Newsletter, it took me several months to come up with the right things to say.

What can I say? I am a little shy at times, especially when given the title of Head Coach for the Karate BC Provincial Team.

My first thought was: "What was I thinking? and I wondered if I could break into the Karate BC office and destroy that contract I'd signed."

A few years ago, former President Brian James encouraged me to apply for Head Coach. I did and

then I called the office and said to then Executive Director James Johnson: "Remove it and throw it away." I was not ready.

I am now. I realize that being a Head Coach is not so much about doing it all and knowing it all. It is more like being a General preparing the troops before battle. And to win battles we need soldiers.

These soldiers are our Karate BC Team athletes. They come from various dojos, various styles, various senseis, various trainers, various experts and various families.

We bring them together and say to them, represent us well. And by us, I mean Karate BC, dojo, style, sensei, trainer, expert and family. We all have said at some point: "do your best, results are not important, as long as you are enjoying yourself."

True? Yes, but deep down when we are watching them we secretly say: "Win! Win! Win!" The athlete knows that he or she must perform and the athlete wants to perform at his or her best.

So the pressure is on and when the pressure is on, there is potential for cracking.

Cracking prevention is where my role is. How do I prevent 71 athletes from cracking under pressure? Simple. I don't work alone.

Karate BC has been key in bringing the forces together. This year, we will have 11 coaches to support and guide our athletes at the Nationals, Mike Ditson, Peter Stoddart, Jason

WKF rules and those were implemented at BC Team Selection this past January.

As we are coming to work together as an organization, Officials were in attendance at a BC Team training to give feedback to our athletes and vice versa.



Coaches Mike Ditson, Pam Ross and Nicole Poirier watch the team selection

The High Performance Committee started earlier than in previous years preparing for the season and we increased BC Team trainings this year, starting in December.

Next year, we are hoping to regionalize part of the trainings to cut down cost for

Farquarson and Pam Ross.

We also put a call out to all coaches from any zone that would be interested in volunteering at the nationals.

We are happy to announce that five replied and will be joining us. Sandeep Gill, Matt Bickel, Cata Velicea, Darren Harpe, Kenny Lim and Bill Holder.

And where would we be without our hardworking and dedicated BC Team Manager Sharon Perry. This chartered accountant wants her paperwork and payments in and then, she'll be your friend.

To bring back pride of representing our province, the Executive Committee approved that Karate BC Athletes will be wearing the BC Flag on their karate-gi.

In preparation for the Nationals, Elizabeth Wijnstra, chair of the officials committee, ensured that new WKF rules were implemented immediately.

In fact, Karate BC was the first province in Canada to use the new

athletes that live outside of the Lower Mainland.

However this year, it's about getting the coaches ready to coach regionally for next year and the athletes ready to compete for this year.

Another element that has been brought to the Provincial team is additional resources.

Mario Shiopu, fitness and nutrition expert has been joining team trainings to assist with conditioning.

Judy Remedios is a Feldenkrais practitioner that has been providing exercises to increase performance and is also providing massage therapy.

Rosa Livingstone, hypnotherapist, is volunteering some of her time to help athletes with confidence, visualization and coping with pressure.

So you see, I don't work alone. It takes a strong team to build a strong team.

That team is all of us at Karate BC, dojo, style, sensei, trainer, expert and family.

# BC Team attending Nationals 2012

<b>KATA</b>		
<b>Girls 14-15</b> Shalene Lee – 5 Mamiko Wong – 5 Michela Russo – 2	<b>Girls 16-17</b> Morgan Maher – 5 Dolly Wang – 4 Bernadette Alvarez – 6 <b>RC: Victoria Barusic</b>	<b>Girls U21</b> Victoria Barusic – 5 Rita Ngo – 5 Emma Arksey – 6
<b>Women</b> Rita Ngo – 5 Valentyna Zolotarova – 5 Emma Arksey – 6 <b>RC: Sumi Uchiage - 4</b>	<b>Boys 14-15</b> Evan Wong – 5 Terrance Chan – 5 Trevor Kim – 5	<b>Boys 16-17</b> Tan Nguyen – 5 Thien Nguyen – 5 John Sawall – 5 <b>RC: Paulo Santillan</b>
<b>Boys U21</b> Seiya Takeuchi – 4 Paulo Santillan – 5 Thien Nguyen – 5	<b>Men</b> Kenneth Lee – 5 Seiya Takeuchi – 4 Junya Yamamura – 4 <b>RC: Toshi Uchiage</b>	
<b>KUMITE</b>		
<b>Girls 14-15 -47kg</b> Balreet Bajwa – 3 Vanessa Vung – 4 <b>RC: Isabel Chan</b>	<b>Girls 14-15 -54kg</b> Valerie Doyon – 6 Shalene Lee – 5	<b>Girls 14-15 +54kg</b> Avneet Kaloty – 2 Aya Kitaoka – 4
<b>Girls 16-17 -48kg</b> Claire Boothe – 2 Alexis Rattee – 3	<b>Girls 16-17 -53kg</b> Victoria Barusic – 5 Morgan Maher – 5	<b>Girls 16-17 -59kg</b> Samantha Rowland – 3 Allie Stover – 3
<b>Girls 16-17 +59kg</b> Reid Loftstrom – 3 Harpreet Sidhu – 4	<b>Girls U21 -53kg</b> Victoria Barusic – 5 Bronwyn Nichol – 3 <b>RC: Jusleen Virk – 4</b>	<b>Women -50kg</b> Bronwyn Nichol – 3 <b>IB: Jusleen Virk – 4</b>
<b>Women -55kg</b> Sumi Uchiage	<b>Women -61kg</b> Andrea Maikawa – 4 (?) Emma Arksey – 6	<b>Women -68kg</b> Celynne Belanger – 8 Tammy Miller – 3
<b>Women +68kg</b> N/A	<b>Women Open</b> Andrea Maikawa – 4	<b>Girls U21 -60kg</b> Emma Arksey – 6
<b>Girls U21 +60kg</b> Celynne Belanger – 8 Shannon More O’Ferrall	<b>Boys 14-15 -52kg</b> Joey Dipietro – 4 Isaac Mand – 3	<b>Boys 14-15 -57kg</b> Kyle Macmillan – 5 Terrence Chan – 5

To volunteer for the Karate Canada National Championships please contact Joan Clarke @ [ClarkeJE@shaw.ca](mailto:ClarkeJE@shaw.ca) with your contact information, your tournament experience, belt level and availability.

## BC Team attending Nationals 2012

<b>Boys 14-15 -63kg</b> Tyler Chatt – 3 Jackson Tribe – 5	<b>Boys 14-15 -70kg</b> Gage Flexhaug – 3 Calvin Youttigham – 3	<b>Boys 14-15 +70kg</b> Brenden Ly – 4 Marcus Nichols – 3
<b>Boys 16-17 -55kg</b> Tan Nguyen – 5 Thien Nguyen – 5	<b>Boys 16-17 -61kg</b> Derek Chan – 4 Avneet Matharu – 5	<b>Boys 16-17 -68kg</b> Jag Sandhu – 4 Sukhresh Kaloty – 2
<b>Boys 16-17 -76kg</b> Mathew Ly – 4 Callan Evans – 5	<b>Boys 16-17 +76kg</b> Cedimir Vasic – 4 Daniel Zhang – 4	<b>Boys U21 -68kg</b> Derek Chan – 4 Coulson Boothe – 8
<b>Boys U21 -78kg</b> Matthew Ly – 4 Dylan Robinson – 4	<b>Boys U21 +78kg</b> Jason Kingra – 3 Asheesh Jagdeo – 4	<b>Men -60kg</b> Cody Martin – 4 Derek Chan – 4
<b>Men -67kg</b> Coulson Booth – 8 Eric Mah – 5	<b>Men -75kg</b> Arash Beytoei – 4 Matthew Ly – 4	<b>Men -84kg</b> Brian Purves – 3 Dylan Riches – 8
<b>Men +84kg</b> Chad Edberg – 6 Ron Curran – 3  <b>IB: Shaun Dhillon</b>	<b>Men Open</b> Arash Beytoei – 4 Mike Gemelas – 3	

RC= Returning Champion  
 IB: International B

## Seikokai 42nd Annual Winter Beach Practice

By Mert Horita

Hooray!

Vancouver was in the grip of a week of snow and cold. Members of the Shito-ryu Seikokai were looking forward in great anticipation to a challenging practice in deep snow at Vancouver's West End English Bay beach.

However, due to heavy rains on Friday night, karateka awoke to see that the snow had been washed away.

Although everyone was disappointed, the practice must go on; 42 consecutive years, every 3rd Saturday of the new year in January. Our leader, Shihan Akira Sato, who began this beach practice, has not missed a sin-



gle year. With full karate spirit we took on the mild windy weather and as always, ended the practice with a

march into the frigid water, a plunge and a nice leisurely swim. A great way to start the New Year 2012!

The Karate Canada National Championships are being held in Richmond this year.

Come see some of Canada's finest athletes compete.

Tickets are reasonably priced and available from the Karate BC office.

[Info@karatebc.org](mailto:Info@karatebc.org)

Dojo instructors who buy 25 or more one-day passes can get them for \$8 each. Otherwise:

For KBC members, a one-day pass is \$10 and a three-day pass, \$25.

For non-members, tickets are \$15 for one day and \$40 for three days.

Family pass (2 adults and 2 children- 12 and under): \$35 for day pass or three days is \$75.







Dick Grant photos

## What is the Sense of Practising Martial Art Nowadays?

By Kraig Devlin

At the recent Karate Canada High Performance Summit, world renowned Karate coach and philosopher Antonio Oliva Seba proposed the above question as part of his presentation entitled *The Cultural Dimension of Martial Arts and Combat Sport*.

This keynote presentation was first delivered in August of 2010 in Beijing, China at the World Combat Games. It



Antonio Seba and Kraig Devlin

represented a departure from the predominantly technically and tactically focused Summit held in Toronto on November 26<sup>th</sup> and 27<sup>th</sup>, 2011.

In answer to this question, Sensei Seba described his four pillars or benefits of martial art practice, the first of which is constructed of **culture and history**.

He believes that through our practice, we are able to tap into a specific martial art's past and cultural context, thereby, opening doors to a new world of experience for the practitioner.

The second pillar highlights the **com-**

**bative and technical elements** of the art. This represents the intricacies of the art's movement and their application via interaction with other practitioners.

To illustrate this further, Sensei Seba writes in the text accompanying his presentation that "it is not so much a question of combating the other but of developing with and in the other.

It is not so much a question of hurting but of teaching and allowing ourselves to be taught."

The next pillar consists of **health and harmony with nature** through which we start to understand that "at the end (of a training session) we join hands and bow as a sign of respect and honor. Hurting, certainly, but happy and with pure hearts. We have learned and have shone like the sun. We have been burnished; we have been purified and have been toughened."

The last of Seba Sensei's pillars, **education, ethics and philosophy**, is reflected in his quote "only by knowing our weakness will we be able to be and feel strong, only by studying and analyzing our mistakes will we be able to rectify them and become more human.

"Through the humanization of each of us, of our thoughts, our feelings and our movements, we will be capable of becoming divine, because the more human we see ourselves, the more divine we will find we are."

In order to fully realize the benefits of these pillars, Sensei Seba believes that practitioners must train to their natural potential and in doing so, capitalize on their innate emotional, physical

and mental strengths.

He goes on to say that via this process "we learn to think, to reflect, to mature and to evolve through the blows, dislocations and falls. We learn to connect with the other, with the most profound and silent part of the other".

The outcome of which is that "we learn to be human, to be individuals, to be persons, to be whole". In essence, we will connect with our internal "source", our internal energy, our Ki.

And as if that were not enough, Sensei Seba adds that "we need to make a commitment to ourselves, to our family, to our neighborhood, to the continent and to our planet" and that we must "leave this world a little bit better than when we found it."

We can do this by: "**educating our children as spirits, not as bodies**";

*"For us Combat is a process of transmutation, of purification of a human being until he finds his I Am, his Human Being with capital letters. The rival is not outside, it is everyone inside himself. Therefore, the other, my companion, is the reflection both of my success and of my errors, he is my reflection. In this way the Martial Arts mark each and every value of the Human dimension: dignity, joy, respect, honor, education..., so that the more we experience this human dimension, the more we find and discover the higher divine dimension. "*

*-Sensei Antonio Oliva Seba*

**"teaching values, not subjects";**  
**"living in unity, not separation";**  
**"universalizing the human being thought Unity";** and understanding that **"peace is not enjoyed, it is created."**

It is these final points, unity and peace, which are the nuggets in Sensei Seba's message to the members of Karate Canada and the real answer to the opening question.

The sense of training martial arts nowadays is **"to create Peace through the practice of the Martial Arts and Combats Sports"** and to **"project it in favour of the Unity of the New Humanity"**. — Former Karate BC head coach Kraig Devlin is coach for Team Canada

# Win at the Karate Canada National Championships



The best traditional karate players in Canada will be showcasing their talent at the iconic Richmond Oval for 3 days in March at the Karate Canada National Championships (KCN).

In addition to the opportunity to see world-class competition, member ticket holders can also take advantage of regional club prize packages, daily gate prize give-a-ways as well as a 10% discount from Canada Martial Arts Supply (CMAS).

## KNC Prize Categories

**1.**

**For GREATER VANCOUVER KBC Clubs**

The club from the Greater Vancouver area bringing the most students will WIN a \$250 equipment package from a KCN sponsor!

**2.**

**For KBC Clubs OUTSIDE Greater Vancouver**

The club bringing the most students from outside the Greater Vancouver area will WIN a \$250 equipment package from a KCN sponsor!

**3.**

**All KCN Ticket Holders! Daily Prize!**

WIN one of 12 CMAS gift certificates ~ 4 Draws Daily!

**HOW TO ENTER:** Pick up an entry form by visiting the Karate BC prize table during the Championships. Club name and verification supporting the number of members that are attending the KCN will be required.

Tickets are available from your club or by calling 604.333.3610



## Karate Canada to focus on non-competition area

Karate Canada will be shifting its focus nationally on the non-competition areas while maintaining what “we have obtained and gained in our structure and High Performance programs,” reports Karate Canada president Rébecca Khoury.

At a mid-January meeting with members of the Karate BC board and interested instructors, Khoury outlined plans to create, implement and deliver the new programs.

However, she said, it will mean increasing capacity by hiring staff, increasing revenues and increasing revenue diversification.

Emphasis will be provided on non-competition based areas:

- The National Coaching Certification Program, designed to meet the needs of all types of coaches, from the first-time community coach to the head coach of a national team;
- Long-Term Athlete Development, linked to stages of development and sees the light through the NCCP levels;
- Fit4Defense, teaching empowerment through assertiveness, self-defense and fitness training. KC hopes to develop a program and instructors through a set program, complete with course plans and evaluations, all steps which can feed the karate clubs. This program is already offered through Karate BC;
- The Technical Committee which provides styles and recognition, and offers Dan gradings. KC wants the committee to become more active nationally and regionally;
- Three to seven year-olds: “That’s where it’s at and that’s where we haven’t been at all,” said Khoury. “We are thinking of doing a program for them, for the schools. A pre-karate branded program for three years old, Little ninjas.

The course plan would be for 10 weeks, a year. Program, T-shirts,



pants, maybe a belt.

“Just go to the course, level to level. Not grades. Keep it generic. Simple. Based on being present. Generic pre-karate. This could become the after school, into the schools, community part of NCCP.”

Business training would include developing seminars and occasions for sharing best practices and for educating the club instructors in areas of marketing, sales, publicity, communication, retention of members, etc.

An events package for youngsters under 10 years old will be developed.

“It is not defined yet but the concept is to take a bit away of the competitive, confrontational, first-third place, and focus on participation,” Khoury said. “Skills development. Different structures



Rébecca Khoury

on the mats. On the floor for 40 minutes. Might be a one-day tournament. It will be piloted.”

She estimates Karate Canada needs another \$300,000 to get all this done with the money to come from grants, increased membership, programs and new sponsorship.

And KC will have to invest \$20,000 to \$30,000 in order to get sponsorship.

She said the Canadian Olympic Committee is sending KC a consultant this month.

Khoury said the membership structure and fee structure will have to be changed and initially the flat \$500 paid by the provincial sports organizations will increase – depending of the size of the PSO.

“It’s all about value to the membership. Everything they are working on right now plays into this. That’s why it’s crucial for KC to develop the programs and tools for the non-competitive clubs. . . We need to have the programs in place to show value to the individual members.”

KC eventually wants to provide the provinces with:

- Registration system – membership, event management registration;
- Package for style recognition;
- Package for the clubs;
- Package for U10 event; and
- Templates for websites and business tools.

## **“A KARATE LIFE”**

Technical Seminar

With **O’ SENSEI MASAMI TSURUOKA,**  
**Founding President of Karate Canada and**  
**pioneer of Canadian Karate**

**ALL KARATE CANADA MEMBERS ARE WELCOME.**

MORE INFORMATION AND ONLINE PRE-REGISTRATION COMING SOON  
(on the Karate Canada website, at: [www.karatecanada.org](http://www.karatecanada.org))

**WEDNESDAY, March 14<sup>th</sup> 2012**  
**18:00 to 20:00**

**SHERATON VANCOUVER AIRPORT HOTEL (MINORU A & B ROOMS)**

7551 Westminster Hwy  
Richmond BC V6X 1A3  
[www.sheratonvancouverairport.com](http://www.sheratonvancouverairport.com)

**DO NOT MISS THIS RARE OPPORTUNITY TO LEARN FROM AND  
TRAIN DIRECTLY UNDER A LIVING LEGEND OF KARATE!**

## **Dan Exams**

The Karate Canada Technical Committee will be conducting WKF Dan Certification equivalency up to 5<sup>th</sup> dan with a Karate Canada certificate, March 15 in Richmond. More details to come shortly.

All black belts are invited.

The exams will take place at 2 p.m. to 5 p.m.

Karate Canada first vice-president Craig Vokey says if people need an evening opening, and “if it is known well in advance, there is flexibility in the schedule.”

For more information, please contact Craig Vokey ([cvokey@vianet.ca](mailto:cvokey@vianet.ca)) or David Chong ([david.chong@HydroOne.com](mailto:david.chong@HydroOne.com))

**KARATE CANADA Dan exams**  
**2p.m. to 5 p.m.**  
**Westminster Salon 2**  
**Sheraton Vancouver Airport Hotel**  
**7551 Westminster Highway, Richmond**

## Steveston hosts 4th Master's seminar

This is the fourth world champion seminar hosted by the Steveston Karate Club. The seminar is every two years and the last three times were taught by Kenichi Imai, however he couldn't make time this year because he was in Malacca, Malaysia as a Japan Junior National Team coach.

We invited Sensei Hideo Nakano who is the Japan Senior National Team coach (WKF Kumite Champion, Japan Kata Champion). Both of them are Sensei Takeshi Uchiage's students from Tenri University, Nara, Japan where Uchiage was coach prior to coming to Canada.

Mr. Nakano arrived at the Vancouver International Airport on Oct.28 before noon. He had a visit with Richmond Mayor Malcolm Brodie, at 3 p.m. at the mayor's office and had a conversation for 40 minutes.

On Oct.29 and 30, we had the Master's seminar at the Steveston Martial Arts Centre for 10 sessions of Kumite and Kata with Toshihide Uchiage (the only WKF kata medalist from Goju-Ryu in last 10 years) as his assistant.

This seminar was the same as the last three seminars in which enrollment was full within a week after an-



nouncing this seminar. Not only Goju-Ryu members participated but also Shoto-Kan and Shito-Ryu Karate-Ka came from Quebec, Alberta and Victoria.

It's been almost 20 years since he retired, but all participating members were very surprised by Mr. Nakano's

speed, power and the sharpness of his techniques. His explanations were very easy to understand regarding his Karate theory and his techniques.

Mr. Nakano left on Nov.1 for Japan to go back to his job as a Kyoto public high school teacher.



**Sensei Hideo Nakano and Mayor Malcolm Brodie**



# A Lecture on Budo and Life

by Shihan Fumio Demura

Shihan Fumio Demura introduced Shito-Ryu Karate to the USA in 1965.

In 1974 he entered into the Hong Kong film industry and in 1975 he entered into the Hollywood film industry.

In 1977 he appeared in his first movie, *The Island of Dr. Moreau*. Many films followed such as *Karate Kid I, II, III, IV* where he was the stunt double for Pat Morita's character 'Miyagi'.

He continued to be the stunt double for Pat Morita in the television series *O'Hara* and others for approximately 14 years. His movie credits also include *Rising Sun*, *Mortal Kombat*,

*Walker Texas Ranger* and many others.

In addition to his acting career he

**Nikkei Centre**  
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**8:15 - 9:15 p.m.**

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**Committee and the Shito-ryu**  
**Seiko-kai Assoc. of BC.**

travels throughout the world to present martial arts seminars, conduct demonstrations and give radio interviews.



Today Demura serves as director and Chief Instructor for the Shito-Ryu Genbu-Kai International.

Sensei Demura emphasizes personal growth and mental discipline in his training to help people become better human beings.

## Karate BC in the news



Instructors Maurice Doucet, Tim Dunlap, and Don McLachlan

### Karate classes appeal to all ages

By GREG NESTEROFF

Special to the Castlegar News,  
January 27, 2012

If you're interested in taking up karate, now's your chance. The Castlegar Shotokan Karate Club is offering beginners' classes starting February 1.

Instructor Don McLachlan says the first week is free and offers a good introduction to their style of the martial art.

"There are many benefits to karate," he says. "Foremost, it's good exercise and good self-discipline. It's very good for self-confidence. That's all coupled with self-defence, which is what martial arts is all about."

McLachlan says traditional Japanese karate shouldn't be confused with mixed martial arts or kickboxing, for their club allows little or no contact, "so people can train and get in good physical condition,

but go back to work the next day. That's the nature of the style."

Their style is known as seihokoru, which tends to attract a slightly older crowd.

The average age among their members is about 35, and there are many in their 40s, 50s, and 60s, but McLachlan says it's good for all ages.

The beginners' classes — offered each February and September — are one hour sessions, twice a week.

They run from two weeks to a month, and afterward you're invited to attend the regular seniors class, which meets Monday and Wednesday evenings for two hours per session at Kinnaird Elementary.

There's also a weekly class at the Pass Creek hall and a junior class for kids under 14 that meets Monday evenings in Kinnaird.

Head instructor Maurice Doucet is a fifth-degree blackbelt with 35 years experience, while McLachlan is a fourth-degree blackbelt who's been training for 34 years.

In 1983, McLachlan joined an American organization and brought it north. Seihokoru Shotokan Canada now has five clubs across BC and Alberta, including the Castlegar chapter formed in the early '90s, and another in Rossland run by Bruce Robinson.

To learn more, call McLachlan at 250-364-3849 or Doucet at 250-365-7399. The club also has a website at [hai-karate.ca](http://hai-karate.ca).

# Coaches step up for B.C. Games

By **Staff Writer - Victoria News**

Published: February 12, 2012

Coaches are often the unsung heroes of athletic success.

When gold-medal athletes stand on podiums, their coaches often hide offscreen.

However, without fail, athletes credit their coaches ahead of anyone else.

Coaches lead and inspire athletes from community programs to the Olympic and Paralympic podiums.

This month's B.C. Winter Games in Vernon, Feb. 23 to 26, is a major springboard for coaches and athletes alike to move up to the Canada Games.

"A coach's preparation for the B.C. Games, or any other competitive environment, is just as important as an athlete's preparation," said Coaches B.C. executive director Gord May.

Coaches B.C. is the provincial organization responsible for coaching education programs and the ongoing support and development of coaches.

Every coach at the Games is certified through the National Coaching Certification Program.

"Every successful athlete has been trained by someone who has taken the time to learn about the technical aspects of their sport and how to prepare their athletes both mentally and physically," May said.

"Excellence will come about when you have the right tools and use them the right way."

Many of the 65 provincial sport organizations involved in the B.C. Winter and Summer Games utilize the Games as an opportunity for coach mentorship and training.

**Karate BC developed a junior coach mentorship program as part of the B.C. Winter Games where youth coaches have the opportunity to work with a certified adult coach.**

**Six junior coaches, aged 15 to 18 years old, will be part of the 2012 B.C. Winter Games.**

**"The B.C. Games is an ideal way of furthering (development of) our young athletes into future coaches," said Fernando Correia, the Duncan-based Provincial Advisor for Karate B.C.**

**"I know our junior coaches are looking forward to attending the Winter Games and having the opportunity to develop under the tutelage of some of Karate B.C.'s best coaches."**

Another successful mentorship program developed by the B.C. Games Society, Coaches B.C. and Promotion Plus, supports the education of female coaches.

For Laura Watson, Technical Director with Coaches B.C. and ringette coach, this has been a terrific opportunity for both her and her apprentice coach.

"As I started out in coaching I wish that I had had an opportunity to study from a seasoned coach. It would have provided me with the

opportunity to see how an effective coach really operates," Watson said.

"The B.C. Games experience that we have for our apprentice coach is absolutely the best experience that we could ever offer someone."

The dedication and commitment of coaches around the province strengthens the overall sport system and contributes to communities and social development. For many, including Gary Ricks, a Level 3 gymnastics coach in Cranbrook, coaching is a way of life.

"Coaching helps you take stock of where you are now in all aspects of your life and how that compares to where you would like to be," Ricks said.

Ricks has attended 12 B.C. Winter Games in 31 years of coaching. It will be a family affair this year in Vernon as Ricks coaches the Kootenays' Zone 1 team; his wife Michelle is the provincial advisor for gymnastics and his niece Madysen is a competing athlete.

A total of 232 head coaches and assistant coaches will lead 1,148 athletes at the 2012 B.C. Winter Games.



Team Canada coaches at the recent training session with Sensei Antonio Seba of Spain, team technical director, included Igor Madzar, Sandeep Gill of Burnaby Karate Academy, Nassim Varasteh-Reyhania, Kraig Devlin of Victoria and Germain Bisson. — *Dick Grant photo*



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