



# KARATE



# NEWS

Spring 2015

## President's report

# Karate BC is going AWAD

By Charles La Vertu  
President, Karate BC

Those of you who attended the Karate Canada Nationals earlier this year were presented with a demonstration of courage and tenacity by athletes with a disability.

This made for an incredible performance which received a well-deserved ovation from all who were in attendance.

For the very first time in its 40-year history, the National Championships featured and showcased competitors in AWAD divisions, and they inspired the entire Canadian karate community with their display of determination, courage and perseverance.

One of these athletes was Neil Surry from the Shima Karate dojo in Nanaimo.

Mr. Surry had major trauma to his pelvis and hip area due to a blast injury and subsequently suffered major burns to his body in a kitchen fire.

Mr. Surry found that qualifying for a



*John Barnes photo*

## **Uchiage still kata champ**

Karate BC's Toshi Uchiage continued his remarkable run at the 2015 Canadian Karate Championships at the Richmond Olympic Oval, winning his 13th consecutive national title in kata.

provincial level event is very difficult for anyone with a disability.

Our goal is to treat everyone equally but that is difficult to do if there is limited understanding of what a competitor's disability is or how it impacts him or her.

Surry-san would like to see a category for athletes with disabilities that allows the athlete to feel included in that feeling of excelling at a sport.

"Being able to present your best kata in front of officials at a zone and/or provincial event and be considered an equal to all other competitors is empowering," he said.

I am happy to report that the Karate BC board of directors has accepted Mr. Surry's proposal to develop a karate program that promotes inclusivity, teamwork and empowerment for people with disabilities.

The program would include competition categories for zone and provincial competitions in kata and kumite for persons with disabilities.

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# Spectator Code of Conduct

- I will encourage my child to compete to the best of their ability.
- I will show respect to all of the athletes, coaches, officials and spectators.
- I will not take part in any form of bullying (in person or electronically) toward a parent, player, team coach, referee or club representative. Bullying in any form will not be tolerated.
- I will respect the referee's judgment, integrity and honesty.
- I will support all efforts to eliminate verbal and physical abuse at Karate BC events.
- I will not attend or take part in any KBC sanctioned event while under the influence of drugs and/or alcohol.
- I will encourage my child to participate by the rules and to resolve conflicts without resorting to hostility or violence.
- I will not encourage any behaviours or practices that would endanger the health and well-being of any of the athletes.
- I realize that my child can be penalized for my behaviour.

I realize that failure to abide by this Code of Conduct will result in the immediate removal of myself, and potentially my child, from the vicinity of the Karate BC event and potentially further events.

## Karate BC Affiliations:

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

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



Ministry of Community,  
 Sport and Cultural  
 Development



## Fortius Athlete Development Centre

Sydney Landing 2002A  
 3713 Kensington Avenue  
 Burnaby, BC V5B 0A7  
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### EXECUTIVE COMMITTEE

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**Newsletter Editor:**

Charles La Vertu

# Double honours for Wallis

Retiring Karate BC executive director Dan Wallis was honoured by Karate Canada at the 2015 National Championships and by Karate BC at the Sport BC Awards for his service to karate over the last four decades.

Karate Canada's prestigious Ross Rumbell Award is in recognition of years of outstanding contribution to the growth and development of Canadian karate.

The President's Award recognized his service to our martial art in BC.

Dan has been a driving force in karate in BC as a volunteer, an instructor, an athlete, a team captain, a coach, an official and a director.

He has been a member of Karate BC for 39 of its 40-year history and has served on its volunteer board of directors for 13 years including six as president.

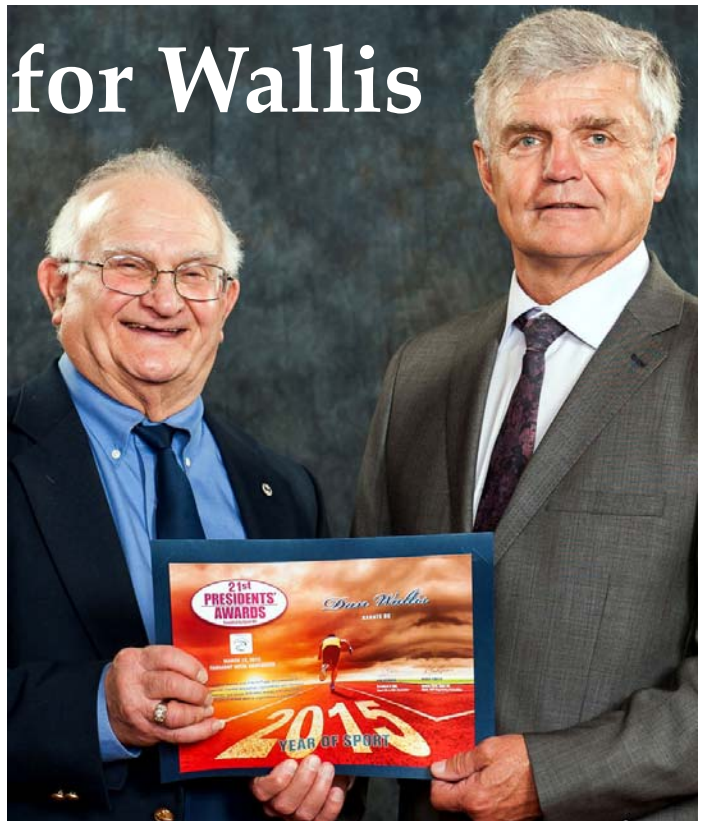
He also served as president of the National Karate Association (Karate Canada) for two years.

Currently the Karate BC executive director, Dan has been officiating since 1985 and has been a provincial referee at most provincial championships, Zone 6 tournaments, BC Winter Games, Karate BC Open tournaments and other Karate BC-sanctioned tournaments.

The current secretary general for the Wado International Karate Do Federation, he served for four years as president of the Vancouver Island Karate Society and is currently a director.

A retired school principal, Dan started training in karate in 1972 and currently holds the rank of nanadan (7th degree black belt.)

He will leave his post as KBC executive director at the end of July.



Karate BC president Charles La Vertu, left, presented the Sport BC President's Award to Dan Wallis. In the picture below left, La Vertu and Karate Canada vice-president Craig Vokey presented Dan with the Ross Rumbell award at the 2015 Nationals held in Richmond



Karate BC First Vice-President Donna Gardecki at the Sadohana dojo in Japan with Soke Irie Yasuhiro, founder of KoKoDo JuJutsu



Dick Grant photo

## President's report

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Surry-san will develop education modules for karate clubs that promote greater participation of persons with disabilities in karate; and an online forum and/or committee of athletes to help Karate BC implement these proposals.

For kumite, that is going to require thinking outside the box as standard rules for kumite would not be appropriate for persons with disabilities.

The focus could shift to creating opportunities for persons with disabilities to demonstrate to officials their application of karate techniques and control over movement.

Surry-san will be applying to karate his extensive experience in developing rules for sports.

Other provinces have indicated support and I look forward to seeing his program implemented throughout the province and the country.

### Balanced budget

I am happy to report that we have succeeded in offsetting the budget deficit we suffered two years ago and were able to carry over \$30,000 into the current fiscal year from the last fiscal.

This includes our annual contribution of \$20,000 to the office/training centre fund.

Had we acquiesced to all the requests of committees, we would have had a \$100,000 deficit this year.

However the budget committee -- which consists of Treasurer



Neil Surry at the Nationals

Ken Corrigan, Executive Director Dan Wallis and me -- was able to whittle that to a balanced \$509,000 budget.

Of course this meant cutting back on some wish lists to what we can afford.

### Non-traditional clubs

Our Technical Committee headed by Sensei Mike Scales has been working diligently to find ways to legitimately find a

home for sport karate clubs within Karate BC and Karate Canada.

We do not require instructors to be a member of any larger organisation.

We have always and continue to accept individual independent dojos, as long as the instructor received a bona fide Dan grade.

The most common infringements the committee has found are:

- The chief instructor of a dojo is not yet Sandan.
- The chief instructor of a dojo has not yet obtained minimum level 2 NCCP.
- Some dojos only register those students that enter Karate BC tournaments. It is a requirement to have ALL students of a Karate BC affiliated dojo enrolled.
- The instructor, having left his/her organization, has not yet affiliated to another recognized dojo from an accepted style/organization or not applied for style recognition.

We have also been looking at tiered membership but there has been little interest shown at the National level.

### NCCP requirements

Karate BC is working to address some real issues expressed by dojo instructors that say we are requiring certification levels that are either duplications or not appropriate to their club's needs.

Our Executive Director Dan Wallis and our Program Coordinator Thea Culley met with Laura Watson from Coaching Association of Canada.

They report that there are many inconsistencies that Watson has

*(Continued on page 6)*

# Congratulations to . . .



**Pam Ross**, seen here with Khyber Barnett, on being selected National Team assistant coach for kata. Also joining Team Canada as assistant coach is 13-time Canadian champion Toshi Uchiage, junior kata — training camps.



**Derek Chan**, left, one of five Senior National Team Roster kumite athletes to be carded for the 2015-2016 cycle by Sport Canada through the Athlete Assistance Program, based on results attained in the course of 2014-2015. — *Gerry Ilmayer* photo



**Reuben James** who, after many years of hard work, received his engineering ring.

**Westshore Kimura Shukokai Karate** on its new relationship with the Dwight School Canada Westshore Middle School.

The Dwight Schools have been delivering high quality education in various countries for over 140 years.

The newest Dwight School will open this fall in the Victoria suburb and

Westshore Karate will be delivering the martial arts curriculum for the Physical Education program.

A tremendous opportunity for families seeking the highest academic standard in addition to high quality programs in ice hockey, dance and karate.



**Ted Gosling**, second right, was awarded his Godan (5th degree Black Belt) at the age of 71 and in spite of needing knee replacement and damaging leg tendon/ligaments at work. An amazing example of fortitude and perseverance. Pictured are from left Hardeep Gill, Tanner Nyl who got his Shodan, Tak Sameshima, Gosling and Gosling's sensei, Paul Sexton.

# President's report

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noticed and is looking into on our behalf.

They will be making recommendations to the board on what they feel the certification requirements should be for Chief Instructor.

The current NCCP requirements are Instructor Beginner Certified plus Competition Intro Trained.

The traditional karate requirement for Chief Instructor is Sandan.

One proposal being discussed is changing the requirement to Instructor Beginner Certified and Sandan and dropping the requirement of Comp Intro Trained as the workshop for Comp Intro is not needed for a dojo instructor who is not leading his club into sport competition.

Dropping that component should address concerns being raised by our instructors and it will not impact the quality of instruction being offered in a dojo.

The Sandan certification sets a fairly high technical standard that is not evident in other sports so the combination of Instructor Beginner Certified plus Sandan should be sufficient.

If the board approves the change, then it can be taken forward to Karate Canada.

Those coaches wanting to coach zone level and above will need to continue with certification. (See page 9)

And of course we are continuing to require criminal record checks for



*Dick Grant photo*

**Highly successful BC Team coaching and support staff from left, team chiropractor Dr. Bo Gregson, coach Peter Stoddart, coach and assistant to the head coach Mike Ditson, coach and team manager Pam Ross, head kata coach Junya Yamamura, head coach Nicole Poirier, coach Matt Bickel, coach Dr. Marshall Cheng, and coach and High Performance Committee chair Jason Farquharson**

instructors and assistant instructors.

## Half-year memberships

We have instituted half-year memberships, for colour belts only thereby allowing people to register new students halfway through the year without the sticker shock of full membership fees.

However, half-year members are not eligible for zone/provincial championship events, but do have full and complete membership rights and responsibilities.

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

## Spectator code of conduct

Given problems faced by amateur hockey and other sports, and the fact that many venues are concerned about spectator behaviour, your board has decided to implement a Spectator Code of Conduct.

The code, see page 2, is just common sense.

People not familiar with World Karate Federation rules do not appreciate the fact that their athletes may be penalized for actions of their coaches or supporters.

## BC Team tops in Canada

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

For the second year in a row, BC won the most medals at the Karate Canada Nationals held in Richmond walking away with 57 — 17 gold, 22 silver and 18 bronze.

A total of 334 athletes, 59 referees, 41 coaches and numerous delegates took part in the three-day event at the Richmond Olympic Oval.

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.

This event was again webcast live

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# Congratulations



New BC Team Head Coach Mike Ditson



Newly-weds Peter and Rachel Stoddart



Thank you to Sensei Roy Tippenhauer of Campbell River Shito-Ryu who is stepping down as Zone 6 head coach after coaching the zone since 1996.



Four members of Karate Canada's Regional Examiners' Panel, under the national Technical Advisory Committee, Senseis Chris Taneda (Chito Ryu), Dan Wallis (Wado Ryu), Ken Corrigan (Wado Ryu) and Mike Scales (Shotokan) decided to not only be grading panel members but also to upgrade their Karate Canada Dan Certificates, at the Karate Canada National Championships. They all hold 7th Dan in their respective styles but upgraded their Karate Canada Dan certificates to 7th Dan. Also successfully testing for his 6th Dan was Sensei Paul Sexton.

## Tournament planned for Kootenays

Sensei Scott Hutcheson of Trail Traditional Karate has obtained a grant from the Kootenay Boundary Regional district to hold a tournament in the Beaver Valley, Rossland and Trail region.

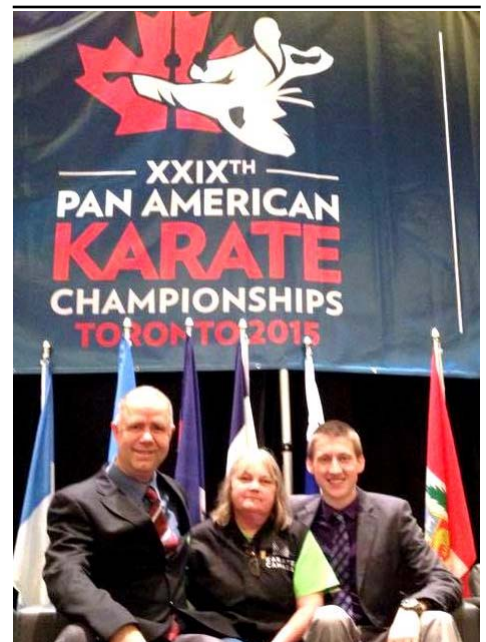
He said there are no opportunities for registered amateur sport karate in the region and "we must travel to the Okanagan or Lower Mainland to compete or attend clinics or courses, and the costs involved diminish participation.

"We need to hold competitions, courses and clinics here in our region to promote this healthy lifestyle."

Hutcheson also hopes to hold a clinic in New Denver in memory of the father of karate in Canada, Masami Tsuruoka, who died Oct. 10, 2014 at the age of 85.

O'Sensei was interned in New Denver during the Second World

War, and had hoped to return there for a visit before he died.



Karate BC Tournament Director Kurt Nordli served as tournament director for the karate eliminations at the Pan Ams in Toronto. His wife Brenda was chief marshaller and KBC Director Brendan Flower was responsible for volunteers.

## President's report

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

A big thank you to Second Vice-President Kurt Nordli who served as tournament director, his wife Brenda Nordli who was chief marshaller, Bob Mooney, Brendan Flower and 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, and many others.

And thank you to our staff Thea Culley and Cheryl Gray who worked closely with the volunteers.

The great pictures were provided by Victoria parent Gerry Illmayer (see pages 20, 21 and 22.)

### Toshi still kata champ

Of note at the Nationals was that Toshi Uchiage of Steveston is the Canadian men's kata champion for the 18<sup>th</sup> year – 13 as a senior and five as a junior.

### Farewell

Everything being equal, Karate BC will have a new executive director starting mid-June who will be mentored by outgoing ED Dan Wallis until the end of July.

We decided to make the ED position full-time again by combining the part-time ED position with that of our part-time program coordinator Thea



**Thea Culley**

Culley who will be leaving us shortly to concentrate on her athletic career in field hockey.

I am sorry to see them both go as they have done a fantastic job in looking after our programs and our members.

Twenty people applied for the position and a short list has been compiled.

References are being checked and interviews will take place.

Dan, who served on the board for 16 years, 10 as president, and as National Karate Association (now Karate Canada) president for two years, has been a tremendous asset to Karate BC and the board and his counsel, insight and enthusiasm will be missed.

He has been a Karate BC member for 40 years.

Thank you Dan for your long and faithful service to karate-do and to Karate BC.

Also leaving us is our head coach Nicole Poirier. Nicole has done a great job for the BC Team and her leadership will also be missed. (See pp. 10, 11 and 12)

She created a great team of coaches which, as mentioned earlier, resulted in BC being tops in the country for two years in a row.

Karate Canada also recognized her qualities, awarding her coach of the year honours twice, and inviting her to serve on the Team Canada coaching staff.

I am happy to report that the board has appointed Mike Ditson as the new head coach.

Dojo and work pressures have prompted High Performance Committee chair and BC Team coach Jason Farquharson to leave as well.

Jason served on the KBC board for several years and was very effective as HPC chair.

His guidance and thoughtful advice will be missed.

After 12 years on the board, the last four as your president, I have decided not to run again.

It's time for younger people to come forward and help grow our association.

I would like to thank my fellow board members, all committee members and our volunteers.

I was very fortunate to work with such dedicated and sincere people.

This is a hard-working volunteer board, and its members spend an amazing number of hours working on your behalf.

And I want to thank Cheryl Gray for her support and help over the years.

Always cheerful, she is a great asset to our association.



# Coaching requirements for Provincial Championships

Karate BC is establishing new requirements for coaches who wish to participate in the provincial championships and other coaching related events.

Our goal is to assure that regional coaching staff are obtaining the proper training to provide their athletes with the best possible support.

This also aligns with both Sport Canada and Karate Canada expectations.

We are not trying to eliminate young, prospective coaches.

What we are doing is greatly increasing the general level of coaching certification throughout the

province by having standards in place that people need to work towards.

“Standards are necessary to move any association’s coaching levels forward,” said Executive Director Dan Wallis.

“That being said, just because there are standards doesn’t mean we cannot approve exceptions, and provide a timeline for that exception to get the necessary qualifications.”

The policy is in place as a guideline – any zone can make a case for exemption based on individual needs.

In order to support athletes on the floor of Provincials, **all head coaches** for each zone must have achieved Competition Introduction Trained status by having completed the course.

In order to support athletes on the floor of the 2016 Provincial Championships, **all head coaches** for each zone must have achieved Competition Introduction Certified status by completing the course evaluation process.

Alternatively, they may seek Competition Development “in Training” status as this does not require Competition Introduction Certification but does require other pre-requisite training and completion of the four Karate-specific modules provided by Karate Canada or the six multisport modules.

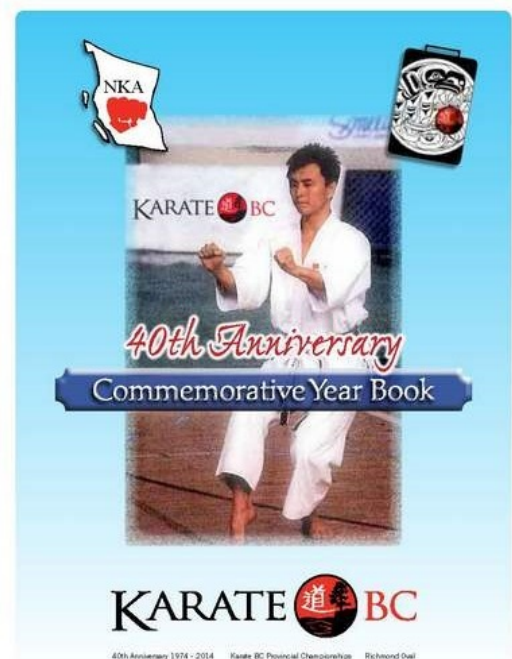
In order to support athletes on the floor of the 2017 Provincial Championships, all coaches for each zone must have achieved Competition Introduction Certified status by completing the course evaluation process.

## BC Winter Games

- All **Head Coaches** at the 2016 BC Winter Games are required to be **Competition Introduction Certified**.
- All **Assistant Coaches** at the 2016 BC Winter Games are required to have **Make Ethical Decisions Certification**.

Limited quantities of the  
Karate BC  
40<sup>th</sup> Anniversary  
Commemorative Year Book  
are available for  
purchase at \$10 each

Contact Karate BC  
to purchase your copy



## Holistic approach to coaching

# Nicole Poirier Leaves Lasting Impressions

By Thea Culley

Genuine, caring and the ability to create a team environment.

These are all characteristics that describe Nicole Poirier.

Nicole has been the Head Coach of the Karate BC Team for the past four years and under her leadership the team has grown from a group of individual athletes to a team who supports each other in their pursuit of a common goal.

An accomplished karate athlete herself, Nicole has won the Canadian National Championships many times,



when asked to reflect upon her coaching style.

“Humour and laughter is definitely part of the package when coaching.

“My favourite thing about coaching is setting goals, training for competition, and evaluating the progress.

“I have my own karate club and

children bring me so much joy in my day. I love seeing them growing up.”

Nicole’s impact on the BC Team over the last four years is evident.

“It’s clear to see how much the BC team has grown through all of the hard work Nicole has put into both the athletes and the coaches,” said Karate BC Team member Derek Chan.

“As an athlete myself, I feel so lucky to have had Nicole lead the team. Thinking back to four competitive seasons ago, the way she was coaching us then compared to the level we are being coached now is night and day.

“Over the years, Nicole has been able to continually adapt our trainings to the level of our athletes to challenge the BC team and foster their growth and development.

“I believe it is her perseverance and

*(Continued on page 11)*



is a former Pan American Champion, and won the 1995 Pan American Games in Mar del Plata, Argentina.

Nicole has studied various styles of karate such as Shotokan, Chito-Ryu, Goju-Ryu and Shito-Ryu and she is currently studying Wado-Ryu.

In addition to her undisputed knowledge in technical development, childhood development, and high performance, her ability to understand her athletes’ needs and show them the support they need has made her an extremely successful coach.

“I have a holistic approach to my coaching for the development of body, mind and spirit,” says Nicole



BC Team coaches Mike Ditson, Pam Ross, Nicole Poirier at selection tournament

# Nicole Poirier

(Continued from page 10)

vision for our team as a whole that has led the BC team to the success we have today."

Sumi Uchiage, veteran of both the Karate BC Team and Karate Canada National Team has also benefited from working closely with Nicole.

"I think most people will agree that Nicole has been able to establish a great team environment. The athletes work well together, while trying to keep each other motivated.

"This is a true reflection of the smooth team work and support provided by the coaching staff.

"Nicole cares so much for the athletes on the team, as well as for the future development of the team. I'm sure the team will continue to strive forward with the base that she has created for us.



Nicole in competition

know her as an athlete, and as a selfless, hardworking coach and friend. Best of luck to her in her new adventures!"

And it's not just the athletes who have been impacted by Nicole's drive for excellence and caring nature.

Karate BC Team Coach and Manager



In 1995, Coach Nicole Poirier won Canada's only ever female karate gold medal (+53kg female kumite) at the Pan American Games which is held every four years. It was held in Mal del Palata, Argentina. In 2011, she was a coach on the Team Canada karate team in Guadalajara, Mexico and was in Pat Grant's corner when she won the +68 kg female kumite gold medal, qualifying Pat for the 2011 Pan American games. — Dick Grant photo

Pam Ross reflects on her time spent working with Nicole as part of the BC Team.

"This past year was a particularly great year for the BC Team. We earned the most medals out of all the other provinces and were extremely successful in the individual tournament awards.

"We won both the Male and Female Junior Athlete of the Year awards through Khyber Barnett and Shalene Lee, the Sportsmanship Award through William Wright and Nicole won Coach of the Year!

"For me, Nicole has been one of my biggest inspirations. I feel privileged to have had the opportunity to work under her reign.

"She has fostered an environment of harmony amongst coaches, athletes and other supporters.

She is a true leader!

"Nicole's passion for karate has been shared by many in British Columbia and I am grateful to have been one of them.

"Thank you Nicole! Thank you for everything you've done for me. You truly will be missed but I wish you

(Continued on page 12)



Nicole Poirier and Team Canada's Goli Khalili in Madrid, Spain.

# Nicole Poirier

*(Continued from page 11)*

all the best and more.”

Karate BC Executive Director Dan Wallis is quick to point out the depth of Nicole’s character and the impact that has had on the team.

“Nicole was an assistant coach of the BC Team prior to becoming head coach four years ago and when she took over the team it was a team in name only.

“There were divided loyalties and factions on the squad and it is to Nicole’s credit that she has molded a cohesive unit that works so well together to support each other as well as to pursue their own individual dreams.

“Nicole has had to stand tall on a few occasions to bring athletes in line and it was those test cases that earned her the loyalty and support from fellow coaches, administrators, board members, athletes and their families.

“Nicole’s overall development as a



coach has skyrocketed these past four years and Karate BC and the BC Team have greatly benefited with her as Head Coach.”

Under Nicole’s leadership the BC Team has achieved noteworthy results at the Karate Canada National Championships.

Most recently finishing 2nd in the medals standing while winning the most number of medals at the 2015 National Championships held at the Richmond Olympic Oval this past January.

BC athletes also make up a fifth of the Canadian Senior National Team and over a third of the under 21 roster.

This is a significant contribution of athletes to the National program and a testament to Nicole’s ability as a coach.

Karate BC is extremely proud to have had Nicole as Head Coach over the last four years.

She has provided exceptional leadership, skill development, and demonstrated the values of our organization.

We wish Nicole all the best in her future endeavors and are looking forward to following her achievements as she continues to impact those around her.

*Editor’s note: Thea Cully, a senior member of the women’s National Field Hockey team, is Karate BC’s program coordinator. She is leaving Karate BC to continue her quest to be an elite athlete for as long as she can and enjoy her time to the “max” without having any regrets. She will be competing in the 2015 Pan American Games this summer in Toronto*



Nicole and international karate coach Antonio Oliva Seba during BC Team training



# Karate Canada annual awards



**Karate Canada Junior Female Athlete of the Year Shalene Lee**



**Khyber Barnett is the Karate Canada junior male Athlete of the Year**

BC was represented well when Karate Canada held its customary annual banquet at the end of the Nationals held in Richmond, where various prestigious awards were presented to members of the Canadian karate community.

This year's Ross Rumbell Award (in recognition of years of outstanding contribution to the growth and development of Canadian karate) was awarded to former Karate Canada and Karate BC President (and current Karate BC Executive Director) Dan Wallis (See page 3).

Coach of the year – the Ron Tkacz Award – went to Karate BC head coach Nicole Poirier (right), the second time she has been so honoured.

Volunteer of the year went to Brenda Nordli, right. The award was presented by Karate Canada Craig Vokey. Brenda's husband, Kurt, far right, was tournament director.



– Dick Grant photos

## BC Rocks

For the second year in a row, BC won the most medals at the Karate Canada Nationals held in Richmond walking away with 57 – 17 gold, 22 silver and 18 bronze.

The strong Quebec team came in second with 49 – 18 gold, 16 silver and 15 bronze.

Ontario took home 36 – 11 gold, 11 silver and 14 bronze.

Alberta came in fourth with seven – one gold, one silver and five bronze.

## Thank you to Volunteers of the National Championships

Karate BC would like to thank our 75 volunteers for their tremendous support of the 2015 Karate National Championships.

They contributed to countless hours of hard work while maintaining smiles and positive attitudes and without these efforts, 2015 would not have been the huge success that it was.

We look forward to working with you all in the future.

For the second consecutive year, the entire event was webcast live across the nation, thanks to our continued partnership with ViaSport. The action was followed closely at home by thousands of friends, members, supporters and family members.

## Kelowna Kumite Cup

# Tournaments boost calibre

The calibre of each fighter rises higher and higher each event, the progress is astounding in many of the athletes, reports Sensei Rodney Hobson whose dojo runs the Kelowna Kumite Cup, a series of small tournaments from February to May.

Taking part are members of the Rodney Hobson Karate Academy and the Kamloops Renshikan Karate-do.

“We host a four-tournament series to boost competitive experience, Hobson said.

“This is an entry level tournament to give kids the experience of karate tournaments. Our first event is in February then one a month until May 2.

“Thanks to all the officials, volunteers, families and competitors,” he said. “You have all improved by giant leaps, and we’re so glad we have these opportunities for everyone to get together and learn with each other.”

Final results can be found on the RHKA Facebook page and include: Boys 8-9 Grand Champion - Geoffrey Smith; Girls 9-11 Grand Champion - Lauren Reid; Boys 10-11 Grand Champion - Regan Nguyen; Girls 12-13 Grand Champion - Jayme Fennell; Boys 12-13 Grand Champion - Zach Pedersen; Girls 14-15 Grand Champion - Jocelyn Fennell; and Boys 14-15 Grand Champion - Kyle Beaudoin.



Callista Kronyk, RHKA Kelowna, left, and Jayme Fennell, Kamloops Renshikan



Mike Scales, Don Shapland and Paul Sexton conducted the first ever Karate BC kobudo certification clinic

# Fun at the West Coast Gojukai Skills Challenge

By Mike Scales  
Chair, KBC Technical Committee

Sensei Donna Gardecki hosted the West Coast Gojukai Skills Challenge February 28<sup>th</sup> 2015 in Coquitlam.

I attended both as coach and a Technical Committee observer.

This is a wonderful event for young children held in a non-threatening fun environment.

The competitors age range is 13 years



Ian MacDonald, seated, and Chris Browett in the Medical corner

and younger, 9<sup>th</sup> kyu – 4<sup>th</sup> kyu.

The event is designed in order to have the competitors be involved in constant activity.

There were two kumite divisions

(free sparring and tag kumite), two Kata divisions, an obstacle course, a division with push ups, sit ups, vertical jump, long jump and a talk on safety.

The competitors are awarded points for winning and losing and at the end of the competition points scored in each division are added up and medals and ribbons are awarded.

Every child in each division is lined up and awarded a participant ribbon.

What was very evident as I walked from ring to ring was the expressions on the children's faces, they were having fun.

There was no sitting around for an hour waiting to do one kata like at some tournaments, it was constant action. When each division was completed the children rotated to the next ring.

Young students 3<sup>rd</sup> kyu and up were used as volunteers in the rings and as coaches.



Shihan John Priegert officiates in the Paddle Kumite

*(Continued on page 16)*



Bob Mooney, seated right, managed the kata/kihon ido ring with style

## Skills Challenge

*(Continued from page 15)*

As a competitor completed their event they were offered advice from a teenage coach. The event also gave young teenage officials a chance to hone their skills.

The parents of my students love the event. It started at 9:30 a.m. and was finished at 2:30 p.m.

This event is a great introduction to competition without the threatening environment of a regular large tournament.

Technical Committee member Sensei Peter Akutagawa was present with me to observe and both of us recommend this type of event should be expanded and supported by Karate BC.

Sensei Donna Gardecki and all her volunteers did an amazing job. On behalf of Karate BC I would like to congratulate Sensei Donna on another great event.

### The Challenge

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).

The Skills Challenge is organized into 7 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.

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 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.





# KBC Okinawan Kata Seminar

By Mike Scales,  
KBC Technical Committee Chair

Karate BC hosted an Okinawan Kata Seminar at the Pinetree Community Centre, Coquitlam, March 1<sup>st</sup>, 2015,

The seminar was taught by Sensei Don Shapland 8<sup>th</sup> Dan Shorin Ryu.

The event was a resounding success with 28 attendees from the lower mainland, Vancouver Island, Ashcroft and Kamloops.

Karate styles represented were Wado Ryu, Shotokan, Goju Ryu, Shorin Ryu and Shito Ryu.

Karate BC Technical committee members Akira Sato, Mike Scales and Peter Akutagawa were also in attendance.

Sensei Shapland got things started with a short lecture on the history of Karate in Okinawa. It should be noted here that Sensei Shapland lived in Okinawa for many years and is part of an Okinawan family so his knowledge of the island is extensive.

We were then treated to a demonstration of various Okinawan versions of kata by Sensei Shapland's students.

It was very interesting to compare the Okinawan versions to the Japanese and observe the changes that have been made since the Katas were brought to mainland Japan.

Next Sensei Shapland led us through the two Kata Fukyu Gata Ichi and Ni. These kata (Gata in Okinawan)

where designed to be practiced by all the styles of Okinawan Karate groups when they got together.



We then moved on to the Kata Chinto, also known as Gankaku in Shotokan.

Sensei Shapland's students first demonstrated the Kata so we could see the sequence.

Sensei Shapland taught kata by first showing a Bunkai (application) then the moves from the kata.

We slowly worked through kata doing each Bunkai in turn then adding to the sequence we had already practiced. This took almost two hours then we stopped for a well-earned lunch break.

To start the afternoon session off Sensei Shapland showed us a two-person exercise for Hikite (retracting hand) and a pushing hands drill.

Now it was time for the second kata of the day, Wansu (Enpi or Wanshu in some styles).

Sensei Shapland's students first demonstrated the Kata then again we went through the various Bunkai and all the matching Kata sequences until we completed them all.

We now went through Chinto and Wansu again to make sure we had

not forgotten anything, very challenging.

We finished off the day with very interesting self-defence techniques during which Sensei Sato and I tried

to choke each other and twist our necks into unnatural positions, lots of fun!

We were finally

treated to a demonstration of a really old version of Nipaipo by Lawrence Larocque, one of Sensei Shapland's senior students.

This is a beautiful Kata with an obvious Chinese influence that most had never seen before.

This is twice as long as the Nipaipo most of us are already familiar with but we could see where the modern version came from.

The seminar ended at 3 p.m. with a group photo. Judging by the smiles on all the faces everyone had an interesting and fun day.

On behalf of Karate BC I would like to thank Sensei Don Shapland and his students for an interesting and action-packed seminar.

One of the mandates of the new Karate BC Technical committee is to provide more activities and seminars for the members who are not totally sport-oriented and this is hopefully the first of many to follow.

Should you have any requests for a seminar of a particular topic, please contact Mike Scales.

Tel: [604-945-9877](tel:604-945-9877)  
Cell: [778-877-2635](tel:778-877-2635)  
[mikescales@telus.net](mailto:mikescales@telus.net)

## To the Jersey Shore

# Vancouver Island Kimura Shukokai's Trip

Seven Kimura Shukokai members from Vancouver Island travelled to the Jersey Shore for the 2015 Kimura Shukokai International World Chief Instructor's Course, held at a beach resort in April.

The group included the KSI Chief Instructor for Canada-West, Sensei David Bentley, Jackson Dallas from the Brentwood Bay Dojo, Kristina Bentley from the North Saanich Dojo, Sensei Norman Ensil from Sooke Shukokai and Sensei Rob, Sensei Sarah and Rose Walker from Westshore Shukokai.

This year marks the 20<sup>th</sup> anniversary of the passing of the style's founder, Soke Shigeru Kimura.

Annual WCICs have been held since to honour all that he bequeathed to his students.

The WCICs bring senior students



Sarah Walker



Rob, Sarah and Rose Walker and Kristina and David Bentley

together from the 23 member countries to continue the technical evolution that is a hallmark of the style.

The KSI World Chief Instructors are: Bill Bressaw of the USA; Eddie Daniels of England; Lionel Marinus of South Africa, and; Chris Thompson of South Africa, all 8<sup>th</sup> Dan.

Two mid-week training days were dedicated to hard physical training, focused on developing and delivering power and to kumite timing drills.

We also found time for workshop sessions to learn how the member countries develop their referees and for the occasional pint or two with our many international friends.

Over the weekend the World Chief Instructors shared the latest technical areas they are exploring.

Shihan Daniels shared kumite flow drills and footwork, Shihan Bressaw provided insights into body alignment and muscle chain connections.

Shihan Thompson focused on building effective strength in the Hara while remaining relaxed and supple in the limbs and Shihan Marinus shared his insights into how we can use the hard-wired, "fight or flight" response as an integral part of our karate.

Each WCIC includes a Dan grading and Jackson Dallas, of the Brentwood Bay Dojo, successfully graded for his Shodan.

The 2015 KSI WCIC was a wonderful opportunity to grow as Karateka, train hard and to share time with our international Kimura Shukokai family.

It also provided the opportunity to mark two decades since the passing of the remarkable man who relentlessly pursued technical improvements to his karate and who became renowned for the power of his strikes, the power of his personality and the power of his friendship.

We look forward to next year's WCIC in Lisbon.



Gordon Chan photo

## 2015 National Championships a Resounding Success

**By Jason Farquharson**  
**High Performance Committee Chair**  
**Team BC Coach**

Fantastic and Amazing!

The two words that I would use to describe how our Karate BC Team did at the 2015 Karate Canada Nationals in Richmond.

The 80-plus members of the Team BC brought home 17 Gold, 22 silver and 18 bronze.

There were many highlights of the nationals to share including Toshi Uchiage's 13th national kata title or the Team ABC (Team Alberta and Team BC Combined) Senior Men's Team who were victorious over Quebec to take silver in team kumite.

But the courage and tenacity displayed by the athletes who competed in the AWAD (Athletes With a Disability) made for an incredible performance which received a well deserved ovation from all who were in attendance.

Another great addition to this year's event was the Youth Cup where

Karate BC's Elite 12/13 competed and again shone under the guidance of Coach Marshall Cheng and Coach Peter Stoddart.

I would like to congratulate all the athletes on their performance and

take a moment to thank the dojo instructors, parents and most of all the coaching staff who have worked diligently to make this a very successful season.



Proud Karate BC president Charles La Vertu, right, presented the gold medal in the Youth Cup boys' kata to Jaylen Abalos, centre, and the silver medal to Yushi Nakajima, left, at the 2015 Karate Canada Nationals — Gerry Illmayer photo

2015 Karate Canada Nationals

# Gerry Illmayer photos



Terrence Chan, Khyber Barnett, Amr Fahmy



Melissa Chan



Valerie Doyon



Shalene Lee



John Sawal



Tan Nguyen



Nicolo Wakelin



Claudia  
Laos-Loo



Warren Grafton



Evan Kwong



Seiya Takeuchi

# Youth Cup added to karate nationals

By Karate Canada

No less than 334 athletes, 59 referees, 41 coaches and numerous delegates and volunteers were assembled in the Richmond Olympic Oval in Richmond at the end of January for the three-day long 2015 Karate Canada National Championships.

All participants were greeted to warm welcoming speeches during opening ceremonies by British Columbia's Technology, Innovation and Citizen's Services Minister Amrik Virk (also father of long-time Senior National Team member Jusleen Virk and her sisters, who are also elite karate competitors), Karate Canada's President Dragan Kljenak as well as Karate BC President Charles La Vertu before the action got underway.

Co-host Karate BC has been an instrumental partner in ensuring the success of this event, by providing numerous volunteers, assistance and equipment.

For the very first time in its 40-year history, the National Championships featured and showcased competitors in AWAD (Athletes with a disability) divisions, who inspired the entire Canadian karate community with their display of determination, courage and perseverance.



Citizen's Services Minister Amrik Virk

Another great and popular addition to the event was the inclusion of the "Youth Cup" divisions, featuring 12 -13 year old athletes.

## Live broadcast

For the second consecutive year, the entire event was webcast live across the nation, thanks to our continued partnership with ViaSport, and the action was followed closely at home by thousands of friends, members, supporters and family members.

As usual, the National Championships were preceded by a National Coaching Certification

Course, Dan examinations and various other activities.

Karate Canada wishes to sincerely thank Karate BC, the event's Tournament Director Kurt Nordli, its head officials Zvonko Celebija and Yaro Tarana, its staff at the event including Program Manager Alexandra Roy, 2015 Nationals' Manager Warren MacLean and Karate Canada's new Events Manager Cheryl Tataryn.

We thank all participating Committee members and volunteers, various members of the Board of Directors, our National and International Officials, as well as our various partners and sponsors for this event, 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, and many others.

Finally, we wish to thank and congratulate all Provinces and participants for their remarkable performances.

We wish all of you a great 2015-16 competitive season, and look forward to greeting you in Richmond again in 2016 for our next edition of these Championships!

Given the high calibre of performances seen at these National Championships, the future looks bright, and Canada has very strong hopes leading up to the upcoming Senior Pan American Championships, TO 2015 Pan Am Games, 2015 Junior World Championships, and numerous other events of the season.



# BC Team members on Team Canada

Eight Karate BC members have won places on the Team Canada roster.

Selected following the recent highly successful Senior National Training Camp 1 earlier this year for the 2015-2016 competitive season.

Jusleen Virk who will compete in – 50 kg kumite, Cindy Jacob, - 68 kg and Derek Chan -60 kg.



## Canadian Officials well represented at 2015 Senior Pan Am championships

A total of 31 Canadian judges and referees took part in the 2015 Senior Pan American Karate Championships recently held in Toronto.

Out of these, 22 have also successfully obtained or upgraded their International Licences at this event.

Karate BC salutes those officials who upgraded their licences pictured

here with Norma Foster, third from right, the first woman to achieve WKF judge licences for both kata and kumite.

They include from left Trevor Walmsley - Judge A Kata, Judge A Kumite; Ali Najafi - Judge C Kata and Kumite; and Valentyna Zolotarova -Judge B Kata, Judge B Kumite; Rosella Ng – Judge C Kata, Judge C Kumite; and Andreas Kuntze - Judge B Kata.



Sumi (pictured), Hidemi and Toshi Uchiage will compete in kata as will Kenneth Lee and Seyia Takeuchi.



Four-year-old Rasandre Evans of Hayabusa Karate in Vancouver, centre, won gold in kata and bronze in kumite at the Hayashi-ha Cup in Washington. He is the son of Sensei Valentyna Zolotarova

fortius  
sport & health



# KBC athletes strike it rich in Las Vegas

Team Canada led all participating nations at the recent USA Open Karate Championships (Las Vegas, April 4-5) in the senior elite kumite divisions' medal tally, and excelled in many other divisions as well.

The team collected no less than 12 medals in senior elite divisions (four gold, three silver and five bronze), 10 medals in the junior elite (16-17) divisions (one gold, four silver and five bronze) and seven medals in the cadet elite (14-15) divisions (two gold, one silver and four bronze).

Furthermore, Team Canada claimed gold in men's senior team kumite, as well as gold in female junior team kumite, silver in male junior team kumite, gold in female cadet team kumite and gold in junior team kata.

Two days earlier, Team Canada had already earned a staggering total of 56 medals at the North American Cup, an invitational tournament assembling national team athletes from Mexico, the USA and Canada.

Karate BC is extremely proud of all the Karate BC athletes who competed



**John Sawal and Shalene Lee medalled at the North American Cup in Vegas**



**Jusleen Virk won silver in kumite**

at this event. Karate BC medalists include:

Khyber Barnett, USA Open, gold and bronze, North American Cup, silver; Victoria Barusic, USA Open, bronze.

Rita Becker, USA Open, silver; Isabel Chan, North American Cup, bronze; USA Open, silver and bronze; Melissa Chan, USA Open, bronze; North American Cup, bronze.

Amelie Del Rosario, USA Open, gold; Josh Dhillon, USA Open, silver; North American Cup, bronze; Valerie Doyon, North American Cup, gold.

Amr Fahmy, USA Open, gold; North American Cup, bronze; Zoe Fong, USA Open, gold; Isabel Gallant, USA Open, bronze; Jasmeen Gill, USA Open, bronze.

Angelica Gomez-Lalonde, USA Open, silver; Darbyanh Heenan, USA Open, gold; North American Cup, gold and silver.

Caitlyn Lam, USA Open, bronze; USA Open, bronze; Natasha Lam, USA Open, gold;

Kenneth Lee, North American Cup, silver; Shalene Lee, North American Cup, gold.

Brendon Ly, North American Cup, gold; Julia Maclean, USA Open, bronze; Kyle Macmillan, USA Open, bronze.

Isaac Mand, USA Open, silver and bronze; North American Cup, bronze; Timur McNern, USA Open, gold; Jasmeet Minhas, USA Open, gold; Michael Plunkett, USA Open, bronze.

John Sawal, North American Cup, gold; Harpreet Sidhu, North American Cup, silver; Pawanpreet Sidhu, USA Open, gold; North American Cup, bronze.

Ryskul Tynybayeva, USA Open, gold; USA Open, silver; Sumi Uchiage, North American Cup, bronze; Toshide Uchiage, North American Cup, bronze.

Thanushanth Vasanthakumar, USA Open, gold; Jusleen Virk, USA Open, silver; North American Cup, silver; Maansi Virk, USA Open, gold; USA Open, silver; North American Cup, bronze.

Alexandra Zaborniak, USA Open, gold and silver; North American Cup, bronze; and Stephanie Zaborniak, USA Open, two bronze.

## Youth Cup 2016

Karate Canada will hold a Youth Cup event (for 12 and 13 year-old athletes) again in 2016, alongside its National Championships on Jan. 29-31 in Richmond.

# Vancouver black belt works hard, rests smart

By Deanna Cheng  
Vancouver Courier  
April 9, 2015

Kenneth Lee credits karate with giving him perseverance and discipline:

“It’s given me improved physical fitness and strong mental strength.”

If Kenneth Lee is going to win at a higher level of karate, he needs to rest.

For the first time in his career, the Vancouver black belt qualified for the North American Cup and the USA Open Karate Championships after placing in the top three at the 2015 nationals and Team Canada’s selections tournament.

To prepare for the high-calibre lineup, which ran in early April in Las Vegas, Nevada, Lee trained at least four times a week, varying his focus between physical conditioning, resistance training, cardio exercise such as running and biking, speed work and plyometrics.

On Friday and Sunday, he rested.

“Right now, it’s my tapering down period,” said Lee, who trains at Vancouver’s Odokan Shito-Ryu Dojo under sensei Kaz Hashimoto and sensei Mark Stacey, before the tournament.

“Just because we’ll have a lot of team training and a lot of competition in the next week, we need a lot of rest. Without proper recovery, your performance suffers.”

The strategy worked. Lee won silver in the North American Cup. He did not place in the USA Open.



Dan Toulgoet photo

Lee, 25, has trained for 19 years and competes in kata divisions.

Japanese for “form,” kata is a choreographed set of techniques, stances and transitions.

Each kata has its own rhythm and timing.

In the North American Cup, his toughest competitors were Joseph Martinez from the U.S., Mexican Waldo Rameriz, and compatriot Toshi Uchiage.

The large U.S. Open large tournament drew anyone and everyone, according to Lee, including Venezuela’s Antonio Diaz, the 2010 and 2012 world champion.

Lee embraces the attitude of Steve Jobs who famously said, “Stay hungry. Stay foolish,” and aspires to open his own dojo and pharmacy, as well as win a world championship.

At 5’7,” Lee typically competes in

kata divisions, the experience with which led him to write the KFX: Workout and Nutrition Manual. The release date has not yet been announced.

A graduate of UBC, he is also a full-time pharmacy manager for Labpharma Health Solutions Inc. in the Downtown Eastside.

He works with an outreach program to provide clients with one-on-one consultations with the intent to optimize their care and treatment.

“We’re different in the sense that we go, physically, into the community where our patients live and eat and we provide clinical pharmacy services like consultations, medication reviews, immunizations and education sessions,” he said.

One of Lee’s training partners, Mai Hasegawa, has trained in karate since she was three and was raised by two international competitors, including

*(Continued on page 28)*

# Karate Club celebrates 40 years on the North Coast

**By Kevin Campbell**  
**The Northern View**  
 March 11, 2015

As the Prince Rupert Renshikan Karate Club members embark on 2015's first full session – a three-month training block from March to May – they'll be training as a part of Prince Rupert history.

The club celebrates its 40th year of operation here on the North Coast, getting its start back in 1975 when Corp. Bill Pitcher of the Prince Rupert RCMP initiated the club as a civic centre program.

In the years since, the Prince Rupert Karate Club has made the ideals and values of self-preservation come to the forefront of growing bodies and minds in the coastal city.

Now humbly located at the upper floor of Fisherman's Hall on Fraser Street and operating on an almost nightly basis during the week, save for the summer time, head instructor and Go Dan (fifth-level black belt) Wade Wilkins provides his students with the proper training, discipline and mental attitude needed to have success in the highly-individualistic but team-reliant sport.

Wilkins is a fair instructor and a self-described tough one at that.

"I'm amazed I have any [eager and bright-eyed youngsters eager who keep on coming back]," he laughed.

"I'm pretty strict. We do play games – we do the mats with them and we do a little bit of weapons [training] with them, not much but we try to give them a good variety."

While the club has had a variety of dojo instructors over the years,



**Prince Rupert Renshikan Karate Club head instructor and fifth-degree black belt Wade Wilkins has been involved with the organization since day one when he was just 14-years-old. The club has welcomed the late Chitose Tsuyoshi, one of the martial art's founders and ambassadors to Japan, to its dojo in the past and continues to teach kids and adults the mental, behavioural and physical benefits of karate today. — Kevin Campbell photo**

Wilkins was actually one of the kids encouraging Pitcher to start the club up in 1975 when he was just 14.

"One of my friend's brother, Ken Low ... he knew Kung Fu, so he was in town for the holidays and he was teaching Kung Fu classes and I was taking it with all our friends," said Wilkins.

"So we got training with him and then he went back to school and [we were left hanging], like 'Now what?' ... finally Bill Pitcher moved [to town], but he didn't start it right away. We finally convinced him to start it up."

The Prince Rupert club's roots even reach the Lower Mainland as Low, a

ninth-degree master in the art, currently operates the Ken Low's Shaolin Kung Fu Institute in Vancouver and serves as the promoter of the annual Can-Am International Martial Arts Tournament in Burnaby.

When Pitcher started up the organization, he kept the student cap at 25 and didn't accept children. That changed within the next 10 years and now kids as young as eight can take part.

"We've gone through a few changes and had different Senseis over the years," said Wilkins.

"At [the beginning] we were under the Tsuruoka style of karate (Masami Tsuruoka is widely recognized as the "Father of Canadian Karate") and our head Sensei, David Akutagawa ... was trying to find someone who



*(Continued on page 28)*

## Prince Rupert

*(Continued from page 27)*

taught karate and Tsuruoka Sensei was pretty well it at that time.

He found him in Toronto and aligned himself with him," said the instructor.

From Shotokan (bigger motions, bigger stance) to Chito-ryu (additional strength and stability in stances from lower body muscle training and frequent rapid, rotational movements) to Shito-ryu (very fast, but still artistic and powerful), the club's style has never remained static.

The martial art's big guns have even visited Prince Rupert when, back in 1982, Chitose Tsuyoshi, the founder of the Japanese style Chito-ryu karate visited the dojo.

"I wasn't there at the time but our instructor said he could grab you and [from the grab alone] it would leave bruises. She said you couldn't touch him because he knew before you were going to attack exactly where you were going," said Wilkins.

"And this guy's the best in Okinawa (the birthplace of modern karate). He had been at it for 70 or 80 years [prior to passing away in 1984], since he was a young kid and he helped introduce karate to Japan back in 1921 or 1922 so he was quite the fella ... that was one of the most exciting things to happen to the club itself."

Wilkins has maintained his emphasis on the holistic side of the martial art versus the competitive side since he took over the club in 1990.

Along with Kevin Forssell, his

training and instructing partner, Wilkins has always found that self-confidence and composure can derive straight from the teachings they continues to pass on today.

"The way I want to teach it is for the mind, body and spirit ... where you're training for self-preservation rather than self-defence. Self-defence is a part of self-preservation but we've got to think of the other things like our health and our state of mind. It's learning how to use your body and control your mind," said the mentor.

Countless students over the years have won regional awards from area competitions in Kitimat and Prince George and if a student wants to make Team B.C., they would have to take more than a few

frequent flights down to the Lower Mainland – something that's pretty rare based on where Prince Rupert is situated geographically in Wilkins' experience.

The head instructor is still in the early stages of planning something to celebrate the 40th birthday of the club if he decides to, but he always keeps a momentous keepsake of the dojo's history close to him - something he started long ago.

"I've got a binder at home with every newspaper clipping from since we started," he said.

"I went to the library and went through the microfiche (a sheet of microfilm preserving a considerable number of pages of printed text) and found all the articles. I've got 'em all."

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## Kenneth Lee

*(Continued from page 26)*

her father and six-time world champion Shinichi Hasegawa. Her mother Yumi Hasegawa also won silver in kumite, or sparring, at the world championships.

When elite Japanese competitors arrived for the Annual Steveston Invitational, Lee took the opportunity to learn all he could about training for kumite.

"He's always asking questions. He doesn't stop. Always learning," said Hasegawa, who is also his girlfriend. "If there's one technique he can't do, he'll train a lot, doing it

again and again."

Hasegawa said Lee's strengths are his speed and power. His weakness is his stances, she said.

"He needs a stronger lower body. He uses his upper body a lot," she said.

Of the four general styles of Japanese karate, shotokan, goju-ryu, wado-ryu and shito-ryu, Lee practices the latter, which combines both linear and circular techniques. He earned his black belt in 2007.

"Karate has given me the ability to persevere and discipline in all aspects of my life. It's given me improved physical fitness and strong mental strength," he said.

"Everything I do, I don't do it unless I can stick with it consistently," he said. "If you're not going to do it every day, why waste your time doing it at all?"

That attitude also applies to rest days.





students, last year's junior WKF kumite champion Joane Orbon and many national champions participated.



Joane Orbon

Akira Uchida (Deputy Consul General of Japan) brought the General Consul of Japan trophy (donated by Seiji Okada) to the Steveston Karate Club.

The Men's Kata division is the toughest division at this tournament.

The top four from the 2015 Canadian National Championship along with athletes from Japan and USA entered.

Toshihide Uchiage won his Div. and Seiya Takeuchi was 2nd, Andrew Moore from Denver, CO and Khyber Barnett were 3rd place.

## The 42<sup>nd</sup> Steveston Invitational

The 42nd Steveston International Invitational Tournament was held at the Steveston Indoor Tennis Court on Mar. 7, 2015.

Guest referees Chuck Sweigart (WKF Referee), Zvonko Celibija (WKF Referee and PKF Referee Committee) explained the new WKF Kata and Kumite rules at the morning referees meeting prior to competition.

We had special guests, Instructor Takamasa Arakawa from Chiba

Japan's University of Kokusai Karate-Do Club with



Event Kata	1st Place	2nd Place	3rd Place	
Women's Black	HIDEMI UCHIAGE	RITA NGO	SHALENE LEE	GWYNDOLINE TINGEY
Men's Black Belt	TOSHIHIDE UCHIAGE	SEIYA TAKEUCHI	ANDREW MOORE	KHYBER BARNETT
Event Kumite	1st Place	2nd Place	3rd Place	3rd Place
Women -60Kg	VIENNA KRUMWIEDE	JOANE ORBON	CLAUDIA LAOS-LOO	RITA NGO
Women Open	JOANE ORBON	VIENNA KRUMWIEDE	DANIELLE FOOKES	CLAUDIA LAOS-LOO
Men -70Kg	KENICHIROU YAMAURA	JUNYA TERASAWA	TY NGUYEN	HAYATO TAKASE
Men Open	YUJI MATSUDA	KOSUKE OKUYAMA	NAOKI OHKUBO	KENICHIROU YAMAURA

# Medals in Vegas for Taneda Karate Dojo

Capital News  
April 9, 2015

The Taneda Karate Dojo returned home from Las Vegas this week with some hardware and plenty of international experience.

Eleven members of the local dojo competed over the Easter long weekend at the 2015 Junior International Cup and the USA Open, the largest tournament of its kind in the world.

Timur McNern, 9, turned in a memorable effort in one of the largest divisions at the USA Open.



The mother-son duo of Roza (left) and Timur McNern won medals for the Taneda Karate Dojo at the Junior International Cup and the USA Open.

his team placing fifth.

Caitlyn Riddle won bronze in both of the girls 10-year-old kata and kumite divisions.

Rita Becker won silver in the women's masters kumite.

"Overall it was a fantastic experience for all the athletes that went.

"We learned many things and got to be around some of the best karate athletes in the world. That experience is priceless."

**KARATE BC**

**In the News**

Timur won all four of his matches to take home the gold medal.

Not to be outdone, Timur's mother, Roza Tynybayeva, won gold in her kumite division and a silver in kata.

Adam Doucette won his first three matches in the 13-year-old division at the Junior International Cup, getting him to the semifinals, before he eventually settled for fifth place.

In the team kumite competition Adam and his two teammates from Quebec fought teams from Germany, USA and Mexico.

There were 17 teams from around the world in this event, with Adam and

**Sheraton**  
**Vancouver Airport**  
**HOTEL**

# Nine karate students qualify for provincials

## Best showing ever for local karate club at Zone 5 regionals

By Ben Lypka  
Squamish Chief  
May 14, 2015

The Seiwa Kai Squamish Karate Association had a bunch of thrilled young members on May 3.

For the first time in the history of the association, nine of its members are heading to the provincials after a stellar showing at the Zone 5 regionals in Vancouver on May 3.

Cody Howells, Shuaib Mehri, Emily Sergent, Hanna Morrow, Caelyx James, Samantha Morrow, Lana O'Brien, Emily Vit and Isabelle Vit will all make the trip to the Richmond Oval for provincials on May 30 and 31.

Chief instructor Shane Morrow said he was pleased with the efforts of his students.

"They did really good," he said, noting that the club sent 10 athletes to the event.

"The kids got a lot of experience, and for some of them it was their very first tournament."

Morrow explained that athletes



Members of Seiwa Kai Squamish Association pose with their ribbons before practice on Sunday (May 10). Back row Lana O'Brien, Caelyx James, Isabelle Vit Front row Emily Vit, Emily Sergent, Cody Howells, Hanna Morrow, Samantha Morrow

participated in both the kata – patterns or movements and the kumite – fighting or sparring styles



of karate. The regionals followed a tournament format, with athletes advancing based on a points scoring system.

He said the kids train hard and this is the first time anyone from the

club has ever qualified for the provincials.

"Some of the kids train two or three times a week," he said. "It's all done through Brennan Park. We're usually at the Brennan Park community hall on Sundays and Wednesdays we train at the Squamish Seniors Centre. Having nine members qualify is great – it's the first time we've ever made it past regionals."

The students will battle for provincial supremacy on May 30 and 31 in Richmond. For more information on the club, visit [www.seiwakaisquamish.ca](http://www.seiwakaisquamish.ca)



An old-fashioned kitchen party was held at the Karate Canada Nationals in Richmond led by Karate Nova Scotia president Gary Walsh (upper guitar)

# KARATE KID AIMS TO REPRESENT CANADA

By Tony Su  
TSU Journal. Wordpress.com  
MARCH 3, 2015

## LANGARA STUDENT AIM FOR THE TOP AT LAS VEGAS

Langara criminal justice student, John Sawal will be training hard for the month of March to prepare



John Sawal training at his dojo

himself for the Karate U.S.A. Open & Junior International Cup this coming April in Las Vegas, NV.

The 18-year-old karate practitioner, or karateka, has placed in the top two in every competition he has

participated in. Sawal captured a silver medal in both the individual male Seniors and Under 21 categories at Karate Canada 2015 National Championships in Richmond last month. His team took home gold in both categories.

Following a strong display at the nationals in January, Sawal is looking to carry the momentum forward into future tournaments.

### JUST ANOTHER OBSTACLES IN THE WAY

Karate is not popular and lacks funding in Canada. In order to participate in tournaments, Sawal will have to personally raise the funds.

Fortunately for Sawal, the most recent tournament was held in Richmond and he was able to avoid travelling fees. However, he will have to pay his own way to Las Vegas in April.

“I have to support myself for all these events,” Sawal said. He currently works at Canadian Tire.

It will be important for Sawal to capture gold or silver in Las Vegas, as his goal is to represent Canada in November at the World Junior & Cadet and U21 Karate Championships in Indonesia. Only one person from Canada will be selected to go.

“Karate BC has developed a point system, the athlete with the most [points] at the end of October gets to go to Jakarta,” Sawal said.

Points are distributed and won throughout national tournaments.

First place winners get 60 points and second place winners get 40 points. Sawal earned 40 points in January with his individual second place finish.

### STRIVING TO BE THE BEST

Sawal has been practicing karate since the age of eight. His coach Nicole Poirier will be training him in preparation for the U.S.A. Open.

He has an “attitude of a champion,” said Poirier, adding Sawal has a good chance to representing Canada at the World Juniors if he continues his strong performance.

“He’s definitely in the top,” Poirier said. “Every year he’s shown improvements.”



John Sawal showing off Kata

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



# Wade Wilkins shaping Rupert's karate kids

By **Kevin Campbell**  
**The Northern View**  
Jan 21, 2015

It wasn't the allure of the black belt that led Wade Wilkins into the world of karate.

In fact, the old Okinawan discipline didn't even originally use the coloured belts to designate skill level.

"Back in the day there was no such thing as the belt system. They just worked out and trained and that's how it was and you get the skills, especially when they moved it to the west and they moved karate from Okinawa to Japan – they started adopting the Judo way of things with the belt ranking system," said Wade last week.

Rather, it was the fanaticism around Bruce Lee and his presence as a martial artist around 1974 that attracted the Prince Rupert Karate Club's head instructor to the art.

"Everybody was loving that stuff," said Wade.

The Prince Rupert Karate Club is a member of Renshikan Karate-do International and a club that studies Shito-ryo karate.

Wade has taken it over after a long line of predecessors, including its founder, Corp. Bill Pitcher of the RCMP, who started it in 1974.

"It was tough," recalled Wade.



Prince Rupert's Karate Club's operator Wade Wilkins has travelled to Japan and trained under the founder of Chito-ryu karate (a form of the martial art), Kenei Mabuni Soke. — *Kevin Campbell photo*

"He was a tough instructor, but it was good."

Just 14 at the time, Wade got his feet wet in the martial art here in Prince Rupert and over time, was never attracted to the competitive side of karate, but more for its potential to help the youngster come out of his shell a little bit.

"There are three types of karate [people are interested in]," he explained.

"Sport karate, karate for fitness and karate for self defence and self-growth and I lean more towards self-discipline and humility and respect and perseverance, to become good people.

"You transfer the [skills] from the dojo to everyday life," said Wade, who said after he took karate his public speaking skills and self-confidence shot right up.

Born in Prince George and raised in Rupert, and an alumnus of the British Columbia Institute of Technology (BCIT) in Burnaby, Wilkins also played some puck in minor hockey while in town and in intramurals at BCIT.

"I played three games in the super-league where all the best played and I got third-star in a game, so it was kind of fun," he said.

"I like to head out to the pond here to play when it freezes up."

After taking a break from the katas and bunkais from 1976 until 1984, Wade got back into it full-force.

He went through the coloured-belt ranks without issue, but when the



*(Continued on page 34)*

## Wade Wilkens

*(Continued from page 33)*

time came for Wade to achieve his black belt status (also known as first-dan or Shodan), he wasn't able to acquire it his first time testing in Kitimat, but finally obtained the iconic band during the 1989 Northern Winter Games.

"During the competition I won gold for the kata (various offensive and defensive techniques) and then for the kumite (pre-arranged free-fighting) I won my fight but I couldn't continue anymore because the guy had smashed my nose.

"During my exam I had my nose all plugged up trying to do every kata. I was supposed to do throwing techniques and break falls but I couldn't because of my nose, so [the tester] said don't bother," Wade explained.

"So I passed, but it was tough."

The instructor's greatest influence was David Akutagawa sensei, an eighth-dan karate master.

"He's passed away but he was head instructor for our organization in Canada (Renshikan Karate-do International). He was a short guy, sort of stocky and he kept on going into his 60s," said Wade.

Akutagawa sensei travelled to the Kitimat-Terrace area two or three times per year and even resided there for awhile where Wilkins would train at various camps under his tutelage.

Akutagawa sensei later moved to the Lower Mainland as a chief referee for Canada and international judge.

"He had a really good attitude. A lot of knowledge ... the training was really intense, like all day, but a lot of

the fun stuff was the social stuff afterwards.

"You get to see people from all over Canada and train with them and socialize. [Akutagawa] considers us family," said Wade.

The Prince Rupert dojo head even travelled to Japan for 10 days in 2009 to visit Akutagawa sensei and Kenei Mabuni Soke, a 10th-dan and founder of Chito-ryu karate.

Wade and company spent six days in Tokyo and three days in Osaka and even presented a demonstration, complete with

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## New Research Study for Masters Athletes

Dr. Jack Taunton, co-founder of SportMedBC, Chief Medical Officer for the 2010 Winter Olympics and Paralympics, has co-founded a new organization called "Sport Cardiology BC" with cardiologist Dr. Saul Isserow.

Their mandate is to prevent sudden death in young and Masters athlete.

They have recently received "UBC Ethics Approval for Screening 2000 Masters - a first in Canada to reduce and prevent sudden death and cardiac arrests in Canada".

They are now recruiting "Masters" athletes aged 35 years and over for this important study. This is for both recreational and performance athletes over 35 years.

The Sport Cardiology group will be travelling around the province to conduct testing, but hope for a critical mass of about 75 candidates in each test area. The groups of athletes being tested will come from a variety of sports.

drummers, Japanese dance and weaponry and suits of samurai armour.

"One of the senseis cleared his backyard out and pulled plants and put mats down [so we could perform]," said Wade.

Nowadays, Wade runs the Prince Rupert Karate Club out of Fisherman's Hall with the help of Kevin Forssell (2nd dan) and wife Dale Campbell (3rd dan) who he met through karate. Their son, Aidan, is attending UNBC.

Wade teaches a children's class and an adult class, with and without weapons, though the weapons teachings are more individualized due to the customizable nature of the weapon (different-sized handles, etc...) and is dependent on who buys them.

Most of all, Wade just likes to see his students succeed in karate and outside of it.

"Parents have come back to us and told us that their kids' schooling's really improved since they started taking karate ... some kids work their way up to adult class and become a black belt but one's a lawyer, one's a doctor, one's a dentist, two are becoming optometrists, one's an engineer, one's a pharmacist," he said.

"That's where I feel my greatest pleasure is - when I see these kids succeeding, that's what it's all about as far as I'm concerned.

"Karate, generally speaking, is about self-defence but I've never really been attacked or anything. It does happen and you have it there for that purpose, but my sensai told me karate is not just about self-defence, it's about self-preservation [in all aspects of life]."

# Doyon snares pair of silver medals at karate nationals

Campbell River Mirror  
Feb. 5, 2015

Campbell River's Valerie Doyon battled back through elimination rounds to earn a pair of silver medals in the Karate Canada National Championships last weekend at the Richmond Oval in Richmond.

Doyon, competing in her fourth national competition, was one of two Campbell River competitors on the 75-member Team BC.

Teammate Casey Brake, making her nationals debut, won her first fight but was unable to reach the medal podium.

Doyon challenged up to the 18-20-year-olds division Friday and lost her first fight, but with the tournament's double round elimination format had another chance.

She fought an additional five fights and ended up facing defending champion Hana Furomoto-Deshaies of Quebec, losing the match to end up with a hard-fought silver.

After bowing out of Saturday's Kata event following an opening loss, Doyon returned Sunday for the 16/17 kumite event.

Much like in Friday's opening event, Doyon lost her first fight in this division and again had to rely on the double-round elimination format which gave her a second fight.

She kept winning and managed five



Valerie Doyon of Campbell River, shown here with her silver medal from last year's North American Karate Cup, earned two more silvers in the Canadian National Championships last week in Richmond

more fights and won them all to earn a bout with Team BC teammate Alexandra Zaborniak — a rematch of last year's final. Zaborniak was well-rested against Doyon, who was coming off those five back-to-back fights.

"Valerie fought an incredible technical and strategic fight and

managed to go ahead several times," said Sensei Roy Tippenhauer, her longtime coach with Campbell River Shito Ryu Karate Club.

"With the fight less than 10 seconds left and overtime looming, Valerie tried a risky attack and, with similar results to the Super Bowl, had a final -second play which cost her the match."

With her showing, Doyon, 17, qualified for the Pan-American Championships and will compete for Team Canada in the international tournament in Bolivia in August.

She also qualified for the junior Pan-Am meet but will turn 18 before the competition and will not be eligible.

Tippenhauer said Brake will likely attend the U.S. Open in April and will attend the zone six primary selection tournament in April in Duncan with the goal of returning to Team BC next year.

"I'm real proud of the girls and their efforts in their competitions," he said.

"Casey is starting to realize how much work is involved to compete at this level and did very well.

"Valerie has been training about 22 hours a week since last spring to get ready and executed her plan.

"She did want to get gold but is very happy with her results."

Sempai Chad Edberg assisted Tippenhauer with preparing the athletes for the championships.

The Shito Ryu Karate Club is currently accepting new members for the spring session.



# Chito-Ryu Friendship Tournament Welcomes Participants from Across Western Canada

The 2015 Chito-Ryu Friendship Tournament was an amazing success.

A total of 146 participants from 10 different Dojos came from all over BC, Alberta and Saskatchewan to participate in this annual event that began back in 2002.

Keeping in mind that the theme is friendship, the competition was very intense.

Everyone from the little six-year-olds in their first tournament ever, to national team members competed with a lot of spirit and sportsmanship.

The male and female Grand Champions were from the Taneda Karate Dojo.

Both Nicole Amaral and Axl Reuvers won gold in their individual kata, kumite and team kata divisions.

The male sportsmanship award was split between Jaron and Jaden Demas from the Satewin Dojo in Edmonton.

The two brothers both caught the eyes of all the referees and spectators with their performances.

The female sportsmanship award was received by Sarah Stuij of the Taneda Karate Dojo.

Sarah, maybe didn't have her best tournament but she was unfazed and determined to keep going.

The 2016 Chito-Ryu Friendship Tournament is already scheduled to be in Penticton in mid April.

We hope to see you all back again!



## Local karate club rakes in medals

### Kamloops This Week in Sports April 23, 2015

Kamloops Renshikan Karate Club members brought home lots of hardware from the Zone 2 regional karate championships in Kelowna on Saturday.

Winning medals in their respective divisions were Jayme Fennell and

Gabriel Wilkinson, each of whom won three gold medals; Jocelyn Fennell, who claimed two gold medals; Cheyanne Fennell, who earned one gold medal and two silver medals.

Nickolas McLean, who won one gold medal and one bronze medal; Phil Dufault, who earned one gold medal; Charles Fennell and Emily Fontaine, each of whom claimed one silver medal; and Michael Wilkinson, who won two bronze medals.

The club's members will compete at the Karate B.C. Championships in Richmond on May 30 and May 31.



# Burnaby martial artists show the way

## Burnaby Karate Academy win five of eight sparring gold by Team B.C. at nationals in Richmond

TOM BERRIDGE  
BURNABY NOW  
FEBRUARY 10, 2015

The Burnaby Karate Academy showed itself to be the kumite capital of B.C., winning five of the provincial team's eight gold medals in sparring at the Karate Canada national championships in Richmond last week.

B.C. martial artists also picked up an additional 10 gold in the kata, or forms, with Claudia Laos-Loo earning a bronze medal for Nikkei

title, taking the under-50 kilogram title over Quebec's Roxanne Coté.



Quan, Joel Tai, Aarjun Gill, Jacob Mand and Brendan Wise also earned individual kumite medals.

Quan won bronze at u-52kg, Tai a silver and Gill a bronze at u-57kg, Mand a silver at u-63kg and Wise with a bronze at u-70kg.

Alexandra Zaborniak won a gold medal in the junior women's u-59kg weight division.

Pawan Sidhu won a runner-up medal at plus-59kg and Izzy Chan also came home with silver at u-48kg in the 16/17 girls' category.

BKA cadet girls Zoe Fong, Stephi Zaborniak and Melissa Chan swept the top-three positions, respectively, at u-47kg in the 14/15 age class.

Burnaby also did well in the inaugural Youth Cup for 12/13 martial artists.



Gordon Chan photos



Karate in the individual under-21 female category.

Jusleen Virk won her fourth consecutive senior women's national

Cindy Jacob, bronze medalist at u-68kg, shared a team gold with u-21 individual silver medal winners Gurkamal Gill and Harpreet Sidhu, who were individual runners-up at u-55 and plus-68kg, respectively.

Both Gill and Sidhu also placed fifth in the senior weight class.

U-21 gold medalists Derek Chan and Brendan Ly also picked up a bronze medal each at the senior level at u-60 and plus-84kg.

Junior Isaac Mand won a bronze at u-55kg in the 16/17 boys' category.

Mand also placed fourth at u-21 and fifth at the senior level.

Cadet-aged martial artists Kieran



Julia Maclean won gold in the girls' plus-43kg kumite, while Gurneet Sidhu, Caitlyn Lam, Michael Plunkett and Mark Wong were bronze medalists at their respective weights. Gurpatap Hothi placed fourth.

# 30 Under 30: Sumi Uchiage, martial artist

By Don Fennell  
Richmond Review  
Feb 27, 2015

Age: 27.

High school: R.A. McMath.

When your brother is the 13-time Canadian men's kata champion, it's easy to get overlooked.

But Sumi Uchiage has no such dilemma. She stands tall on her own feet.

A certified kinesiologist and rehabilitation assistant, Uchiage is a member of Karate Canada's national team—the youngest of three siblings on the squad, a gold medallist at the 2013 Commonwealth championships, and a teacher of the martial art.

Hailing from what many consider to be the first family of karate in Canada (both her parents practiced and taught the martial art through the renowned Steveston Karate Club), karate was a natural outlet for the energetic Uchiage children.

But it grew to be much more, and today Sumi can't imagine her life without it.

While training at a high level is physically and mentally difficult, she continues because of the many people who believe in her.

All the support and continuous push from her coaches keeps fueling her competitive fire.

**Inspiration?** "My mother and brother. My mother was one of the original female athletes on the Japanese National Karate Team, until she decided to get married and move to Canada.



Sumi Uchiage is a member of Karate Canada's national team

She is my go-to person for everything; in both karate and non-karate related advice.

I look up to her as a female athlete, karate sensei and a loving mother.

My older brother also inspires me through example; his ongoing athletic achievements that has been succeeded through great dedication and sacrifice.

We have a good relationship, constantly challenging each other at training to become better athletes (although we do get on each other's nerves sometimes).

**Most proud of?** "Being able to represent Canada. And to be able to relay my experience and knowledge to assist in the development of the younger athletes."

**Advice?** "Never hold back on your passions. Not everyone will understand your passion, your commitment and sacrifices. "But the people who truly care about you will always give you full support. I truly believe that it is better to have tried and failed than to live a life of what-if's."

## 2016 Nationals In Richmond

The 2016 National Championships will take place in Richmond from Jan. 29 to 31, 2016.

Karate Canada reports it is paying close attention to feedback from its various members and stakeholders regarding optimal timing of this event, and is currently exploring options for a later date and different venue as of the 2017 edition.

KARATE  BC

In the News

# Local karate athletes step onto world stage

By J.R. Rardon  
Campbell River Mirror  
April 23, 2015

Going up against some of the best the world had to offer, in one of its largest competitions, Campbell River's young karate practitioners not only proved they belonged.

They proved they belonged on the podium.

From ages six through 17, a total of six local athletes amassed a total of 13 medals earlier this month at the USA Open Karate Championships in Las Vegas.

"I was somewhat in awe of it when I got there," said Sensei Nigel Nikolaisen of Northwest Shito Kai Karate, a former Canadian champion who took 10 of his young athletes to the competition.

"I've been to a couple of world championships as a younger competitor, between 14 and 18 years old.

"But this one, with athletes from five to 50, with 2,500 competitors in the room, from recreational adults to aspiring kids to the world's best, was the epitome."

If his students shared his awe, they got over it quickly.

Six-year-olds Piper Darcy and Wynn Clark teamed with seven-year-old Keeli Stewart to win gold in the 7-under team kata (forms) competition,



Campbell River's Keeli Stewart, second from right, bites on her silver medal while joining other winners on the podium following the Individual Kata event at last week's USA Open Karate Championships in Las Vegas

and Darcy and Stewart each won silver in individual kata in their age groups.

Clark went on to earn silver in individual kumite (sparring) to go with a bronze in kata, and Stewart got her third medal with a bronze in individual kumite.

Jenna Scott, 10, gave the NWSK Karate school another gold by winning individual kata and added a bronze in individual kumite.

"The kids, instead of the magnitude of the competition intimidating them, they rose to the occasion," said Nikolaisen.

"I was hoping to medal, maybe once. It was way beyond what I hoped."

Carihi student Valerie Doyon of Campbell River Shito Ryu Karate got exactly what she hoped when she claimed the North American

junior championship in the 16-17 division in the invitation-only North America Cup, one of three separate competitions held as part of the USA Open.

It was Doyon's second trip to the USA Open, and she had a year to chew over her second-place finish to Mexico's Veronica Dominguez in the 2014 North America Cup, which pits the top two qualifiers from Canada, Mexico and the U.S.

"I was so bitter about last year, losing by two points," said Doyon. "It's hard; it definitely motivated me for this year."

In her 2015 return, Doyon drew Dominguez in the opening round and posted a win before going on to defeat Cara MacDonald of the U.S. in the gold-medal match.

"It was crazy, it was so amazing," said Doyon. "The medal is absolutely gorgeous, so intricate. It's something I'm very proud of, because it says I'm number one on the continent."



(Continued on page 40)

# Special T Group Events

## 250-999-8968

sales@specialtgroup.com

The advertisement displays a variety of custom-printed merchandise. On the left, there are water bottles and pens, all with 'LOGO' printed on them. In the center, a red baseball cap and a green tote bag also feature 'LOGO'. To the right, a blue jacket has 'LOGO' on the chest. Below these items are two t-shirts: one for 'BC GAMES MISSION 2014 WINTER' and another for '2013 BC JUDO CHAMPIONSHIPS'. A central circular logo for 'stge' is prominent. The bottom of the ad is divided into two sections: 'PRE & POST EVENT ORDERS' on the left and 'ONSITE PRINTING' on the right, with a background image of a printing shop.

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## World Stage

(Continued from page 39)

For one weekend, at least, she was number three in the world as well, along with Shito Ryu Karate teammate Casey Brake.

Both earned bronze medals in the Junior International Cup on the opening day, Doyon in the 17-year-old, 57+kg class and Brake in 14-15 girls sparring.

Both athletes train with longtime Campbell River Sensei Roy Tippenhauer, who previously trained Nikolaisen to a Canadian junior championship.

Nikolaisen went on to work and train

in Ontario before returning 12 years ago to open his own dojo in Campbell River.

“You owe it all to Roy,” Nikolaisen said of Campbell River’s mark on the international karate stage.

“He cultivated quite a few national champions, including myself, starting in the 1990s. Honestly, he was the pioneer for karate in this town.”

Overall, Canada shone at the USA Open, with Karate Canada noting the country led all participating nations in medals in the Senior Elite kumite division and earning several team golds.

Nikolaisen noted Vancouver Island overall is well-represented at the top of the sport, with Courtenay’s Pam

Ross, his former teammate on the Canadian National Team, and Victoria’s Kraig Devlin both on the current national coaching staff.

They would be familiar with Doyon, a two-time silver medalist at the Canadian nationals.

And Nikolaisen hopes the national program will one day mark the names of the younger students he introduced to international competition earlier this month.

“We have kids who learned they can put their heads down and go for the provincial team in the next couple of years, if they can go down and mix it up with the best in the world,” he said.

“We’re going back for sure. We’re already making our plans.”