



KARATE



BC

NEWS

BC Team wins big at Nationals

# A dream becomes reality



Toshi Uchiage retained his title as Canadian national senior kata champion, his 10th in 11 years. See story page 12— Dick Grant photo

By Nicole Poirier

I have a fridge magnet that states:

Fais de ta vie un rêve  
Et de ton rêve  
Une réalité

Make of your life a dream  
And of your dream  
A reality

Being realistic has its virtues.

Many commented early in the season that the BC Team was going to be a weak one.

Comments were based on realistic and true observations like some of our best would not be present, some were injured and quite a few athletes were new to the team.

This presented a nice challenge to the coaching team. The facts were there and certainly word was getting around.

Our reality was changed. The BC Team collected 12 Gold Medals, seven Silver Medals and 20 Bronze in individual events. In Team Events, we collected one of each — Gold, Silver and Bronze.

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## North American Champions

BC Team members Shaun Dhillon and Jusleen Virk are the senior North American kumite champions.

Dhillon beat USA, Mexico and then the USA in the final of the North American Cup held last month in Las Vegas. Virk beat Mexico, the USA and then Mexico.

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## Thank you Volunteers

Please see pages 9 and 30

2012 Provincials

BCIT Burnaby

Nov. 17 and 18



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**Newsletter editor:**  
Charles La Vertu



Karate BC president Charles La Vertu presented former KBC executive director James Johnson with the Sport BC Presidents' award March 8.

## Johnson bestowed presidents' award

Former Karate BC executive director James Johnson has been awarded the Sport BC Presidents' Award.

The award, presented March 8 at the River Rock Resort by Karate BC President Charles La Vertu, honoured Johnson's 35-years-plus contribution to karate.

The Texas-born Johnson was KBC executive director from 1984 to 2009 and served as our president from 1980 to 1982 and as National Karate Association (now Karate Canada) president from 1988 to 1992.

The four-time national champion also

was vice-president of the Pan American Karate Federation (1988-1994), a member of the Executive Committee World Karate Federation (1996-2006) and Provincial Advisor for Karate for the BC Winter Games (1988-2008).

A member of the Technical Committee of the Pan American Karate Federation, he was named to the National Karate Hall of Fame in 1992 and the Burnaby Sports Hall of Fame in 2006.

His latest assignment was as general manager of the recent 2012 Karate Canada National Championships.

### 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

Funded by the Ministry of Community, Sport & Cultural Development



# Kobudo Tournament Rules – Development meeting

**Kurt Nordli**  
**First Vice-President**  
**Tournament Director**  
**Karate BC**  
**nanaimo@shimakarate.com**

Karate BC will be holding a Kobudo working discussion seminar May 27 in the lower mainland.

Our goal at this seminar is the following:

- To set basic tournament rules for the Kobudo Divisions at Karate BC Sanctioned Tournaments;
- Determine accepted weapons for use at the tournament;
- Determine minimum and maximum weights for the various weapons;
- Develop an accepted Kata list; and
- Develop the basic criteria for differentiating between good and bad technique in handling various weapons.

I understand that there are many different styles of Kobudo and many different ways of handling the various weapons.

I only ask that we come together to try to work out some basic criteria as a beginning in our development of Kobudo in tournaments.

I am asking for all Kobudo instructors who wish to be part of this seminar to email me with their names and contact information.

The formal invitation will only be going out to instructors who send me their information, not to the general membership of KBC.

The seminar will be from 11:00 – 4:00 with lunch from 1:00 – 2:00. Please send me your contact information so I can send you the formal invitation with all the information. Instructors attending should bring all their weapons and be prepared to demonstrate kihon, kata and explain the lineage of their Kobudo.

Remember, the world is run by those who show up. So far there are only six people who have responded and will be responsible for the rule development.

If you want a say in the development of Kobudo in tournaments plan to be there.



## D. Tsuruoka in Kelowna

Sensei David Tsuruoka was in Kelowna on April 20-22 to give 50 members a seminar of a lifetime.

Sensei David Tsuruoka (8th Dan) is the son of Karate Canada (NKA) founder O-Sensei Masami Tsuruoka (10th Dan) and comes yearly to Kelowna to host an outstanding weekend of training.

Sensei David pulls from his lifetime of experiences training with world leaders such as Master Nishiyama and Sensei Tabata to name a few.

Throughout the weekend members of the Kelowna Tsuruoka Karate Club, Jushinkan Martial Arts, Way of Life Martial Arts, Rodney Hobson Karate Academy and more all got together to train in harmony and explore the technical prowess of the great instructor.



**David Tsuruoka**

Techniques and ideas from Karate, Aikido, Kung Fu, Kendo, and Jiu Jitsu were all utilized in a jam-packed weekend.

The yearly seminar is an opportunity for all styles of karate to get together and learn off each other in an ego-free environment.

The seminar is open to all members, and we encourage everyone to attend next year and join in on the fun.

# A dream

*(Continued from page 1)*

Who made the difference?

BC junior athletes aged 16 and 17. Out of 11 divisions, BC won five individual Gold and one team kata Gold.

They were the ones that not only won half of BC's medals, they were also the leading group in Canada ahead of Quebec and Ontario Junior athletes.

BC U21 athletes placed second behind Quebec collecting two Gold and three Silver medals.

BC Cadets athletes collected one Gold, one Silver and five Bronze medals. Considering that this was for many cadets their first year at Nationals, their performance was noticed.

BC Senior athletes collected four Gold, two Silver and five Bronze medals.

It should also be noted that gold medals won in the senior divisions came from athletes that were National Junior Champions a few years ago.

In retrospect, our results surpassed the general expectation. In fact, due to injuries or other commitments, we were missing some of our best athletes that we strongly believe would have added additional medals to our count.



**Jusleen Virk bops one to Jade Storm Bartley — Dick Grant photo**

**BC Medal Count:**

**Gold (13)**

- Isabel Chan, Cadet -47kg
- Claire Boothe, Junior -48kg
- Victoria Barusic, Junior -53kg
- Tan Nguyen, Junior -55kg
- Derek Chan, Junior -61kg
- Cedomir Vasic, Junior +76kg
- Victoria Barusic, U21 -53kg
- Derek Chan, U21 -61kg
- Toshi Uchiage, Senior Kata
- Jusleen Virk, Senior -50kg
- Cody Martin, Senior -60kg

Shaun Dhillon, Senior +84kg

**TEAM KATA U17 MALE**

- Terrence Chan
- Paulo Santillian
- John Sawall

**Silver (8)**

- Aya Kitaoka, Cadet +54kg
- Thien Nguyen, Junior Kata
- Reid Lofstrom, Junior +59kg
- Rita Ngo, U21 Kata
- Thien Nguyen, U21 Kata
- Jusleen Virk, U21 -53kg
- Sumi Uchiage, Senior Kata

**TEAM KUMITE MEN**

- Arash Beytoei
- Shaun Dhillon
- Chad Edberg
- Jason Kingra
- Brian Purves
- Dylan Riches
- Dylan Robinson

**Bronze (21)**

- Trevor Kim, Cadet Kata
- Valerie Doyon, Cadet -54kg
- Terrence Chan, Cadet -57kg



**Coulson Boothe gets bopped — Dick Grant photo**

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## A dream

(Continued from page 4)

Jackson Tribe, Cadet -63kg  
 Brendon Ly, Cadet +70kg  
 Morgan Maher, Junior Kata  
 Tan Nguyen, Junior Kata  
 Paulo Santillian, Junior Kata  
 Samantha Rowland, Junior -59kg  
 Harpreet Sidhu, Junior +59kg  
 Avneet Matharu, Junior -61kg  
 Victoria Barusic, U21 Kata  
 Emma Arksey, U21 Kata  
 Seiya Takeuchi, U21 Kata



Latest members to the Karate BC and Shito-Ryu Seiko Kai families are Mattias Kuntze, born to Rosella Ng and Andreas Kuntze; and Tyler Henry Walmsley (below), born to Lo Re Na and Trevor Walmsley — FB photos



Dylan Robinson, U21 -78kg  
 Jason Kingra, U21 +78kg  
 Rita Ngo, Senior Kata  
 Kenneth Lee, Senior Kata  
 Eric Mah, Senior -67kg  
 Arash Beytoei, Senior Open

### TEAM KUMITE WOMEN

Andrea Maikawa  
 Jusleen Virk  
 Sumi Uchiage

The coaching team is thankful for the athletes' dedication and hard work representing our province with great sportsmanship and team spirit. Congratulations to all of our athletes that competed at Nationals this year.

### The Team behind the Team

Behind every successful athlete there is a team.

The BC Team is not the only element taking part in the development and growth of our athletes.

Parents, dojo, trainers, style association, zone, training partners, gym training, sports psychologist, physiotherapist, nutritionist and more played an important role.

The coaching team made a commitment to find resources that would benefit athletes in their success at Nationals. This is how it was done this season.

### Big Team = Big Help

A total of 101 athletes presented themselves at the BC Team Selection in January 2012.

Seventy athletes were selected to attend Nationals.

This was by far one of the biggest teams that BC has ever had -- a large team requiring support of all kinds.

To boost the BC Team spirit: The High Performance and Executive Committees approved and implemented the following:

- Additional team trainings
- Additional expert resources and services
- Call out to all BC coaches and Trainers
- Inauguration of the BC flag and BC badge on the karate-gi

### Team Trainings

The team had four trainings during the season.

The first plan, originally approved by the High Performance and Executive Committees, was to have four team trainings with two of them taking place in the regions.

However, this year, since we were a new coaching team, we decided to run all the trainings together so that we could synchronize our coaching style.

Pending additional review, the coaching team is exploring the possibility of conducting regional

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Team Canada coach Nicole Poirier, left, with athletes Goli Khalili, Chris Burke, BC Team captain Arash Beytoei and Charlotte Boudreau-Drouin, and referee Don Mazorelle at the 30th Villa de Madrid Tournament in Spain. The invitational tournament assembled teams from Spain, France, Canada and Italy.



## BC Team's recipe for success

# NATIONAL BLACK BELT CHAMPIONSHIPS 2012

By Nicole Poirier

What was BC Team's secret to success at the recent Nationals that was held here in Beautiful British Columbia?

Well it's a secret.

However, we are not greedy and we will share some of our "special ingredients" and maybe this can serve you for other big events you have in your life.

### **Respect:**

The bow, a simple gesture encompassing so many virtues like respect, responsibility and humility. It is also a sign of friendship, mutual admiration, trust and peace.

Bowing is a ritual reminding us of where we come from. It also means "thank you."

Start and end your day with a ritual that creates a good vibe. We simply bowed, as we all understood what it meant without explanation.

### **Honour:**

Competing for British Columbia is an honour. We symbolized this honour by proudly wearing the BC flag on our hearts and by holding our flag high for our official picture.

We also wore our tracksuits graciously.

As a team we had to find something we had in common to honour. We all live in BC and we all benefit from our province's natural beauty.

BC was the hosting province this year. We wanted to show how proud

we are to be living here. Pride gave us a reason to show what we had.

Honour gave us additional courage to continue when the journey became difficult with heartaches, losses, injuries and sorrows.

Honouring something, someone or a purpose, will give you additional energy to make it to the end. Just make sure that whatever you honour, it's greater than yourself so that you become of service.

Under this role, you will work harder, push harder and for some unexplained reason, your pain will be more manageable giving you the extra energy to finish with a feeling of accomplishment.

### **Discipline:**

How can we say we compete in karate if we take the "martial" and "traditional" out of what we are doing? We simply can't.

Traditional karate in the sport arena evolved and became more spectacular in the past 25 years but

every karate school is still implementing discipline and hierarchy.

Otherwise what we are doing would not be karate and nor would it be a martial art.

Implementing discipline is not about punishment but rather teaching responsibility through exercise, lecture, rituals and consequences.

Proper discipline can only be achieved through consistency and repetition.

Discipline teaches us humility, responsibility, harmony, unity and resiliency whether it is within ourselves or within a group.

When choosing a goal, ensure that your intent is to achieve it within the rules and values provided.

Once you have accepted to do so, allow space for forgiveness, growth and reconciliation with yourself whenever you get off track.

We are only human and we all

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BC Team members get ready to celebrate their victories



Breakfast Television on CityTV in Vancouver gave the 2012 Karate Canada National Championships a boost with a series of vignettes starring Live Eye host Dawn Chubai, a singer and film and television actress. Working with Dawn were cameraman Brian Wilson and producer Debra Walley. To see the vignettes go to <http://video.citytv.com/video/detail/1518593807001.000000/dawn-visits-the-2012-karate-canadian-championships-at-the-richmond-oval/>  
— Charles La Vertu photos

Also attending the 2012 Nationals was O Sensei Masami Tsuruoka, founding president of Karate Canada and pioneer of Canadian karate who delivered a seminar on *Karate Life*



The Vancouver Police Department (VPD) Lion Dance was featured in the opening ceremonies

Major sponsors Canada Martial Arts Supply and Arawaza had booths at the Nationals



National Officials Committee Chair Norma Foster oversaw training and certification



Sensei Akira Sato helped with the take-down



Charles Fink announced in both French and English

# A dream

(Continued from page 5)

trainings this upcoming season.

The BC Team, being large, required team leaders.

The coaching staff wishes to recognize the hard work of the following athletes:

- Kenneth Lee: Kata Group
- Brendon Ly: 14/15 Kumite Group
- Victoria Barusic: 16 and up Women's Group
- Arash Beytoei: 16 and up Men's Group

Special mention goes to Sumi Uchiage who has been developing a general warm-up for the Kata Program.

And special mention to Arash Beytoei, Team Captain, who has been key in the development of the BC Team spirit and decorum.



**Sumi Uchiage won kata silver**

### Additional Expert Resources and Services

Finding balance and bringing body, mind and spirit coherent with each other is often a challenge.

We, as individual, prefer working on one area more than on others.

Elite training and competition sure take a toll on the body, the mental and the emotions of athletes.

Fortunately due to networking and good contacts in the community, we had a few experts joining some of our trainings during the season.

These experts have kindly given their time and expertise to assist the BC Team in achieving better performance.

Karate BC, the coaches and the athletes wishes to express their gratitude for such generosity to the following experts:

Mario Schiopu, Conditioning Expert  
MarioFit.ca



**Team kata gold winners Terrence Chan, Paulo Santillian and John Sawall**

Mario@mariofit.ca  
604-725-9002

Thank you, Mario, for your wealth of information and your support.

We found the "Super Mario push-ups" absolutely brutal.

Thank you for pushing us.

Rosa Livingstone, Hypnotherapist  
Aloadoffyourmind.com  
info@aloadoffyourmind.com  
778-238-2427

Thank you Rosa, for coming to our training and leading us into a relax state to increase our performance.

We found your session enlightening and absolutely calming.

Thank you for keeping us calm.

Judy Remedios, Team Physio,  
Feldenkrais Practitioner  
Judy.remedios@gmail.com  
604-349-6733

Thank you Judy for your healing abilities. We are so grateful for your time, hard work and soothing energy in preparation for competition and during the days of competition.

We cannot thank you enough for tending our injuries and putting us back on our feet in between matches, giving us that extra mile to get our gold medals. Thank you from the bottom of our hearts.

### Call out to all BC Coaches and Trainers

The coaching team does not recall the last time so many came out to help us out.

Eleven coaches were at Nationals this year. It was a great benefit to have all these coaches there as we were at home.

Thank you to our Coaching Staff:

- Mike Ditson
- Pam Ross
- Peter Stoddart
- Jason Farquharson

Thank you to our Team Manager:  
Sharon Perry

Thank you to our Volunteer Coaches:

- Sandeep Gill
- Kenny Lim
- Bill Holder
- Darren Harpe
- Matt Bickel
- Cata Velicea

Thank you to our High Performance Committee:

- Rick Penner, Chair
- Andreas Kuntze, Executive Representative
- Andrea Maikawa, Athlete Representative
- Kenneth Lee, Athlete Representative
- Mike Ditson, Coach

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# Thank you Volunteers and Officials

By Charles La Vertu  
Karate BC President

Karate BC hosted a very successful 2012 Karate Canada National Championship in mid-March.

And much of that success is due to the 122 people who volunteered to help as well as to our BC officials.



Joan Clarke

On behalf of Karate BC I thank you, the volunteers and officials, for your help because without you there would have been no National Championships.

Many people have commented on how much they enjoyed their



Bob Mooney

experience here.

You helped make the athletes, the coaches, the officials, their families and guests feel welcome, and whether you worked for a few hours or the

entire three days, you contributed to an organizational success seldom seen.

The skills you brought helped make sure that the marshaling, the ticket sales and the ticket screening, the security, the score keeping allowed the competitions to take place and ensured that people enjoyed themselves and were entertained.

I hope that you will consider offering your talents to another Karate BC function in the future such as our annual Provincials which take place in November.

Thank you again for giving so freely of your time in support of the 2012 National Karate Championships.

I hope it was a valuable and memorable experience.

A special thanks goes to the organizing committee under the chairmanship of former Karate BC executive director James Johnson.

The committee includes Kate La Vertu, director of administration; Joan Clarke, volunteer coordinator; Bob Mooney, sport technical director; Lawrence Brown, transportation; Sacha Chin, VIP assist and food services; Dr. Chee Ling, medical director; Cheryl Gray, admin support; and Dan Wallis, finance and administration.

*(Continued on page 30)*



Sacha Chin



Lawrence Brown

## A dream

*(Continued from page 8)*

Charles LaVertu,  
Karate BC President

Dan Wallis, Karate  
BC Executive Director

And of course, thank you to Karate BC Executive Committee for support and guidance throughout the season.

The main objective was to provide the athletes with as much support as possible at Nationals.

For many athletes, having their trainer present and part of the team

had a positive impact in their final results.

Another objective, was to use the benefit of having the Nationals at home as a platform for coaching development.

This sudden interest to help out the team from coaches and trainers sparked an interest and created a need for additional support for the BC Team.

Unfortunately, lack of funding is in major part responsible for sticking sticks in the wheels.

Let's not despair and look forward to the challenges that recruiting additional staff may incur in terms of creativity.

I will go to my fridge now and read my magnet ;)



Dick Grant photos

Team Canada coach and BC Team head coach Nicole Poirier and Team Canada head coach Nassim Varasteh-Reyhani in Las Vegas

## KBC members win at US Open And North American Cup

Karate BC members also did well in Las Vegas at the 2012 North American Cup (international tournament assembling senior and junior-16-17-national team members from Mexico, Canada and the USA, April 5th) and at the 2012 USA open Karate Championships (the largest international Open tournament on the continent, April 7-8).

Medalists in the US Open included: Jean Newell, 2<sup>nd</sup> kata and 2<sup>nd</sup> kumite



Victoria Barusic in Las Vegas

for 12/13 year olds; Bernadette Alvarez, 3<sup>rd</sup> kata; Sherry Duncan, 3<sup>rd</sup> kata; Claire Boothe, 3<sup>rd</sup> kumite -48 kg; Thien Nguyen, 3<sup>rd</sup>, 16-17 male elite kata; Jusleen Virk, 2<sup>nd</sup> elite -50 kg kumite; Team Canada including Victoria Barusic, 2<sup>nd</sup>, 16-17 female team kumite; and Team Canada 2 including Jusleen Virk, 3<sup>rd</sup> female kumite elite.

BC medalists at the 2012 North American Karate Cup included juniors Cedimir Vasic +76kg, silver; Thien Nguyen, kata, and Victoria Barusic -53kg, bronze; and seniors Jusleen Virk -50kg, and Shaun Dhillon +84 kg, gold. Also in Las Vegas was National Team coach Kraig Devlin.

The Senior National Team members remained in Las Vegas after this tournament for a two-day training camp under the leadership of National Team Coach Nicole Poirier, in preparation for the 2012 Senior Pan American Championships.

## At the Nationals



Tan Nguyen won gold; Reid Lofstrom, silver and Valerie Doyon, bronze

# Karate Canada honours four from BC

Four Karate BC members along with several prominent members of the Canadian Karate Community were honoured during the latest edition of Karate Canada's annual Banquet (held immediately after National Championships, March 18, in Richmond).

Victoria Barusic and Derek Chan were named Junior Female and Male Athletes of the Year while Jusleen Virk received the Sport-Study award.

Also honoured was former KBC



Victoria Barusic

secretary Leslie Bowers who was presented with the Ross Rumbell award, which underlines the exceptional contribution of volunteers to Canadian Karate.

Other honourees include Maude L'Écuyer-Lafleur and Sorin Alexandru, adult female and male athletes of the year; Denis Beaudoin, Coach of the Year; Paul Jimo, Official of the Year; Philippe Soucy and Chris DeSousa Costa, Sportsmanship; and Men: Québec and Women: Québec, Team Kumite.

## BC Team members compete in Paris Open

A team of 12 kumite and kata athletes and current senior Team Canada members were in France earlier this year for the 2012 Paris Open, one of this year's WKF-sanctioned Karate 1 international tournaments.

They included BC Team members Jusleen Virk (Female Kumite -50 kg) and Shaun Dhillon (Male Kumite +84kg), and former BC Team member Hidemi Uchiage (Female Kata) who currently competes for Alberta.

Dhillon and Virk also competed in the Istanbul Open Tournament last September.



BC Games Society president and CEO Kelly Mann, right, presented the society's 2011 Presidents' Award to Shihan Fernando Correia of Duncan at the Sport BC awards night March 8 at the River Rock Resort in Richmond. Correia was chosen for his long service in support of the BC Winter Games. He is the Karate BC provincial advisor to the Games and was instrumental in developing a junior officials and junior coach mentorship program as part of the BC Winter Games.

**Kobudo?  
See page 3**

# Uchiage Canadian kata champ for tenth time

Toshi Uchiage of Steveston Karate retained his title as Canadian national senior kata champion at the 2012 Karate Canada Nationals Championships held in March at the Richmond Olympic Oval, his 10<sup>th</sup> in 11 years.

He won the National Senior Men's Kata division for the first time as a 16-year-old and represented Canada at the Senior World Championships the first time as a 17-year-old, the youngest Canadian representative.

Two years later, at the World Championships, he earned a bronze medal giving him the distinction as the youngest World Medalist to come out of Canada, and one of only four Canadian athletes to medal at the WKF (World Karate Federation) World Championships.

Uchiage was the only Canadian Kata athlete to compete at the 2005 World Games; won the Bronze Medal at the Senior Pan American Games as a 17-year-old; won the Bronze Medal at the Senior World Championships as a 19-year-old; and competed in the 2003 Pan Am Games (the last time they included Kata.)

After experiencing world success, Uchiage moved to Japan to train and learn the more traditional aspects of Karate, training Shoto Kan with Sensei Seita Nagao, training Shito Ryu with Shihan Hisatomi, and training Goju Ryu with Sensei Ryoki Abe.

## The Record:

### Nationals

2000- 14-15 Kata Gold

2001- 16-17 Kata Gold, Senior Men's



Team Kata Silver, Jr Male Grand Champion

2002- Senior Men's Kata Gold

2003- 18-20 Kata Gold, Senior Men's Kata Gold

2004- 18-20 Kata Gold, Senior Men's Kata Gold

2005- 18-20 Kata Gold, Senior Men's Kata Gold

2006- Senior Men's Kata Gold

2007- Senior Men's Kata Gold

2008- Senior Men's Kata Silver

2009- Senior Men's Kata Gold

2010- Senior Men's Kata Gold

2011- Senior Men's Kata Gold

2012- Senior Men's Kata Gold

### North American Cup

2010- Men's Kata Silver

2011- Men's Kata Bronze

### Jr. Pan American Championships

2003- 18-20 Kata Gold

### Sr. Pan American Championships

2003- Men's Kata Bronze

### Senior World Championships

2004- Men's Kata Bronze

## BC Team's recipe

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deserve the best of ourselves.

### Unity:

To unify a team, we needed many leaders ensuring inclusivity for all. We had group leaders and one team captain.

Our leaders were in charge of ensuring that their groups were warmed up before training. They were the ones who sparked up focus, discipline and energy.

Our team captain was the voice that encouraged all athletes to be proud, energetic and reminded everyone that keeping together would make us strong.

And it did... it sure did.

Surround yourself with a power team. Win or lose, you will never be alone, and when you need that extra boost of energy, you can always count on your power team to bring something out of yourself that you did not think you had.

### Celebration:

We did have great results but it is the journey that counts. Making it to the finish line is what is worth celebrating.

Take a moment at the completion of any of your goals, events or projects and celebrate with the ones that were there with you during your journey.

### Giving Thanks:

We are grateful for all the resources that came forward and helped us out this year. Your support, your faith in our abilities and your encouragement made a difference to all of us. Thank you.

Take time and give thanks to the ones that were there throughout your journey. You can do this during celebration, during your journey or sometime after the event is over.

We chose to give thanks in an article form in the Karate BC Newsletter.

Just turn the page and you might find our secret buried in there ;) – Nicole Poirier is head coach of the BC Team



Sharuthan Thulasithasan, Jean Newell, BC Team Head Coach Nicole Poirier, Darbyanh Heenan and Pawan Sidhu

# BC WINTER GAMES 2012 Talent Identification program

By Nicole Poirier  
BC Team Head Coach

### An old topic of conversation materializing:

For many years the subject of Talent Identification has been a topic of conversation amongst coaches wishing for the ability to identify and recognize young talent.

How to implement a talent identification program was a challenge in terms of logistics and therefore BC Coaches did not have the opportunity to formally identify young talent from a large pool of athletes.

Karate BC Winter Games Coordinator Fernando Correia invited me to attend the Winter Games and provide a debriefing to young coaches.

Although I was grateful for this invitation I was complaining to a good friend of mine that I was reluctant to go to Winter Games.

I was feeling tired, overworked and tired.

Did I mention being tired?

My friend responded with: "Nicole, BC Winter Games would be a very good opportunity to scout young talent."

The light went on, my thoughts came back to life and then it was just a matter of making them a reality; and for some weird reason, I was no longer tired.

### The BC Winter Games experience:

The Winter Games took place February 22 to 27 in Vernon. Five days of once-in-a-lifetime experience for karate-ka aged 12 and 13 years old.

Preparing young athletes to understand the benefits of being on a team that is formed by more than one dojo, to have assigned coaches, to travel, to go sleep away from home and to follow a schedule imposed by the demands of a karate tournament.

This is an experience that mirrors

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## A few words for each zone:

Zone 2:

The whole gym was plastered with posters that read "GO Zone 2". One favorite was: "1 potato, 2 potato, 3 potato ... 4, we are here to score".

Zone 3:

Nice jackets. Talk about coaches sticking with their goals. A box of 40 timbits was delivered by kind parents, and rejected on the spot. Other zones ate the timbits. Maybe it was a ruse...

Zone 4:

Nothing stops good athletes to show sportsmanship and ability to adapt. The girls team kata was put together the day before the games.

Zone 5:

A Team Kata composed of athletes from different styles... got a silver medal. What a nice challenge to give to these young girls. What was fun to watch was the expression on their faces after other teams would receive their scores. "WOW! We are higher than them too".

Zone 6:

Strong united team with a good attitude. Many believe that they were the ones who ate the timbits. The truth is out there somewhere...

Zone 7:

The best color: PURPLE. Great to see a team from Northern BC that is giving these young athletes an opportunity of a lifetime.

Zone 8:

Bravo, Bravo. A full team with a junior coach, Zone 8 was noticed from the get-go. Nice tracksuits, presence and with an attitude open to learning. This gives us, the coaches, a good reason to start implementing a regional training program.

Zone 10:

Zone 8 + Zone 2, the greatest way of keeping positive despite changes and that cooperation is the way to go. This special zone also worked all day to set-up the tournament.

Zone 0:

Our young Officials, who did an amazing job, not to mention their bright smiles, enthusiasm and opportunity to be role models for our young athletes. Thank you to our experienced officials for assisting in the development of our young officials.

## Talent identification

*(Continued from page 13)*

the Karate Canada Nationals, and the Winter Games being an event that includes different sports, also mirrors the Pan-Am Games. According to the Sports Canada Long Term Athletic Development plan, this experience would be considered in the "Training To Compete" component.

The Winter Games is also an opportunity for our 14- to 17-year-old karate-ka to get training to become future officials and future coaches.

Many that participated in the Winter Games Junior Officials and Junior Coaches trainings are also current members of the BC Team, and many



Our Junior Officials having fun . . .

As a token of recognition for their talent, they will receive a new karate-gi, a BC badge and an invitation to participate at all of next season's team training sessions for free.

Special mention goes to Aya Kitaoka who won two gold medals but was not selected as she is already a member of the BC Team.

Note that Aya also won a silver medal in the + 54kg in cadet female kumite at the recent Karate Canada National Championships.

The coaching team looks forward to having these fine four athletes joining us next season. Their presence will definitely bring a new energy to our team.

What a fun weekend that was.



Colour coded: Zone 5, Zone 4, Zone 3, Zone 6, Zone 8, Zone 7 and Zone 2

of them participated in previous Winter Games as athletes.

The BC Winter Games is truly a platform for development of our young BC athletes.

### Talent Identification:

There was a feeling of anticipation and great cheers in the gymnasium when our scouted athletes were announced.

Jean Newell, Sharuthan Thulasithasan, Pawan Sidhu and Darbyanh Heenan.



Officials with Karate BC provincial advisor Fernando Correia, centre front

# The 39<sup>th</sup> Steveston International

The 39<sup>th</sup> Steveston International Invitational Tournament was held at the Steveston Indoor Tennis Court on Jan. 28, 2012.



**Hidemi Uchiage performed Superinpei in semi-final**

We had a Referee meeting before the start of the tournament to confirm the use of the new WKF rules.

During the opening ceremony, two of

our guests gave speeches — John Yap, MLA, Government Caucus Chair, and Malcolm Brodie, Mayor of Richmond.

Other guests there included Dr. Julius Thiry (former WKF referee councilor), Zvonko Celibija (WKF Official), Suenori Tominaga (Chief instructor of Toronto University), Sebastian Pirrone (International Referee) from Windsor, Ont., Sensei Yogen Mungroosing (Chief Instructor of Uchiage-Kai in Indian Ocean), Eugene Tibon from Stockton, CA and the highest WKF Kata licence holder in Canada, Sensei Brian James.

WKF system Kata Div.W. This Division is for future international athletes to come and compete against each other.

For the Black Belt Women's Kata

final it was Hidemi vs Sumi Uchiage, which was the same as the 2011 Canadian National final.

The Men's Kata winner was Toshi Uchiage who won the Canadian Men's division for the 9<sup>th</sup> time at the 2011 Nationals.

Next year's tournament will be the 40<sup>th</sup> Anniversary Invitational and already several countries have confirmed their participation. We'll send invitations for the tournament out to clubs soon.

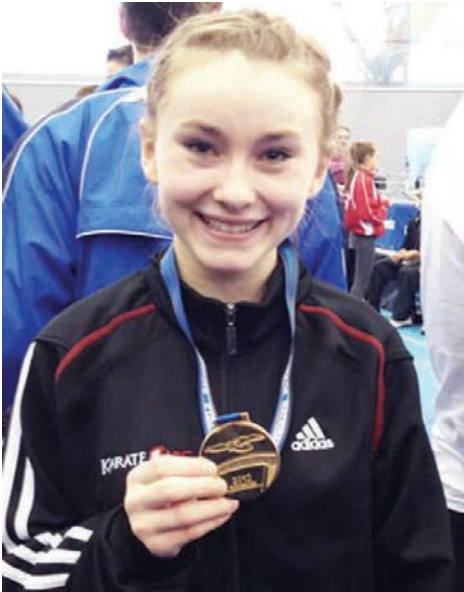
We would like to thank every official, athlete, coach, parent, volunteer and spectator who attended the event, and wish you a safe and successful competition year.

The Steveston Karate Club will again this year donate to the Japan disaster fund with proceeds from the tournament.



Division	1st	2nd	3rd	3rd
<b>W</b>	PAULO SANTILLIAN	TERRENCE CHAN	EMMA ARKSEY	BERNADETTE ALVAREZ
<b>Women's Kata</b>	HIDEMI UCHIAGE	SUMI UCHIAGE	EMMA ARKSEY	COURTNEY EMBRY
<b>Women's Kumite</b>	REID LOFSTROM	COURTNEY EMBRY	EMILY LAMBERT	BRONWYN NICHOL
<b>Men's Kata</b>	TOSHI UCHIAGE	PAULO SANTILLIAN	SEIYA TAKEUCHI	KYLE HENRY
<b>Men -70Kg</b>	DEREK CHAN	MATT LY	ANDREW MOORE	ERIC BONJOC
<b>Men Open</b>	ADAM WACKERSHAUSER	LINCOLN MacKAY	GARRETT DANIEL	SEIYA TAKEUCHI

## IN THE NEWS



Claire Boothe won gold during the 2012 Karate Canada National Championship in Richmond

## Karate members strike for gold and bronze

By Emanuel Sequeira  
Penticton Western News  
March 22, 2012

Winning gold during the 2012 Karate Canada National Championships hasn't sunk in yet for Claire Boothe.

The Summerland resident is a member of the Taneda Karate Dojo and represented Team B.C. along with fellow member Jackson Tribe in Richmond.

"It was a really amazing moment. I was the last division of the day," said Boothe.

"Claire, competing in her third national championships, had an amazing tournament," said coach Mike Ditson. "Competing in the final event of Day 2, she had the entire B.C. Team behind her cheering."

That support helped Boothe win all four of her matches en route to becoming a national champion.

The win also brought redemption for Boothe as it came against Alberta's Emily Lambert, who defeated Boothe two years in a row for the bronze medal.

"It felt really good. Look over at the stands and see all of B.C. cheering for you," she said.

Boothe proved to be the best in the 16 to 17-year-old division in the 47-kilogram kumite (sparing).

For Boothe though, the victory was for everyone who helped her.

"I have had so much support throughout the years. I know who helped me reach my goal," she said.

Ditson said that Tribe, competing in the 14 to 15-year-old 63-kg kumite, had a breakthrough tournament during his nationals debut. With the way the draw was set up, Tribe competed in four consecutive fights with very little break in between.

"Jackson won the first two easily and managed to hang on to win the third," said Ditson.

"By the fourth fight Jackson was getting pretty tired but he managed to take an early lead in the fight. His opponent managed to tie the fight and even take the lead with 15 seconds to go.

This put Jackson in a tight spot in the fight with 15 seconds to go and no gas left in his tank, but he

managed to find the energy he needed to score a very nice punch at the buzzer to tie the fight."

Due to the referee's decision, Tribe lost preventing him from competing for a gold medal.

"It was great," he said of earning a bronze medal. "The spirit there was great. It was a really good experience. I was fortunate to medal at my first nationals. You don't get an easy fight. You have to be at your best. After my first fight, which I lost, I realized I had to bring it up a bit."

"It was amazing to see Jackson dig deep at the end to even make it to the referee decision," added Ditson.

Because both placed third, Booth and Tribe have qualified to be members of the Canadian national team. As members of the team they are eligible to represent Canada at the Pan-American championships in Cancun, Mexico at the end of August.

Boothe will also represent Canada at the North America Cup in Las Vegas on April 5. She and Tribe will represent Canada at the U.S. Open in Las Vegas on April 8.



Samantha Rowland won bronze in individual kumite juniors—59 kg at the Nationals in Richmond



# Pint-sized

By Staff writer  
Oak Bay News  
April 18, 2012

Credit self-discipline, dedication, or determination, or maybe it's just genetic.

Thirteen-year-old Jean Newell is taking the karate world by storm. This season, he's emerged as a force to be reckoned with, winning numerous awards including four medals, two gold and two silver, at the B.C. Winter Games in February.

Jean has a sweet, youthful face and slender build. Shaggy brown hair frames his freckled face.

"He looks like an angel but he's very menacing when he's on the mat," his godfather Thierry Ponchet says.

Jean's latest win includes two silver medals in one of the world's biggest karate tournaments, the U.S. Open Karate Championships.

This annual competition, which took place April 7 and 8 in Las Vegas, Nev., saw more than 2,300 athletes from more than 45 countries, all competing for an international title.

Four days after the tournament, Jean is still taking it all in. "(I) definitely did well," he says.

"We didn't expect this victory. We would have been happy with the experience (of competing internationally)," Jean's mother, Brigitte Newell says, adding that the experience hasn't quite sunk in yet.

Jean, who lives in Oak Bay, has a brown belt in karate. He has been training since he was eight years old.

But Jean isn't the only karate star in the family. His brother and coach, Geoffrey Newell, who has a black belt in karate, won bronze in last year's national Canadian Karate Championships.

Geoffrey, 16, also referees numerous tournaments, including the U.S. Open.

At first, both boys, who are home-schooled, started karate because they

liked the idea of rising in performance and earning belts. They hadn't even considered competitions, they say.

The brothers train together and have always moved up in belts together, from the beginning white belt all the way to brown, Ponchet says.

Jean isn't eligible for black belt status until he turns 14.

Geoffrey says he's noticed a "huge difference" in Jean's performance since last summer, noting his brother has always been gifted.

"(Jean's) technique has always been good," Geoffrey says. "His strength and power of each technique has increased."

Another improvement is his growing confidence. When Jean walks onto the mat, it's as if he owns the ring, Brigitte says.

He used to shake "a little bit" through kata (choreographed) performances, Jean explains, but now his nerves are "next to nothing."

Jean says he felt well-prepared going into the U.S. Open because he had been practising "all the time" two weeks prior to the competition.

Two of his opponents were difficult to beat, but Jean said he sparred

better than ever.

"This is probably where he did his very best kata and his very best kumite (sparring)," Ponchet says.

Before a fight, Jean goes into such a focused state, not even his mother can speak to him, Brigitte says.

His ability to focus and stay that way under pressure is an advantage, Ponchet says.

"We've been so surprised to see how calm and focused (both boys) are when there's things going on in all the different rings around you, there's whistles and people shouting, they're totally not deterred by that ... they use it to their advantage," he says.

Practising karate has brought out discipline and poise in both Newell boys, Ponchet says. The sport fosters good sportsmanship and teaches them self-control -- traits that are valuable both inside and outside of the ring.

What started as the young boys' wish to learn self-defence quickly turned into something much bigger, Brigitte says.

It's the boys' determination that's gotten them this far, and possibly just French genes, since karate is popular in France, she adds.

Besides excelling in the B.C. Winter Games, Jean also struck gold in the Karate B.C. provincial championships in January and received a sportsmanship award in each of the two competitions.

After his performance in the provincials, where he beat out 50 other athletes from B.C., Jean has been invited to train with the B.C. team this upcoming season.

Jean says he will continue to master applications of the kata and learn to understand what each movement means, both requirements to earn a black belt. He also hopes to one day win gold for the national team, a team he cannot join until he is 14.

With continued study, brotherly team-work and support from his family, Jean might just reach his goal.

"They've got the determination, it's beyond us," Brigitte says, adding that she realized quickly how aggressive and tough Jean is.



Jason Kingra got bronze in the +78 kg kumite at the Nationals  
— Dick Grant photo

# Tsunami Shotokan Karate grading

100 Mile House Free Press

By Staff Writer

February 15, 2012

After several months of hard work, students of the Tsunami Shotokan Karate Club graded recently.

After a difficult two-hour seminar in the morning, the students presented their skills for grading in the afternoon.

Nine students were graded before Sensei Julian Willsey and their families, showing their skill development in three areas: kata, kumite and kihon.

Dominique Reichelt and Aidan Seiler passed to red-belt level.

The following students double graded



**Students of the Tsunami Shotokan Karate Club were graded in three disciplines recently. Several members of the club were promoted to higher belt levels — Julian Willsey photo**

to yellow belt: David Dejonghe, Kimberly Reichelt, Dirk Schuurman, Eric Schuurman and Kyson Hopson.

Paul Laxton was promoted to orange

belt and David Reichelt was promoted to the blue-belt level.

It was a very successful grading all around, Willsey says.

He adds Hopson is one of the youngest students to double grade to yellow belt.

Laxton has returned to karate after a hiatus, Willsey notes, but has forgotten very little.

“He trains very conscientiously. All our students put a huge amount of time and effort into their pursuit of karate perfection.”

A new winter session has begun and new students are welcome. All training takes place at Horse Lake Elementary.

## Karate athletes in good form

Nanaimo News Bulletin

By Staff Writer March 08, 2012

Shima Karate athletes did well at the Westcoast Goju-Kai Invitational this month.

The club sent a contingent to Coquitlam on Saturday and many athletes returned with medals.

8-9-year-old boys - Corin Cooper, gold, forms, gold, sparring; Russell Good, gold, forms, gold, sparring; Caelin Haapala-Wilson, silver, forms, silver, sparring; Daegan Haapala-Wilson, silver, forms.

8-9-year-old girls - Amelia Cooper, gold, forms, silver, sparring; Paige Mushenski, bronze, forms.

Seven-and-under boys - Noah Osborne, gold, sparring, silver, forms.

Seven-and-under girls - Jade Fearn, gold, forms, gold, sparring; Genevieve Draginda-Burnett, gold, moving basics, bronze, sparring; Sophia Miles, silver, forms, silver, sparring.

10-11-year-old boys - Trenton Harper, gold, team forms, silver, forms; Cole Soderstrom, gold,

sparring, silver, forms; Hanxi MacIlquham, gold, forms; Joshua Colonna, gold, forms; Matthew Rurka, silver, forms; David Fraser, silver, forms; Caleb Person, bronze, forms, bronze, sparring.

10-11-year-old girls - Samantha Wolff, gold, forms, gold, team forms, silver, sparring; Olivia Vallee, gold, sparring, gold team forms, silver, forms; Abigail Miles, gold, forms, bronze, sparring.

12-13-year-old boys - Corin Cooper, gold, weapons, silver, sparring.

12-13-year-old girls - Samantha Wolff, silver, weapons; Shaw Beuk, gold, forms, gold, sparring; Brittany Carpenter, silver, forms, silver, sparring.

**Vancouver Island Karate  
Championships  
May 26  
Island Savings Centre Gym,  
2687 James St, Duncan**

# Karate nationals begin Friday in Richmond

**Nicole Poirier is the first female head coach in the 37-year history of Karate BC**

**Richmond Review**

**By Don Fennell**

**March 14, 2012**

As Karate Canada prepares to hold its annual national championships this weekend at the Richmond Olympic Oval, it's apparent the sport's future is in good hands.

"More and more I see the progress we're making," says Nicole Poirier, who this year became the first female coach to lead the B.C. high performance team in the 37-year history of Karate BC.

"Martial arts in general are very popular, and it's just a matter of us continuing to grow them. When it comes to spectators, we've also been working at that without sacrificing the quality of the art.

At the world level they've adapted rules to make it more athletic and (appealing) to the eye, with more kicks, take downs and multiple combinations."

As a competitive athlete, Poirier excelled by winning 20 medals at Canadian championships and golds at both the Pan-American championships and Pan-American Games.

It's a combination of that experience, and an ability to motivate others that appealed to Karate BC officials when it came to selecting a head coach, said Karate BC executive director Dan Wallis.

"We're very proud of Nicole and thrilled she has the interest and time to devote to our team," he said.

"She walks the walk and understands



**Nicole Poirier — Onelegwest photo**

the needs of athletes."

"I'm very honoured to take on the role," said Poirier. "It's been a goal of mine for several years and I finally felt this year I had enough knowledge and strength to take it on. I always turned it down before for fear of not being ready."

Both Poirier and Wallis are pleased with the progress B.C.'s karate elite have made over the course of the last year. B.C. finished second to Quebec in aggregate points at last year's championships.

While the aggregate formula has been abandoned, Poirier still expects the 71 athletes that will represent the host province at this year's tournament (Friday through Sunday) to contend for top honours again.

Twenty-two B.C. communities will be represented on what is the largest ever Team BC contingent at the

nationals. They'll compete against a field of more than 300 of Canada's best.

Wallis said having the championships in the Lower Mainland certainly offers local athletes a relief from travel.

But equally important, the championships also provide a unique opportunity to showcase the sport.

"It's a chance for the community at large to come and see something pretty exciting," he said. "And it allows our (5,000) members from around the province to upgrade their skills and see the best competitors."

Five Richmond athletes are expected to play lead roles for Team BC at the nationals, including brother and sister Toshi and Sumi Uchiage.

Now 26 years old, Toshi at 17 became the youngest Canadian representative at the senior world karate championships and two years later earned a bronze medal to become the youngest ever Canadian to win a world medal.

He won Canadian titles in 2007, 2009, 2010 and 2011.

Sumi, 24, won three gold medals in kata at the 2011 Canadian championships and a bronze in kumite.

The 2012 Karate Canada National Championships are on from 9 a.m. to 5 p.m. Friday through Sunday at the Richmond Olympic Oval. Tickets, available at the door, are \$15 for a one-day pass (\$10 for Karate Canada affiliates) and \$40 for a three-day pass (\$25 for Karate Canada affiliates).

## Richmond's Uchiage still kata king

By Don Fennell  
Richmond Review  
March 20, 2012

Canada's king of kata continues to reign supreme.

Toshi Uchiage of the Steveston Karate Club won his fourth consecutive national senior men's championship Saturday at the Richmond Olympic Oval. And while happy with his performance, he's confident he can be much better.

"It's just the start of the season in terms of international events and I know it's not where I'm going to be," he said. "It's just really minor things like speeding up a little more and proper hand positioning. But there's always things to work on."

A third degree black belt, Uchiage, 26, expects to compete in the North American Karate Cup April 5-8 in Las Vegas.

The Pan American Karate Championships at the end of May in Nicaragua and the world championships in November in France are also on his list.

Growing up in karate's first family, he has been training in the sport since he was five years old.

At the age of 15 he made his debut at the Canadian championships and has been a force ever since.

At 17 he became the youngest Canadian representative at the senior world championships and two years later earned a bronze medal at the worlds—the youngest and first Canadian ever to medal.

"When I first started competing at nationals, winning was definitely a goal," said Uchiage. "(My success) is



**Toshi Uchiage shows the form that earned him a fourth consecutive senior men's kata title last weekend at the Richmond Olympic Oval. — Don Fennell photo**

something to be proud of because not every athlete can say they won a national title.

"And every time I compete my mindset is to blow everybody out of the water, because mental attitude is a big part of succeeding."

"But more important is looking ahead to international success—trying to win at Pan Ams or worlds."

That said, Uchiage was particularly proud to win the 2012 Canadian championship in his hometown.

"There's added pressure at home, but it's also special," he said. "My mom was able to attend and it's not often she gets to watch me in competition."

Uchiage's sisters Sumi (also representing BC) and Hidemi (representing Team Alberta) also competed last weekend. Sumi, 24, placed second in the senior women's individual kata.

Richmond's Seiya Takeuchi also earned a bronze medal in the under-21 men's individual kata category, while Avneet Matharu was third in the under-61 kilograms men's kumite division.

## Martial artists to karate nats

Burnaby Now  
March 9, 2012

Byrne Creek Secondary senior Victoria Barusic will be leading a strong contingent from Burnaby to the Karate Canada championships.

The 17-year-old Barusic is the defending gold medalist in kata or forms, while winning a silver medal in kumite or sparring at last year's nationals. Barusic also won kumite gold and silver in kata at the junior Olympics in Las Vegas and gold at the Commonwealth championships in Sydney, Australia. At this year's competition, Barusic will compete in her age class in both kata and kumite, while also entering the 18-to-20 age group as well.

Andrea Maikawa is back again at

the nationals in the open women's division. Junya Yamamura will compete in the men's kata. Also competing in the 16/17 age group are Daniel Zhang, Jag Sandhu, Harpreet Sidhu and Derek Chan from Burnaby. Four other Burnaby martial artists - Vanessa Vung, Aya Kitaok, Joey di Pietro and Isabel Chan - will take part in their respective 14/15 division.

More than 300 of Canada's top karate athletes will competing at the three-day event hosted in Richmond March 16 through 18. B.C. will be sending a team of 70 athletes - the province's largest contingent ever.

The nationals will take place from 9 a.m. to 5 p.m. daily at the Richmond Oval.

## Karate's Golden Guy

### Local champ goes beyond mat & medals

By Jean Konda-Witte  
Abbotsford-Mission Times  
March 22, 2012

Abbotsford's Shaun Dhillon grabbed the gold medal at the Karate Canada National Championships in Richmond on Sunday.

The local karate instructor medaled in the Kumite Individual male seniors +84 kg division and bettered his silver medal performance from last year's national championships.

"Shaun breezed through the division all the way to the finals," said Nicole Poirier, head coach of the provincial team.

"It wasn't a surprise to me. It is always a nail-biting division when he goes against Chris [Desousa] but this time it felt that Shaun had really good control on that match. He was very dominant in that one."

Dhillon, who graduated from MEI in 2004, and Desousa, from Ontario, have been arch rivals for years on the mat, but are friends when not in competition.

"When they get on the mat they fight for that spot on the national team," said Poirier.

"For this match Shaun has taken it to another level in his ability to fight against his arch rival. I've seen that maturity and his ability to attack without fear."

Kumite is a type of sparring or combat karate, fought in three-minute rounds until a winner is declared.

For Dhillon, the gold medal was especially sweet, as several of his karate students were also competing at the Richmond Oval and watched him win the championship.

"It feels really good, I did a lot of training for this. Four of my students were competing there and this tournament was really special for me," he said.

"There wasn't any pressure at all. It was more of a proud moment and showing my students what I can do."



**Abbotsford's Shaun Dhillon dominates his opponent and took gold in the Canada National Karate Championship last week in Richmond**

Dhillon teaches 130 kids at the Abbotsford Karate Academy at Apollo Athletic Centre. In November he also opened the Surrey Karate Academy and now has 70 students there.

"My goal is to help kids achieve at the highest level and get on the provincial team. Nothing comes without hard work," said Dhillon, who's been coaching for about four years.

He started in karate at the age of eight in Mission and credits much of his success to his first coach, Tom

McDonough, who died two years ago but not before watching Dhillon achieve the highest success by making the Canadian team at the age of 18.

"He was extremely proud," said Dhillon of McDonough. "He always told me as a kid he wanted me to make the national team. It was a pretty proud moment."

These days Dhillon, who was karate's B.C. Male Athlete of the Year in 2011, and won a bronze medal at the Pan Am Games in Mexico last September, is giving back.

On Wednesday, he was in Surrey running a program for kids at risk through the Surrey School District.

It's part of the Dream Program he said, and he mentors kids in self-defense and goal setting, and talks about what it took to make the national team.

Four of his young charges, Josh Dhillon, Ravneet Sidhu, Jada Mangat, Sukreen Samra, just returned from the BC Winter Games with medals.

"It was excellent," said Dhillon. "Coaching and competing are two different things, two different stress levels."

"As a coach you can't control anything. You get more nervous than [when you're] actually competing."

Next on the horizon for Dhillon is the US Open in Las Vegas on the Easter weekend.

The international tournament will have teams from at least 10 other countries. Then he will set his sights on the Pan Am Championships in karate in Nicaragua in May.

*JKonda-Witte@abbotsfordtimes.com*

## Campbell River karate duo in the medals

**Campbell River Mirror**  
March 20, 2012

A pair of Campbell River athletes came home with medals from the Canadian nationals held at Richmond oval, site of the 2010 Olympic speed skating.

Approximately 300 competitors from all provinces competed as Karate B.C. hosted this high level event on the weekend, the first time since 2006.

Two local competitors represented B.C. in this event, veteran Chad Edberg and Valerie Doyon both competed in the kumite or sparring event.



**Chad Edberg, Valerie Doyon  
and Roy Tippenhauer**

Doyon competed Friday drawing last year's national champion in the first round. She managed three points on her but came up short

with a valiant effort.

Doyon dominated her next two matches and came out victorious in both those. In her fourth match she ended up with a tie so the judges had to make a decision.

Doyon lost this decision by 3 to 2 flags.

That victory would have put her in the gold medal match. Instead she ended up with a Bronze medal. This is Doyon's first trip to nationals and the team is pleased with her personal best at this tournament.

Chad Edberg was eliminated in the men's black belt plus 84kg kumite.

The setback didn't sit well with Edberg and the next day he went on to lead the British Columbia men's team to a silver medal in the team Kumite event.

Edberg's first nationals were in 1993 at the age of 14 and he has won national medals in every tournament he has entered.

Edberg has been a member of Karate BC team since that time except several years when he attended university.

Edberg says this was his last nationals and he was happy with his performance.

Edberg and Doyon train at the Campbell River Shito Ryu club coached by Sensei Roy Tippenhauer.

Campbell River Shito Ryu has had members compete at the national level every year since 1993 except one, winning numerous medals during this time.

Beginners Classes are available through the Campbell River Recreation association or Sportsplex and are held at the clubs dedicated martial arts club on 9th Avenue.

## Uchiages dominate Karate Nationals

**Richmond News**  
March 23, 2012

The Steveston Karate Club thrived at home with some outstanding performances at the national championships, held last weekend at the Richmond Olympic Oval.

The local contingent was led by Toshi Uchiage who continued his amazing run at the nationals by winning the senior men's kata division.

The 26-year-old, who is also an instructor at the Thompson Karate Club, scored a decisive 5-0 victory over his Ontario opponent in the final.

Dating back to his days as a junior competitor, Toshi has won gold at the nationals 10 times.

As a junior, he captured the 14-and-15-year-old and 16-and-17-year-old divisions, then proceeded to win three more times at the 18-to-20-year-old level.

The success carried over to the senior ranks where Toshi has been on top of the

podium the last four years. The previous record for most national title was five. In total, Toshi has won 15 gold medals at the Canadian championships.

Toshi also had the opportunity to watch his sisters Sumi and Hidemi compete in the women's senior final for the second straight year.

Hidemi, who now competes for Alberta, defeated Sumi who was the 2011 champion.

The Uchiages are now preparing for the North American Cup and U.S. Open, slated for April 5-8 in Las Vegas. They also will be going to the Senior Pan American Championships in Managua, Nicaragua, May 29-June 3.

Other results included Steveston's Seiya Takeuchi winning bronze medal in the Kata individual male under 21. He was also fifth in the senior men's kata division.

The Steveston Karate Club has now won national titles for each of the last 20 years.

# Burnaby at home at karate nationals

By Tom Berridge  
 Burnaby Now  
 New Westminster Record  
 March 21, 2012

Burnaby martial artists won nine gold medals at the Karate Canada nationals hosted by Richmond this weekend.

Burnaby Karate Academy's Derek Chan and Victoria Barusic, who trains out of the West River Hayashi-Ryu dojo, garnered five of the gold-medal harvest at the nationals.

Chan won his third consecutive gold in kumite, or sparring, in the junior division, winning again in the under-61 kilogram division. Chan, a bronze medallist at the junior men's Pan-American championships last year, also came in first in the under-21 u-60kg class. The Burnaby black belt shared a first-place team medal in cadet/junior kata, or forms, as well.

The 17-year-old Chan also placed fourth in the u-60kg kumite senior classification.

Chan avenged a first-round loss to Kevin Kugler of Quebec to win the u-21 title with back-to-back match wins of 2-0 and 3-1 in the double-elimination competition. He then went on to take the Canadian junior title.

"I didn't want to be that guy who wins at under-21 and then lost to a junior athlete," said Chan, who was also buoyed by his fourth-place result in his first foray into the senior competition.

"It went a lot better than I expected. It helped my confidence," said Chan. "I've heard about these big names for four or five years, and now I know that I'm not that far behind them."

Barusic came away with three medals

from the nationals, including a pair of gold. The 17-year-old Byrne Creek Secondary student won both the junior and under-21 women's under-53kg kumite. Barusic also won a bronze medal in the individual u-21 kata.

Barusic twice defeated senior u-50kg Canadian champion and Burnaby Academy's Jusleen Virk, including a judges' 3-2 decision in the final of the u-21 weight class.

Trailing 3-0 in the final minute of the round, Barusic scored three points, using hands to the head to knot the match 3-3.

"I knew if I just went in, I wouldn't have gotten the points. I had to be careful going in," Barusic said. "Going into the finals, I knew she wouldn't let it be easy. Winning that final has made me see the improvement I've made from last year's nationals to now. It's been phenomenal."

The Burnaby Karate Academy was a big source of city pride, winning seven of the gold medals.

"I don't know if we could have had a better tournament," said BKA sensei Sandeep Gill. "This is the 10th year Burnaby has consistently sent athletes to the nationals. It's the best we've ever done."

Cody Martin, with his first senior men's title, Shaun Dhillon and Virk all claimed individual gold, matching a result that B.C. martial artists, as a whole, have failed to achieve at the nationals for the past 14 years.

Martin won the u-60kg men's kumite, while Dhillon won at plus-84kg.

All three senior winners earned Team Canada spots for the Pan Ams in Nicaragua in May.

Burnaby North student and brown belt Isabel Chan, 14, also won a gold defending her national title in the cadet girls' u-47kg kumite. Vanessa Vung of Burnaby placed fourth overall in the same division. Cedomir Vasic won his first-time national title at plus-76kg in junior men's sparring.

Aya Kitaoka, a 13-year-old Burnaby green belt, was also a big story at the nats, finishing in second place in the cadet girls' plus-54kg kumite class to become the youngest member of Team B.C. "A green belt in a black-belt championship - the lowest belt and the lowest age - she had quite the tournament," said Gill.

Reid Lofstrom won a silver in the junior girls' plus-59kg kumite.

Brown belt Harpreet Sidhu also medalled for the Burnaby Karate Academy. Sidhu placed third in the junior plus-59kg kumite.

Also earning bronze were Brenden Ly, Dylan Robinson and Arash Behytoei, whose third-place finish in the men's open weight competition earned him a spot at a special exhibition tournament in Spain next month.

Ly placed third in the cadet boys' plus-70kg, while Robinson medalled in the u-21 men's u-78kg.

Andrea Maikawa was a fourth-place finisher in the senior women's u-61kg kumite. Maikawa also shared a team bronze medal in the senior kumite event with Virk and Celynne Belanger.

"I am extremely proud of our team," said Gill. "I hope this is another step in creating a strong program in our city as well as all of British Columbia."



## Cedomir Vasic: Karate National Champion 2012

<http://kgdragons.vsb.bc.ca/?news-item=cedomir-vasic-karate-national-champion-2012>

### King George Dragons

My name is Cedomir Vasic. I am seventeen years old, and I am a grade twelve student at King George Secondary.

As well as going to school, I train karate as a hobby and it is something that I love doing.

Karate is something that I started when I was four years old and I won my first competition when I was seven at the Steveston International Tournament in Richmond, BC for athletes under eight.

During the next couple of years I won many provincial tournaments. When I was ten I stopped training karate for three years, and during that time I tried playing a couple different sports such as soccer with my brother, water polo, and hockey.

I realized that karate is the sport that I love the most, so I returned, and after two years of training I won the provincial championships as well as winning silver in the junior division at the karate nationals in Winnipeg in 2010.

Then when I was sixteen years old I earned my first degree black belt in December 2010.

The journey to becoming the 2012 Canadian National Champion was very challenging.

The reason it was challenging was because it was the first year that I am competing in the junior heavyweight division.

When I won the provincial tournament I believed in myself that I could become the National Champion and this was my new goal. Training for this was not easy.

I was training in the dojo around six hours a week as well as working out in the gym up to ten hours a week.

I was very fortunate that the Karate Nationals were held in my home town, Vancouver. In total I had five fights, and in the final, I fought against a competitor from Nova Scotia winning 8-0.

The feeling of success, standing at the top of the podium is probably the best feeling I've ever had, and it is indescribable.

Doing something like this could not be done alone. I couldn't have done

it without the support of my coach, friends and family the whole way through, believing in me.

Two and a half weeks after winning the 2012 Karate Nationals, I went to Las Vegas to represent Canada, and compete in the North American Cup where the top three fighters from Canada, Mexico and the United States would meet, as well as compete in the U.S. Open where international fighters come and compete.

In the first fight at the North American Cup, I injured my knee in the first five seconds, but I ended up fighting through the pain and winning 7-1 against a competitor from the United States.

I made it to the finals injured, fighting another competitor from the United States, but when the match started, every time I went for an attack, or put pressure on my left leg, I felt a lot of pain in my left knee and because of this I could not continue the fight.

The doctor suggested that I stop and told the referee to end the match. I ended up placing second at the North American Cup, and unfortunately because of my knee injury I could not

*(Continued on page 32)*



## Karate kid shows guts, determination

Shima student Sage Thomas, 12, returns from B.C. Winter Games with a trio of medals for her efforts

By Josh Aldrich  
Nanaimo Daily News  
February 29, 2012

Sage Thomas did more than just win three medals in karate at the B.C. Winter Games in Vernon on the weekend, along the way she showed the guts and determination of a champion.

Thomas, 12, got into the games as a wild card, got hurt the weekend before, took on an advanced routine and cemented herself as one of the top, young karate students in the province.

She has experienced a lot of success in a short time, but none of it has come easy, making standing on the podium and accepting gold in kumite, or sparring, that much sweeter.

"It was unbelievable, I couldn't believe that I got gold. I was so excited," said Thomas who also earned bronze in the kata and team kumite competition.

Thomas, of Lantzville, defeated Jocelyn Fennell of Prince George 1-0 to win gold as Fennell collected three penalties in the final.

To get there she defeated Zone 6 teammate Olivia Hill out of Campbell River in the first elimination round, scoring a point with two seconds left to win 5-4. She won her next four matches to get to the final.

That win also avenged several defeats Thomas has felt at the hands of Hill, still she was apprehensive about celebrating too much at a teammates' loss, especially after Hill missed out on the medals altogether.

"It was really close, she always beats me, I've never beaten her," said Thomas.

"It was very exciting. It was hard going against your own team member."

One of those losses to Hill included the kata at the games, which knocked her from gold medal contention.

The kata is a precise series of moves that flow together demonstrating an achieved level of skill and knowledge and they get more difficult with the different level of belts.

In the kata competition at the games Thomas survived the initial scoring round, which eliminated half the field.

She then moved on to the flag round, or head-to-head match ups, where she was eventually edged out by Hill and finished with the bronze medal.

In the team kumite competition Thomas held up her end of the bargain, defeating the girl who won gold in the middleweight division.

Thomas' performance is even more impressive considering she went into the games with an injury.

She suffered the injury the weekend prior to the games at the Sato Cup in Vancouver, a tournament many games competitors avoided due to the chance of getting hurt.

Thomas had fought her way to the gold medal match of the 12-13 girls

orange-green kumite where she ran into Natalie Santi of the Burnaby Karate Academy.

About one minute into the 90second match, Santi connected with a punch to the chest, that caused the referee to stop the match and ask if Thomas was alright.

"I just sucked it up and said I was OK, which I probably shouldn't have and I just kept going," she said. "At the end of the match I just broke down and it was really hurting."

Thomas was sent to local doctors and what felt like cracked ribs turned out to be torn cartilage in her sternum - she still won silver in the event, but she also earned a gold medal for her kata as well.

It was touch-and-go as to whether or not she would be able to compete in Vernon but her dad, Dave Thomas, tracked down a chest protector in the U.S. to wear at the games.

There was little question in her mind, however, if she was going to compete at the games - she had worked too hard not to.

Thomas was one of two wild card selections to the team, having just missed out on qualifying. It turned out to be a huge dose of motivation.

Thomas, a blue belt, started training twice a week in private sessions with sensai Kurt Nordli from Shima Karate in Nanaimo in addition to training with the zone team in Comox and Courtenay with Pam Ross and Todd Robertson.

In her sessions with Nordli, however, she was busy learning two new katas - the seipai black belt kata and the seiunchin blue belt kata.

"The last two months she has worked

*(Continued on page 26)*

## Shima Karate earns 43 medals in Coquitlam

Nanaimo Daily News

March 7, 2012

It was a huge weekend for the Nanaimo Shima Karate School in a tournament in Coquitlam on the weekend as they collected 43 medals - 21 gold, 17 silver, five bronze.

Corin Cooper led the way with three golds (8-9 Boys intermediate kata, kumite and U13 novice weapons) and one silver (12-13 boys intermediate kumite),

Samantha Wolf earned two golds (10-11 girls intermediate kumite, team kumata) and two silver (10-11 girls intermediate kumite, U13 novice weapons).

Olivia Vallee earned two gold (10-11 girls intermediate kumite, team kata) and a silver (10-11 girls intermediate kata).

Earning two golds were Jade Fearn (U7 girls kata, kumite), Russell Good, (8-9 boys novice kata and kumite) and Shae Beuk (12-13 girls intermediate kata and kumite).

Earning one gold and one silver was Trenton Harper (team kata and 10-11 boys intermediate kata, respectively),

Cole Soderstrom (10-11 boys novice kumite and kata) and Amelia Cooper (8-9 girls intermediate kata and kumite).

Coming home with one gold and one bronze were Abigail Miles (10-11 girls novice kata and kumite, respectively) and Genevieve Draginda-Burnett (U7 kihon ido and kumite).

Joshua Colonna earned one gold medal (10-11 boys intermediate kata).

Three students came back with double silver, Sophia Miles (U7 girls kata and kumite), Caelin Haapala-Wilson (8-9 boys novice kata and kumite) and Brittany Carpenter (12-13 girls intermediate kata and kumite).

With one silver each was Matthew Rurka (10-11 boys intermediate kata), David Fraser (10-11 boys novice kata) and Daegan Haapala-Wilson (8-9 boys novice kata).

Caleb Pearson earned two bronze (10-11 boys novice kumite and kata) while Paige Mushenski earned one (8-9 girls novice kata).

## Guts, determination

*(Continued from page 25)*

so hard to get to where she was," said Nordli who was impressed with her ability to perform the intricate and detailed seipai kata to the level she did in a tournament format.

Thomas has a history of making the best of her chances, like the wild card.

She earned a provincial berth last year in just her second ever competition, placing third in qualifying out of three total competitors.

At first she didn't feel like she deserved to go, but after a talk with her dad, she was more than motivated.

"He said 'If you don't want to go, you don't have to, but are you not interested in karate?' That inspired me," said Thomas.

She started to train hard and earned bronze at provincials while the two who qualified ahead of her missed the podium altogether.

Since then she has medaled at every single tournament she has entered. The next tournament she is eyeing is an international tournament in Las Vegas over spring break.

It is that kind of dedication that has Nordli believing she will meet every goal she sets in the martial art.

"She has what it takes to earn a black belt, that's absolute. Where she takes it in the tournaments is up to her . . . She's got a good work ethic, and now that they've seen her, if she keeps it up she can make it on the national team." —

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## Burnaby karate kids to nationals

Burnaby NewsLeader

By Staff Writer

March 08, 2012

Eleven Burnaby athletes will be competing at the 2012 Karate Canada national championships in Richmond next weekend.

The city's contingent is led by Victoria Barusic, a Grade 12 student at Byrne Creek secondary, had a gold and silver at last year's championship.

She repeated that haul at a junior Olympics event in Las Vegas, and also won a gold at the Commonwealth championships in Sydney, Australia.

The others from Burnaby are Derek Chan, Isabel Chan, Joey DiPietro, Aya Kitaok, Andrea Maikawa, Jag Sandhu, Harpreet Sidhu, Vanessa Vung, Junya Yamamura and Daniel Zhang.

# Big Sato Cup medal haul for NWSK

**Courier-Islander**  
**March 7, 2012**

It has been a busy month for Sensei Nigel Nikolaisen's competitive team at Campbell River North West Shito Kai Karate Club, competing in two International tournaments in the Lower Mainland.

First off was the 39th Annual Steveston International Invitational Karate Tournament.

The 11 person North West Shito Kai Karate Club team brought home eight Medals. While on February 18th the team hit the Sato Cup Tournament, which included squads from six countries.

The local team of four competitors won four medals. These were both excellent opportunities for the team to compete against new opponents and make new friends from across Canada and other parts of the globe.

Topping the list of medal winners for NWSK were double medal winners Jenna Scott, Cohan Cafilisch and Chandra Rowden.

Scott winning gold in mixed youth 7 and under Kata and a gold medal in U7 girls Kumite at the Steveston event. And then bringing home from the Sato Cup a gold in Kumite and bronze in Kata.

In her first year of competing Scott has won medals in both Kata and Kumite in all competitions she has entered. She will be one to watch as she grows in her karate career.

Meanwhile, Rowden put herself to the test at the Sato Cup by raising the bar by entering the advance girl's 12-13 age division.

She put on a great performance in her Kata with a bronze medal finish. And although she did not win her Kumite against the advanced girls she did give her opponent a challenge with the clock running out and a 4-2 loss.

During the Steveston competition, that Rowden described as her most physical Kumite in her 6 years of Karate, Rowden took first place for the gold in Kumite.

Coming in second for the silver Kata just behind teammate Jada Dowler who took home the gold in girl's 12-13 Intermediate. Both performed near flawless Katas and finished just .1 point apart.

Cafilisch in boys' 7 and under in both the Steveston and Sato trained hard to earn his spot on the podium.

At Steveston he was a little off his game, even with all the encouragement from teammates and family he could not shake his competition jitters. Yet still bringing home a bronze in Kata.

After making a few changes in training and working hard in the Dojo he managed to turn things around for the Sato Cup. Winning a gold in both his Kata and Kumite competitions.

Rounding off the medal winners for the NWSK competitive team at Steveston was Alex Movold and Jake Locke, both competing in the boy's 8-9 Intermediate division.

Both Movold and Locke really pulled out their best performances of the year in Kata against multiple competitors. Locke winning the gold and Movold the silver. It takes lots of hard work and full concentration

that contribute to the success of these athletes.

The team from North West Shito Kai had a few other athletes that competed at the Steveston International.

Calen Clausen although coming up short in his competitions, was honored with his contribution to Karate in BC with an award of appreciation.

Also gaining experience through competition are teammates Murph Barnes (Steveston and Sato) Gabe Locke, Jordan Hennig both returning to competition with a start at Steveston.

And Matt Storback (Steveston) in his first year of competition will absolutely not be giving up and is already back in the Dojo training to join his teammates on the podium next year.

Allison Guilderson, although not competing due to an injury, was there to help Sensei Nigel Nikolaisen with coaching and encouraging her teammates. It was greatly appreciated.

The team is already planning for next season of competition, keeping up their extra training sessions in the Dojo and summer camps are being planned to keep their competitive edge and constantly improve.

The Dojo will be putting four athletes on the path to earning a chance to join the Karate BC team. Calen Clausen, Allison Guilderson, Jada Dowler and Chandra Rowden will all be seeking a spot on the team and their training has already begun.

# Coaches can inspire at BC Games

Surrey North Delta Leader

By Staff Writer

February 15, 2012

Coaches can sometimes be the unsung heroes of athletic success. The images we see in the media are of gold-medal-winning athletes standing on podiums with their coach nowhere to be seen. But almost without fail, athletes will credit their coach for their success ahead of anyone else.

Coaches lead and inspire athletes from community programs to the Olympic and Paralympic podiums. At the BC Games, coach education and training is a priority with all coaches at the Games requiring certification from the National Coaching Certification Program.

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

“A coach’s preparation for the BC Games, or any other competitive environment, is just as important as an athlete’s preparation,” said Coaches BC Executive Director Gord May. “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. Excellence will come about when you have the right tools and use them the right way.”

The provincial sport organizations involved in the BC Winter and BC Summer Games have demonstrated that they are committed to coach development throughout the province. Many sports utilize the BC Games as a unique opportunity for coach mentorship and training.



**Laura Watson, a ringette coach and a technical director with Coaches BC, will be a mentor coach at the BC Winter Games Feb. 23-26 in Vernon -- BLACK PRESS**

**Karate BC developed a junior coach mentorship program as part of the BC Winter Games where youth coaches have the opportunity to work with a certified adult coach. Six coaches ranging in age from 15 to 18 years old will be part of the program at the 2012 BC Winter Games.**

**“The BC 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 BC.**

**“I am excited about our new program and I know that our junior coaches are looking forward to attending the BC Winter Games and having the opportunity to develop new skills under the tutelage of some of Karate BC’s**

**best coaches.”**

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

For Laura Watson, technical director with Coaches BC 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,” she said. “The BC Games experience that we have for our apprentice coach is absolutely the best experience that we could ever offer someone.”

*(Continued on page 29)*

## Burnaby biathlete in the zone

**Burnaby Now**  
**By Tom Berridge**  
**March 4, 2012**

(Excerpt): Burnaby martial artists picked up nine individual medals in karate (at the B.C. Winter Games in Vernon.)

Aya Kitaoka led the way with gold at plus-55 kilogram girls' kumite or sparring. Panwan Sidhu and Alexandra Zaborniak both won silver medals in girls' kumite.

Jai Sanghera also took a second-place medal in the boys' plus-55kg weight class.

Nicolo Wakelin won a silver medal in boys' kata or forms and a bronze medal in under-44kg kumite.

Also finishing third in kumite were Joel Tai, Cassia Kitaoka and Zoe Fong.

The girls' team of Alexandria Zaborniak, Cassia and Aya Kitaoka and Sidhu won the team gold.

## 13-Year Old Jean Newell of Victoria Wins 4 Karate Medals at BC Winter Games

**Islandsportsnews.net**  
**By Thierry Ponchet**

Victoria (ISN) - Out of four events in the karate competition last weekend at the B.C. Winter Games in Vernon, thirteen year old Jean Newell of Victoria won four medals: one gold and three silver. Newell, representing Vancouver Island and the Central Coast, captured the gold in individual male kata.

There were several strong moments for Jean on the weekend including his performance of the kata Superempei that led to his victory in the finals, but the highlight of the tournament came when the BC Team Head Coach, Nicole Poirier, invited Jean to train with the team, despite his young age, as the team prepares for the national championships.

Jean came to the Games with high expectations as he had already won gold at the Provincials this season and he was not disappointed. During the three kumite bouts that he fought on Saturday, not a single point was scored against him.

Out of the 11 medals won by Zone 6 karate athletes, 5 came from Fernando Correia's School of Karate in Duncan. Both Jean and his older brother, Geoffrey, who medalled at the Nationals in kata last year, have been training at the Duncan dojo under the guidance of Sensei Correia.

"I received lots of support from Head Coach Todd Robertson, Sensei Brenda Bombini, Assistant Coach Pam Ross and my brother, Geoffrey, who worked as a Junior Assistant Coach during the Winter Games," explained Jean.

"I also want to thank Sensei Rino from my home dojo, Chad Edberg for his excellent advice on sparring and Sensei Roy Tippenhauer for his invaluable zone training, as well as a special thank you to Kraig Devlin, National team coach, for always making time to work with me," added Jean.

To top it all off, Jean won the male sportsmanship award for the BC Winter Games.

## Coaches

*(Continued from page 28)*

The dedication and commitment of coaches around the province strengthens the overall sport system and contributes to communities and social development. For many, coaching is a way of life.

Gary Ricks, a Level 3 certified coach at Key City Gymnastics in Cranbrook, reflects on the impact of coaching on his 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," he said.

Over his 31-year coaching career, Ricks has been no stranger to the BC Winter Games, having attended over 12 times.

It will be a family affair this year at the BC Winter Games in Vernon as Ricks coaches the Kootenays Zone 1 team; his wife Michelle is the provincial advisor for gymnastics and his niece Madysen will be a competing athlete.

The BC Games is an important step in the life of a coach, just as it is for the life of an athlete. These Games are a major springboard for coaches looking to move on up to the Canada Games and what they learn in this multi-sport environment will prepare them for future opportunities.

There will be 122 head coaches and 110 assistant coaches leading 1,148 athletes at the 2012 BC Winter Games, which run Feb. 23-26 in Greater Vernon.

For more information about the BC Games visit [www.bcgames.org](http://www.bcgames.org)

# Summerland participants win at karate championships

## Summerland Review

By Staff Writer

March 28, 2012

Two members of the Taneda Karate Dojo competed at the 2012 Karate Canada National Championships in Richmond the weekend before last.

Claire Boothe won gold in the 16/17-year-old -47kg Kumite (sparing) and Jackson Tribe captured the bronze in the 14/15-year-old -63kg Kumite.

Boothe, competing in her third national championships, had a great tournament. Competing in the final event of day two she had the entire B.C. team behind her cheering her on.

With all the support of the team behind her she was able to win every one of her four fights on her way to winning gold and becoming national champion.

The gold medal match was entertaining and went back and forth for the entire match.

Tribe, in his first nationals, had a breakthrough tournament.

The way the draw worked out Jackson had to do four fights in a row with little break in between.

Tribe won the first two easily and managed to hang on to win the third.

By the fourth fight Jackson was getting pretty tired but he managed to take an early lead in the fight.

His opponent managed to tie the fight and even take the lead with 15 seconds to go.

This put Tribe in a tight spot trailing the fight with 15 seconds to go and no gas left in his tank but he managed to find the energy he needed to score a nice punch at the buzzer to tie the fight.

Unfortunately Tribe lost the referee decision that would have put him in the gold medal match.



Jackson Tribe, left, in his first nationals, had a breakthrough tournament, and won bronze — Dick Grant photo

Tribe dug deep at the end to even make it to the referee decision.

Tribe ended up with the bronze medal.

By placing in the top three both Boothe and Tribe have qualified to

be members of the Canadian team.

As members of the National Team Boothe and Tribe are both eligible to represent Canada at the Pan-American Championships in Cancun Mexico at the end of August.

Boothe will also represent Canada at the North America Cup in Las Vegas on April 5.

Both Boothe and Tribe will represent Canada at the U.S. Open in Las Vegas on April 8.

The members of the Taneda Karate Dojo were coached by Mike Ditson of the Taneda Karate Dojo.

Ditson has been a member of the B.C. Team coaching staff for four years.

He will also be coaching these athletes at the North America Cup, Junior Olympics and U.S. Open in Las Vegas next month.

For more information contact the Dojo office by phone at 250-768-2241, by email at [tanedakaratedojo@shaw.ca](mailto:tanedakaratedojo@shaw.ca), on the web site at [www.tanedakaratedojo.com](http://www.tanedakaratedojo.com) or on Facebook page at [facebook.com/tanedakaratedojo](https://www.facebook.com/tanedakaratedojo)

## Thank you Volunteers

*(Continued from page 9)*

I served as communications director.

And thank you to Valentyna Zolotorova who created and maintained the Nationals website, <http://www.2012karatecanadanationalchampionships.com/>, Karate BC tournament director and First Vice-President Kurt Nordli who provided a helping hand to Karate Canada tournament director Stanley Janusas, to Christine Bagatin B  chard and her Karate Canada team, and to volunteer photographer extraordinaire Dick Grant for his magnificent pictures.

## Local club returns from tourney with 13 medals

Postmedia News Services  
March 31, 2012

Shima Karate out of Nanaimo sent six athletes to the Victoria Open Karate/Kobudo tournament this past weekend and they returned with 13 medals between them.

Corin Cooper led the way with gold medals in the youth green-brown U9 kata and in kumite and a silver in the youth U17 all belts short weapon.

Jacob Kitchen won gold in the green-brown 14-17 Kata and youth U17 all belts short weapon.

Karli McGarry earned gold in youth white-orange 10-13 sparring and silver in kata.

Scott Zmaeff took gold in adult black belt short weapon.

Samantha Wolff earned silver in youth green-brown 10-13 kata and U17 all belts long weapon and bronze in sparring.

Amelia Cooper won silver in youth green-brown U9 kata and bronze in sparring.

Karate BC Officials Clinic,

May 26,

Rodney Hobson Karate  
Academy, 237 Rutland  
Road, Kelowna

## BC Games medallists and karate club off to Vegas



*DISPLAYING THEIR MEDALS from left to right are Danielle Robertson, Ryan Longacre, Adam Meyer and Ashley Labbe.*

Comox Valley Record  
March 30, 2012

The three karate medal winners who competed at the 2012 BC Winter Games in Vernon last month are headed to Las Vegas.

Ashlee Labbe, Adam Meyer and Danielle Robertson are pumped up for the Junior Olympics for karate-ka up to age 17 taking place at Caesar's Palace next week. Robertson came home with a gold medal in team kata (forms), while she and Labbe earned a bronze in girls team kumite (fighting) and Meyer received double silver in boys team kumite and boys team kata.

"While the BC Games was obviously their most important competitive opportunity to date, it has certainly sparked the desire to pursue more intense competition," a spokesperson said.

The Las Vegas event will be held in conjunction with the US Open Karate Championships where a few more of the club members will be competing. Also joining the group will be club coach Pam Ross along with competitors and members Dayton Turchenek, Sherry Duncan, Jessica Labbe, Sage Thomas, Levi Thomas, Christy Woods and recent national bronze medallist Emma Arksey.

It will be a busy time for Courtenay and Comox Shito-ryu karate senseis Todd Robertson and Brenda Bombini who are excited to have so many members and their families going with them to this international event.

"Hopefully the bright lights and excitement of Las Vegas won't be too distracting," the senseis said.

– Courtenay and Comox Shito-ryu Karate

# Karate kids compete

By Staff Writer  
Trail Daily Times  
April 03, 2012

A pair of cool katas from Beaver Valley Recreation Karate Dojo joined 150 other participants from across B.C. and Alberta in the 2010 Chito-Ryu Friendship Tournament in Penticton on the weekend.

It was the first competition for Meagan Campsall and Macy Verigin, but the two young apprentices had an excellent showing, placing fourth and sixth place respectively. "Macy and Meagan showed an enormous amount of courage to participate in their first ever karate tournament," said Sensei Scott Hutcheson of the B. V. dojo. "

They performed their best Kata for a judging panel . . . and while the girls never captured a medal they accomplished their goals they set for themselves and that is incredibly hard to do especially in their first competition."

Chito-Ryu karate goes back to the eighth and ninth century to the Tang Dynasty in China and was first developed by Tsuyoshi Chitose and introduced to Canada in 1958 by Sensei Tsuruoka.

A kata is a series of approximately 20-70 karate movements, a sequence of motions steeped in a thousand-year tradition of self-defense, artistry, ethics and precision, that the practitioner attempts to execute with perfect form. Judging is based on the ability of a karate practitioner to perform these intricate movements with grace and fluidity.

The dynamic duo also had an opportunity to meet up with Sensei Chris Taneda and current ladies

national Kumite champion, Clair Booth.

Taneda is a seventh-degree black belt, six-time Canadian Kumite champion and four-time World Chito-Ryu champion. Sensei Taneda

is head of Chito-Ryu in Canada and a descendant of the Satsuma Samurai Clan depicted in the film "The Last Samurai."

**Karate BC and Karate Canada** organize competitions throughout the year ranging from semi-contact to full-contact karate and has been named a trial sport in the upcoming Olympics.

## Shima Karate students well-rounded at competition

By staff writer  
Nanaimo News Bulletin  
April 5, 2012

Nanaimo Shima Karate athletes showed good form, sparred with the best of them and wielded their weapons wonderfully at the Victoria Open last month.

The school brought a contingent of athletes to the competition April 25 and a number of them fared well. Results include:

**White-orange belt, 10-13-year-olds** - Karli McGarry, first, sparring, second, forms.

**Green-brown belt, nine-and-under** - Corin Cooper, first, forms, first, sparring; Amelia Cooper, second, forms, third, sparring.

**Green-brown belt, 10-13** - Samantha Wolff, second, forms, third, sparring.

**Green-brown belt, 14-17** - Jacob Kitchen, first, forms.

**All belts, 17-and-under** - Corin Cooper, second, short weapon; Jacob Kitchen, first, short weapon; Samantha Wolff, second, long weapon.

**Black belt, adults** - Scott Zmaeff, first, short weapon.

## Cedomir Vasic

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compete in the U.S. Open tournament.

The next tournament that I will be competing in will be the Pan American Championships held in Cancun, Mexico where the top two competitors from all the countries in North and South America will be competing.

This championship is about five

months from now, at the end of august.

I am very much looking forward to overcoming another challenge and not only representing my country but also my community and school.

I would like to use this opportunity to thank my family, friends, team, teachers, counsellors and principal, for helping me become who I am today and for believing in me that I can become even better.

THANK YOU!