



KARATE



NEWS

Spring 2014



Toshi Uchiage, seen here during a break at the Pan-American championships in Buenos Aires last year, is senior Canadian national kata champion for the 12th time. He was also junior champion five times. (See story p. 9) — Sumi Sherri photo

Karate BC marks 40th

By Charles La Vertu
President

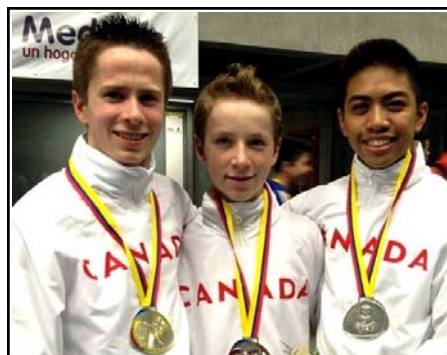
Karate BC is marking its 40th Anniversary this year!

To celebrate, Karate BC will be featuring demonstrations at this year's provincial championships May 30 to June 1 at the Richmond Olympic Oval as well as hosting a meet and greet and a special seminar.

Schedule of events includes:

- Sensei Don Shapland, Ryukyu Kobudo Teshshinkan, will demonstrate the history of karate kata using Chinto as an example -

Friday night 7— 8 p.m.
Sheraton Vancouver Airport
Hotel



BC Team members Geoffrey Newell, Jean Newell and John Sawal, scored silver, the first time Canada has reached a final in team kata at the Junior Pan-Am level. (See story p. 29)

- The Okinawan Eisa dancers will open the KBC Provincial Championships May 31
- Karate Demonstrations - Saturday and Sunday
- Meet and Greet Social - Saturday 7-8:30 p.m., Sheraton Hotel
- Special Commemorative 40th Anniversary booklet

The Annual General Meeting will also be held May 31 at the end of the first day of the tournament.

Four positions will be up for election.

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Sport BC President's award for Sensei Bob Mooney

Sensei Bob Mooney of Coquitlam was recipient of the 20th annual President's Award presented to



Karate BC President Charles La Vertu, left, and award recipient Bob Mooney

volunteers from Sport BC member and partner organizations who represent the spirit of volunteerism, and whose dedication, energy and commitment contribute to the development of their sport or organization in our province.

Karate BC President Charles La Vertu presented the award during the 48th Athlete of the Year Awards ceremonies March 5.

La Vertu noted that it is Mooney and our many volunteers who ensure our Provincial Championships and the Karate Canada National Championships are successful.

As well as a certificate, recipients each received a Helly Hansen jacket.

Meet our program coordinator Thea Culley

Newest member of our staff is Thea Culley, who is a member of the women's Canadian National Field Hockey Team.

Thea is Karate BC and Judo BC program coordinator and responsible for implementation of our NCCP and LTPD programs.

Originally from Rossland, BC, Thea completed a Bachelor of Human Kinetics at the University of British Columbia.

For the past eight years, she has competed at Commonwealth Games, Pan American Games, and, most recently, won Bronze at the Pan American Cup.



Thea is the female athlete representative on the Field Hockey Canada Board of Directors.

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



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Instructors, athletes, parents protected

Staying in Karate BC

By Dan Wallis

Executive Director, Karate BC

Karate BC provides member clubs/ dojos infrastructure support that goes unseen and not appreciated but is

Eight new clubs join Karate BC

Karate BC is pleased to announce the addition of eight new member clubs.

- Seiwa-Kai Squamish Karate Club
- Top Karate
- Vancouver Martial Arts Academy
- Canada Shoseikan - Richmond Oval
- School of Kyokushin Karate
- Westcoast Shotokan
- Kootenay Renshikan Shito-Ryu Karate Club
- PoCo Torakai Karate Club

there none-the-less.

Parents trust their club instructors - until something goes wrong.

Drivers of automobiles trust other drivers of automobiles - until something goes wrong, and then they need help as the other party involved in a dispute - on the road or in the dojo - may not be as reasonable as one would hope.

Karate BC tries to build risk management structures that ensure all clubs live up to "minimum

standards" - for training facilities, what is/isn't taught, who is standing in front of young people (criminal records check), who is/isn't covered for liability when you are training with people not involved with Karate BC, what rules will we all follow when we enter competition, how well trained will those officials be on the rules, and the list goes on.

Within the last two years, in another province, a club instructor was sued by one of his students.

The instructor settled out-of-court but was devastated that a lawsuit was even possible, and it cost him dearly, he nearly lost his home.

We all learned a valuable lesson some years ago when Judo Ontario almost ceased to exist over a lawsuit stemming from an accident involving a member of the provincial association and a non-member.

The injury that occurred and the resulting lawsuit over liability is front and centre every year when we negotiate our rates for the next



year with AllSport Insurance.

We also live in an extended karate family - we try to run our clubs so that what we offer, be it Shotokan or Wado, is pure, traditional and well - taught karate.

I believe we have an obligation to the greater karate community to build in checks and balances to ensure potential karate students will get what they think they are getting.

There are many clubs out there that promote their clubs very well, but unfortunately, the promotion exceeds the delivery.

In my role as Executive Director, I receive the complaints from parents from both KBC and non KBC clubs alike, who have lost the trust they had in their dojo for a variety of reasons.

Karate BC is there to protect their interests as much as the instructors.

The following clubs are no longer members of KBC.

- Yoshukai International
- Valley Shidokan, Chilliwack
- Peninsula Shukokai Karate Club
- Maximus Martial Arts
- Elite Karate Academy Abbotsford

Fit4Defense Continues To expand

How can children and youth handle bullying, intimidation and threats of violence?

What steps can they take to improve their self-image and self-awareness?

How can they get involved in activities that promote fitness and make positive contributions in their communities?

Fit4Defense provides a solution as an interactive violence prevention and anti-bullying program that teaches assertiveness, self-defense and fitness as a means to inspire confidence and awareness in participants.

viaSport, Karate BC, the Aboriginal Sport, Recreation and Physical Activity Partners Council, and Afterschool Programs collaborated to bring Fit4Defense Instructor Training to Terrace to facilitate the implementation of the program in the northwest region.



Fit4Defense Instructor Certification was held on Saturday and Sunday, January 25 and 26, 2014 at Sawilaawks Community School by Suzanne Jean, Program Director and

effective, standardized curriculum of social, physical and personal life skill exercises and activities taught in alignment with the stages of long term athletic development (LTAD).



The curriculum and structure are in a manual with clear lesson plans on social, physical and personal life skill exercises and activities. The learning is through practical skill development, challenge and play.

Kelly Batchilder, a Master Trainer with a social services background from Kelowna.

This two-day training offered participants a comprehensive process for acquiring the knowledge and skills to plan and lead Fit4Defense training as a business or as an enhancement to their community programs.

Topics include: rights, responsibilities, values, strengths, boundaries, power, feelings, anger, self-defense, risks, peer influence, internet, stress, self-care, safety and crime prevention.

Here is some recent feedback from the instructor training:

They will take the training back to offer in their schools, community, seniors' centres, martial arts centres, and social service agencies.

"This workshop provided a good mix between activities based instruction and curriculum discussion.

"It was fun!"

Fit4Defense will continue to support them in implementation with a 10-week one-to-one mentorship.

"There were excellent demonstrations of the fundamentals with lots of help and feedback during the instruction."

Fit4Defense aims to inspire participants to build confidence and awareness of self, others and the community. This is done through an

"I appreciated the knowledge and expertise of the instructors."



Norma Foster and Suzanne Jean



Sensei Ted performing Jiin

Training for 40 years

70 and still going strong

By Paul Sexton

Sensei Ted Gosling turned 70 last September.

He has been training in karate (for 40 years) since he started in 1973 in Abbotsford with Sensei Robert Sidoli (now GSK UK).

He helped run a club in Mission as a brown belt, and achieved shodan in 1993.

He went on to run the Chilliwack Gima Ha club for 13 years before passing the club to Sensei Troy Metzler.

Currently a Yondan and a GSK grading examiner as well as a very active official for Karate BC, Ted has helped run the Abbotsford dojo for the last 10 years where he teaches the early class.

He may not be able to kick head

height any more (who would want to do that in a real fight anyhow) but he loves kumite and still is a force to be contended with on the dojo floor.

It is very hard to get anything in on Ted as he has very fast hands.

He is constantly frustrating the younger black and brown belts who think they should be able to dominate this "old guy," but he is really a wily old bear with a lot of experience and tricks up his sleeve.

Sensei Ted is a loyal friend and a very valuable asset to the Abbotsford Karate Club.

He has generously devoted his time, knowledge of karate, and excellent ability to teach, to help inspire many karate students over the years.

Around



Dhillon scores in Argentina

Karate Canada's Male Team kumite athletes (Chris De Sousa Costa, Shaun Dhillon, Philippe Soucy, Daniel Gaysisnski, Leirick Chung and Leivin Chung) won the bronze medal in a highly contested and very strong division at the 2013 Sr Pan American Championships .

While the team lost on points scored after a 2-2 tie in their first round against Venezuela, they then went on to win against El Salvador, and finally won a close round against Chile in order to grab the bronze medal.

KBC medals at North America Cup



Former Karate BC male athlete of the year **Darren Choo/ Darren E Scott**, star of the television series *Almost Human*, seen here with BC Team head coach **Nicole Poirier**, dropped in at the 2014 Karate Canada Nationals in Richmond to renew old friendships.

Scott, who was based in Hong Kong and China in recent years, also starred in martial arts movies *The Man with the Iron Fists* and *Supercapitalist*.

Choo is a former Canadian kata and kumite champion.

Karate BC took home eight of the 24 medals won by Team Canada at the recent 2014 North American Karate Cup held in Richmond.

They were competing with the best from the United States and Mexico.

Brendon Ly won BC's sole gold medal, in Kumite Individual male Juniors +76.

Winning silver were Gurkamel Gill in Kumite Individual female Juniors -53 and Valerie Doyon in Kumite Individual female Juniors -59. Mariah Blunt won bronze in this category.

Other third-place winners include Shalene Lee, Kata Individual female Juniors; Sumi Uchiage, Kata Individual female Seniors; Vanessa Vung, Kumite Individual female Juniors -48; and Jusleen Virk, Kumite Individual female Seniors - 50.



Brendon Ly



Sensei Akira Sato had a great time showing off the children of Rosella Ng and Andreas Kuntze at the Karate Canada National Championship held mid-January in the Richmond Olympic Oval — *Charles La Vertu photo*

Mike Scales named chair

Technical Committee

Sensei Mike Scales has been appointed chair of the Karate BC Technical Committee.

Also appointed to the committee were Peter Akutagawa – Renshikan; Donna Gardecki – Goju; Mike Scales – ShotoCanada; Rick Chernoff – ISKF; Akira Sato – Shito Ryu; Barry Gower – Uechi Ryu; Don Shapland – Shorin Ryu and Kobudo; Chris Taneda – Chito Ryu; and Ken Corrigan – Wado Ryu.

Karate BC at 40

(Continued from page 1)

They include First Vice-President, Second Vice-President, Secretary and Director-at-large.

Proxies must be submitted to the office by end of day May 11.

BTW, our Provincials will be webcast live, thanks to a new partnership with viaSport negotiated by Executive Director Dan Wallis, allowing the folks at home to see all the action.

Karate BC is selling advertising which includes the web streaming.

Any KBC member who refers a Gold level sponsorship for the 2014 Provincials will get their 2014-2015 KBC membership fees for free.

And KBC will pay the tournament registration fee of the Karate Canada 2015 Nationals (\$90 per event) for



Amanda Illmayer and Brendan Flower at the Provincials — Gerry Illmayer photo

KBC Team members who sell two gold packages.

GOLD Sponsorship includes:

- A-Board advertisement (3' x 2') visible on live streaming all weekend long

- Ticker Tape logo scrolling through live stream on all tatamis
- Vendor Booth
- Full Page Advertisement in 40th Anniversary Commemorative Booklet

BC Team tops in Canada

Congratulations to the Karate BC Team and its coaching and support staff.

The Team came away from the Karate Canada 2014 National Championships with 44 medals, outdoing that perennial powerhouse, Quebec, which collected 41 medals. Ontario took home 28 medals and Team Canada, 19.

Even more impressive was the fact that the BC athletes pooled their money this year and instead of buying coaches thank you gifts, they decided to donate the money to Kids Help Line in the name of Nick Trotsuk who passed away last year.



Phil Taneda sports the silver medal won by Ski Cross world champion Kelsey Serwa in the recent Olympics in Sochi — Facebook photo

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Karate BC NEWS

Around

KARATE BC

Congratulations to

- **Amy Katelyn Tippenhauer** on receiving her teaching degree from the University of Victoria;
- **Paul and Charlotte Robertson** who were promoted to Takeda Ryu Iaido Shodan;
- **Mark Deugau** on his nuptials to Simone Burrows;
- For their successful Dan promotion at the November Renshikan clinic: **Todd Conrod** to Sandan (third degree black belt), **Brendan Flower** to Nidan (second degree), **Amanda Illmayer** to Shodan (first degree)

and **Alyshia Lan-Phavongkham** to Shodan (first degree);

- BC Officials who achieved higher qualifications at the 2014 National Championships: **Ali Najafi** - National Judge A Kata and Referee A Kumite, **Valentyna Zolotarova** - National Judge A Kata and Referee A Kumite, **Rassamee Ling** - National Judge A in Kata and Kumite, **Geoffrey Newell** - National Judge A in Kata and Referee B in Kumite, **Jean Newell** - National Judge B in Kata and Kumite, **Todd Conrod** - National Judge B in Kumite and **Brendan Wise** - National Judge B in Kata;
- Shito-Ryu volunteers who assisted with the Karate Philippine Typhoon Fund Raising Workshop and Demonstration and raised \$438 for the Canadian Red Cross Typhoon Haiyan Fund;
- **Jackson Tribe** on receiving the BC Chito Kai Athlete of the Year Award
- **Derek Chan** on being invited to join the ranks of its Karate Canada Senior National Team;
- **Jusleen Virk** who won bronze in the Women's -50 kg Senior Kumite Division, at the Salzburg Open Karate 1 Premier League Grand Prix Final held Nov. 30-Dec. 1, 2013 in Salzburg, Austria.
- All BC athletes who participated in the US Open in Las Vegas. **Darbyanh Heenan** who took home the Gold; **Khyber Barnett**, bronze; and **Alex Zaborniak**, bronze, and silver in the Junior International Cup.

Special T Group Events

250-999-8968

sales@specialtgroup.com



The advertisement features a central logo for 'stge' in a black circle with a yellow border. Surrounding the logo are various items: a red cap with 'LOGO', a blue jacket with 'LOGO', a green tote bag with 'LOGO', a green cup, a black water bottle with 'LOGO', and a red water bottle with 'LOGO'. Below the logo, there are two rows of t-shirts. The first row shows a white t-shirt with 'BC GAMES MISSION 2014 WINTER' and a yellow t-shirt with '2013 BC JUDO CHAMPIONSHIPS'. The second row shows a display of various t-shirts in different colors and designs. The text 'CUSTOM PRINTING' is on the left, 'CUSTOM EMBROIDERY' is on the right, 'PRE & POST EVENT ORDERS' is at the bottom left, and 'ONSITE PRINTING' is at the bottom right.

Karate BC at 40

(Continued from page 7)

A total of 270 athletes, 61 referees, 40 coaches and numerous delegates and volunteers took part in the three-day event at the Richmond Olympic Oval in Richmond.

Karate BC was an instrumental partner in ensuring the success of this event, by providing numerous volunteers, assistance and equipment.

And a very special thank you to our volunteers. Without you, there would be no tournament.

In this vein, congratulations go to Sensei Bob Mooney and Brendan Flower for their extraordinary efforts to ensure the success of our events.

For the first time in its long history, this event was webcast live across the nation.

The action was followed closely at home by thousands of friends, members, supporters and family members.

Click on <http://www.ustream.tv/search?q=karate+canada> to view all matches, including several with colour commentary.

A big thank you to Second Vice-President Kurt Nordli who served as tournament director, his wife Brenda Nordli who was chief marshaller, head official Norma Foster, our volunteers, national officials, and various partners and sponsors including Sport Canada (the Canadian government), Hosting BC, Hosting Richmond, Sheraton and Marriott Hotels, viaSport, Arawaza, Canadian Martial Arts Supplies, Mikado, Singleton Urquhart, Special T Group Events.



From left, BC head coach and volunteer Nicole Poirier, Tournament Director Helen Chang, Karate Canada treasurer Stéphane Rivest and volunteer Warren MacLean at the North America Cup in Richmond – Dick Grant photo

And thank you to our staff Thea Culley and Cheryl Gray who worked closely with the volunteers, many from École Robert A. McMath Secondary School in Richmond with the help of DiAnne Simonson of the school's Junior and Senior Leadership Program.

The great pictures were provided by Victoria parent Gerry Illmayer.

Toshi still kata champ

Of note at the Nationals was that Toshi Uchiage of Steveston is the Canadian men's kata champion for the 17th year – 12 as a senior and five as a junior.

In recognition of his numerous medals, the Japanese government presented him with the Consul General's award. (See p. 26 for story)

Our BC Team athletes also excelled outside Canada.

As you saw on the front page, Geoffrey and Jean Newall and John Sawal brought home silver from the

Pan American Junior and Cadet Karate Championships last August in Medellin, Colombia for their team kata performance; and Brendon Ly took bronze in Junior Kumite +76kg.

This was a first for Canada in team kata.

BC Team Assistant Coach Mike Ditson was appointed one of the National Junior Team coaches for this event.

The Canadian team also included Isaac Mand, Kyle Macmillan, Trevor Kim, Erin Maher, Tan Nguyen, Thien Nguyen, Alexander Ponomarev and Evan Kwong.

Norma Foster attended in her capacity as Karate Canada Officials Committee Chair.

BC Winter Games

For our developing athletes, the BC Winter Games is a fantastic venue to celebrate sportsmanship, perseverance and resilience.

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Sexton named chair of Officials Committee



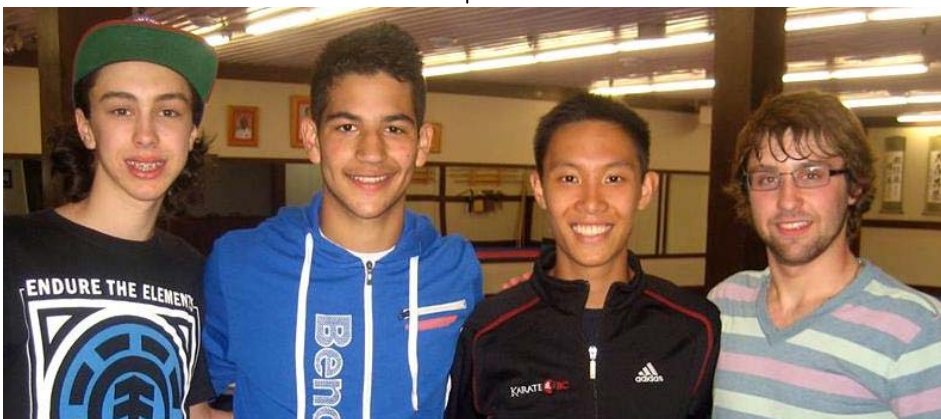
Sensei Paul Sexton is the new chair of the Karate BC Officials Committee.

Each KBC region may have one official sit on the Officials

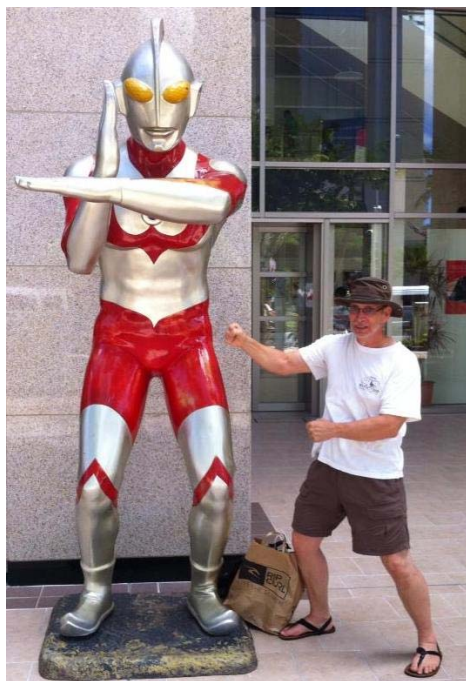
Committee. If the region does not appoint a representative, that position remains vacant.



KBC Head Coach Nicole Poirier with rising stars Cassia Kitaoka, Gwyndoline Tingey, Levi Thomas and Brendan Wise. The 12-13 year olds, who were scouted at provincials and invited to train with the BC Team in preparation for their competitive career on the BC team when they turn 14, were presented with gis compliments of Mikado. — Sarah Perez photo



Nicolas Bisson, Rafael Armando Silva Marcucci of Alberta, Derek Chan and Jean-Sébastien Bisson at Karaté Cama in Montreal. Karate BC Team member Derek Chan was taking French immersion in Montreal and trained with Sensei Germain Bisson



Bob Mooney finds a solid opponent near Naha-shi, Okinawa



KBC members Bob Mooney and Garson Ho were in Okinawa last summer to study at the Shimbukan dojo. They are seen here with Yoshitomo Yamashiro sensei. Bob successfully graded to Shodan Ryukyu Kobudo

Around

KARATE  BC

Karate BC at 40

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Sensei Loretta Schwab of Duncan, who attended the games in Mission, reported there were “lots of officials and our Junior officials were awesome.” (See p. 24)

“There were a lot of triumphs and upsets for the competitors. Some nervous, some excited and others terrified but they all gave it their all. Only a few minor injuries which is fantastic.

“Our BC coaches did a great job with all of the athletes and I am sure that even though a lot didn't receive any medals they all had a fantastic time.”

On the High Performance Committee front, Karate BC welcomed Derek Chan and Anisha Virk as athlete representatives. These two athletes are making a strong contribution to the committee.

Also making a strong contribution to the BC Team was newly-appointed kata coach Junya Yamamura.

As well, the BC Team coaches have been working with Officials Committee chair Paul Sexton, HPC chair Jason Farquharson and HPC member Rick Penner to continue building a stronger relationship between the HPC and OC.

Founding member dies

Karate BC mourns the passing of a founding member, Soke Aki Kanamaru (1942-2013) of Kanamaru-Ha Sho Shoh-Ryu Karate-Do, who died in early December.

Soke Kanamaru's Honbu Dojo was in Ashcroft. He also had dojos in the neighboring towns of



BC Team member Sarah Perez, red belt, put on a good fight against Canadian champion Pat Grant at the 2014 Nationals – Gerry Illmayer photo

Clinton, Lillooet, and Lytton.

His two children Yoriko Susanj and Hideaki Kanamaru teach Kanamaru-Ha Sho Shoh-Ryu Karate-Do at their own dojos in Savona and Vancouver.

Our condolences to the family.

New president

At the last AGM, Karate Canada elected Karate Ontario president Dragan Kljenak as president, ousting incumbent Rébecca Khoury.

Also elected to the board was Karate New Brunswick president Paul Oliver. Manitoba President Debra Kofsky was appointed director at large.

It is not known how the change will impact the Karate Canada strategic plan for 2014 to 2018 which was approved by the provincial delegates.

Dan Wallis was a key member of the Strategic Plan Steering Committee.

Goal is to create a world class and highly efficient system aimed at promoting the growth, development and excellence of Karate in Canada.

One of the changes announced by the new regime was the appointment of Yaro Tarana and Zvonko Celebija as the new co-Chairs of the Officials Committee. Both replace BC's Norma Foster.

They, in fact, are the entire Officials Committee with Tarana representing Quebec and points east while Celebija represents Ontario and points west.

I pointed out, without success, that BC does not consider Ontario to be part of the west.

(Continued on page 13)

Karate Canada Awards – 2014, Richmond



Selected Official of the Tournament by her peers was Valentyna Zolotorova

British Columbia volunteers, officials and athletes fared well at the Karate Canada Awards presented following the January 2014 National Championship held in Richmond.

BC winners included: Official of the Championship, Valentyna Zolotorova; Volunteers of the Championship, Brendan Flower and Bob Mooney; Junior Sportsmanship Award, Bernadette Alvarez; and Junior Male Athlete of the Year (National Championships), Terrance Chan.



Junior Male Athlete of the Year Terrance Chan

Kobudo Rules to be enforced

The Kobudo rules will be enforced at the KBC Provincial Championships in Richmond May 31 and June 1.

The weapons must be inspected per the rules and anyone who has weapons that do not conform will not be able to compete at the Provincials. The rules have been published on the Karate BC website for at least six months so all competitors, coaches and dojo instructors have had ample time to get prepared.



Karate Canada Treasurer Stéphane Rivest presented the Junior Sportsmanship Award to Bernadette Alvarez — Sarah Perez photos



Karate BC at 40

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On behalf of Karate BC I thank Sensei Foster, the first female world official, for her leadership and dedication in improving officiating at the provincial, national and international levels.

KC Dan Gradings

Five senior members of Karate BC have been named to the Karate Canada regional Dan grading board.

Senseis Mike Scales (Shotokan), Chris Taneda (Chito Ryu), Kaz Hashimoto (Shito Ryu), Dan Wallis (Wado Ryu) and Ken Corrigan (Wado Ryu) are part of a pool of examiners across the country.

This will allow for Karate Canada exams to be held more easily and more affordably and to give greater access and opportunity to candidates who may wish to take advantage of the Karate Canada Dan Examination/Recognition programs.

Except for Sensei Corrigan who was away, the panel held Dan examinations at the 2014 Karate Canada National Championships in Richmond last January, and were mentored into the process by the current Technical Committee which includes BC senseis Akira Sato and Takeshi Uchiage.

New KC HP coordinator

Former BC Team head coach Kraig Devlin of Victoria has been hired by Karate Canada as a contractual, part-time High Performance Coordinator, as part of its new High Performance Plan implementation strategy.

Devlin, who is a former National Team athlete and a repeat National

Team Coach at various international events over the past few years, brings to this position a considerable wealth of knowledge and very relevant experience.

He is also a National Coaching Institute trained Coach, and he is the current Karate Canada LTAD Committee Chair, as well as a current High Performance Committee member.

Upcoming Events

- May 10 – Shukokai Shiai, Brentwood Bay
- May 18 - Shisei-Kai Shiai, Burnaby
- May 26 to June 1 - Senior Pan American Championships, Peru
- May 31 - Karate BC Annual General Meeting, Richmond
- May 31 & June 1 - Karate BC Provincial Championships, Karate BC 40th Anniversary Celebration, Richmond
- June 27 to 29 - Annual Gima-Ha Summer Camp, Whistler
- June 28 to 29 - [NCCP Instruction Beginner Course](#), Langley
- July 4 to 6 - Karate Summer Camp, Victoria
- August 28 to 30 - Junior and Cadet Pan American Championships, Peru
- October 4 - Qepen V First Nation Karate Tournament, Mount Currie
- October 18 - Campbell River Shito-Ryu Challenge Cup, Campbell River
- October 18 & 19 - NCCP Competition Introduction Course, Coquitlam
- November 1 - KBC Open, Penticton
- November 1 & 2 - [NCCP Instruction Beginner Course](#), Langley
- November 15 - Sato Cup, Burnaby

Half-year memberships instituted

A half-year membership fee for Karate BC members will be instituted effective retroactively from March 1, 2014 to run from March to August.

The cost would be half the normal fee.

This would apply to all new members, including Dan ranked individuals.

Half-year members would not be eligible for zone-provincial championship events, but would otherwise have full and complete membership rights and responsibilities.

These new members would then be required to register fully for the following September and would not be eligible for half-year membership in the following year.

Those moving from out of province mid-season who wish to enter the zone-provincial competition stream would have to pay full membership costs.

If they have already submitted fees to Karate Canada as a member from another province, then those fees sent to KC would be deducted from the overall charge for full membership.

Non-member coach training and NCCP Certification

Instructor must be a KBC member to be certified

By Karate Canada

A non-member coach has no formal right for full certification in the National Coaching Certification Program for various reasons, but they all add up to the same thing: the NCCP is a process that involves participation on all levels by all those affected.

There is a need to maintain quality standards and those who refuse to join in a provincial sports organization that provides oversight into the standards

required by Karate are not participating in the philosophy of NCCP.

Our obligation as a national sports organization with the Coaching Association of Canada requires us to allow basic training to a non-member coach-but NOT certification.

Certification involves standards set by the NSO/PSO partnership, and those outside our organizations are not required to maintain these

standards that include safety considerations, technical competency, and quality of sport.

Ongoing professional development is required to maintain a coach Certification status.

These activities are monitored by Karate Canada and can be submitted by our PSO partners.

Any coach outside our organizations cannot be followed nor have any development activities recorded without the involvement of Karate Canada.

Only Karate Canada members contribute to the costs of maintaining these records.

In addition, only our PSO partners contribute to the costs to maintain the Locker database and the training of Learning Facilitators and Evaluators.

Our PSO partners should be discouraging non-member participation, and our suggestion is if required to train non-members, make sure you charge a significant premium - like double or more.

Before allowing any non-member into any training activity, make it VERY clear that in order to be Evaluated for Certification, they MUST BE A MEMBER.



KBC President Charles La Vertu presented the Junior Sportsmanship Award to Elisha-Grace King at the 2013 Provincial championships. Female Grand Champion was Valentyna Zolotarova and Male Grand Champion, Seiya Takeuchi – *Brendan Flower photo*

Please note that body protectors are mandatory for participation in the elite divisions at the 2014 Provincial Championships.

West Coast Gojukai Skills Challenge

Congratulations to West Coast Gojukai for another successful Skills Challenge Competition on March 1, 2014 at Como Lake Middle School.

The Skills Challenge was designed by Donna Gardecki to reflect the training and competitive needs of the young athletes as defined by our new Long Term Participant (Athlete) Development model (LTPD).

Fifty-six athletes under the age of 14, Novice and Intermediate, came out to enjoy themselves for 4.5 hours doing a variety of activities and logging points for participation.

There were six different dojos represented with instructors from those dojos coming to help with being Ring Captains, Officials, and volunteers in other capacities.

The two largest groups of volunteers came from West Coast Gojukai dojo and Shima Karate School.

The morning started with "Oh Canada" sung beautifully by Nick Cardoni (without music), singer from the band *Legal Limit*.

Shortly after that athletes began competing in their separate rings – approximately 30 minutes was given for each ring to get through all competitors in that division.

The Skills Challenge is organized into seven different rings:

1. Kumite/Tag Kumite;
2. Tag Kumite and Paddle Kumite;
3. Obstacle and skills course;
4. Education station;
5. Kata/Kihon Ido;
6. Kata/Kihon Ido;
7. Fitness Challenge.

The boys and girls competed with one



another in the same age category up to 10-11 years old.

The 12/13 year olds' scores were separated between girls and boys.

Kids received eight points for a loss and 15 points for a win. They were able to do AT LEAST four rounds of kata, up to eight rounds of kumite style competition, up to two rounds of the skills course and were maximally challenged for vertical jump, standing broad jump and pushups.

Awards were given for 1st, 2nd, 3rd,

and 4th in each division. The judges and ring captains also picked three participants who, overall, exemplified the qualities in each of these categories: Best Decorum, Best Sportsmanship, Best Effort.

A great big thank you to Shima Karate School for bringing a lot of 'over 13' brown and black belts to help with coaching and officiating.

Due to that, most of the kids were able to get some coaching at ringside between matches and between each of their katas.

Coaching comments were written on their comment cards for them to take home.

Thank you to West Coast Gojukai students and parents for their selfless gift of time for the organization and running of this LTAD (LTPD) style event.

Thank you to Karate BC Medical Director Chris Browett for running the education ring.

We are all looking forward to doing it again next year!



Perez elected to Karate BC board

The Karate BC Annual General Meeting will take place May 31 during the Provincials at the Richmond Olympic Oval.

At the 2013 AGM, Sarah Perez of Hayabusa Karate Club in Vancouver was elected secretary of Karate BC for a one-year term.

Also elected to the board at the KBC Annual General Meeting was Brendan Flower of Victoria Renshikan Karate in Saanich who will serve as a director-at-large. He will serve a two-year term.

Charles La Vertu of CASK Shiai in

Victoria was re-elected president.

Also re-elected were Treasurer Ken Corrigan of the Nechako Karate Club in Prince George, Membership Director Andreas Kuntze of Vancouver Shito-Ryu Seiko-Kai and Director-at-Large Rick Penner of the Kelowna Tsuruoka Karate Club.

They join First Vice-President Jason Farquharson of Northern Rockies Karatedo in Chetwynd and Hudson's Hope, Second Vice-President Kurt Nordli of Shima Karate in Nanaimo and Director-at-Large Donna Gardecki of West Coast Goju-Kai in Coquitlam.



James Johnson, second from left, at a meeting of the PKF Technical Commission

James Johnson leaves PKF Technical Commission

Former Karate Canada and Karate BC president and long-time KBC executive director Sensei James Johnson has resigned as a member of the Pan American Karate Federation's Technical Commission and as the PKF Technical Delegate for the upcoming 2015 Pan Am Games.

A former National Karate Association president and member of the National Karate Hall of Fame and the Burnaby Hall of Fame, he was awarded the Queen Elizabeth II Diamond Jubilee medal last year for his exceptional contribution to the growth and development of karate in British Columbia.

In Memoriam

It is with great sadness that we announce that former Karate BC member Tony Ojiro



passed away on March 12, 2014, at the age of 36.

Tony began karate at the age of eight, eventually advancing to become chief instructor at Burnaby South Karate Club from March 2000 to December 2001.

Under his instruction, the dojo grew to more than 55 members and as a result, the dojo had to relocate to larger training facilities at Burnaby South Secondary School.

Tony lived in Japan for many years and continued to train regularly with Shihan Ikuo Higuchi, 9th dan and chief instructor of Gima-ha Karate do, at his Tokyo dojo. Eventually, Tony and his family moved to Vienna to take on a new role at work.

Tony lost his battle with Colon cancer after he was diagnosed late July last year.

Tony is survived by his wife Junko, daughters Alyssa (7) and Emma (4), his mother, father and sister.

A trust fund has been set up for his wife and daughters.

If you would to contribute or want more information, please contact Melissa Hance (Wong) at 778-233-7191 or e-mail chynaspice@hotmail.com.

Broadcasted online for Karate BC

viaSport pilots first live-streamed provincial sport event

viaSport made waves in the provincial sport sector last May with the first live-streamed broadcast of a BC sport event – the Karate BC Provincial Championships.

viaSport also live-streamed the Karate Canada Nationals, held in Richmond earlier this year, enabling people elsewhere in Canada to watch the event live over the Internet.

Karate BC has reached an agreement with viaSport that will see future Provincials covered live.

Live coverage of the 2013 Provincials featured four live-streams covering four competition mats with live commentary and athlete interviews held at Tatami 1.

There were more than 3,000 views across the four streams with another 1,000 views of the archived streams (http://www.viasport.ca/karatelivestream/Via_Sport_-_Karate_Live_Stream/index.html) less than 24 hours following the event.

“We were extremely happy with the production in that we were able to cover many athletes and bring information and education about the



Callum Ng (left) with colour commentator Sensei Kenny Lim

sport of Karate to the public,” said Ted Barton, head of technology and innovation at viaSport.



With a background at CTV and CBC in television production, Barton has been working with both Skate BC and viaSport to build and launch the production studio.

Also working with Ted is Jesse Sturdy, who has a background in film production.

Also on the team are Callum Ng, radio host, and Norma Reid, weekend co-anchor of CTV News.

For athletes competing far from home, the online portal provides an outlet for families, friends and supporters to follow and support them at no charge and in the

comfort of their own home.

For athletes trying to gain more exposure in their sport, the online stream can be viewed by coaches, colleges and universities and scouts from outside of the province and country.

This stream also provides athletes with an opportunity to watch their competitors and others in the sport to hone and build their skills.

Live-stream and video archiving technology provides this same tool for coaches, clubs, and other organizations to educate their members and the public on sport and health.



Ted Barton – Charles La Vertu photos



Tarrah Harvey interviews Shalene Lee

KARATE BC TEAM Season 2013-2014

BC tops in Canada — 44 medals

By Nicole Poirier
BC Team Head Coach

BC ranked third in Canada behind Team Quebec and Team Canada in the gold medal count at the 2014 Karate Canada National Championship held Jan. 17-19 in Richmond.

However, with a total of 44 medals – 11 gold, 14 silver and 19 bronze – we were the top medal winners in Canada.

Thank you to all athletes, coaches, volunteers, KBC Staff and families for your beautiful performance, team work and spirit demonstrated at this Nationals.

Official of the Year: Valentyna Zolotarova

This athlete could not participate at Nationals 2014 due to pregnancy. Instead, she decided to take part as an Official.

Valentyna is a true high performance individual. Her focus and discipline are at all times duly noted and therefore instead of shining as a competitor she impressed us all with an outstanding performance as an official. Congratulations Valentyna.

Volunteer of the Year: Brendan Flower and Bob Mooney

Congratulations and thank you to these two outstanding individuals from BC. Your hard work and devotion with a smile is a true demonstration on how BC is up in the ranks on the National scene.

Sportsmanship Award: Bernadette Alvarez

This up-and-coming athlete is an



Gerry Illmayer photo

Terrence Chan won three gold medals

absolute gem on the BC Team. She is a role model, a team player carrying herself with grace and devotion to the best of herself and others.

Athlete of the Year: Terrence Chan

Congratulations Terrence. Not only did this athlete receive Junior Male Athlete of the year Award but also ranked number 1 in Canada.

Three gold medals at Nationals is definitely a performance worth recognition.

BC Results:

Kata Female

Cadets: Darbyanh Heenan, Bronze

Juniors: Shalene Lee, Gold; Bernadette Alvarez, Silver; Claudio Laos-Loo, Bronze

Seniors: Sumi Uchiage, Gold (from BC representing Team Canada); Bernadette Alvarez, 5th; Miho Kitaoka, 7th

U21: Victoria Barusic, Silver; Bernadette Alvarez, Bronze

Kata Male

Cadets: Khyber Barnett, Silver; Amr Fahmy, Bronze; Nicholas Huen, Bronze

Juniors: Terrence Chan, Gold; Evan Kwong, Silver

Seniors: Toshihide Uchiage, Gold (from BC representing Team Canada); Seiya Takeuchi, Bronze; Tan Nguyen, Bronze; Paulo Santillian, 5th

U21: Tan Nguyen, Gold; Seiya Takeuchi, Silver; Thien Nguyen, Bronze; Paulo Santillian, Bronze; John Sawal, 5th

Team Male Cadets and Juniors:

Khyber Barnett, Terrence Chan, Amr Fahmy, Gold (only team participating)

Team Male Seniors: Terrence Chan, Paulo Santillian, John Sawal, Gold (only team participating)

Kumite Female

Cadets +54kg: Aya Kitaoka, Gold; Cassia Kitaoka, Silver

Cadets -47kg: Zoe Fong, Silver; Varisha Ahluwalia, 5th

Cadets -54kg: Alexandra Zaborniak, Bronze; Erin Maher, 5th

(Continued on page 19)

BC tops

(Continued from page 18)

Juniors +59kg: Aya Kitaoka, 4th;
Claudie DeMuylder, 5th

Juniors -48kg: Vanessa Vung, Silver;
Claudia Laos-Loo, Bronze; Isabel
Chan, 4th

Juniors -53kg: Gurkamel Gill, Bronze;
Lindsey Macdonald, 7th

Juniors -59kg: Alexandra Zaborniak,
Gold; Valerie Doyon, Silver

Seniors -50kg: Jusleen Virk, Gold
(from BC representing Team Canada)

Seniors -55kg: Sarah Perez, 5th

Seniors Open: Jusleen Virk, Bronze
(from BC representing Team Canada)

U21 -53kg: Victoria Barusic, Gold;
Anisha Virk, Silver

U21 -60kg: Miho Kataoka, 5th

U21 +60kg: Bernadette Alvarez,
Silver, Reid Lofstrom, Bronze

Kumite Male

Cadets -52kg: Josh Dhillon, Gold;
Kieran Quan, Bronze

Cadets -57kg: Joel Tai, 5th; Aarjan
Gill, 7th

Cadets -70kg: Jaikaran Sanghera,
Bronze; Khyber Barnett, 5th

Cadets +70kg: Aleksander
Ponomarev, Silver; Amr Fahmy, 5th

Juniors -55kg: Isaac Mand, Gold;
Evan Kwong, Silver

Juniors -61kg: Emlyn Folkes, 4th

Juniors -68kg: Kyle Macmillan,
Bronze; Brandon Wilson, 4th

Juniors -76kg: Jackson Tribe, 4th;
Aleksander Ponomarev, 5th

Juniors +76kg: Brendon Ly, Gold;
Calen Clausen, Bronze

Seniors -60kg: Derek Chan, Bronze;
Seiya Takeuchi, 4th



Victoria Barusic and Babak Sotoudeh — Dick Grant photo

Seniors -67kg: Arash Beytoei, 5th;
(from BC representing Team
Canada); William Wright, 7th

Seniors -84kg: Kalan Anglos, 4th

Seniors Open: Arash Beytoei, 7th
(from BC representing Team
Canada)

U21 -68kg: William Wright, Silver;
Seiya Takeuchi, Bronze; Derek
Chan, 7th

U21 -78kg: Dylan Robinson, 5th;
Roshan Kumar, 7th

U21 +78kg: Brendon Ly, 4th



Team chiropractor Dr. Bo Gregson
— Juan Francisco Osuna photo

Some observations:

BC had registered in Men and Women Team kumite. However, due to injuries and concussions, BC ended up with very few athletes in these events and had to pull out completely from these two events.

Concussions have been an increasing concern for BC, not only those reported at Nationals but also throughout the season with the result that some athletes could not continue their training and participate at Nationals this year.

Although the team was hit with the news of having to pay unexpected expenses on the eve of the start of Nationals, the athletes demonstrated their ability to stay focused on the competition.

A definite show of maturity on the part of these young athletes and I believe they are heading in the right direction for future performances.

We had the benefit of having Dr. Bo Gregson join our team as chiropractor this season and his work and services received raving reviews from the athletes.

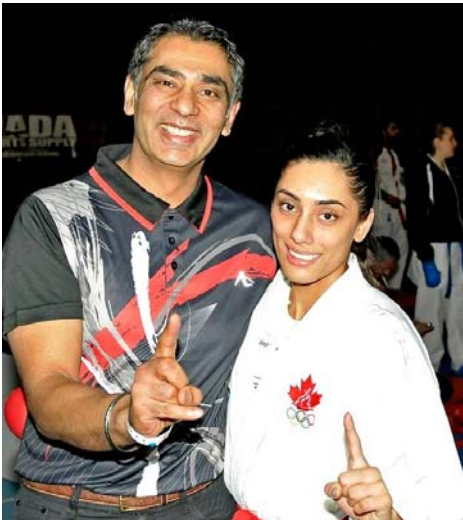
Karate BC at the Nationals



Past president Rob Walker and volunteers – *Charles La Vertu photo*



Tournament Director Kurt Nordli going over schedule with finalists – *Sarah Perez*



BC Advanced Education Minister and proud father Amrik Virk with daughter Jusleen – *Dick Grant photo*



Maria Alvarez and Amanda Illmayer were among the 130 volunteers who helped make the Nationals a success – *Charles La Vertu photos*



National Team coaches Kraig Devlin of Victoria and Nassim Varasteh-Reyhania – *Dick Grant photo*



Volunteer of the championship award co-winner Bob Mooney enjoys a break at the Sheraton

**Thank you
Volunteers**

Karate tournament improves friendship, skill

Penticton Western News
April 15, 2014

The calibre of karate students stood out in the 2014 Chito-Ryu Friendship Tournament and Clinic.

Hosted at the Penticton Lakeside Resort on April 12, the Taneda Karate Dojo hosted more than 150 athletes, the majority from the Okanagan Valley, as well as from Saskatchewan, Alberta, Burnaby and northern B.C.

“The quality of the competition is rising. It’s really exciting to watch,” said sensei Chris Taneda, who has a seventh degree black belt. “It’s more like a big family. You see lots of good sportsmanship. That’s when they are building friendships.”

Taneda described Saturday as awesome. He was pleased to see how well kids were doing, especially getting coached during matchups. Breaks during the matches were 15 seconds as the coaches gave students tips.

“Kids don’t realize how good the coaches are they are talking to,” said Taneda, who noticed a younger girl receiving instruction from a Pan American champion. “It has been really good.”

Rita Becker and Jodi Bartier, members of the Taneda Dojo Club, said the tournament was fun and part of that is because of how good competitors are.

“Their spirit and their heart, it’s just so



JODI BARTIER performs an individual kata during the 2014 Chito-Ryu Friendship Tournament in Penticton hosted by her Taneda Karate Dojo. — Image Credit: Joe Fries/Western News

nice to watch,” said Becker, a Summerland resident. “The level of camaraderie and sportsmanship, everybody has a good time.”

When asked about the quality of students, Becker said kids are starting off earlier and with the level of instruction, especially from Taneda, are better and faster.

When it came to competing themselves, Becker and Bartier had to put their friendship aside as they fought on the mat.

“Quite often we end up fighting each other,” said Bartier, adding there are not many women their age fighting. “I prefer fighting someone I don’t know as well. It’s hard fighting a good friend.”

“All bets are off for about a one minute, 30 seconds,” said Becker of their friendship. “We love each other dearly. We are both quite competitive.”

Becker said she’s glad the group they compete in has grown as it gives a better indication of how they measure up against others. Becker wanted to step things up during the tournament and execute what she learned in the dojo. Bartier was just excited to compete. Together they earned a silver medal in team kata and tied for fourth in individual kata.

Taneda said this year’s tournament attracted the largest number of competitors yet. He also praised the facility, which has been the perfect venue.

2014 KBC Open set for Penticton

The Rodney Hobson Karate Academy, Kelowna, will be the host club for this year’s Karate BC Open Tournament.

The tournament will be held Saturday, November 1 at the Penticton Lakeside Resort and Casino.



Kimura Shukokai FUNdamentals Tournament

By Rob Walker

Tournament Coordinator

Kimura Shukokai – Canada West

The Brentwood Bay Kimura Shukokai Dojo hosted a style-specific, youth-focused tournament on Saturday, November 9, 2013.

Participants came from all five Kimura Shukokai Dojos on Vancouver Island – Brentwood Bay, North Saanich, Shirley, Sooke and Westshore.

The morning was devoted to FUNdamentals competition for youth.

Our FUNdamentals competition is based on the “Skills Competition” format

developed by West Coast Gojukai and focuses on competition in the fundamental skills necessary to develop as a Karateka rather than the traditional tournament format.



Paddle kumite

FUNdamentals events were agility ladder races, “flag” Kumite and “paddle” Kumite.

In the afternoon there were kata and team kata divisions for all ages and kumite divisions for ages 7 and up.

During the kata, team kata and kumite divisions, multiple medal winners were: David Jung of



Flag Kumite

Brentwood Bay - two gold and a bronze; Maarten Kooijman and Suzi Dickinson - both two gold;

Ezekiel Gueterre - one gold, one silver and one bronze; Brayden Heal - one gold and one silver; Aleksii Gueterre and Joshua Lau - both two silver and a bronze; Sienna and Heidi Dahl – both one silver and one bronze;

Holly Sneddon and Nick Wilde – both two silver; Eric Bjornsen - one silver and one bronze; Kahlil Jones and Luke Rodrigues – both two bronze.

Thank you to Brendan Flower of Victoria Renshikan Karate who was an outstanding Chief Referee and to all the volunteers who helped make the day a success and to the athletes who demonstrated tremendous spirit and sportsmanship.



Agility ladder

Live-streaming

To view the archived streaming of the 2014 Karate Canada National Championships go to:

<http://www.ustream.tv/search?q=karate+canada>

GSK Winter Gasshaku 2013 England + Norway

By Paul Sexton

Chairman KBC Officials Committee
GSK Technical Committee

Retirement has its perks.

After 35 years of teaching high school (and loving it) I retired in June 2013 and finally had time to travel during the school year.

I was pleased to be invited to the GSK

in the dark the previous night.

It was a beautiful cold sunny morning with a low mist over the Dartmoor.

Friday was primarily general training and preparation for the grading to come on the weekend.

Narumi Shihan officially opened up the camp with a spirited session. On Saturday, there were a variety of

sessions on kata and kumite.

I was asked to teach sessions on applications (kata bunkai), and our GSK version of Chinte (Koryu Chinte) as well as bo kihon and kumite.

We ended the day with a Takai, a short tournament, in which everyone took part. Medals and trophies were given out and everyone seemed to enjoy it.

On Sunday, I taught Funakoshi throwing techniques and the bo kata Shushi no Kon Sho.

The grading took place on this day as well.

This camp was a great opportunity for Shotokan karateka from a number of organizations to sweat together and share knowledge.

We put politics aside and learnt from

(Continued on page 24)



Narumi Shihan assists student

England Winter Gasshaku (karate training camp) in southwestern England near Devon.

The camp actually took place Nov. 22-24th at the Ashbury Golf Hotel in Fowley Cross right on the edge of the Dartmoor quite close to Stonehenge.

Instructors from Italy, Germany, England, Norway and Canada were invited and approximately 80 Karateka from these areas attended.

The karateka were from a variety of Shotokan organizations from England, Norway, and Germany.

The key instructor was Shihan Hideta Narumi who was one of the founding fathers of Karate BC, 40 years ago.

The camp started early Friday morning.

My first sight of the area was breathtakingly gorgeous as I arrived



Orlando Sensei teaching Tai Sabaki applications

GSK Winter Gasshaku

(Continued from page 23)

each other. One of the great things about a camp like this was the chance to share our experiences and ideas each night after the training was finished.

On Monday, Narumi Shihan, Sidoli Sensei, and I left for Norway. We got a few hours to tour London before our flight left later that day.

We then flew to a small Norwegian town called Kristiansund where our GSK Norway dojo, led by Andreas Schwalbach, is located.

We had a week of training, sightseeing, and eating the wonderful local dining specialties like whale, reindeer and Monkfish.

We were also invited to the home of one of the karate families to sample the father's version of the local dish called Bacalao (actually a Portuguese dish) based on the dried salt cod that the area is famous for.

Of course the dish was accompanied by a special Aquavit called Jule Aquavit - both very tasty.

It was a very intense two weeks full of karate training, and great experiences, shared with new friends and a renewal of old friendships as well.



From left, Ash Hawkes (Chief Instructor Traditional Japanese Karate, England), Steven Edwards (Assistant Chief Instructor GSK, United Kingdom), Robert Sidoli (Chief Instructor GSK, United Kingdom), Shihan Hidetada Narumi (President Hokkaido Karate Federation + Technical Director GSK, Japan), Salvatore Orlando (Chief Instructor Traditional Japanese Karate Budo, Italy), and Paul Sexton (Technical Director GSK, Canada)

After concussion, teen athletes recover slowly

Ultimately, each karate athlete must take full responsibility for their own health, and information is the key to helping them make the right decisions with respect to concussions, says former Karate BC medical director Dr. Rassamee Ling.

The most common cause of re-injury and subsequent repeat concussion is from lack of adequate time to heal from a first concussion.

Dr. Ling points to a study by the University of Oregon which notes that the ability to focus and switch tasks readily amid distractions was compromised for up to two months among high school athletes who suffered concussions.

The discovery suggests that some athletes may need longer recovery periods than current practices dictate to lower the risk of subsequent concussions. Conventional wisdom says that typical recovery from concussion takes seven to 10 days.

See <http://www.futurity.org/after-concussion-teen-athletes-recover-slowly/>



Our junior officials turned out in full force for the 2014 BC Winter Games

KBC Members Attend World Gojukai Championships

Five Karate BC members attended the 6th World Karatedo Gojukai Championships in Mumbai, India on December 12-16, 2013.

Donna Gardecki (Canadian Delegate and Official) and Yohan Armstrong (competitor) both attended from West Coast Gojukai. Yohan placed in the top 8 in his division.



Kurt Nordli (Coach) and Brenda Nordli (Assistant Coach) and Bernadette Alvarez (Competitor) attended from Shima Karate.

Bernadette placed 1st in Kumite

and 3rd in Kata for her division.

Bernadette's dad and Yohan's mom also came as spectators and cheering squad.

They were joined by IKGA Canada members from other provinces as well.

There were approximately 1,100 competitors in all with most divisions needing to be split between two rings to get through everyone in time.

The championship was held over four (longish) days ending with a seminar taught by Master Goshi Yamaguchi on the final day.

IKGA Canada was successful in its bid to host the 7th World Karatedo Gojukai Championships in 2017 right here in British Columbia.

Word has it that it will be in the fall.

Congratulations to the competitors, delegates and support staff and a big thank you to IKGA Canada for its support for this event.



From left, Brenda Nordli, Kurt Nordli, Yohan Armstrong, John Priegert, Bernadette Alvarez, Rob Richardson, Madhavee Inamdar and Donna Gardecki



Japanese Consul Akira Uchida presented Toshi Uchiage with the Consul General's Award Trophy for his competitive accomplishments in Karate

The results:

WKF Girls Kata: 1. Shalene Lee, 2. Gwyndoline Tingey, 3. Darbyanh Heeman, Erica Chow;

WKF Boys Kata: 1. Khyber Barnett, 2. Brandon Wilson, 3. Nathan Dong, Amr Fahmy;

Women's Kata: 1. Sumi Uchiage, 2. Hidemi Uchiage, 3. Miho Kataoka, Shalene Lee;

Women -60kg: 1. Vienna Krumwiede, 2. Hidemi Uchiage, 3. Gurkamal Gill, Valerie Doyon;

Women Open: 1. Vienna Krumwiede, 2. Hidemi Uchiage, 3. Laura Wiederrich, Kelsey Orvick;

Men's Kata: 1. Toshi Uchiage, 2. Jeff Ng, 3. Kenneth Lee, Seiya Takeuchi;

Men -70kg: 1. Masayoshi Nishiuchi, 2. Seiya Takeuchi, 3. Nao Takeda, Jason Farquharson;

Men's Open: 1. Masayoshi Nishiuchi, 2. Nao Takeda, 3. Adam Wackershauser, Jeff Othon.

Japan honours Toshi Uchiage

More than 450 athletes took part in the 41st Steveston International Invitational Tournament held March 8 at the Steveston Indoor Tennis Court.

Guests included Richmond Mayor Malcolm Brodie, Japanese Consul General Seiji Okada, Japanese Consul Akira Uchida, and MLA John Yap.

Toshihide Uchiage received the Consul General's Award Trophy from Consul Akira

Uchida for his competitive accomplishments in Karate which include medalling at the senior WKF and PKF level as well as being a junior PKF champion, Commonwealth champion, senior Canadian champion 12 times and five times as Canadian junior champion.

Guest referees included Chuck Sweigart (WKF Referee) and Zvonko Celebija (WKF Referee and PKF Referee Committee member).

JKF Shito-Kai Kumite World Champion Masayoshi Nishiuchi, who practised from last July to this February at the Steveston Dojo, won in the 70Kg and Open weight categories in Men's Kumite.

Currently he trains at the Ippon Dojo in Calgary.

CSI supports KBC members

Karate BC would like to congratulate the following athletes and coaches on their selection for the 2014-2015 Canadian Sport Institute Carding support.

Athletes: Jusleen Virk, Sumi Uchiage, Arash Beytoie, Toshihide Uchiage, Brendon Ly, William Wright, Harpreet Sidhu, Bernadette Alvarez, Isabel Chan, Isaac Mand, Kyle Macmillan, Vanessa Vung, Valerie Doyon, Claudia Laos-Loo, Jackson Tribe, Matthew Ly, Alexandria Zaborniak, Alex Ponomarev, Kumar Roshan, Zoe Fong, Warren Grafton, Khyber Barnett, Joel Tai, Jai Sanghera and Sarah Perez.

Coaches: Sandeep Gill and Nicole Poirier.



Richmond Mayor Malcolm Brodie and Japanese Consul General Seiji Okada

BC athletes rake in the hardware at Commonwealth Championships

Karate BC athletes returned home with 11 gold, six silver and five bronze medals from the 7th Commonwealth Karate



Derek Chan won gold and silver –
Burnaby Karate Academy photos

Championships held in Montreal last October.

More than 600 participants from across Canada and from six other nations (Australia, Botswana, India, New Zealand, Pakistan and South Africa) faced off to compete in the three-day event in Montreal.

Other guests included World Karate Federation President Antonio Espinos, Commonwealth Karate Federation President Michael Kassis and Canadian Olympic Committee representative Andrew Baker.

BC winners include:

Day 1

- Gold
- Victoria Barusic U21 -53
- Thien Nguyen U21 kata
- Alexandra Zaborniak 14/15 -54
- Derek Chan U21 -68

Silver

- Victoria Barusic U21 kata

Bronze

- Isaac Mand 14/15 -57
- Harpreet Sidhu U21 +60

Day 2

Gold

- Sumi Uchiage women's kata
- Toshi Uchiage men's kata
- Jusleen Virk women's -50

Silver

- Thien Nguyen men's kata
- Derek Chan men's -60
- Isabel Chan 16/17 -48

Bronze

- Gurkamel Gill 16/17 -53



Thien Nguyen and mascot

– Dick Grant photo

Vanessa Vung 16/17 -48

Day 3

Gold

- Cassia Kitaoka Youth green-brown +47
- Claudie De Muylder 16/17 blue-brown
- Stephanie Zaborniak Youth blue-brown -37
- Jimmy Zaborniak 8-9 yellow kumite

Silver

- Jacob Mand Youth blue-brown +48
- Jayden McLaren youth blue-brown kata

Bronze

- Jayden McLaren youth blue-brown -37



Nanaimo's Bernadette Alvarez, front, kicks an Iranian competitor in the final of her sparring division earlier this month at the International Karate-Do Goju-Kai Association world championships in Mumbai, India. Alvarez out-pointed the Iranian 8-0 to win gold and become Canada's first-ever IKGA world champ.

Karate champ wins at worlds

By Greg Sakaki
Nanaimo News Bulletin
Dec 31, 2013

Bernadette Alvarez made 'O Canada' happen at the world championships this month.

Never before had the Canadian anthem been played in a medal ceremony at the International Karate-do Goju-kai Association world championships.

But the teen from Nanaimo's Shima Karate School beat all comers on the sparring mats in Mumbai, India, and got to ascend to the top of the podium as Canada's first IKGA world champ.

Originally from the Philippines, there was some question of whether Alvarez would even be allowed to compete for Canada. She was, she did. She earned gold; she earned the

anthem.

"Everyone's looking at me; I'm like, well, shoot, I'm supposed to sing. Thank God they didn't have a mike," she joked. "I think that part was a bit more terrifying than fighting an Iranian girl."

Alvarez beat opponents from Australia, South Africa and India to reach the final, where she was matched up against an Iranian.

"Iran was pretty good but she just couldn't figure out Bernadette's game plan," said Kurt Nordli, Shima sensei, who accompanied his pupil on the trip. "What she did well was

mixed up her game plan. She didn't do the same thing twice."

Alvarez, amid the frenzy of fists and quantity of kicks, hardly noticed, at first, that she was building a lead.

OK... OK... all right, she thought to herself as the points piled up, and she didn't relent.

"When she threw that last side thrust kick and I saw two flags go out, it made it all worthwhile, it really did..." said Nordli. "It was quite the moment."

The sportsmanlike Alvarez resisted jumping up and down, but she was ecstatic.

"I was grinning so much right after that my cheekbones hurt," she said.

Earlier at the competition, she had won a silver medal in forms, so really, the world championships could hardly have been better. It was exciting, Alvarez said, to compete in an international event and see, for example, the 200-member South African contingent march into the stadium. With more than 1,000 athletes from 32 countries gathered, even a world champ could pick up some pointers.

"It was cool; you get to see other ways of doing things," Alvarez said.

She had fun, too, trading pins and trinkets. She made new friends, though she missed everyone at Shima while she was away at worlds making them proud.

"It really helps bring the club to another level, just for the kids to realize that if anyone wants to do it, they can," Nordli said.

"They just need to follow the path, train hard, work hard. Someone beside you has done it. It's not some dream of someone in another place. It's someone from our dojo."

sports@nanaimobulletin.com



Medalling in Medellin

Impressive results at the Jr Pan-Ams

By Mike Ditson

Twelve athletes and one coach from BC represented Canada at the 24th Junior Pan-American Championships in Medellin, Colombia from August 28-31, 2013.

The athletes from BC were John Sawal, Jean Newall, Geoffrey Newall, Isaac Mand, Kyle Macmillan, Evan Kwong, Tan Nguyen, Thien Nguyen, Erin Maher, Brendon Ly, Alex Ponomarev and Trevor Kim.

I was selected by Karate Canada to help with coaching the National Team.

John, Geoffrey and Jean brought home the silver medal in the 14-17 years Male Team Kata.

They had an amazing tournament beating Venezuela in the first round and Mexico in the semi-finals.

In the final they faced powerhouse Peru. Although it didn't go their way they managed to take one flag.

This was the first time Canada has reached a final in team kata at the Junior Pan-Am level.

Brendon Ly from the Burnaby Karate Academy fought very well in his second Junior Pan-Ams.

Brendon had a very tough fight in his first round against Guatemala.

In the last seconds of the match Brendon scored to take a 1-0 lead that he was able to defend for the win. His second match was also very close against Venezuela.



Team Canada members from BC in Colombia

This match went 1-1 to decision which Brendon won 3 flags to 2. In the semi-finals Brendon fought a very strong competitor from Brazil who sent Brendon into the repechage.

In the repechage Brendon easily beat the fighter from the USA 5-0 to take home the Bronze medal for Canada in boys 16/17 +76kg. This is Brendon's second medal at the Pan-Ams.

Trevor Kim from the West River Dojo had a very impressive performance in his first junior Pan-Ams in the boys 14/15 individual Kata.

In Trevor's first round he beat Brazil. He lost his second match to a very good competitor from the

Dominican Republic who made it to the finals and pulled Trevor into the repechage.

In the repechage Trevor beat the USA before falling to Venezuela in the Bronze medal match.

Trevor's performance gave him a 5th place finish and the top performance of all the 14/15 year old competitors from Canada.

Because of their medals and/or top five finishes, John, Jean, Geoffrey, Brendon and Trevor qualified to represent Canada at the Jr. World Championships in Spain in November.

Overall it was a great experience for all the athletes that represented Canada in Colombia.

30 UNDER 30: Toshi Uchiage, karate

By Don Fennell
 Richmond Review
 Feb. 28, 2014

Age: 28

High School: R.A. McMath

Had he not dedicated his energies to the martial arts, the “King of Karate” may well have pursued another passion—baseball.

“It’s something I used to do with my friends, but also because it’s a team sport—opposite to karate which is an individual sport,” says Toshi Uchiage, who last month earned a rare perfect score to win his sixth consecutive Canadian men’s karate title and 12th overall.

“To be able to lean on others when you falter a bit, and the camaraderie to push each other and help each other achieve a common goal is something I miss.”

But Uchiage is more than content to have focused on karate, an activity that has been a family tradition for generations. His dad Takeshi began training under his father Kenzo and opened the Steveston Karate Club in 1973. Takeshi subsequently passed on his appreciation for the sport to his children—and Toshi and his sisters Hidemi and Sumi have continued to compete at a high level and won several honours in the kata and kumite disciplines.

Toshi began competing at the Canadian championships when he was only 15, and a year later won his first national title. At 17, he became the youngest Canadian to ever compete at the senior world championships and two years later, in 2004, won a bronze medal at the worlds in Monterrey, Mexico. A



Toshi Uchiage has won 12 Canadian men’s karate titles

burning desire to become world champion continues to motivate him.

Inspiration?: “My mother. She was an active member on the Japanese national team when she decided to get married and make the move to Canada. Not only (did she) sacrifice what she did in terms of giving up her days as an athlete, but to support and take care of her family.”

Most proud of?: “There have been

several highlight moments, but I would have to say I’m most proud of my longevity and consistency in performance and results at the Canadian national championships.”

Advice for others?: “No matter what you do, always remember the reason why you started and to never forget the feeling you had when you decided to take the first step down the path you chose.”



Perfect score earns Toshi 12th national title

By Don Fennell
Richmond Review
Jan 20, 2014

Toshi Uchiage was picture perfect at 2014 Canadian National Karate Championships, and as a result earned his sixth straight men's kata title.

The now 12-time senior champion earned perfect scores in each round to win his 17th title (three at the junior level) Sunday at the Richmond Olympic Oval.

He had plenty of familiar company on the podium, as his sisters Sumi and Hidemi (now residing in Alberta) met in the ladies' final for the third time in the last four years.

Sumi edged her Canadian national teammate 3-2 to win gold.

Seiya Takeuchi captured bronze in the senior kata division for the second year in a row, and added a silver medal in the under-21 division.

He also earned a second bronze medal in the -68 kilogram under-21 kumite division.

And Nicholas Huen, making his national debut, secured a bronze medal in the 14-15 year-olds kata division.

The Steveston Karate Club has now extended its record of producing a national champion to 22 consecutive years.

Former Steveston Karate Club athlete and several-time national kata and kumite champion Darren E. Scott was presented with a medal and a special award by Karate Canada president Dragan Kljenak.

Scott is now co-starring in the TV series Almost Human.



Toshi Uchiage *Juan Francisco Osuna photo*

Karate students impress at nationals

By Emanuel Sequeira
Penticton Western News
Jan. 21, 2014

Mike Ditson is proud of his karate students, Will Wright and Jackson Tribe.

Wright of Twin Lakes and Tribe of Penticton are members of Taneda Karate Dojo who performed extremely well in the Karate Canada National Championships held in Richmond Jan.17-19.

After finishing in the top five last year, Wright earned a silver medal in the under-21 division against Nova Scotia's Ryan Oneil. Wright also placed fifth in the men's division.

Wright was really happy about what he accomplished.

"Being able to compete (in the men's) division the day before really let me take in the atmosphere, kind of the mood of the tournament," he said, adding it helped him perform the next day.

"He beat two spectacular athletes back-to-back," said Ditson of Wright. "I don't know if anybody has beaten those two people in the same tournament before. It was pretty spectacular wins, too. Will was a highlight for B.C."

Ditson credits Wright's dedication to training for his success. He's shown a lot of improvement, but has also changed his training methods.

"He was able to do some of the things that he's very good at and he dominated some of his opponents," said Ditson, also a member of the Team B.C. coaching staff and junior national teams coach.

Wright, who believes the experience will help him in the future, said his final match with Oneil was tough but added he felt he did a pretty good job.

"The guy was just really good," he said. "The first 30 seconds to a minute I felt like I was really controlling the match. Then things started going in his favour."

Tribe, a defending kumite division champ, finished fourth after winning two of his four matches. His results were still good enough to qualify him for the junior national team.

While Tribe was unsuccessful in defending his kumite title, Ditson said he was in one of the toughest divisions in the country.

"He is still very spectacular in what he did," said Ditson. "I think a top four finish for him, although I know he probably expected a little bit higher, but after looking at the division afterwards, it was still a very good finish to be in the top four."



Martial arts team chops to it to give brave Ella a break

By Lee Swettenham
Manchester Evening News
Oct. 9, 2013

Martial arts events have raised more than £1,800 to give a brave youngster and her parents a dream holiday.

Ella Chadwick, five, has the rare life-threatening condition – congenital nephrotic syndrome.

In her short life the Tonacliffe Primary School pupil has already undergone 30 operations including the removal of both kidneys to counteract the condition.

She underwent a transplant operation after receiving a kidney from her father Martin in 2010. But her tiny body rejected the organ.

In response, family member Kevin Merriman decided to organise a series of martial arts events to raise funds to send Ella and her parents on a dream holiday.

The Martial Art Madness for Ella (MAME) events concluded with Seikokai Karate Master Akira Sato Shihan 8th Dan leading an international group of karate athletes in Birmingham, Middleton and Fife Scotland in all aspects of karate training.

Kevin said: “To have a legend such as Akira Sato Shihan grace us here in England is a huge honour and myself



Shihan Akira Sato, Sempai Megumi Kawakami, England International Amy Sell, Sensei Kevin Merriman and England International Sensei Jonathan Mottram took part in karate training sessions as part of a series of mixed martial arts events to raise money for little Ella Chadwick

and all those who took part in the events all learnt something new and of true value from him.

“He is a great ambassador for the art of Karate.

“I look forward to inviting Shihan back to England in the future as he missed meeting Ella and wishes to see how she gets on with the hopeful news of a kidney transplant in the near future and hopefully by then she will be well enough for him to meet her.

“The monies raised from this event and previous events will now go toward getting Ella and her parents the break they deserve.

“The organisation of the events has been hectic, but Ella’s story has touched a lot of hearts and the martial arts community have taken her to their hearts, so for me all the hard work has been more than worthwhile. I can’t wait to see Ella’s holiday snaps now.”

Brother & sister thrive at Karate Provincials

Richmond News
June 7, 2013

David and Sherea Lu dominated in their hometown at the recent Karate B.C. Provincial Championships at the Richmond Olympic Oval.

The Lord Byng Elementary School students each overcame tough competition to win their respective divisions.

David Lu captured gold in the Boys 10-to-11-yearold Intermediate Kata

Division, while sister Sherea did the same in the Girls 8-to-9-year-old Novice Kata Division. She also added a bronze in Kumite.

The Lus both train at the West River Karate Dojo at the Sunset Community Centre in Vancouver. David began when he was eight, while Sherea started at the age of six.

Prior to their success at the Oval, both have won gold at previous provincial tournaments, as well as the Sato Cup.



Burnaby sisters pack rare one-two punch

Two Burnaby North Secondary students pulled off a rare feat at the Karate national championships in Richmond Jan. 17 to 19.

Aya, 15, and 14-year-old sister Cassia Kitaoka won the gold and silver medal, respectively, in the girls' plus-59 kilogram age group kumite or sparring at the national event.

"They really are close as siblings and what helped them get to the finals was supporting each other," said Burnaby Karate Academy head coach Sandeep Gill.

"It was really unexpected," said Aya, who competed at her third national competition. "It was so hard fighting my sister, you get so emotional, and it was her first national."

But Cassia maintained she had the greater case of nerves.

"Definitely me. When I was younger, I was a lot better than her in sparring, but she's gotten better than me," said Cassia.

"I felt proud of myself, getting that far, and then meeting my sister in the finals, that was crazy."



The two sisters, who have trained with Gill for the past five years, were first introduced to the sport by their mother and karate role model, who was one of the first female black belts in B.C.

"I pulled a big sister move and said, 'I'm so proud of you,'" said Aya, who



Aya Kitaoka delivers a kick to the head of an opponent at the recent National Karate Association championships in Richmond – Gord Chan photo

also won a silver medal at her first nationals.

"It's not the only time we're going to be in the same division, and that's a guarantee. I guess I'll have to work with the way she fights," Cassia added.

The Kitaokas were two of 18 medal winners, including six national titlists, from the Burnaby academy.

Alexandra Zaborniak, who won a gold medal at the earlier Commonwealth championships, won a bronze medal in the 14/15 girls' middleweight class and a gold in the 16/17 light heavyweight division.

Jusleen Virk also had a strong showing in the women's division.

Virk won gold in the under-50 kg group and later took the bronze in the open division after a knee injury forced her to abandon her semifinal bout.

In the open division, which is open to all weight categories, Virk defeated several national champions and a former Pan American heavyweight champion to get to the semifinal.

Brendon Ly won gold in the 16/17 boys' plus-76 kg, while Isaac Mand won at under-68 kg.

Josh Dhillon won Burnaby's sixth gold in the 14/15 boys' lightweight class.

The Burnaby academy's 18 medals made up half the total of the entire B.C. team and was 13 more than the entire province of Alberta.

Gill says the percentage of competitive fighters at the academy is consistent with numbers nationally.

The difference, he added, was the academy does not over emphasize the competition aspect of the sport.

"Kids develop differently while working on their skills," Gill said.

Other BKA medallists included Zoe Fong, Vanessa Vung and Anisha Virk winning silver medals, while Derek Chan, Reid Lofstrom, Kyle Macmillan, Gurkamal Gill, Jai Sanghera and Kieren Quan earned bronze.

Victoria Barusic of Burnaby also medalled at the nationals, winning gold in the under-21 female, under-53 kg sparring and placing runner-up in individual kata or forms.

Amrik Virk well-trained for his role in cabinet

Former sharpshooter sets sights on advanced education

By Jonathan Fowlie,
Vancouver Sun
August 25, 2013

Born in India, Amrik Virk arrived in Williams Lake when he was five. He became an RCMP officer in 1987, serving as a marksman/sniper for emergency response teams before reaching the rank of inspector.

Virk entered provincial politics in the recent election and has been named the province's minister of advanced education.

He sat down recently with The Vancouver Sun to discuss his pathway to politics, his new job and how he plans to stay in shape.

(Editor's note: Virk is a former member of Karate BC and father of BC Team members Jusleen and Anisha Virk)

Q I think you're the only cabinet minister we've had that's a trained sniper and a black belt (in karate).

A I don't know if I want to define myself by those parameters but it is a background skill that I have.

Q In 1996, you were among three police officers who sued the public complaints commission with regards to an incident that happened at a gold mine in Yellowknife in 1992. What came of that case, and what inspired you to file it?

A I was involved, in my tactical duties, in an operation in Yellowknife where there were a number of altercations and there was use of force



there as well. At that time, myself and a number of colleagues were called to an inquiry. We took notice that we didn't need to be part of the inquiry. The lawsuit stemmed from the authority of the commission at that time to call us and suggest that we had used excessive force.

Q You fired your weapon there, but you were cleared.

A In fact, the recommendation that came from the inquiry is that I should get a commendation for the restraint that I showed. I was actually hit with a baseball bat across the back in that incident by



an individual. The suggestion was that my training, my background in policing and other areas, allowed me to use incredible discretion. I was looking to save lives. In the end there was no suggestion of wrongdoing.

Q What was it like to walk into that

situation? It was obviously quite volatile - nine people died as part of an explosion.

A It really prepares a person for working under stress. I have been in the most stressful situations you can think of and you have to use your training and keep a perspective and go back to your key messages in terms of how you've trained. It's how hard you've trained, it's how hard you work in life later on. I've been in incredibly stressful situations. You have to maintain your composure. I've maintained it for a quarter century in that respect in many of these kinds of situations.

Q (Being a minister) is a rigorous job. What do you do to keep in shape?

A I have a gym at home. My wife trains with me. I had gotten into yoga for about a year, I'll intend to get back into that. I still do my own personal martial arts. I golf poorly, I intend to get back into that as well. I do more cardio now - as I age, and get a few more grey hairs - more cardio, more stretching, more flexibility.

Q You've passed discipline and sport onto your daughters. I gather two of them are world-class junior athletes in karate?

A My oldest has been on Team Canada for a number of years. She's a reigning Canadian champion for a number of years and my second one has a stint on the national team as well.

My oldest one has competed in 16 or 17 countries - carried the flag in, had dinner with the ambassadors in different places - I'm very proud of that. Fitness is a lifestyle for us and it's something I suggest others get

(Continued on page 35)

Karate opens up athlete's world

Campbell River Mirror
April 1, 2014

Campbell River Courier-Islander
April 4, 2014

Local karate athlete Valerie Doyon (left) won a silver medal in the North American Karate Cup, held at the Richmond Olympic Oval March 22.

The event assembled the top two kumite and kata athletes from Mexico, U.S.A. and Canada. Doyon, who trains at the Campbell River



Shito-Ryu Karate Club, was pleased with her performance at this first competition for her as a member of the Canadian National Team.

Next steps for Doyon and the National Team are the 2014 U.S.A.

Open Karate Championships held in Las Vegas April 18-20, the Junior National Team Training Camp held in Toronto in July, and the 2014 Pan American Games held in Lima, Peru in August.

Amrik Virk

(Continued from page 34)

involved in as well.

Q (Premier Christy Clark has asked you to ensure future post-secondary graduates match the skills needed by the province). How do you strike a balance and get us to a point where we have the skills we need without over engineering a system that is meant to educate a whole person?

A Intellectual and academic curiosity is certainly a part of post-secondary. It's always there. The public finances about two thirds of the public system. Tuition is about one third. They are more and more expecting a return on their investment.

The return on the investment implies civic leadership, civic pride and academic curiosity, but at the same time matching educational skills with jobs. It's a fine equilibrium.

Q You talk about the expectation of the taxpayer and the investment and contribution they are making. You also have parents who, more so than ever, are weighing out the cost of

university against the benefits. Do you think that post-secondary education is affordable enough?

A I believe it is. And of course for those whom it isn't affordable there's a robust system of grants and loans that are available. I think if we step back and look at where our tuition rates are, you look at the research and for over six years running we're the fourth lowest in Canada, capped at two per cent (increase per year). So you're keeping up with no more than inflation if it's capped at two per cent.



There's always that suggestion that it's unaffordable and unachievable but if you look, there's \$787 million available from provincial and federal for loan programs.

There is quite a system - not that we don't need to revamp the student aid program - but you have to try to keep it affordable. And I have a

personal commitment to keep education affordable.

That's why I absolutely agree with the two per cent cap and when you look at the numbers - fourth lowest in Canada - that's pretty darn good.

Q Do you see the responsibility being on universities to determine questions like: Are we training too many teachers? Or are we not training enough pipe fitters? Is that the role that colleges and universities should be playing in British Columbia?

A I think it's a dual role that government has to be involved in as well. My expectation is you have to prioritize appropriately. If the public is funding positions for jobs that don't exist, that's not a proper use of public resources.

I think we have to examine all our programs. We have to examine every program that universities deliver and are we training the right amount in the right fields? I think it should be a fulsome analysis of all the programs.

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Campbell River duo shines at karate championships



Campbell River Mirror
Feb 6, 2014

Karate Canada National Championships held in Richmond in the Olympic speed skating oval on Jan. 17-19 had local karate athlete Valerie Doyon receiving a silver medal in the 16-17 girls 59 kg kumite division.

Doyon had five matches, losing her first one to the eventual gold medalist (Team BC member Alexandra Zaborniak).

This fortunate loss allowed Valerie to come through the back door in the repechage round and finally challenging for a gold medal.

Unfortunately for Doyon, she lost the final match to the same girl and ended up with silver. Because of the double round elimination, Doyon had to fight her twice, back to back, winning her first match and losing the second.

Local Campbell River Shito Ryu club Sensei and head coach for the Vancouver Island karate said, "This is a personal best for Valerie and she is happy with her performance, we only gauge our success on personal bests not medal results and she did fabulous."

Next up is a possible Pan American Championship in Peru this September. Doyon has been training at the Campbell River Shito Ryu Karate Club for the past nine years.

Meanwhile, Campbell River's Calen Clausen, black belt at Northwest Shito Kai Karate in Willow Point, was at the championships as a member of the BC squad of over 100 members.

Clausen competed in the Junior Men's



Valerie Doyon (right) captured a silver medal in the Karate Canada National Championships in the 16-17 girls 59 kg kumite division.

(16-17 yrs) +76 Kg Kumite (Free Sparring) division.

During his event Clausen faced opponents from Quebec, Alberta and Ontario, defeating his Alberta and Ontario opponents with clean technique and precise timing.

He also met the Quebec team member twice during the event, losing the silver medal match to him on their final meeting.

Clausen wound up third over all, and now has a chance to compete for Canada in some up coming events such as the North American Cup and the Pan Am Championships.

His bronze medal performance is the highlight of his career thus far with plenty of opportunities for great success on the horizon.

Clausen has been studying Karate since 2006 and is one of the assistant instructors at the NWSK Dojo.

He is also about to test for his second degree black belt in the Shito Ryu system of Karate Do.

Karate kids hit podium at national championship

North Shore News
February 12, 2014

A pair of North Shore Karate kids scored medals at the 2014 Karate Canada National Championships held Jan. 17-19 at the Richmond Olympic Oval.

Alexander Ponomarev of North Vancouver's Tiger's Eye Karate-Do scored a silver medal, finishing second in the 14-15 age category.

He also moved up to the 16-17 age category where he finished fifth.

Kyle Macmillan of the West Van Karate Academy earned a bronze at the national championships, finishing third in the 16-17 age category.

Karate athletes qualify for national championship

Penticton Western News
Jan 14, 2014

Four athletes and one coach from the Taneda Karate Dojo are headed to the Karate Canada National Championships in Richmond next week.

It will be the third appearance for Jackson Tribe. In 2012, Tribe placed third and in 2013 he won the gold medal for his kumite division.

been training hard and is focused on putting on his best performance.

Will Wright will be competing in his second national championships.

Last year Wright had a top-five performance and is focused on making the podium this year.

Wright has shown a lot of improvement since last year and has one more year of experience competing at the top level under his belt.

Matt Taneda is competing in his first nationals since 2007, but is his fifth time.

Over the last few years, Taneda has spent time training in Japan and has done some mixed martial arts,

including training with Kelowna UFC star Rory MacDonald.

Rhiannon Jones will be competing in her first national event.

Since qualifying, Jones has dedicated everyday of the last three months to training.

She is an exceptionally talented athlete and musician and plays flute for the Kelowna Youth Symphony and the Okanagan Symphony Orchestra.

The athletes are joined by coach Mike Ditson.

Also attending is Sensei Chris Taneda. Sensei Taneda will be attending in the role of technical committee member and will be part of the grading panel for Karate Canada black belt gradings.

To compete in this event, the four athletes had to first qualify at the regional level, then provincial level and compete at a B.C. team selection tournament.

Only the top two athletes in each division get to represent B.C. at the nationals.



There can be a lot of pressure for a repeat performance when you are the returning champion, but Jackson has

www.aldergrovestar.com

Karate Kids Earn 19 BC Games Medals

SUBMITTED PHOTO

The Zone 3 Fraser Valley Karate Team recently competed at the BC Winter Games in Mission where they earned 19 medals (one Gold, four Silver and 14 Bronze). The team was coached by Sensei Steve Tang of Aldergrove Karate Club, Sensei Tammy Miller and Junior Coach Shakiba Fadaie (she also won the Karate Junior Coach Award). The team was made up of students from karate clubs in the Fraser Valley, including four from the Aldergrove Karate Club. The team spent four days together away from home and competitive fun, new friends, and lifetime memories were had by all.

Ross selected tourney official

Anne Ross of the Taneda Karate Dojo in Penticton was selected tournament official at the 2013 Karate BC Provincial Championship held at the Richmond Olympic Oval.

Ross also certified as a Provincial Judge in kumite during the tournament.

Coquitlam Shotokan member

Meet a modern Miss Teenage B.C.

Editor's note: Natasha Smith is a member of the Coquitlam Shotokan Club.

**By Shelley Fralic
VANCOUVER SUN
APRIL 5, 2014**

Once you work your way through the accomplishments, through the honour roll awards, the volunteer achievements, the competitive dancing, the acting workshops, the black belt in karate, the part-time work as a carhop and, of course, the searing ambition to be a cardiologist when she grows up, the first question that comes to mind when chatting with the thoroughly modern miss Natasha Smith is this: What possessed you to enter the Miss Teenage British Columbia 2014 pageant?

How, in this day and age, when beauty pageants are considered about as politically correct as an orca in a swimming pool, and when Barbie is the controversial cover girl on the latest Sports Illustrated swimsuit cover, and when young girls continue to struggle with body image issues in a society that celebrates superficiality, do you reconcile all of it?

Smith, cheery and chatty, is on the phone, a 16-year-old in Grade 11 at Centennial secondary in Coquitlam, and she is explaining all the above and more, like how when she was really little she wanted to be a veterinarian, until she realized she'd have to put animals down.

And how when she was in middle school, she wanted to be a lawyer, because she was attracted to the sleek suits and the detailed paperwork.

And how, when she hit Grade 10 and



took a career-planning course, she realized that her talents and ambition were better suited to becoming a heart doctor.

And how, when the braces were finally off her teeth but she was still in that awkward stage that young teens can't avoid, the world of pageants opened its doors and invited her in.

At first, when her mother suggested it, "I thought she was pulling my leg."

But she entered the local Dreamboat Dolls pageant and, two years later, is a pageant veteran.

"I tried it, and I loved it," says Smith.

So when Miss Teenage British Columbia came along last fall, she signed up, and last month joined about 20 other girls in pre-show sessions at a Richmond hotel, including primers on how to sit, stand, walk and pose.

"It was like learning the ABCs again," she says, only in heels.

Scoring in the competition was based on a combination of percentage points for categories such as interview, evening gown, swimwear, photogenic appeal, overall impression and behaviour.

Smith won the crown, which means she automatically qualifies for Miss Teenage Canada, being held July 19 to 27 in Toronto.

It will be much the same, only on a bigger scale, with \$30,000 in cash and prizes and ambassador-style travel and exposure for the winner.

But beauty pageants, Natasha?

It just seems that with all that ambition and such a defined career path, that one of these things is not like the other, especially when pageants are considered arcane throwbacks to an era when women were celebrated for the way they filled out a bathing suit, and thus counterproductive to the notion of teaching girls that what's inside counts more than what's outside.

Natasha, aren't pageants a dangerous and outmoded vehicle perpetrated by our male dominated society, and the media, to objectify and degrade young women?

On the contrary, says Smith. She gets that point of view, and yes, there are swimsuits and evening gowns, but it's more like a supportive family, and a way for girls to get comfortable in their own skin, and the world of pageants is nothing like that odious

(Continued on page 39)



Students at Sooke Shukokai Karate

Sooke Shukokai Karate marks fifth year

Sooke News Mirror
October 02, 2013

October marks our fifth year in Sooke, and we will be celebrating it with an open house on Saturday, Oct 5 from 10 a.m. until 1 p.m. at the club location at 6705 West Coast Road.

The Open House will offer free training, demonstrations, great new and returning student sign-up specials, and more.

We are a family oriented club, and cater for everyone's needs. We are locally owned, and are part of Karate BC, as well as Kimura Shukikai

International and we (Canada) are one of over 20 member countries.

Apart from being a traditional Karate style school we focus on body mechanics to get as much from the body as we can so that our technique is more effective.

Our instructors are internationally certified, and many have international competition experience.

Come by and see what our dynamic style is about.

"embrace their own uniqueness ... because an original is better than a copy."

Meantime, Smith works hard at her academics, pulling in top marks in biology, chemistry and physics, and thinking ahead about attending the University of B.C.

She works weekends at a local White Spot, takes competitive tap, jazz, hip hop and ballet classes several days a week, teaches martial arts to youngsters on Tuesdays and still finds time to go camping with the family and watch Modern Family.

Today, she begins volunteering for a Port Moody "empowerment" program for tweens called Sole Girls.

There is no boyfriend, but many boy friends, she says, and that's just fine for now.

Where, one wonders aloud, does a 16-year-old girl get such drive?

"I can thank my family for that," she says, meaning mom Lili, who is a civilian worker for the RCMP, and dad Lance, who works for TELUS.

Two older siblings are out of the house and on their own. Smith says her grandmother Bernice, from whom she learned Polish, has also been a strong influence.

"I learned at a young age that if you have no motivation to do anything, you're not going to get anywhere," says Smith.

And if she wins Miss Teenage Canada, and thus is a candidate for international pageants like Miss Teen Universe?

"I'm basically on a track and I know where I'm going. I definitely know my long-term goals. But I am always open to options."

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Miss Teenage BC

(Continued from page 38)

reality show, Toddlers & Tiaras, with bratty, pampered kids and obnoxious stage mothers.

"If somebody says 'I hate pageants,' I just say, 'go and watch one.' A pageant is a confidence booster.

"I'm not a super-body bikini girl, but I have gained so much confidence

over the years just by doing pageants.

You learn about public speaking, fitness and health and how to take care of your body."

She says one's shyness is soon vanquished when you have to take the stage and tell hundreds of strangers about what you think is important.

In Smith's case, her pageant "platform" is called Dare To Be You, and is a message for girls to

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.

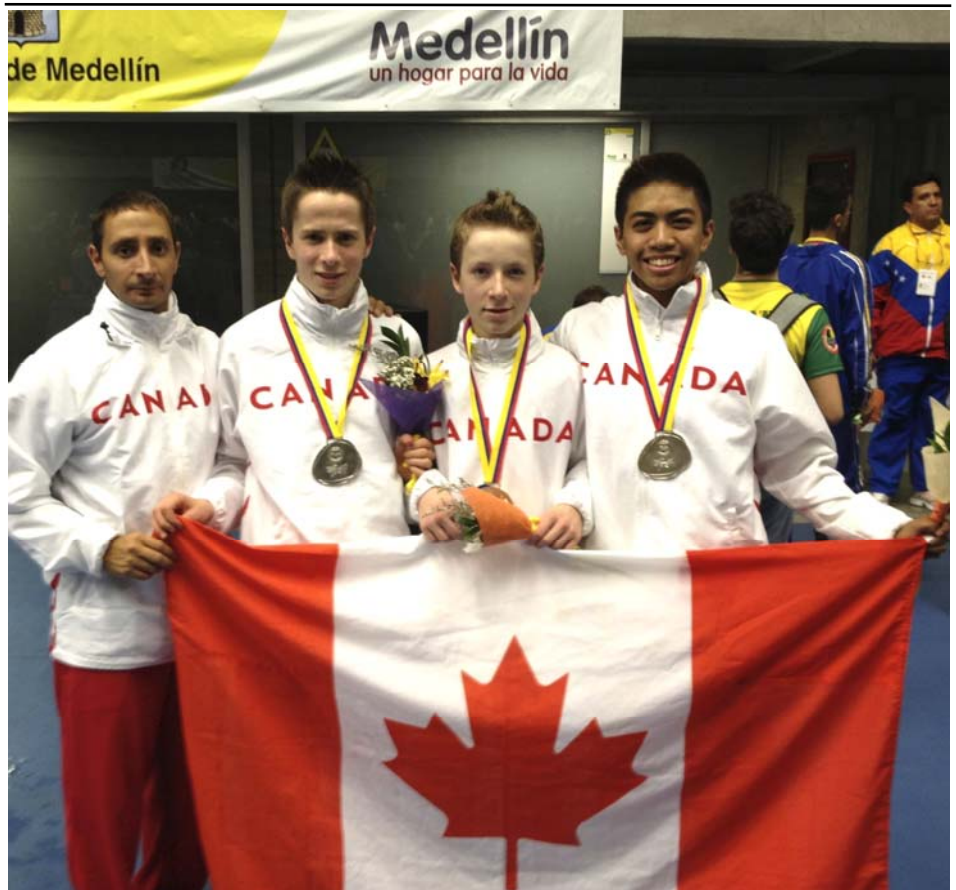
Seiya Takeuchi, Brandon Wilson and Roshan Kumar also represented B.C. in the Kumite Divisions.

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.



Canadian coach Mike Ditson with Geoffrey and Jean Newell and John Sawal in Medellin, Columbia.

Newell boys win silver in championships

By Danielle Pope,
Oak Bay News
Sept. 12, 2013

Oak Bay's karate stars have done it again, setting the district high on an international level.

Geoffrey and Jean Newell of Fernando Correia School of Karate, along with John Sawal from Kimeru Karate captured silver medals in the boys' 14-17 team kata event at the XXIV Junior Pan American Karate Championships in Medellin, Colombia, Aug. 26 to 31.

This marks the first time in the 24-year history of the tournament that a Canadian team has reached the finals in this event.

"This is a huge win for Canada," said Ed Doherty, one of the Karate Canada coaches.

The boys defeated Venezuela in the first round, then defeated Mexico in the second round before going on to the finals against Peru.

Geoffrey also earned a seventh place in the individual kumite under 55kg, 16-17 boys' division.



Karate clubs combine to win 48 medals

The Langley Times
April 16, 2014

A pair of local clubs — KimNik Shotokan Karate Academy in Langley and Aldergrove Gima-Ha Shotokan — cleaned up on the podium at the zone 3 (Fraser Valley) championships.

The event was held at H.D. Stafford Middle School on Sunday with the two local clubs providing 145 competitors, all of whom were attempting to qualify for the provincial championships at the Richmond Olympic Oval (May 31 and June 1).

The athletes ranged in age from seven to 58, with the majority under the age of 15.

For a full list of medal winners, visit www.langleytimes.com.

Gold — Marcy Walters (girls 12/13 kata novice), Ali Najafi (men's masters kata black belt), Anekah Teja (girls 10/11 kumite intermediate), Anna Chilas (girls 12/13 advanced/black belt 55-kg kumite), Aryan Kaul (boys 10/11 kata novice), Chandan Teja (boys 12/13 kata intermediate), Chandan Teja (boys 12/13 kumite intermediate), Emily Zheng (girls 8/9 kata novice), Kimya Najafi (girls 12/13 advanced/black belt kata), Kimya Najafi (girls 12/13 advanced/black belt kumite), Mohammed Fadaie (boys 14/15 advanced/black belt kata), Mohammed Fadaie (boys 14/15 advanced/black belt kumite), Nashna Aravindhan (girls 8/9 kata intermediate), Nika Najafi (girls 10/11 advanced/black belt kata), Nika Najafi (girls 10/11 advanced black/belt kumite), Richard O'Rourke (men's kumite intermediate), Richard O'Rourke (men's masters kumite intermediate), Shakiba Fadaie (girls

16/17 advanced/black belt 48-kg kumite). The teams of Chandon Teja, Mihir Budshah and Swaraj Aravindhan (team kata 12/13 novice/intermediate/advanced) and Nashna Aravindhan, Aryan Kaul and Keanan Williams (team kata 11 and under novice/intermediate/advanced) and Tia Chilas, Kimya Najafi and Nika Najafi (team kata 14-17 girls black belt elite) also won gold.

Silver — Brian Ma (boys 12/13 kata advanced/black belt), Jodan Brar (boys 10/11 kumite novice), Anekah Teja (girls 10/11 kata intermediate), Chloe Ireland (girls 8/9 kata novice), Fiona MacLean (girls 10/11 kumite intermediate), Isobel Evans (girls 7 and under kata novice), Max Evans (boys 7 and under kata novice), Mihir Budshah (boys 12/13 kata intermediate), Shakiba Fadaie (girls 16/17 advanced /black belt kata), Vibha Budshah (women's kata advanced), Yuri Chen (boys 8/9 kata novice) and Yuri Chen (boys 8/9 kumite advanced). The teams of Tyson Baker, Ryan O'Rourke, and Nicholas Tyne (team kata 12/13 novice/intermediate/advanced) and Karan Jangra, Kealan Jyringi and Liam Jyringi (team kata 11 and under novice/intermediate/advanced) both won silver.

Bronze — Brian Ma (boys 12/13 advanced/black belt 55+kg), Mackenzie Penner (girls 12/13 kata intermediate), Anna Chilas (girls 12/13 advanced/black belt kata), Fiona MacLean (girls 10/11 kata intermediate), Karan Jangra (boys 8/9 kumite advanced), Mehek Budshah (girls 10/11 kumite intermediate), Mihir Budshah (boys 12/13 kumite intermediate), Nicholas Tyne (boys

12/13 kata intermediate), Nicholas Tyne (boys 12/13 kumite intermediate), Rishi Mukerji (boys 8/9 kata novice), Swaraj Aravindhan (boys 12/13 intermediate) and Tyson Baker (boys 10/11 kata novice). And the team of Mehek Budshah, Anna Chilas and Anekah Teja (team kata 12/13 novice/intermediate/advanced) won bronze.



Langley's Ali Najafi of the KimNik Shotokan Karate Academy displays gold-medal form in the men's masters kata competition at a zone 3 (Fraser Valley) competition held at H.D. Stafford Middle School on April 13. — Image Credit: Dan Ferguson/Langley Times