



# KARATE



# BC

# NEWS



Ian MacDonald photo

## Tournament — CS4L style

By **Katie Thomson**

The West Coast Gojukai Club hosted BC's first karate skill competition March 2 in Coquitlam based entirely on the Canada Sport for Life's Long Term Participant Development (LTPD) Model.

Instead of having the kids compete using the same format used for older, experienced athletes (single or double elimination – a few minutes of activity followed by hours and hours of waiting for the next match, if you were successful in your first one!) this competition involved five events designed to help develop

karate skills and provide a positive competitive experience for all participants.

Cumulative points from all five events determined placing from 1<sup>st</sup> to 4<sup>th</sup>. Awards were also given for Best Effort, Best Sportsmanship, Best Decorum, Most push-ups and Best push-up technique. The main goals, for the kids to enjoy 60 – 90 minutes of activity, be challenged at a level

appropriate to their age and have fun, were achieved with flying colours.

“Innovative stations, intense, inclusive, lots of laughter, and general agreement that this kind of event fits the LTPD model and I will certainly encourage this kind of event for other Karate BC clubs,” Karate BC Executive Director Dan Wallis said.

Thank you to Chief Instructor Donna Gardecki, Tournament Director Susan Lees and all of the dedicated volunteers who have embraced the future of karate competitions in Canada and for making this event a huge success! (See pictures page 8)

**Canadian kata champ  
Toshi Uchiage  
does it again — for the 16th  
time. See pages 18, 24, 26**

## President's report

# Changes on the way For Karate BC

By Charles La Vertu  
President, Karate BC

On behalf of the Karate BC board of directors I'd like to congratulate Head Coach Nicole Poirier on her being named Karate Canada coach of the year.

This is a goal she has been working towards for 20 years. (See page 4)

Also bringing home to BC major awards from Toronto were Shaun Dhillon, senior athlete of the year as well as sportsman of the year (See page 30); and Geoffrey Newell, junior male athlete of the year. (See page 28)

And congratulations to Toshi Uchiage

who won his 16th national gold in kata.

Dick Grant, while not being from BC, ensures we get great pictures of our athletes as they compete around the world. He was awarded Karate Canada's top award, the Ross Rumbell Award, for services to karate.



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225 - 3820 Cessna Drive  
Richmond, BC V7B 0A2  
t 604.333.3610  
f 604.333.3612  
e info@karatebc.org  
www.karatebc.org

### EXECUTIVE COMMITTEE

**President:** Charles La Vertu  
clavertu@karatebc.org

**1st Vice-President:**  
Jason Farquharson  
chitoryukarate@gmail.com

**2nd Vice-President:**  
Kurt Nordli  
nanaimo@shimakarate.com

**Secretary:** vacant

**Treasurer:** Ken Corrigan  
kenjan6@telus.net

**Membership:** Andreas Kuntze  
andreask@shitoryu.net

**Directors-At-Large:**  
Rick Penner  
ripenner@telus.net

Donna Gardecki  
gardecki@shaw.ca

Noreen Yeomans  
noreen.yeomans@shaw.ca

**Newsletter Editor:**  
Charles La Vertu

## In Memoriam

Karate BC was saddened to learn of the passing of our former secretary Dr. Leslie Bowers who died Feb. 15.

A national and international referee, Leslie was awarded Karate Canada's prestigious Ross Rumbell award last year, which underlines the exceptional contribution of volunteers to Canadian Karate.

A member of the Canadian Zenkuren Wado Kai Karate Association, he was founding president of the Wado Karate Association of Canada.

### Karate BC Affiliations:

Karate Canada  
Pan-American Karate Federation  
World Karate Federation  
Canadian Sport Council

Coaching Association of BC  
The Canadian Olympic Association  
BC Recreation and Parks Association



Ministry of Community,  
Sport and Cultural  
Development

## President's Report

*(Continued from page 2)*

Congratulations also go to Claire Boothe of Summerland for being awarded one of two BC Sports Hall of Fame's 2012 scholarships given to outstanding amateur athletes graduating from a BC secondary school. (See page 9)

Also being honoured for their contribution to karate, this time by Queen Elizabeth, were Shihan Fernando Correia of Duncan; Shihan James Johnson of Burnaby (see page 6); and Karate Canada President Rebecca Khoury.

And for his volunteer work with Karate BC, particularly during the 2012 Nationals held here in B.C., I presented Dr. Chee Ling with the Sport BC President's Award. (See page 6)

I'd also like to thank our executive director, Dan Wallis, for arranging to have the 2013 Provincials streamed live on the Karate BC website. (See page 4)

This is a first for Karate BC and we were quick to volunteer to pilot TV coverage by viaSport as they are just beginning to offer this service to the Provincial Sport Associations in British Columbia.

As Dan notes, this technology will have far-reaching, and extremely positive spin-offs for our athletes, their families and friends who want to watch and re-watch themselves, their friends, siblings, relatives, parents, or maybe even grandparents compete at KBC's Premier event.

viaSport is the agency responsible for providing strategic leadership and funding to sport in BC.

## Board retreat

The Karate BC board held a governance retreat on April 5-7 with facilitator Marilyn Payne in an effort to improve our services to the members.

This will entail a change in our committee structure.

I'd like to thank our program coordinator Katie Thomson for facilitating the first workshop dedicated to competition review which included discussions on implementation of LTAD, the long-term athlete or participant development plan, and the new NCCP, the National Coaching Certification Program.

Please see pages 16-18 for details on the NCCP/LTAD discussions.

## Our new home

Our move into the \$61-million state-of-the-art Fortius Athlete Development Centre has been delayed until this summer.

We will occupy 540 square feet of space in the area of the building known as Sydney Landing in anticipation of an increase in members, and hence, staff, as a result of the Combat Sport Legislation currently before the federal Parliament (See *Combat Sports* p. 11).

If, after a year, we find we don't need the extra space, we will sublet it, much like we did in the BCIT complex in Richmond.

Had we chosen the smaller space and, a year later, decided we need a larger space, we would have to

*(Continued on page 5)*

# AAP, travel grants for Karate BC members

Three Karate BC members have been awarded travel grants of \$1,000 each, and six are sharing \$3,000 under the Athlete Assistance Program for 2012.

Receiving the \$1,000 grants are Bernadette Alvarez, Courtenay Brake and Valerie Doyon who competed in the Nationals earlier this year.

These grants, made possible from a travel grant from viaSport (BC Sport Agency Society), come from the BC Government's "Sport-on-the-Move" program.

Awarded \$500 each under the

Athlete Assistance Program were Victoria Barusic, Thien Nguyen, Cedomir Vasik, Brendon Ly, Derek Chan and Toshi Uchiage.

These funds are provided by the provincial government and supplemented by Karate BC.

Criteria for selection included winning an International medal or taking part in an International World Championship and winning more than one gold medal at last year's Nationals.

All athletes had to also fully participate in the BC Team program including participation at the nationals.

## Poirier named Karate Canada Coach of the Year

TORONTO — BC Team Head Coach Nicole Poirier has been selected Karate Canada coach of the year.

Owner and operator of TOP Karate, Poirier was an elite athlete for Canada in the 1990s and has 29 years of karate under her black belt.

“This is something I have been working towards for 20 years,” she said following the award presentation by Sensei Kraig Devlin of Victoria, a senior national team coach.

“It is a dream come true.”

In an interview last year she said her ultimate goal for the BC Team was to create a power team of experts that supports the team in achieving performance goals.

And she succeeded.

The BC Team came away from the 2013 national championships in Toronto with its best showing since 1999, tying for medals with Quebec – the powerhouse since 2000 – with a three-day total of 17 gold, 12 silver and 20 bronze.

In March of 2011, Nicole was selected as national team coach and has accompanied the national team to various international competitions including the Senior Pan-American Championships, the Commonwealth Championships and the World Championships.

In addition to training elite athletes, Nicole teaches karate to children aged 3 to 12 years old at the North Shore Winter Club and at Central School in Port Coquitlam.



Karate Canada coach of the year Nicole Poirier and Kraig Devlin — Dick Grant photo

## KBC, viaSport to test drive Live streaming at Provincials

The 2013 Provincials will be streamed live on the Karate BC website.

This is a first for Karate BC but viaSport has been doing skating events for three years.

KBC Executive Director Dan Wallis said viaSport will do the live streaming using Skate Canada equipment until

they get their own.

This year, the live streaming will cover only Sunday, May 26, because they only have enough equipment to cover four rings.

“We have agreed to do that so that the live streaming will be successful for the Provincials and we can build towards the Nationals,” Dan reports.

One ring will be dedicated to live commentary. viaSport will have a host and KBC will provide a colour commentator who would describe the events in that ring.

Viewers will go to the KBC website and they can select whichever of the four channels they want to watch. The events and times for each ring will be posted on the web site.

viaSport is the agency responsible for providing strategic leadership and funding to sport in BC.

### KBC AGM

Saturday, May 25 ,  
approximately 6:30 p.m.  
following the Provincials,  
Richmond Olympic Oval  
Come find out how your  
organization is doing.



The BC Team rocked at the National championships in Toronto bringing home 17 gold, 12 silver and 20 bronze medals, tying with Canadian powerhouse Quebec. BC Team Head Coach Nicole Poirier, who also coaches the national team, was named Karate Canada coach of the year. — Dick Grant Photo

## President's report

*(Continued from page 3)*

relocate to another area in the building as all space in the Sydney Landing will have been spoken for.

Our new address will be

Karate BC  
Sydney Landing Suite 2002A  
3713 Kensington Ave.  
Burnaby, BC V5B 0A7

The Grand Opening will be in September, but Fortius began receiving its first clients May 1 in sports medicine, physiotherapy, chiropractic and massage therapy.

Bookings are being made for appointments in these areas – and Fortius Hydrotherapy – at [appointments@fortiussport.com](mailto:appointments@fortiussport.com) and at (604) 292-2500.

The Fortius Fitness and Fortius Performance Conditioning areas should both be operational later this

month, along with the Fortius Gymnasium.

Meanwhile, Fortius will partner with B2ten which has relocated two high-level professionals to the Fortius facility in Burnaby: Darren McConaghy of Hamilton, Ont. and Damien Moroney of Nelson.

McConaghy, who is best-known for his work in the Montreal Canadiens National Hockey League organization as director of strength and conditioning for the Hamilton Bulldogs of the AHL, will serve as director of performance conditioning.

Moroney is a physiotherapist and a certified strength and conditioning specialist whose main interests are orthopedic manual therapy and sports injury rehabilitation.

He has been a consultant for the Montreal Canadiens training staff, the Canadian Athletic Coaching Centre, the Canadian Olympic Centre (Calgary), Cirque Du Soleil (Alegria) and the Red Bull Canada

High Performance Program.

B2ten provides training and preparation related services to elite amateur athletes, and invests in the development of Canada's coaches and service providers.

Its alumni includes figure skating star Tessa Virtue.

## Karate Canada update

The presidents of the Provincial Sports Organizations (PSOs) for karate met with Karate Canada officials prior to the Nationals (where BC did so well) in Toronto.

Federal funding for sports over the next four years is based on evaluations by Sport Canada, and Karate Canada received excellent evaluations. However, the dollars did not follow.

Total federal funding increased by a mere \$22,000 to \$292,000 which is

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# Chee Ling Awarded President's Award

Dr. Chee Ling, a founding member of Karate BC, is the 2012 Sport BC President's Award recipient for his service as volunteer medical director at the 2012 National Championships.

The award was presented at a ceremony in March in conjunction with the 47<sup>th</sup> Athlete of the Year Awards in Richmond by Karate BC president Charles La Vertu.

This was Ling's second time on the podium, having received the 2006 award.

A Ryokudan in both Shito Ryu Karate and Dai Nihon Iaido Renmei (Great Japan Iaido Association), Ling has been a student of martial arts for 52 years – in Judo, Karate and Iaido.

He served on the executive board of



Dr. Chee Ling with Karate BC President Charles La Vertu

Karate BC and the National Karate Association (Karate Canada's precursor) for many years, and was volunteer medical director for 30 years with KBC.

From 1992 to 2009, Ling was a director on the Canadian Olympic Committee. Community service has included serving many years on the Kitimat School Board, and Kitimat Municipal Council.

A graduate of the University of

Toronto Medical school in 1966, Dr. Ling is a Clinical Instructor for the teaching faculty of UBC medical school, and a medical practitioner in Family Medicine.

He is actively involved in coaching / teaching karate and Iaido at the Delta Karate School to this day.



Former Karate BC Executive Director James Johnson of Burnaby, right, and Karate BC BC Games Provincial Advisor Fernando Correia of Duncan were presented with the Queen Elizabeth II diamond jubilee medal by Premier Christy Clark to honour their service to karate. The medal was created to mark the Queen's 60th anniversary on the throne and to honour significant contributions and achievements by Canadians. Both are founding members of Karate BC.



# President's Report

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what Karate Canada will get each year for the next four.

KC reports that karate was one of the few sports, including Olympic sports, to get the maximum increase.

The national organization is working to get karate into the Canada Games, and finds that the door is implementation of the new National Coaching Certification Program.

Entry into the Canada Games will increase funding, for the PSOs especially; and being in the games increases rankings towards future Sport Canada funding.



Donna Gardecki

The KBC board has tasked Shihan Donna Gardecki of West Coast Gojukai Karate in Coquitlam and our program manager Katie Thomson with leading implementation of the NCCP for us.

Donna and Paul Zehr conducted a course at the University of Victoria last month, and former KBC president Rob Walker reports it was very successful.

"I think the NCCP program is going in an exciting direction," Rob said in an email.

Implementation of ambitious plans by Karate Canada was curbed through a shortage of funds so the national body has decided to create a strategic planning committee which includes our executive director, Dan Wallis.

The committee is currently working on finding out where we are today and what drives Karate Canada. This will be followed with consultation with those people and groups impacted through focus groups, online surveys and targeted interviews.

A planning retreat with the provinces and key stakeholders is slated for early June to determine where we go next and how do we get there. During the summer and fall, KC will develop and adopt a strategic plan framework for approval Nov. 29 at the KC Annual General Meeting.

The KC High Performance Committee, on recommendation of *Own the Podium*, will focus on three key programs given current resources.

These are: *Rising Stars* (talent identification, nurturing and development; joint training opportunities), *Owning the House* (with focus on performances at the 2015 Pan American Games to be held in Toronto), and *KC is on the Way* (showing that Canada can medal at the world level.)

**Rising stars:** If we want medals at Worlds, we need to look at the junior athletes right now and see who has potential in the future so they can develop.

Work is under way to determine

how to engage these junior athletes and let them know KC is with them, has plans for them and will be establishing a clear pathway for them, and what they will need to do.



Nicole Poirier

Here in BC, our head coach, Nicole Poirier, started working on this at the last BC Winter Games, and has invited some of these youngsters to train with the BC Team. (See pp. 19 and 20)

**Owning the House:** The 2015 Pan Ams in Toronto will be huge, and can be a huge success or failure.

We have two years to get our athletes to where they should be, and KC will focus on giving them the tools and support to reach that level of medals. The focus will be performing at that level.

**KC is on the Way:** The PSOs and KC have to work together as a country so that we can perform on the international stage.

As Dan Wallis noted, the provinces can support this effort by aligning and understanding what is happening at the national level, and bringing that information to the

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Karate BC medical co-director Chris Browett discussed concussions with the young athletes

IAN MACDONALD PHOTOGRAPHY



IAN MACDONALD PHOTOGRAPHY



**Tournament CS4L Style**  
Ian Macdonald photos



IAN MACDONALD PHOTOGRAPHY



# Claire Boothe awarded Hall of Fame scholarship

Karate BC member, nine-time Provincial champion and 2012 National champion Claire Boothe, 18, of Summerland is one of two recipients of the BC Sports Hall of Fame's 2012 *Jack Farley Youth Sports Achievement Award*.

These scholarships are awarded to one outstanding male and one outstanding female amateur athlete graduating from a BC secondary school.

These students excel in a particular sport and exemplify the values, commitment and contribution to the community held by Jack Farley, an honoured member of the BC Sports Hall of Fame and Museum.

"When applying for this award, karate was very prominent in my achievements," Claire said.

"Throughout the 11 years that I have been involved in Karate BC and the Taneda Dojo, I have had the opportunity to compete at the local level, and earn three world champion titles for Chito-Ryu at the Soke Cup in 2007 and 2010.

She also won nine provincial champion titles, becoming National Champion in 2012, representing Canada at the US Open, North America Cup, and the Junior Pan-American Championships.

"However, the teaching, coaching and refereeing that I have had the opportunity to partake in has made



my experience both rewarding to others and more well-rounded than just a competitor."

In addition to karate, Boothe was able to include involvements such as being the Summerland Secondary School volleyball team captain for three years, playing tennis and softball, and various leadership projects and volunteer activities

"I would like to thank Chris and Cheryl Taneda and Mike Ditson for helping me achieve this award through their unwavering dedication and passion, and high standards that they set for their students and help them achieve."

Winners receive \$2,000, which is applied to their education at a post-secondary institution here in British Columbia.

Applicants must be graduating from grade 12 and demonstrate that they plan to attend a registered college or university in British Columbia within 12 months of graduation.

Jack Farley served as president of the BC Lions, the Canadian Football League, and the Western Football Conference.

In addition, he spearheaded the capital campaign which raised \$5 million to build the new BC Sports Hall of Fame and Museum in BC Place Stadium.

For his dedication to the club, the Lions retired sweater #83 in his name upon his retirement from the board of directors.



such as raising funds for *Free the Children* and helping introduce a transition program at Summerland Secondary.

"Currently studying Kinesiology at the University of British Columbia, with aspirations to become a physiotherapist with a minor in nutrition, this award meant a lot to me because it emphasized encompassing all areas of life, including academics, achievement in sport, community involvement and leadership," Boothe said.



Three BC officials — Trevor Walmsley, Rosella Ng and Valentyna Zolotarova — were certified at the recent Karate Canada 2013 National Championships in Toronto. Karate BC President Charles La Vertu, fourth from right, is pictured with the BC officials who attended including from left, Andreas Kuntze, Rick Penner, Phil Taneda, Rosella Ng, Brian James, Trevor Walmsley, Geoffrey Newell and BC Officials Committee chair Paul Sexton. Absent from the picture is Valentyna Zolotarova.

## BC Team members strike bronze in Vegas

Two BC Team members have returned home from Las Vegas with bronze medals.

Canadian national champion Shaun Dhillon took third place in the 18-34 male elite +84kg kumite at the 2013 USA Open held March 30 and 31 while Bernadette Alvarez placed third in the 16-17 girls advanced kumite +55kg at the 2013 Junior International Cup held March 29.

## Beytoei named to National team

Meanwhile, Karate Canada has announced Arash Beytoei (Men's -67 kg kumite division) has been named to the 2013-2014 Senior National Team roster, where he will be occupying a position left vacant at the conclusion of the February 2013 First National Training Camp (FNTC).

Selection of team members is based on their remarkable performances at the recent National Championships, and in accordance with the current Senior National Team Criteria for kumite athletes.

Also on the team are BC Team members Jusleen Virk, kumite – 50 kg; Sumi Uchiage, individual kata; Shaun Dhillon, kumite 84+ kg; and Toshi Uchiage, individual kata.



## BC Team medals at North America Cup

All BC Team members competing in the 2013 North American Karate Cup in Puerto Vallarta, Mexico, returned home with medals. Victoria Barusic won silver in kumite and bronze in kata; Jusleen Virk, silver in kumite; Sumi and Toshi Uchiage each scored bronze medals in kata; Shaun Dhillon, bronze; Anisha Virk, bronze; and Arash Beytoei, bronze.

They were part of the Canadian National team of 34 Junior and Senior athletes that took part in an international training camp alongside National teams from Mexico and the USA, prior to the competition. Chief Canadian Referee Norma Foster also travelled to Puerto Vallarta for the April 28 competition.



## President's Report

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coaches and clubs.

The focus of National Championships is in fact more developmental, and it is neither necessarily adequate nor optimal for our internationally-ranked athletes.

Among the changes outlined by national coach Kraig Devlin was that next year senior National team athletes will compete at the Nationals as Team Canada rather than as representatives of their provinces.

They will also train accordingly, and will therefore have to be exempted and relieved from the demands of PSO qualification and training processes. KC will attempt to ensure harmonious coordination with the various provincial HP programs.

To assist in the development of Team Canada, KC is looking to hire a part-time High Performance coordinator, a part-time head coach and one or two part-time National team coaches.

It will also hold regional training camps in Vancouver, Gatineau and Toronto where anyone living within 100 kilometres of these centres will be required to attend those training sessions. Promising juniors will also be invited to attend. The Regional coach for Western Canada is our own Sandeep Gill, former BC Team head coach.

A junior national training camp will also be held this summer which will be mandatory for those juniors wanting to compete internationally this season. There will also be open sessions for other junior athletes so that they can train with individuals

who are at a higher level.

Two world-renown international champions from Brazil have been recruited to help the junior team coaches lead the camp, as well as a seasoned international judo competitor and coach who will help



Sandeep Gill

with cross-training in sweeps and takedowns for ippon kumite techniques.

As could be expected, the Maritimes were upset that there is no training camp in their region but since the national high performance budget is spread so thinly, KC had to identify and focus on three key areas which have the highest ratio of senior National team athletes within a short distance of one another.

Additionally, KC has identified certain specific events in the calendar, such as the Frankfurt Open, for a small team of Carded and top-ranked athletes to compete and gain international experience. They will also attend the

international training camp in the fall.

Officials will have more learning opportunities as the new HP Plan multiplies joint training opportunities and training camps, since they can attend and assist at these various training camps.

## Travel cost-sharing

The National championships will be held in the Richmond Olympic Oval over the next four years starting in January, 2014.

And Karate Canada is adopting a travel cost-share program based on a model used successfully by other National Sport Organizations, most notably rugby.

This means that our athletes, officials, coaches, support staff and official representatives (such as the Karate BC president) as well as Karate Canada staff and volunteers will be paying a travel fee even if they live in the host area.

The idea is to offset travel costs by making everyone attending the Nationals pay the same no matter where they are coming from.

Karate Canada will hire a travel agent to handle the booking and determine how much each person must pay.

So our members will be paying their share of travel costs even if they live in Metro Vancouver.

## Combat Sports

There is currently a private member's bill wending its way through the House of Commons which is expected to become law in the near

*(Continued on page 14)*

## Valentyna scores A new record

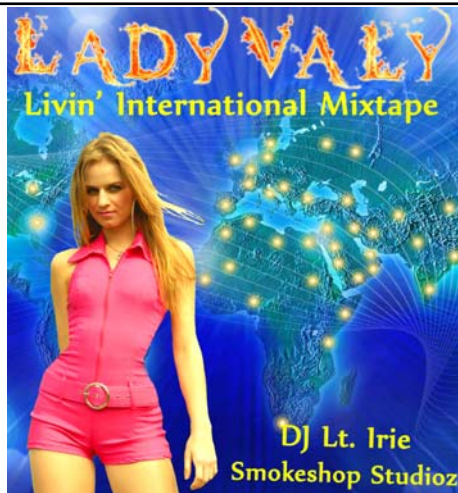
Karate BC team member Valentyna Zolotarova of Hayabusa Karate, also known as Lady Valy in the Reggae, Hip Hop and Dancehall music world, released her mixtape *Livin' International* on April 12.

Valy celebrated her mixtape release with a successful performance at Status (the most popular dancehall and Reggae venue on a Friday Night in Metro Vancouver) and her interviews and songs in English,



Jamaican Patois, Russian, Spanish and French will be featured on African Connections Radio, Nasha Volna Radio, On The Grine TV, Acento Latino TV and other venues.

The *Livin' International* mixtape includes 22 songs, features more than 10 guest artists and has already sold copies in Canada, USA, Ghana and Ukraine. Song topics include love, elimination of racism, motherhood, perseverance and, of course, karate.



In particular, *Time to Fight* is a positive and energetic song that describes the thoughts of an athlete as he/she enters the ring.

[www.Facebook.com/LadyValyFanPage](http://www.Facebook.com/LadyValyFanPage)



## Virk wins election To BC Legislature

RCMP Inspector Amrik Virk, a former Karate BC member and father to BC Team members Anisha and Jusleen Virk, has been elected to the BC Legislature.

He will represent Surrey-Tynehead for the Liberals.

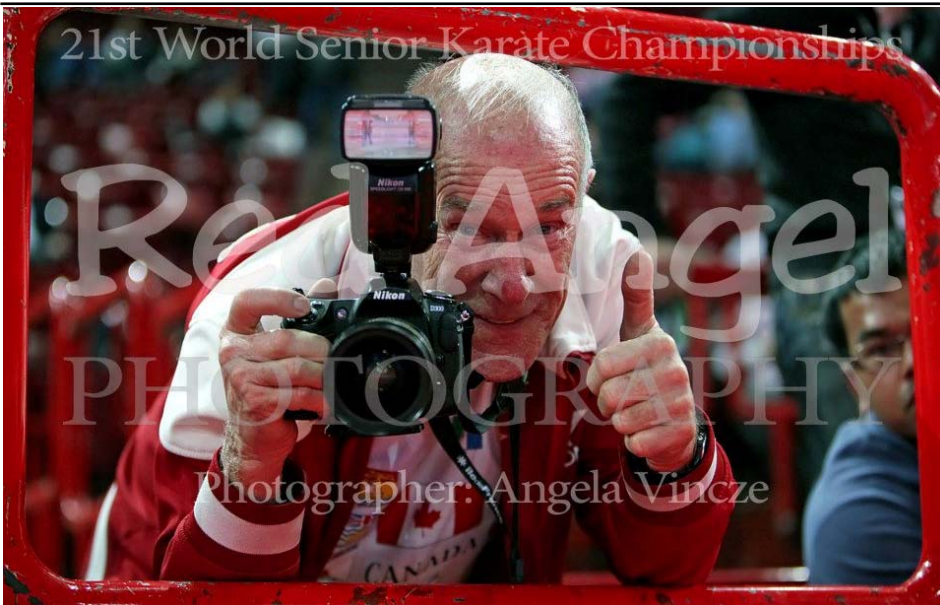
Virk, who first joined the RCMP in 1987, was commissioned to the rank of Inspector in 2001, and has been active in youth and gang violence prevention throughout the Lower Mainland.

Virk's campaign literature says he has a black belt in Karate, exercises slowly and golfs poorly.

He has lived in Surrey for the last 11 years with his wife Jatinder and their three daughters.



Proud papa Dan Wallis, Karate BC executive director, with grandson Elliot who was born Feb. 15 weighing in at 10 pounds 8 1/2 ounces and 23 inches long. A trophy catch for Bryce and Erin (Dan's daughter). Maisie, Elliot's three-year-old sister, was thrilled with her new brother. Elliot was eight days overdue but he and his mom are healthy and happy.



Photographer extraordinaire Dick Grant, who supplies Karate BC with great pictures, was spotted by Angela Vincze at the Karate Senior World Championships last year in Paris. At the Nationals, Karate Canada awarded Dick its prestigious Ross Rumbell award for outstanding service to karate.



Officiating for the first time, at the Vancouver Island Karate Championships in Duncan, was Lorena Barclay seen here with Trevor Walmsley, himself newly certified at the National level.

## Coming up . . .

May 25-26, 2013

Karate BC Provincial Championships

May 25 KBC AGM

Oct. 7-15 2013

Commonwealth Karate Championships; Montreal

Nov. 2-3, 2013

Karate BC Open tournament; Saanich (date and location to be confirmed)

Jan 17 – 19, 2014

Karate Canada National Championship; Richmond Olympic Oval, 6111 River Road

Feb. 20-23, 2014

BC Winter Games; Mission

Around



Young Sparrows Mike Taylor, Kinon Mah, Kevin Moore, Adam Gabert

## Young Sparrows on tour

Former Karate BC member Kinon Mah is touring BC and Alberta as a member of the Young Sparrows.

Mah, son of Sensei Tom Mah of Kelowna, is the drummer with the pop punk/rock band from Kelowna which has been in existence since late 2009.

Their debut album *We're All On The Same Team Here* with Travis Saunders (My Broken Hero, Secret and Whisper) was released May 24, 2012.

Following a member change, they have completed their forthcoming EP, slated for release within spring/summer of 2013.



BC Team Kata Men Paulo Santillian, John Sawall and Terrence Chan won gold at the Karate Canada Nationals in Toronto — Sarah Perez photos

## President's Report

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future.

This change to the Criminal Code could have some major implications for Karate not only in BC, but throughout the country.

Conservative MP Dan Albas (Okanagan—Coquihalla) told the federal Justice and Human Rights Committee that Bill [S-209](#) proposes to extend the exemption in section 83 for amateur boxing contests to cover other amateur combative sport contests, including contests in sports such as judo, karate, tae kwon do, and kick-boxing, as well as mixed martial arts.

The bill would also clarify that the exemption in section 83 that currently covers professional boxing contests would then include professional mixed martial arts contests.

It updates the definition of a “prize fight” to include an encounter with fists, hands, or feet, and expands the list of exemptions to the offence to include amateur combative sports that are on the program of the International Olympic Committee or the program of the International Paralympic Committee, other amateur sports as designated or approved by the province, and boxing contests and mixed martial arts contests held under the authority of a provincial athletic board, commission or a similar body.

In all exemptions, provincial permission is required and the contests are supervised by provincial or municipal regulators. It is at this level that Karate BC may have the most impact.

Our executive director, Dan Wallis, has been in contact with a consultant hired by the BC government to do an environmental scan in BC to see what currently is occurring in amateur combat sports and what might, should, may need to change if federal legislation comes our way.

Once the consultant's report is in, the combat sports will then be required to act on whatever recommendations the Ministry decides to put forward.

KBC will need to review/revise/create its club accreditation program/risk management program and officials program to help integrate any new members to our Association.

## Karate BC Website

Our web site and data base are pretty well up and running thanks to Dan Wallis, First Vice-President Jason Farquharson and KBC Program Director Katie Thomson.

You will note we have contracted with one supplier, Mikado Martial arts, for a full year advertising, and our other sponsors – the Sheraton, Canada Martial Arts Supply and Special T Group Events – were offered space as part of their sponsorship, and we hope to expand this in the future.

Dan and James Kang of Gravity Computers Inc. continue to work on improvements to the Momentum software program we use to register members – next year you will be able to “bulk load” existing members into the new year – this saving lots of time and we will also be able to consider online tournament registration and injury tracking.

Follow us on Facebook and Twitter.

# Karate BC inaugural sport at Fortius Sport & Health



## Pastor honoured

Pastor Tim Schroeder, a member of the Tom Mah School of Karate in Kelowna, was named the winner of the Anita Tozer Memorial Award in recognition of his extraordinary and positive contribution to the quality of life in Kelowna.

The award must be through a unanimous vote by City Council.

"Known as the 'Out of the Box Pastor,' . . . Equally as comfortable preaching in a police car, a hockey dressing room, at karate, judo or a pulpit," said Councillor Maxine DeHart.

"Tim has established a reputation as one of Canada's most community involved pastors."

Karate BC was introduced as one of nine inaugural Resident Sport Partners at a media event May 13 at the new \$61-million facility built beside 8 Rinks in Burnaby.

Joining Karate BC in the new centre are BC Athletics, Curl BC, Canoe-Kayak BC, BC Water Polo, Synchro BC, Sport MedBC, a network of more than 600 sport medical practitioners, BC School Sports and the Roman Tulis European Soccer school of excellence.

The building – funded and owned by the Fortius Foundation charitable organization dedicated to sport & exercise medicine and science facilities, resources and other initiatives – features the Fortius Institute, a human performance lab, NBA-size gymnasium, FIFA-standard soccer pitch, running track, athlete accommodations, and Hydroworx 2000 underwater treadmill.

Resident Retail Partners include Pharmasave (already operational) and FitFirst Footwear.

Among the many advantages to us at Karate BC is its central location,



Karate BC Executive Director Dan Wallis received a ceremonial hockey jersey at the Fortius media announcement

easily accessible by our membership at the Sprott Street and Kensington Avenue exits off the Trans-Canada Highway.

See also the President's report on pages 3 and 5.

For more information, visit [www.fortiusport.com](http://www.fortiusport.com).

## KBC Disciplinary Action

Pursuant to sections 8.1 (i) and (j) of the Karate BC Member Conduct, Dispute Resolution and Appeals Policy, Mr. Ron Curran of the Maple Ridge Karate Club is expelled and excluded from membership with Karate BC for infractions of section 4.4 of the Policy, effective May 10, 2013.

# Karate BC launches competition review

By Katie Thomson

Karate BC program coordinator

The Karate BC board of directors, staff and members representing various regions of the Province got together April 7, 2013 for the first workshop dedicated to Competition Review.

This review process is part of our commitment to Canada Sport for Life's (CS4L) Long Term Athlete/ Participant Development (LTD).



Rick Penner, Nicole Poirier, Katie Thomson, Mike Ditson, Warren Grafton

Fifteen people attended the five-hour workshop and the discussions were informative and positive, with everyone fully-engaged in the process.

The workshop focussed on analyzing the current competition system and proposing alternatives for the following four stages of LTD: Fundamentals (FUN), Learn to Train (L2T), Train to Train (T2T) and Active for Life (A4L).\*

This is one of the early steps in the Competition Review process and will need to be followed up with finalizing the alternatives, communicating the recommended changes, implementing the changes and monitoring performance once the changes are in place.

The workshop started off with a brief

review of LTD and current status of Judo Canada's competition review, as well as a short presentation on the reasons for performing a competition review.

## Reasons to Perform a Competition Review

- Sport forms itself based on competition
- Coaches coach to competition
- Parents assess success based on

competition

- Administrators structure support around competition
- Government funding requirements

We then proceeded to come up with a list of outcomes for the workshop. Some of the outcomes were long-and/or short-term goals and other were outcomes for the day.

## Outcomes

- To better retain our members we need meaningful events at all stages
- Need someone "in charge" of each stage i.e. Nicole Poirier in charge of BC Team – LTD stage Train to Train
- 13 and under beginners need events with 60 – 90 minutes of

activity

- Change idea of what a tournament is
- How to organize an event for 13 and under at Provincial Championships
- Events for +35 "seasoned" citizens
- Needs someone in charge of communication LTD implementation to clubs
- Get feedback from clubs
- Don't lose sight of "fun" factor
- Need a steering committee for LTD
- Need realistic goals

\* The high performance stages of Train to Compete, Train to Perform and Train to Win weren't included in our review as the structure of competition at these stages are directly dictated by Karate Canada. We also didn't include Active Start as this first stage doesn't involve competition of any kind.

Next we discussed where we are at now by examining our current competition structure. From this examination the group determined that the following are the primary issues with our current structure that need to be addressed:

## Primary Issues

- Need developmentally appropriate competition
- Need meaningful competition
- Need calendar planning and periodization
- Need clear development pathway
- Need to collect performance data

The next step was to come up with a vision for the future:

*(Continued on page 17)*



# Competition review

(Continued from page 16)

## Vision

- Inclusive, fair, fun competitions that are developmentally appropriate
- Meaningful competition
- Create events where the various stages of LTD are evident throughout the day
- At all stages of development athletes have the opportunity for expression
- The events need to make money and retain competitors over the years
- To keep kata but make competition streamlined/fair

Once a vision for the future was determined we split up into the three groups, each focusing on a different stage of LTD for the remainder of the day.

Group 1 - Fundamentals (FUN) and Learn to Train (L2T)

Group 2 - Train to Train (T2T)

Group 3 - Active for Life (A4L) – non high performance adults and masters was the focus for this group

The first task for these groups was to determine the core principles at each stage and here is what they came up with:

### Core Principles – FUN and L2T

- Modified sport activities
- Winning a low priority for ages 6 – 9, and moderate priority for 10 – 12
- Development a high priority
- Close by/regional
- Participants grouped by similar



Andreas Kuntze, Donna Gardecki, Dan Wallis, Roy Tippenhauer, Kurt Nordli

- body size
- Entry at any age
- Can move up and down

### Core Principles – T2T

- Participants grouped by similar skills, age and weight
- Compete regionally, provincially and inter-provincially
- Winning a moderate priority
- Gaining experience the highest priority
- Recognition becomes important at this stage
- Beginners can enter at this level

### Core Principles – A4L

- Regional Events
- Use of modified sport equipment, rules, etc... i.e. Ippon Kumite instead of eight-point spread
- Sport ability groupings – novice, intermediate and advanced
- Winning a moderate priority – opportunity for expression and experience highest priority

The second task for the groups was to begin the process of Competition

System/Structure Analysis. This task involved comparing what we are currently doing with the vision and core principles listed above.

We didn't have time to finish this task but here is some of the analysis:

### FUN and L2T

- Current structure is adult based with regards to season length, competition structure and format with some modifications having been made to rules.
- Specific competition format needed for these stages that isn't based on the adult structure

### A4L

- No real competition structure in place to compare and contrast

At the end of the workshop it was clear that within the four LTD stages this workshop focused on, there is a strong need for change in order to align our competition structure with the Karate LTD Model and Canada Sport for Life's vision.

*"To reshape how we support sport and  
(Continued on page 18)*

## Test and Train

# Island Kimura Shukokai Karateka in New Jersey

By Rob Walker  
Chief instructor

Westshore Kimura Shukokai Karate

Kimura Shukokai International hosted its annual World Chief Instructors Course in New Brunswick, New Jersey.

Twelve Vancouver Island members, led by the KSI Chief Instructor for Western Canada, David Bentley, travelled east for a lot of training and a bit of socializing with the other international guests and seven members from Eastern Canada.

The KSI World Chief Instructors Shihan Eddie Daniels of England, Shihan Bill Bressaw of the USA, Shihan Chris Thompson of South



The Canadians in New Jersey include Shihan David Bentley, fifth from left in rear and Sensei Rob Walker, fifth from right in rear.

## Around



Africa and Shihan Lionel Marinus, also of South Africa, led the group through four days of technique and sweat.

Each Shihan shared recent insights from their own training and we came away with exciting new paths to explore.

The WCIC includes an annual Dan grading. A total of 43 Karateka graded including two Vancouver Island members –Peter Johnson for his Nidan and Suzi Dickinson for her Shodan.

During time off from training we visited nearby Manhattan to enjoy its museums, food, shopping and theatres. Included in our sightseeing

was a trip to the Metropolitan Museum of Art to see their display of Nihonto, claimed to be from the

most comprehensive collection of traditional Japanese swords and fittings outside of Japan.

## Competition review

*(Continued from page 17)*

*train athletes at all levels in Canada – from children to adults, from towns to cities, from provinces and regions through to the National level.*

*In realizing this vision, we aim to keep more Canadians active for life with recreational sport and physical activity, and at the same time help Canadians in all sports win more medals internationally". <http://www.canadiansportforlife.ca>*

### How to get involved?

If you would like to get involved in the Competition Review process please contact:  
Katie Thomson  
[kthomson@karatebc.org](mailto:kthomson@karatebc.org)  
604-333-3610

### More information about CS4L and LTD:

Canada Sport for Life  
[www.canadasportforlife.ca](http://www.canadasportforlife.ca)  
Karate Canada LTD "Karate for Life"

<http://www.karatecanada.org/docs/ltad/Karate%20for%20Life.pdf>

Karate BC LTD Implementation Plan

[http://karatebc.org/downloads/Karate BC LTAD Implementation Plan\\_V3%20Mar%202012%20Draft.pdf](http://karatebc.org/downloads/Karate%20BC%20LTAD%20Implementation%20Plan_V3%20Mar%202012%20Draft.pdf)

**AGM, May 25  
Richmond Oval**

# BC ROCKED AT KARATE NATIONALS

TORONTO – The BC Team had its best showing since 1999 at the Karate Canada National Championships held March 15-18 in Toronto, tying for medals with Quebec – the powerhouse province since 2000.

Our three-day total was 17 gold, 12 silver and 20 bronze.

BC Team coach Nicole Poirier was named Karate Canada coach of the year; Shaun Dhillon, senior male athlete of the year; and Geoffrey Newell, junior male athlete of the year.

Dhillon also won the sportsmanship of the year award.

Toshi Uchiage won his 11<sup>th</sup> senior national men's kata title. Including his junior titles, this was Uchiage's 16<sup>th</sup> gold at Nationals.

Medalling were: Kata Female Cadets: Shalene Lee BRONZE, Claudia Laos-Loo BRONZE; Kata Female U21: Victoria Barusic GOLD, Bernadette



Team BC's Victoria Barusic, second left, and Bernadette Alvarez, left, placed first and second in the female kata U21 division at the Nationals. Placing third were Alex Remondini of Alberta and Elizabeth Ferreira of Ontario – Dick Grant photo

Alvarez SILVER; Kata Male Cadets: Trevor Kim GOLD; Kata Male U21: Paulo Santillian GOLD, Thien Nguyen SILVER, Chris Joe BRONZE, Seiya Takeuchi BRONZE.

Cadets Female -54kg: Alexandra Zaborniak SILVER; U21 Female -53kg: Anisha Virk BRONZE; Cadets Male +70kg: Aleksander Ponomarev BRONZE; Cadets Male -57kg: Isaac

Mand GOLD, Joel Tai BRONZE; Cadets Male -63kg: Kyle Macmillan BRONZE.

Cadets Male -70kg: Jackson Tribe GOLD; U21 Male +78kg: Cedomir Vasic SILVER; U21 Male -68kg: Matthew Ly SILVER, Sukresh Kaloty BRONZE; Kata Women: Rita Ngo

*(Continued on page 20)*



Team BC is ready for the Nationals after its final training session at the Richmond Olympic Oval – Sarah Perez photo

# BC ROCKED

(Continued from page 19)

GOLD, Sumi Uchiage BRONZE; Kata Junior Male: Tan Nguyen GOLD, John Sawall SILVER, Evan Kwong BRONZE.

Kata Men: Toshi Uchiage GOLD, Thien Nguyen SILVER, Kenneth Lee BRONZE; Team Kata Cadets-Junior: Emelyn Folkes, Jean Newell and Geoffrey Newell GOLD; Team Kata Men: Paulo Santillian, John Sawall and Terrence Chan GOLD; Junior Female +59kg: Harpreet Sidhu SILVER, Bernadette Alvarez BRONZE.

Junior Female -48kg: Isabel Chan GOLD, Rachel Ko BRONZE; Women +68kg: Kim Logan BRONZE; Women -50kg: Jusleen Virk GOLD, Victoria Barusic BRONZE; Women -68kg: Cindy Jacob BRONZE; Junior Male -61kg: Tan Nguyen BRONZE; Men -67kg: Arash Beytoei GOLD, Matthew Ly BRONZE.

Men +84kg: Shaun Dhillon GOLD; Kumite Junior +76: Bendon Ly GOLD, Callan Evans, SILVER; Kumite Junior -55: Evan Kwong GOLD; Geoffrey Newell SILVER; Kumite male seniors open: Shaun Dhillon GOLD; Kumite female juniors -59: Avneet Kaloty SILVER.

Kumite Team female senior: Jusleen Virk, Andrea Maikawa, Cindy Jacob and Kimberly Logan, BRONZE; and Kumite Team male seniors: Kalan Anglos, Arash Beytoei, Matthew Bickel, Shaun Dhillon, Matthew Ly, Cedimir Vasic, Cody Martin SILVER.

See official results at: [https://www.sportdata.org/karate/set-online-ca/popup\\_main.php?popup\\_action=results&vern=959&active\\_menu=calendar](https://www.sportdata.org/karate/set-online-ca/popup_main.php?popup_action=results&vern=959&active_menu=calendar)



It was a clean sweep for the BC Team in the kata individual male U21 with Paulo Santillian, resting, taking gold; Thien Nguyen, silver; and Christopher Joe and Seiya Takeuchi, bronze. — Dick Grant photos



Toshi Uchiage, 2nd left, won his 11th National senior male kata title. Including his junior titles, this was Uchiage's 16th gold at Nationals. Thien Nguyen, left, won silver and Kenneth Lee, right, bronze.



Tan Nguyen, 2nd left, took first place in kata individual male juniors. John Sawall, left, won silver while Evan Kwong, right, went home with bronze.

# BC Winter Games Next Gen identified in talent search

By Nicole Poirier  
BC Team Head Coach

Karate BC has launched a talent identification program for young athletes who aspire to become members of the BC Team.

Four athletes were selected during the 2012 BC Winter Games and all four participated at some level in the BC Team program, two also attended the 2013 Nationals in Toronto.

As the Winter Games are scheduled every two years, Karate BC implemented continuity of the Talent Identification on a yearly basis by including a 12-13 division during the



Mike Ditson, Pam Ross, Brendan Wise, Levi Thomas, Cassia Kitaoka, Gwydoline Tingey, Zahnil Lal, Joshua Colonna, James Winter, Jocelyn Fennell, Christina Craig, Peter Stoddart, Nicole Poirier and Jason Farquharson.

BC Team Selection tournament.

Thirteen aspiring athletes presented themselves at the BC Team Selection tournament.

As we had a low number, the coaches were unsure if we were to pick one female and one male or two of each.

The coaches then turned to the BC Team athletes for their input in this decision. BC Team athletes all responded positively that we should pick four athletes and so we did.

We were so happy to see the positive response from our elite athletes and wanting to encourage grassroots to take part of the program at an early stage.

The 12-13 year olds participated in the Selection and also were invited to train with the BC Team the next day.

Congratulations to: Gwyndoline Tingey, Cassia Kitaoka, Levi Thomas and Brendan Wise.

All selected athletes were invited to train for free with the BC Team for the 2013-2014 season and will receive a new karate-gi at the beginning of the season.

So far, the Talent ID program seems to be a success and our next scouting for 12-13 year olds will be held at the BC Winter Games in Mission in February, 2014.



Rita Ngo and Sarah Perez with the K which is travelling around the world spreading the karate wish of being Olympic. The K is on the Way!

# Demura attends Sato Cup

Athletes from the Lower Mainland, Vancouver Island, Washington, Manitoba, India and Japan attended the 14th Annual Sato Cup Tournament held Feb. 16 at BCIT in Burnaby.

The 100+ volunteers that came out to help for the day provided a fun and friendly experience for all.

The six rings of competition kept flowing with athletes throughout the day keeping spectators engaged with events from colour belts to black belts.

Special guest, Shihan Fumio Demura, made the trip from Los Angeles to hold a lecture followed by a bunkai seminar the night before at the Nikkei Centre.

He also enjoyed the day's events as a special guest of the tournament.

Shihan Akira Sato, as usual, was an active participant as he demonstrated his well-known knife self-defence during the noon hour break.

This year, we were also treated to a special demonstration by the Shung Ying Kung Fu Club, lead by Sifu Hilbert Yiu, who came with a team of over 50 demonstrators.

Their show started with five lion dances accompanied by lively drumming, followed by a fantastic display of martial arts training in forms and weaponry.

Definitely a spectacular highlight to



Team BC defeated Japan for the Sato Cup. Receiving cup are Michael Lam, Valentyna Zolotarova and Elizabeth Chan with Fumio Demura and Akira Sato

this year's Sato Cup! The Sato Cup continues to be an event of friendship and quality martial arts.

The results of this year's awards:

**Vince Redfern Sportsmanship Memorial Trophy:** Watanabe, Takayuki - Seiko-Kai Eishinkan, Tokoshima, Japan

**Masters Grand Champion:** Yamamura, Junya - Nikkei Karate



Masters Grand Champ Junya Yamamura

**Junior Girls Grand Champion:** Krumwiede, Vienna - WKA Bellevue, WA, USA

**Jr. Boys Grand Champion:** Cafilisch, Cohan - Northwest Shitokai

**Women's Grand Champion:** Zolotarova, Valentyna - Hayabusa Karate

**Men's Grand Champion:** Dalati, Amir - World Top Karate Federation



Takayuki Watanabe of Japan won the Vince Redfern sportsmanship award

# Karate in the Fringe Festival

Two Karate BC members will be erasing the dividing line between martial arts and fine arts in a new production at this year's Vancouver International Fringe Festival.

"Athena's Self-Defence for Girls-to-Be" is a one-act, one-woman play that will be appearing on the Main Stage at the Fringe, which runs September 5<sup>th</sup> to 15<sup>th</sup> on Granville Island.



Jennifer Huva

The play takes a sometimes-humorous, sometimes poignant look at women, history and violence, as well as answering the question of why the gods seem to have stopped intervening in the affairs of humans.

The play stars Jennifer Huva as the goddess Athena, who has

intercepted some new souls that are about to be incarnated as girls so that she can impart some important advice.

That advice mostly boils down to what she considers to be the essential principles of unarmed combat, something Athena thinks that history demonstrates all girls and women should know.

"It's a fun play," according to Huva, who is a professional actor and a member of North Vancouver Shidokan Karate.

"It's full of big ideas acted out on a small scale. Plus, I get to do real karate full-force without having to worry about injuring my co-star!"

That "co-star" is a "Bob" martial arts dummy, itself borrowed from the Valley Shidokan Karate Club.

The play's author is Sensei Michael Doherty, a long-time Karate BC member and Senior Instructor at the North Vancouver Shidokan club.

"Last year I was looking at teaching a self-defence class, an idea I'd always resisted.



Sensei Michael Doherty

"I ended up not teaching that class, but I'd already spent a lot of time thinking about how the most essential elements of personal combat could be summed up in a short period of time, and those ideas – to my surprise – led me to writing a play, the first one I've done in many years."

The play is short, only a half-hour, and will run several times during the course of the Fringe Festival (<http://www.vancouverfringe.com/>).

## Summer Camps

**June 28-July 1:** IKGA Canada Justice Institute & West Coast Gojukai Dojo, New Westminster & Coquitlam

**July 5-7:** Gima-Ha Shotokan Ryu Whistler Secondary School

**July 13 & 14:** Shito Ryu Seikokai Courtenay Recreation Centre

**August 10 & 11**  
Tsuruoka National Karate Tournament & Seminar  
Kelowna Secondary School

Around

KARATE  BC

# Nanaimo karate kid's fists of fury fend off would-be cellular phone thief

By Darrell Bellaart  
Nanaimo Daily News  
April 20, 2013

Jordan Sunnus, 16, gave a would-be-thief a little more than he bargained when he tried to steal Sunnus's cellphone on Sunday. Photograph by: Krista Bryce, Nanaimo Daily News

A Nanaimo youth's martial arts training gave him the upper hand against a would-be robber who tried to heist the boy's cellphone.

Jordan Sunnus, 16, was jogging along Seventh Street Sunday at 9: 30 p.m., when he stopped for a moment to



Jordan Sunnus

Nanaimo RCMP have no suspects in the attack.

The victim, a Cedar Secondary student, is trained in Brazilian jiu-jitsu and mixed martial arts.

He delivered five blows to his attacker but he's comfortable he used an appropriate amount of force.

"There is the possibility he had a knife and if I let off a little, he could have used it on me," Jordan said. "If you hit him once, what if he had a gun?"

He's not the type of person to go looking for a fight.

"He's very mild-mannered," said his trainer, sensei Kurt Nordli, who heard about the incident the next day, from Jordan.

"I was both proud and worried, and also sad someone had to defend themselves. It's never a good thing."

It was a case where all the boy's hard work paid off.

"It's like preparing for an earthquake - it's good to be prepared but you hope it never happens."

The attacker is described as white, six foot two and wearing a black hoodie, which obscured his face. He had on white shoes and blue jeans.

DBellaart@nanaimodailynews.com

The story also appeared in various publications including the Nanaimo News Bulletin, April 16, 2013, BCTV, CTV, The Globe and Mail and iPhone in Canada.



select a new playlist on his iPhone.

He heard a voice from behind him, complimenting him on his cellphone.

"Some guy said 'nice phone,'" Jordan said. "He pushed me to the ground." The man struck him in the face.

Jordan has a black belt in karate, but he doesn't flaunt it.

His reaction was automatic. "I hit him four times and then I threw him to the ground with a hip toss, and I hit him again in the face."

He left his attacker, then went to the Nanaimo RCMP detachment to report the incident.

"He was just kind of lying on the ground," he said.

## Karate BC wants you . . .

There will be at least two vacant positions on your volunteer Karate BC board of directors when elections take place during our Annual General Meeting May 25.

The secretary's position, with one year left in its term, has been vacant since the last AGM in November, and Director-at-Large Noreen Yeomans has said she will not be seeking a second term.

Seeking re-election are President Charles La Vertu, Treasurer Ken Corrigan, Membership Director Andreas Kuntze, and Director-at-large Rick Penner.

Nominations for any of the six positions up for election may be made from the floor.

The person nominated must indicate he or she is prepared to have his/her name stand.



# Canada's karate king on quest for world title

By Don Fennell  
Richmond Review  
April 05, 2013

For the Uchiages, the martial arts—karate specifically—are a way of life spanning the generations.

Patriarch Takeshi Uchiage, who began training under his father Kenzo, opened the Steveston Karate Club in 1973 and subsequently passed on his appreciation for the sport to his children. Toshi and his sisters Hidemi and Sumi continue to compete at a high level and have won several honours in either the kata and/or kumite disciplines.

Toshi, 27, began competing at the Canadian championships at 15 years old and by 16 (in 2002) won the first of 11 national senior men's kata titles. Prior to winning his fourth title in 2005, the previous individual record was three.

At 17, Toshi became the youngest Canadian to ever compete at the 2002 senior world championships in Madrid, Spain and two years later earned a bronze medal at the worlds in Monterrey, Mexico. But it's the quest to become world champion that motivates him to continue training.

"If I didn't think I could win I'd say let's go do something else," he says. "I've sacrificed quite a bit to get to where I am right now and I don't want that to go to waste."

Though he's always set high goals, Toshi didn't expect the almost instant success he enjoyed early in his competitive career. And he probably didn't appreciate how much it takes to just make it to the world championships, which are held every two years. But with age comes experience and wisdom.



**Eleven-time Canadian senior men's kata champion Toshi Uchiage of Richmond continues to strive for his first world karate title – Don Fennell**

With a greater understanding of the skills he's acquired, Toshi believes he's more focused than earlier in his career. But he also realizes there are factors out of his control.

In a judged sport like karate, the differences between athletes can be subtle—like last weekend at the US Open in Las Vegas where he lost in the quarter-finals.

"Sometimes calls don't go your way," he said. "But there is always something to learn, and you learn more when you lose. Even when you win though, you always need to reflect on your performance and keep improving so one day you can be on top of the world."

As an elite Canadian amateur athlete, Toshi also faces additional challenges many of his colleagues around the world do not, including paying his own flight and hotel costs to attend international competitions. Those costs are covered by many country's federations, he said.

"And in some countries they also get a salary for training," he added.

The popularity of karate is also much greater in many countries outside of North America, where it is still primarily viewed as a peripheral-like sport by mainstream media. The European championships are broadcast by the equivalent of a sports channel, Toshi said.

But Toshi perseveres, not only excelling in competition but also inspiring others as head coach of a program offered through the Thompson Community Centre.

While cognizant and respectful of the traditional form of karate, Toshi is also always mindful of the need to tweak things.

He says it's always necessary to maintain proper technique.

"If you have proper technique you can generate more power and go faster," he explains.

"I'm always trying to become quicker. When we talk power, even on the world stage, there are few that generate that (elite level) so that's why also becoming faster is so important to me."

Next up for Toshi is the North American Cup April 27 in Mexico and the Senior Pan American Karate Championships May 16 to 18 in Argentina.



# 400 take part in 40th Steveston Invitational

More than 400 competitors, including athletes from Venezuela, Colombia, Belgium, Holland, Mauritius, US, Montreal, Toronto, Mississauga and Team Alberta took part in the 40th Steveston Invitational Tournament.



Toshi Uchiage

This was not only a big Karate tournament for athletes.

Three WKF officials were present and educated over 35 licensed officials.

Charles Sweigart, who officiated at the WKF Senior World Championship in Paris, answered questions from officials.

Also many international champions and medalist were present.



**Japan Consul Yoshiyuki, Takeshi Uchiage, and Mr. And Mrs. Seiji Odaka of the consulate**

Athletes enjoyed themselves under good refereeing, no matter the outcome of their match.

MLA John Yap attended and gave a speech at noon.

The new Consul General of Japan, Seiji Okada, and his wife, as well as consulate Yoshiyuki Tomi attended the competition.

The tournament started at 9 a.m. and finished before 6 p.m. with the use of six rings.

The Venezuelan team had very strong performances for Kumite and Kata.

Black Belt Kata winners:

Women's Kata: Hidemi Uchiage defeated her sister Sumi Uchiage.

(Both are on the Sr. Canadian National Team, the last three National titles have been split between them: two for Hidemi, one for Sumi)

Men's Kata: 10-time Sr. Canadian Champion Toshihide Uchiage.

Black Belt Kumite winners:

Women -60 kg: Vienna Krumwiede (Bellevue, WA)

Women Open: Kristie Schafer (Team Alberta)

Men -70 Kg: World Club Champion, Jhosed Ortuno, Venezuela

Men Open: Mario Toro Jr., Venezuela

— Submitted



1st	2nd	3rd	3rd
<b>Women Kata</b>			
Hidemi Uchiage	Sumi Uchiage	Laura Wiederrich	Alex Ramondini
<b>Men Kata</b>			
Toshihide Uchiage	Seiya Takeuchi	Paulo Santillian	John Sawall
<b>Women Kumite -60Kg</b>			
Vienna Krumwiede	Anisha Virk	Emily Lambert	Alex Remondini
<b>Women Kumite Open</b>			
Kristie Schafer	Kim Logan	Janelle Hiers	Harpreet Sidhu
<b>Men Kumite -70Kg</b>			
Jhosed Ortuno	Paulo Santillian	Seiya Takeuchi	Jason Farquharsen
<b>Men Kumite Open</b>			
Mario Toro Jr.	Adam Wackershauser	Brain Purves	Carlos Contrera

# Uchiage wins 11th straight title at Canadian Karate Championships

**Richmond News**  
**April 3, 2013**

Toshi Uchiage continued his dominance at the recent Canadian Karate Championships in Toronto.

The Steveston Karate Club member captured his 11th straight national title. The 27-year-old established a new record when he captured his fourth consecutive championship back in 2005. He hasn't looked back since.

Uchiage also won five straight titles at the junior level, after making his debut at nationals when he was 16.

His victory also makes it 21 consecutive years a Steveston member has won a national title.

His sister, Sumi Uchiage, added to the medal haul by capturing bronze with a decisive 5-0 victory in her match. She earlier was edged 3-2 in the semi-finals.

Seiya Takeuchi also took home bronze in the men's U21 Kata Division. He too rolled to a 5-0 victory after a close semi-final loss.

Seiya Takeuchi, Brandon Wilson and Roshan Kumar also represented B.C. in the Kumite Divisions. All three fought very well, coming close to a medal.

Toshi and Sumi will be joined by their sister Hidemi, who lives in

Calgary, to compete at this month's North American Cup in Mexico. They also will be heading to the Senior Pan American Karate

Championships in Argentina in May as members of the senior national team.



Thien Nguyen won silver in men's kata at the Nationals — Sarah Perez photos

**KARATE**  **BC**  
**In the News**



Alex Atamanenko, MP British Columbia Southern Interior (centre), instructs part of the Spring Seminar hosted by the Castlegar Karate Club at Kinnaird Hall on Saturday, March 30. Instructor Maurice Doucet said about 30 karate enthusiasts took part, many from Castlegar and the local area and some from as far away as Airdrie and Calgary, Alta. — Marvin Beatty

## Local student fourth at nationals

Sunshine Coast  
Coast Reporter  
April 5, 2013

Lazar Williams had an exemplary performance with a fourth place finish at the recent Canadian national karate championships in Toronto.

Lazar is on a recent roll of success as a member of the Kaigan Karate Club.

Last November, he placed third at the B.C. provincial championships, earning him membership in Team B.C. To be chosen to be a part of the Elite Team B.C. he then had to qualify top two at selections, at which he placed second. After months of intensive training he travelled to Toronto to compete in the nationals.

"I never expected to come this far," said Lazar, who is preparing for the Zone 5 tournament in April in order to qualify for next year's competitions.

He would like to thank all the Coast sponsors who contributed to his considerable travel expenses. He is grateful to the Team B.C. coach Jason Ferguson for all his help and hard work. Team B.C.'s head coach, Nicole Poirier received coach of the year award at the national championships. Thanks go as well to his parents, friends and other club members who showed their support and, most importantly, his sensei Dallas Grieve who has devoted 11 years to his martial arts development.



## Castlegar Karate Club hosts Spring Seminar and gives back to the community

Castlegar News  
March 30, 2013

The Castlegar Karate Club hosted the annual Spring Seminar at Kinnaird Hall on Saturday, March 30 and Sunday March 31.

Karate enthusiasts, numbering around 30, came from nearby areas and from as far away as the communities of Airdrie and Calgary in Alberta.

Part of Karate BC, the recognized governing body for karate-do (karate) in British Columbia, the Castlegar Karate Club has been active in the community for decades and practices a style called Shotokan.

Instructor Maurice Doucet, a fifth degree black belt, said he has been involved in helping organize the Spring Seminar since the early 1980s.

There are eight levels of belts, denoting varying degrees of competence in karate skills and knowledge.

Doucet said a black belt indicates someone has a grasp of the basics. Someone with a second degree black

belt has modified the style to fit their own physique and personality.

"Smaller people may be more technical, for example," said Doucet. "Someone bigger may be more aggressive."

Doucet said that after the third degree black belt level (where the wearer is teaching and learning additional skills with weapons and self-defence), higher degrees are typically based not on testing but more nuanced things, like community and association involvement.

Doucet said the club prides itself on giving back to the community.

"We take any left over money at the end of the year and create bursaries for Stanley Humphries Secondary School grads who are planning to attend Selkirk College," said Doucet.

This year, the club is providing two bursaries valued at \$450 each.

Doucet can be reached at 250-365-7399 for those interested in learning more.



Geoffrey Newell of Victoria is Karate Canada’s junior male athlete of the year. He received his award from KC’s executive director Olivier Pineau — *Dick Grant photo*

## Medal haul for Island brothers

Brian Drewry  
Times Colonist  
April 3, 2013

(Excerpt) — The Newell brothers left their mark at the recent national karate championships in Toronto. Geoffrey, 17, and Jean, 14, returned home to Victoria with multiple medals.

Geoffrey and Jean, both black belts who train with Fernando Correia in Duncan and Kraig Devlin in Victoria, helped lead B.C. to the gold medal in team kata (forms) in the 14-17-year-old division, while Geoffrey went on to win a silver medal in fighting (kumite) in the 55-kilogram division. Geoffrey was also named the top junior male athlete of the year.

## Newell bros win gold at national karate champs

Victoria News  
March 26, 2013

Oak Bay’s teenaged karate brothers Jean and Geoffrey Newell are national champions.

Jean, 14, and Geoffrey, 17, partnered with Emlyn Folkes to win gold in the Team Kata event for boys aged 14 to 17 years old at Karate Canada’s national championships in Toronto, March 15 to 17.

Geoffrey took home three awards, including being named the top junior male karate athlete of the year by Karate Canada.

Geoffrey also won silver in Kumite

(sparring) in the sub-55 kilograms junior men’s category for 16- and 17-year-olds.

Jean and Geoffrey defeated Ontario team in Team Kata with a nearly a perfect score.

The win qualifies them as members of Team Canada with a chance to represent Canada at the Pan American Games in Columbia this summer.



Geoffrey and Jean Newell — Victoria News photos



# Nationals inspire karate athletes

Nanaimo News Bulletin  
March 26, 2013

Two Nanaimo teens returned from karate nationals with medals and with some more inspiration, too.

Emlyn Folkes and Bernadette Alvarez of Shima Karate were part of Team B.C. at Karate Canada's national championships in Toronto from March 15-17.

Folkes earned gold in team forms, while Alvarez earned a silver in individual forms and a bronze in sparring.

Alvarez, 17, has been to nationals before and was determined to do well this time around.

"The previous years I didn't do so well and I really don't like leaving things on a bad note like that, so generally I would keep trying," she said.

She stuck with her aggressive style in the sparring but also heeded her



Emlyn Folkes and Bernadette Alvarez

"You think, wow, they're incredible, and you think, we've got such a solid team, how are we going to lose? And then [at nationals] you see someone that's even better," he said. "It's amazing."

Alvarez said nationals are always fun, and also a valuable opportunity to gauge herself.

"And I get to see these people who are really, really good go against

other people who are really, really good and it's so much fun to see," she said.

Folkes said nationals were really inspiring.

"I saw a lot of different techniques that work for a lot of people that are much better," he said. "So I can choose techniques, like, 'OK, I want to try that.'"

*sports@nanaimobulletin.com*

coach's instructions, she said, to help her do well. It was a battle, though.

"If you're a very linear fighter, it's not a good thing," she said. "You end up getting kicked in the head and thrown a lot."

Folkes, 16, was making his first trip to nationals. He said while training with Team B.C. leading up to the event, he found himself matched up with strong teammates.

## Karate trio medal in Toronto

Surrey Leader  
March 30, 2013

Three members of the Surrey Karate Academy won medals at the national championships in Toronto.

Shaun Dhillon in the men's +84 kg. class and Jusleen Virk in women's -50kg. both won gold medals,

while Anisha Virk won the bronze in the women's under-21 -53kg.

See us on Facebook  
and keep an eye on  
our website  
[www.karatebc.org](http://www.karatebc.org)



BC Team member Shaun Dhillon was winner of Karate Canada's Senior Male Athlete of the Year and also awarded the Sportsmanship award. He also won the senior men's kumite and the men's open weight kumite. With him is Karate Canada's volunteer of the year Christine Béchard — *Dick Grant photo*

## Karate academy garners best results at nationals

By Tom Berridge,  
The New Westminster Record  
March 27, 2013

The Burnaby Karate Academy won seven gold medals at the recent national championships held in Toronto on March 15 to 17.

Shaun Dhillon won the male grand championship and sportsmanship award, while taking top spot in both the men's plus-84 kilograms and open weight sparring classes.

Arash Beytoei took gold in the men's under-67 kg, kumite, while Jusleen Virk also won the women's u50kg division.

In the past 10 years, B.C. has had only two male and three female champions

in sparring, said BKA's Sandeep Gill.

The academy also had three gold medallists in the teen divisions.

Izzy Chan and Brendon Ly both won in the 16/17 age class, taking gold in the girls' u-48 kg and boys' plus-76 kg classes, respectively. Isaac Mand also won in the 14/15 boys' u57 kg category.

The Burnaby academy also had five silver and seven bronze medallists



at the nationals.

The number is particularly impressive considering the rest of the B.C. team managed another two gold, two silver and four bronze in kumite.

Matt Ly won two medals, taking second in the 18-to-20 men's u-68 kg. He also placed third in the men's category.

Cedomir Vasic was runner-up at plus78 kg. Vasic also placed fourth in the men's u-84 kg.

In the 16/17 age class, Callan Evans earned silver at plus-76 kg, while Harpreet Sidhu was second at plus-59 kg. Alexandra Zaborniak also had a second place in the 14/15 girls' u-54 kg.

Cindy Jacob and Kim Logan both won bronze medals in the women's 68 kg weight class.

Anisha Virk was third in 18-to-20 girls' u-53 kg. Rachel Ko was third in the 16/17 u-48 kg class.

Joel Tai and Kyle Macmillan both came third in their respective 14/15 weight divisions.

Andrea Maikawa marked her 10th and final appearance at the nationals with a fourth-place finish in the women's u61 kg.

Maikawa will still compete in open tournaments while also focusing on coaching at the Burnaby academy dojo.

Another Burnaby academy veteran and coach Matt Bickel also placed fourth in the men's u-75 kg sparring.

Victoria Barusic, a Burnaby resident who trains out of West River, won gold in the 18-20 girls' kata or forms and a bronze in sparring at u-50 kg.

[tberridge@royalcityrecord.com](mailto:tberridge@royalcityrecord.com)

# Karate kids earn spot on national team

Penticton Western News  
March 26, 2013

Taneda Karate Dojo had three of four members reach the podium during the Canada national championship in Toronto March 15 to 17.

Kelowna's Avneet and Sukhresh Kaloty won silver and bronze, while Penticton's Jackson Tribe and Will Wright won gold and placed fifth, respectively.

Athletes from across the country compete in the championship to earn a spot on the national team.

Mike Ditson, coach for Team B.C., said Tribe picked the "perfect place and time for a best performance." Ditson was thrilled about it because Tribe had a tough year due to surgery last summer.

"It took him a while to get going," said Ditson. "I think what really turned it around for him was he went to a tournament in February and he fought in a very tough division there. Every competitor was a member of the B.C. team going to nationals and he beat every one of them. I think that really helped build his confidence for the nationals."

Tribe, a brown belt, said it felt good to perform as he did but admitted he was in shock while on the podium after defeating Ontario's Max Verzunov.



Gold medallist Jackson Tribe

"I had already fought the guy before and I'd won," said Tribe, who breezed through his first three bouts before Verzunov. "We had a couple hours from our division to the final to prepare. I was watching him and he was doing a lot of different stuff. I knew it was going to be a lot harder of a fight. I just made sure I didn't let him get any good points on me and kept it low."

It's the second trip to nationals for Tribe. He won a bronze medal his first time. Tribe, who will represent Canada at the U.S. Open in Las Vegas this weekend, said all the competitors had something different to watch for. Having experience from last year, Tribe knew what to expect from the level and intensity.

"I had to be able to step it up and bring it right away," said Tribe, who is a national team member, but because he turns 16 in May, he is too old for the 14/15-year-old category. "It's pretty exciting.

Tribe said, he called his opponent "Skyscraper" because of his height. With his opponent having that advantage, Tribe said he couldn't get too close.

"I had to make sure I was fast and good with my timing, figuring out when to go," he said.

Ditson said with each match, Tribe got better.

"It gives him a lot of confidence," said Ditson.

When asked about his work ethic, Ditson said Tribe, 15, rises to the occasion.

"He loves competition," said Ditson.

Tribe's teammate Wright, who made his national championship debut, works just as hard in practice as he does in matches.

"He's pretty fit and he works really hard in training," said Ditson. "National championships is mainly for black belts. He has to put in a little extra work. In every match he performed very well. Will has a lot of skill. For him in his first year to get a top-five finish is pretty good."

Wright, a blue belt, said the national championship was intense.

"Everyone is a good athlete out there," said Wright, who was disappointed with how his final bout went as he was winning 1-0 lost when he couldn't block a kick.

His first match was against the eventual silver medalist, who

*(Continued on page 33)*







Avneet Kaloty won silver

## Karate kids

*(Continued from page 32)*

knocked Wright's contact lens out within the first 10 seconds with a kick.

"It was a pretty intense match," he said. "I tried to score a point in the last second, but I only scored one flag and you need two flags to get another point."

Going into the championship, Wright said he just didn't want to have a bad experience.

"I didn't want to have any regrets," he said. "I wasn't expecting anything crazy because it was my first national championship. It would have been great if I was to medal."

Sukhresh and Avneet are eligible for the North America Cup in Mexico at the end of April. Avneet is also eligible for the North America Cup as well at the junior Pan-Ams in Columbia in August.

Team B.C. finished with 17 gold medals, 12 silver and 20 bronze.

# Newell brothers karate jewels

**Cowichan News Leader Pictorial  
March 27, 2013**

The five members of the Fernando Correia School of Karate who entered the Zone 6 Karate B.C. playoffs in Nanaimo more than doubled their numbers in the medal count.

Geoffrey Newell led the way with three medals in different kata divisions — gold for 16-17 and open and bronze for 18-20 — and another gold for 16-17 in kumite.

Jean Newell earned a gold in 14-15 and silver in 16-17 for kata, with a gold in 14-15 kumite.

"As usual, the Newell brothers did amazing and they have trained very hard," noted FCSK's Loretta Schwab.

The Newells went on to compete in the team kata category in Toronto.

Josh Fernandes and Jacob Marcelic both attended the last Karate B.C.

provincials and will be going again. Fernandes won bronze in the 12-13 kata and silver in kumite while Marcelic picked up a bronze medal for 10-11 kata.

Saran Singh will get to attend the provincials for the first time and is very excited about going after claiming gold in 14-15 kata.



The provincials take place May 25 and 26 at the Oval in Richmond.

Meanwhile, Sensei Fernando Correia, whom the school is named after, recently received a Queen's Diamond Jubilee Medal from Premier Christy Clark for all his hard work in karate and sports in general.



Dick Grant photo

BC Team members, right, Emlyn Folkes, Jean and Geoffrey Newell won the team kata male cadets and juniors at the Karate Canada 2013 National Championship

# Taneda Karate dojo athletes perform well at karate nationals

Kelowna Capital News  
March 24, 2013

Four members of the Taneda Karate Dojo participated in the 2013 Karate Canada National Championships in Toronto from March 15 to 17 competing against competitors from across the country to compete for spots on Canada's national Karate team.

Karate is one of five sports trying to get into the 2020 Olympic Games. In the future the karate nationals would be the first step for qualifying for the Olympics.

Here is a look at how the local competitors performed.

Jackson Tribe was competing in his second nationals had an amazing tournament. He breezed through his first three fights on his way to the final only giving up one point against him along the way.

In the final he had a very tough fight against a competitor from Ontario but Tribe held on and managed to win his first National Title becoming the second person from the Taneda Karate Dojo in the last two years to win gold at the National Championships.

Avneet Kaloty was also competing in her second nationals and fought her way through three very tough fights on her way to the finals.

In the final she fought very hard against the defending Canadian champion but had to settle for the silver medal. Kaloty qualified for the National Team and can represent Canada at upcoming events like the



From left Will Wright, Avneet Kaloty, Mike Ditson, Sukhresh Kaloty, Jackson Tribe

North America Cup in Mexico and the Junior Pan-American Championships in Columbia.

Sukhresh Kaloty was competing in his fourth nationals and first in the Under-21 age category. He had a very strong tournament, opening by winning his first fight convincingly.

In his second match Kaloty ran into a strong competitor from Ontario, losing his second match. In the repechage (second chance) bracket Kaloty started fighting very well.

He won his first match and then matched up against a tough fighter from Quebec. The fight remained 0-0 for the majority of the fight until Kaloty was able to take down the Quebec fighter and score with two seconds left on the clock.

Kaloty then fought a fellow B.C.

Team member in the match that would have put him back into the final. He would lose that fight but win the bronze medal, qualifying him for the National Team and where he can represent Canada at the North America Cup in Mexico.

Will Wright competed in his first National Championships in a very tough division and a tough draw. Wright lost to the eventual gold medalist in his first fight. In the repechage he won two fights before losing to the eventual silver medalist, placing him fifth.

The four athletes from the Taneda Karate Dojo were part of the 72 members from Karate BC that competed at the Nationals along with BC team coach Mike Ditson.

The BC Team was in top form winning 17 Gold, 12 Silver and 20 Bronze. The 17 Gold medals is believed to be a Karate BC record.

*Editor's note — This article and picture also were featured at PeachlandNews.com on March 20, 2013 and a shorter version on Castanet.net on March 19, 2013*



# BKA tops karate team selection

**By Tom Berridge,  
The (New Westminster) Record  
January 30, 2013**

Burnaby Karate Academy placed the lion's share on Team B.C. following a recent selection tournament at Richmond Oval.

The Burnaby dojo earned 28 top-three placements, including 18 first-place finishes, at the selection meet on Jan. 19.

Vasic Cedomir and Matt Ly both qualified first in two separate divisions.

Cedomir won the men's under-84 kilogram kumite, or sparring. He was also unchallenged at plus-78 kg in the 18-to-20 age class.

Ly bested clubmate Arash Beytoei in the men's u-67 kg kumite final. Ly also won at u-68 kg in the 18-to-20 division.

Beytoei also placed second to Shaun Dhillon, who does much of his training at BKA, in the men's open class.

Logan Kim was another double winner in sparring, taking first in the 18-to-20 women's plus-60 kg division and the women's plus68 kg.

Andrea Maikawa won the women's u-61 kg, while Cindy Jacob and Inga Shishko were first and second, respectively, at u-68 kg. Inga Shishko was runner-up in the open women's kumite.

Matt Bickel was first overall in the men's u-75 kg.

The Burnaby dojo also produced a number of team selections in the boys' and girls' divisions.

Vanessa Vung, Alexandria Zaborniak, Harpreet Sidhu, Isabel Chan, Gurkamal Gill and Cassia Kitaoka all won at their weight and age class. Rachel Ko, Anisha

Virk and Aya Kitaoka were runners-up.

On the boys' side, Masaki Soehardhi, Jai Sanghera and Brendan Ly were weight and age group winners.

Joel Tai, Zach Chan and Petar Didak

were runners-up.

Unaffiliated BKA products Isaac Mand, Kyule Macmillan, Callan Evans and Brendan Wise also earned Team B.C. selection.

Victoria Barusic of Burnaby, who trains at West River was second in the 18-to-20 women's kata or forms.

## Karate's Newell brothers are nationals bound

**Victoria News  
Feb. 13, 2013**

Karate's Newell brothers have come a long way and they're only getting started.

Geoffrey, 17, and Jean, 14, took up karate six years ago and from that point they've been focused on reaching the world championships.

"They were only three months in when we showed them a video of the worlds and they started mimicking the Team Kata movements from the black belt competition," said mother Brigitte.

Right then mom and dad, David, knew if the boys could reproduce elements of the black belt Kata from the world championships, which is the highest level of the choreographed series of movements, then the sky was the limit.

It's been one step at a time, but things are going fast.

The brothers are currently training 20 hours a week for the Karate Canada National Championships, March 15 to 17 in Toronto.

"Team Kata takes a lot of practise, you really have to feel where the (other person) is at," Geoffrey said.

It's the first nationals for Jean, and the second for Geoffrey, who, as a brown

belt, had to defeat many black belts to win bronze in 2011.

Jean just earned his black belt in 2012 as a 14-year-old, the minimum age, and he and Geoffrey already have multiple provincial, national and international medals to their name.

Last weekend they were in Vancouver where they picked up so many medals they need mom to keep track of them all.

Geoffrey's kata is so clean he won gold not only in his 16- and 17-year-old divisions, but in the 18 to 20 and men's open divisions as well. He also took gold in kumite (sparring) amongst 16-and 17-year-olds for his weight class of sub-55 kilograms, and was second in the next age among the 18 to 20 year olds.

Like big brother, Jean won gold in his age and weight class for kumite and kata, and won silver in the next age group up for kumite. For those doing the math, that meant Jean lost to Geoffrey in the kumite 16-17 category. Jean also won two gold and two silver at the B.C. Winter Games in 2012.

Home schooled out of Oak Bay, the boys maximize their flexible schedule by traveling twice a week to Duncan where they train and teach at the Fernando Correia School of Karate.

Here in town they train with black belt Kraig Devlin twice a week. At nationals Geoffrey will spar in the individual kumite against fellow 16 and 17 year olds, and the brothers will compete in the Team Kata 14- to 17-year-old division.





**18-20-year-old men** - Scott Zmaeff, first, forms, first, weapons.

**10-13-year-old mixed** - Liam Surry, second, weapons, third, team forms; Amelia Cooper, second, team forms; Corin Cooper, second, team forms; Hannah Darmadi, second, team forms; Coen Francis, third, team forms; Christina Craig, third, team forms.

**Eight-nine-year-old girls** - Jade Fearn, second, forms, second, sparring; Aurora Surry, second, forms/

**10-11-year-old girls** - Hannah Darmadi, first, forms, third, sparring, first, weapons; Amelia Cooper, third, forms, second, sparring; Claire Bilyk, first, forms, second, sparring; Mackenzie Khakh, second, forms, first, sparring.

**12-13-year-old girls** - Olivia Vallee, second, forms, first, sparring; Samantha Wolff, third, forms, third, sparring; Morgan Burke, second, sparring; Octavia Jurczyk, second, sparring.

**14-15-year-old girls** - Rebecca Evenson, third, forms, second, sparring.

**16-17-year-old girls** - Bernadette Alvarez, first, forms, third, sparring; Leticia Lethbridge, first, forms, second, sparring.

**17-and-under women** - Christina Craig, second, weapons.

**18-20-year-old women** - Bernadette Alvarez, first, sparring.

**Men's** - Scott Zmaeff, second, forms; Devon McBeth, first, forms, first, sparring.

**Women's** - Bernadette Alvarez, second, forms, first, sparring.

**Masters men's** - Richard Cooper, first, forms, first, sparring.

## Karate kids win at qualifiers

Nanaimo News Bulletin  
February 16, 2013

Nanaimo's Shima Karate School will have high hopes at provincials after positive playoff results.

The school hosted the zone championships Sunday at Dover Bay Secondary School. The event was a qualifier for provincials in Richmond in the spring.

Forty athletes from Shima combined to win 73 medals. Results include:

**Seven-and-under boys** - Simon Francis, first, sparring, third, forms; Adam Welch, third, sparring.

**Eight-nine-year-old boys** - Joshua Darmadi, second, forms, third, sparring, third, weapons; Soma Love, first, forms, second, sparring; Jaiden King, second, forms, first, sparring; Levi Ronkainen, third, sparring.

**10-11-year-old boys** - Corin Cooper, first, forms, first, sparring, first, weapons; Coen Francis, first, forms,

first, weapons; Tristan Billington, second forms, first, sparring; Isaiah Rigg, third, forms, second, sparring; Joel Bilyk, first, sparring; Jordan Khakh, third, sparring.

**12-13-year-old boys** - Levi Thomas, first, forms, first, sparring; Joshua Colonna, second, forms; Evan Milne, first, forms,



third, sparring; Zahnil Lal, first, sparring.

**14-15-year-old boys** - James winter, third, forms, first, sparring.

**16-17-year-old boys** - Emlyn Folkes, third, forms, first, sparring; Matthew Landry, first, forms, first, sparring.

# Steveston Karate Club marks 40 years

Richmond Review  
By Matthew Hoekstra

The Steveston Karate Club celebrated 40 years last Saturday by hosting an annual tournament known to draw competitors from around the world.

Over 400 martial artists from as far away as Venezuela and Belgium gathered at Steveston Community Centre's indoor tennis court facility for the invitational tournament.

"It is one of the biggest tournaments in North America," said Jim Kojima, president of the Steveston Community Society.



The event also drew some of the top officials in the sport, along with international and national champion athletes. The Consul General of Japan in Vancouver, Seiji Okada, also attended the event.

Action got underway at 9 a.m. in six rings. At day's end, two winners were named in the Black Belt Kata Division. On the women's side, Hidemi Uchiage defeated her sister Sumi Uchiage for the title. For the men, Toshihide Uchiage—a 10-time senior Canadian champion—won.

Black Belt Kumite winners: Kristie



Karate competitors put their best foot forward last Saturday at Steveston Community Centre as part of a major tournament. -- Kaz Yamamura photo

Schafer (women's 60 kilogram) and Vienna Krumwiede (women's open); Jhosed Ortuno (men's 70 kilogram); Mario Toro Jr. (men's open).

The Steveston Karate Club was born in 1973 with the help of sensei Takeshi Uchiage and the mayor of

Wakayama, Japan, which also became the City of Richmond's sister city that year.

The club has grown since then and is known for providing a high calibre of karate instruction.



Seiya Takeuchi (Steveston) versus Andrew Moore (Stockton, California)

# Fortius project welcomes tenants

By Gary Kingston,  
Vancouver Sun  
May 14, 2013

METRO VANCOUVER - The huge gymnasium was empty on this day. Large chunks of the office space still need to be constructed. And the dozens of state-of-the-art treadmills and other exercise equipment were idle.

But just days into its "soft opening," it wasn't difficult Monday to envision the spectacular Fortius Athlete Development Centre in Burnaby being filled with the sound of high-performance and recreational athletes taking advantage of the latest advances in exercise physiology and sports medicine.

The \$61 million, privately-built centre adjacent to the Burnaby Lake Sports Complex announced on Monday the inaugural group of provincial sport organizations and retail partners that will set up shop in the 146,000-square foot building.

BC Athletics, Curl BC, Canoe-Kayak BC, Karate BC, BC Water Polo and Synchro BC have joined founding partner, Sport MedBC, a network of more than 600 sport medical practitioners, BC School Sports and the Roman Tulis European Soccer school of excellence as tenants.

With the dismantling of the Sport BC-led administration centre in Richmond, the Fortius project, which was 15 per cent built in 2008 before being mothballed for four years because of rising construction costs, represents the largest sport system cluster in B.C.

In addition to the sport organizations moving into the facility, Pharmasave, FitFirst Footwear and SportMed will have retail outlets in the building's atrium. Pharmasave is already open, while FitFirst and SportMed will open in the summer.

Brian McC Calder of B.C. Athletics said he likes the idea of centralized services for athletes. And the location is perfect for his



organization, which can take advantage of the proximity of running tracks at Burnaby Central high school, Swangard Stadium and the trails around Burnaby Lake.

"It's a piece of the puzzle that we were waiting for to initiate a provincial training centre environment," said McC Calder, who hopes to establish a distance-running training group out of the area now that one of Canada's top marathoners, Dylan Wykes, has relocated to Metro Vancouver.

McC Calder said the expertise athletes can access outside of their coach - "to be able to tap into biomechanists, exercise physiologists, massage therapists" -- is one of the biggest benefits.

Curl BC CEO Scott Braley, who said the move to Burnaby from Richmond will save his organization about \$8,000 a year, said the centre will expose young curlers to "the very latest in training techniques that they may not see in just being involved in one specific sport.

"They'll see what all the top athletes are doing and realize that they need to do that as well."

Last month, B2ten, the privately sector business group that played a key role in helping prepare some of Canada's top

Olympians in 2010, announced a partnership with the Fortius Foundation that led to the relocation of two leading strength and conditioning professionals to the Burnaby complex.

Mining executive Scott Cousens, whose family donated \$23 million a year ago to get the centre finished, said he believes the facility, which will also provide accommodation for visiting groups of athletes or teams, is the best of its kind in North America.

"All of us working together over the next number of years will make it a destination in North America," he said. "And we're already making international contacts."

While supporting and developing elite level athletes was one of driving forces behind creating the centre, the people running it are also reaching out to recreational athletes.

"Those of us who have been involved in sport for a long time know that there are so many more people becoming active," said Lynda Cannell, the centre's chief operating officer.

"It's using the principles behind working with elite athletes and applying that to everyday people."

She said monthly memberships, "at market rates," will be available for people to access the performance conditioning facilities and other sport and health resources.

[gkingston@vancouversun.com](mailto:gkingston@vancouversun.com)

See also the Vancouver Province and the Burnaby News Leader

<http://www.theprovince.com/news/stop+wellness+shop+fitness+rehab+running+Burnaby/8379354/story.html#ixzz2TOycU4GW>

<http://www.burnabynewsleader.com/news/207398981.html>

