

NEWS

KARATE BC

4401 EAST BRAND ROAD
VANCOUVER, B.C. V6N 1A6
Tel: 604-737-3051 Fax: 604-737-3159
www.karatebc.org



CHECK OUT THE KARATE BC WEB SITE AT:
www.karatebc.org

Happy Holidays!



And all the best for

2001

The power of KBC comes from members

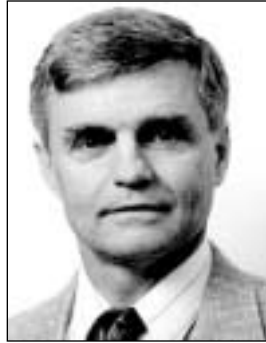
Happy holidays to one and all! I'd like to take this opportunity on behalf of my family: Jo-Ann, Erin, Scott and Kaylee to wish everyone the very happiest of holidays and a most prosperous and rewarding New Year.

As I reflect back on a year that has literally sped by, what strikes me most is the power of Karate BC's members. We make KBC GOOD. We give the logo and the name substance. Each of us contributes to making traditional karate in general and Karate BC in particular worth belonging to. I feel good when I say I belong to KBC because of the people who are in it.

James and Cheryl are our full-time staff and Steven has joined us as a half time information technology officer. Their expertise and hard work are in evidence on a daily basis.

We have some terrific karate instructors in this province. Without their diligence and tutelage over the past 25 years traditional karate in British Columbia would not be where it is today. So to the heads of all the Style Associations; we thank you for skills and knowledge that you offer so unselfishly. To the many chief instructors and club instructors you too can hold your heads high. You are ably passing the torch to today's generation of karate-ka. The near 5,000 members of our Association owe their instructors a great deal; a debt that cannot be paid but one that each of us tries to live up to both in the dojo and within our daily lives.

To those of you who volunteer your time: you are the unsung heroes of Karate BC. Some of you give up your time to help at the dojo or in your community, others of you do that and also help out at the Zone level through the Winter Games or sanctioned tournaments, and some of you still have energy left over to lend a hand at the provincial level. You never ask for



**PRESIDENT'S MESSAGE
DAN WALLIS**

thanks or recognition and often are faceless in our tournaments because your work is "behind the scenes". We need you to know that you are very much appreciated

I am also deeply impressed with the commitment, expertise and openness of the members of the various committees at work provincially. These busy men and

women give unselfishly of their time to promote karate in British Columbia. Did you know that we have standing committees in all of the following areas?

- Officials
- Technical
- High Performance
- Medical
- BC Women and Karate
- Tournaments
- Ethics
- Risk Management
- Technology
- Executive Committee.

These people have a direct hand in generating and spending approximately \$500,000 on your behalf. Collectively they wear this albatross-like mantle of responsibility with due care, diligence and pride. It's a pleasure to be associated with them.

And then there is the athlete. Each of you studies Karate for your own reason. This organization was and is designed for you.

For twenty years I have run a dojo and I have been fortunate to meet many fine people through karate. The magic of karate draws interesting people through our doors; some stay a little while, while for others it becomes as essential to their life as is breathing or eating. Some of you become world-class competitors; others simply world-class people.

So thank you all for helping to make Karate BC what it is. The key to what Karate BC might be is in our hands. I look forward to 2001.

Executive

- President **Dan Wallis**
dan.wallis@crn.net
- 1st Vice-President **Dr. Chee Ling**
Chee_Ling@telus.net
- 2nd Vice-President **Bino Felix**
bino@karatebc.org
- Secretary **Dr. Leslie Bowers**
bowersls@home.com
- Treasurer **Ken Corrigan**
kcorrigan@city.pg.bc.ca
- Membership **Fernando Correia**
fcorreia@cvm.com
- Director-At-Large **Norma Foster**
nfoster@egate.net
- Director-At-Large **Tom Mah**
tommah@silk.net
- Director-At-Large **Brian James**
brijam@hotmail.com
- Director-At-Large **Chris Taneda**
cctaneda@smartt.com

Newsletter Team

- Editor
James Johnson
- Newsletter Committee
Cheryl Gray
Nicole LeMire
Tammy Pilon
Jean Sorenson
- Design
Tamark Design
markham@axionet.com
- Printing
Sport BC PrintShop

Contact Karate BC at:

Suite #220-1367 West Broadway
Vancouver BC V6H 4A9
Tel: (604) 737-3051
Fax: (604) 737-6043/3159

Karate BC Newsletter

is printed and published
by SBC Distribution Ltd.
1367 West Broadway
Vancouver BC V6H 4A9

CANADIAN PUBLICATIONS
MAIL SALES AGREEMENT #102172

Sponsored by:



Karate BC: Policy Manual Changes

Keeping members informed of changes

The following changes to the policy manual were made at the September 9th, 2000 executive meeting.

The policy manual, additions and deletions is available on the Karate BC web-site. Changes will also be published in each issue of the newsletter

1. EMAIL DECISIONS

How to achieve an email decision by the board was discussed. It was agreed that there should be a sufficient time period for participation. The following was agreed:

- The question will be asked.
- There will be discussion with appropriate time.
- There shall be agreement to vote.
- The vote will be taken utilizing the egroup polling function.
- The debate will be initiated and moderated by the chair or his/her delegate.

f. The debate and result will be recorded in the minutes under an email section.

HIGH PERFORMANCE COMMITTEE

1. That the Executive Director of Karate BC and two additional members of the executive shall sit on the High Performance Committee.

This is in addition to the members already stated. The High Performance Committee is now comprised of:

- The head coach of both junior and senior teams,
- One each male and female athlete who are members of the BC Team and selected by their peers
- Chair of the High Performance Committee
- Karate BC President
- Executive Director
- Two executive members
- This committee will have representation from different areas of

the province. Each member of this subcommittee will have one vote.

BURSARY

That Karate BC establish a bursary in honour of Vince Redfern for \$500 per annum. This will be a one-time award for each person. The award to go to post secondary education.

This has been referred to the Awards Committee for establishment of the procedural requirements.

Allard & Company

Barristers and Solicitors



Mark C. Stacey



Suite 600, 815 Hornby Street,

Vancouver B.C. V6Z 2E6



Telephone

(604) 689-3885



Telecopier

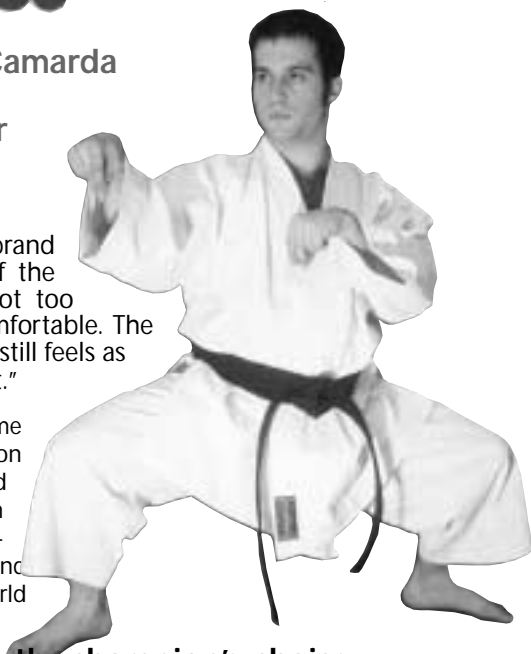
(604) 687-0814

Bibsan budo equipment

Bibsan asked Alex Camarda why he prefers the Kamikaze label over all other makes of Karate uniforms

"I like the Kamikaze brand because of the quality of the material. The cotton is not too stiff and the cut is very comfortable. The material is very durable. It still feels as good as the day I bought it."

Alex Camarda is a two-time National Black Belt Champion in Kata and has competed internationally, finishing, sixth in Kata at the Pan-Am Championships in Cuba in 1999 and 18th in Kata at the 1998 World Championships in Brazil.



Kamikaze: the champion's choice

www.bibsan.com (604) 808-5406

You can train with Team BC.

This year, in order to expand the opportunity for participation in BC Team activities, non team members will be allowed to train along side members of the BC Karate Team as they prepare for the upcoming 2001 National Black Belt Championships in PEI next May.

Head Coach Ron Bagley, Junior head Coach Andy Holmes, Kata Coach Mike Scales, assistant Coach Ian Atkin and apprentice Coach Don Sharp are all national level competitors with years of experience and cabinets full of medals and titles.

Former National Team Member Darren Choo may also be on hand to



Team BC coaches Andy Holmes (juniors), Mike Scales (kata) and Ron Bagley (head coach) Manager Sophie Moore

assist the team members prepare for a comeback, after being defeated by Quebec at this years Nationals in Richmond.

Team sessions all take place at Capilano College Gymnasium and cost

\$30 for Karate BC members.

Team Manager, Sophie Moore has been doing a fine job of looking after the team and may be contacted for more information. Spectators are welcome at the training sessions.

*By Tamara Loomis
New York Law Journal*

An Eastern District federal judge has ruled a female karate competitor may pursue a claim for the right to compete in world championships.

U.S. District Judge Jack B. Weinstein last month denied a motion to dismiss the complaint of Ilyse Gellar Sternberg against the U.S. national governing body for karate.

The suit, *Sternberg v. U.S.A. National Karate-Do Federation Inc., 99 CV2843*, was filed last year but served only this summer. Ms. Sternberg alleges that the karate federation violated her equal protection rights under the

Education Amendment

The case is a separate trial in Richmond

to Brazil, ex Specinn

Members Only

In order to review the following materials you must have adobe acrobat reader installed on your system.

Click on the acrobat logo for a free download of this product:



- ▶ Karate BC Policy Manual - PDF
(This is the complete manual - it may take up to 20 mins to download on a 48k dial-up)
For your convenience we have attached the necessary forms and information packages listed below
- ▶ Guidelines for Membership Registration - PDF
- ▶ Expenses Form - PDF
- ▶ Fees and Fines - PDF
- ▶ Equity - PDF
- ▶ Club Policy - PDF
- ▶ Code of Conduct - PDF
- ▶ Guidelines for Hosting Karate BC Championships - PDF
- ▶ Harassment Policy - PDF
- ▶ Memorandum - PDF
- ▶ Medical Form and Information - PDF
- ▶ BC Games Zone - PDF
- ▶ BSA Black Belt Membership Form - PDF
- ▶ Official's code of conduct - PDF
- ▶ Karate BC Modified Borechage - PDF
- ▶ Karate BC Sanction Form - PDF
- ▶ Karate BC Team Application Form - PDF
- ▶ Scorekeeping - PDF
- ▶ Karate BC Constitution
- ▶ World Karate Federation (WKF) Competition Rules

New on the KBC Web site

The Members' Only section of the Karate BC Web site has a host of new policy documents and other items of interest to Karate BC members.

You can access the Web site at www.karatebc.org, and you'll need the free Acrobat Reader program to read the documents once you've downloaded them.

These documents are only available to those who have access to the Members' Only section.

World Karate Federation web site details significant changes to rules

As Chairman of the European and World Karate Federation Sports Commissions, Tommy Morris has been responsible for collating and developing the new rules proposals in collaboration with the President Antonio Espinos Ortueta and EKF and WKF Referee and Technical Committee colleagues.

These were approved by the WKF Congress prior to the 15th World Senior Championships in Munich on 11th October. The new rules will take effect at all WKF and Continental Union Championships from 1st January 2001.

It should be noted that this is a

major re-write and there are fundamental changes to the whole concept of karate competition for the first time in 40 years.

You can download the rules by visiting www.worldkarate.net/rules.htm. If you want a shorter download and have Adobe Acrobat Reader (free from www.adobe.com) use the Adobe link to receive a 48-page electronic booklet containing the new rules.

If you prefer a Microsoft Word zipped file use the MS Word link at the site.

If you have questions about the rules please address them to the Chief Referee of your National Federation.

However Tommy Morris will later this year introduce a referees' help section to the worldkarate.net Web site containing advice on rules application. Check there regularly for the updates.

In the meantime please be aware that in the interest of safety the rules concerning contact have been modified considerably and referees, coaches and competitors alike will have to revise their whole approach to the subject.

Particular attention should be paid to the implications of Category 2 offences and their effect on competitor behaviour.

Karate Uniforms Designed to Fit



All Sizes of Lightweight and Heavyweight Uniforms
and Belts and Martial Arts Equipment

YAMATO MARKETING

Warehouse:.....(604) 879-1612

Retail Fax:.....(604) 879-1636



Mr. Sato celebrates his 30th anniversary



Everyone was there when Akira Sato celebrated his 30th anniversary, from special guests such as Grand Master Suzuki (with Sato in top photograph), to karate students and friends old and new. Special entertainment was provided by Mr. Sato's daughter Eileen (top photo next page).





Bibsan
budo equipment



NEW FOR 2001

Bibsan budo equipment is pleased to announce the first in a new series of Kobudo videos, featuring the well-respected and world-renowned Simon Oliver.

Be among the first to add this fine video to your Martial Arts collections and watch for further titles in this series.

www.bibsan.com (604) 808-5406

Nomination for Lisa Ling

Lisa Ling, one of the country's leading karate-kas, has been further honoured, with a nomination for the Promotion Plus Leadership award from KBC, for promoting women in sports. Lisa has been heavily involved in promoting women in sport, especially in 2000.

SUMMARY:

Lisa has promoted women in sport as a successful woman in a combat sport (karate), lawyer, and action movie actor. She also serves on the board of directors of Athletes CAN, the Spirit of Sport Foundation, and the strategy committee for the World Women in Sport Congress. She is a member of Team 2008, athletes supporting the Toronto 2008 Olympic bid. Her desire to give back many of the benefits she has received from sport led her to co-found Future is Female, a motivational speaking and fashion series featuring a team of Canada's top female athletes. Future is Female's mission is to build self-esteem and positive self-image in young women at the same time, demonstrating to them that beauty and strength come from the inside.

ATHLETES CAN

Athletes CAN is the voice of Canada's high-perfor-

mance athletes. Lisa was elected from over 100 athletes attending the annual forum to serve as one of 10 voting board members of Athletes CAN. She heads their Business Development Committee and sits on the jury for the Team Investor's Group Amateur Athletes Fund. Her mission is to make sure athletes have a say in decisions that affect them, and enough money to live and train.

SPIRIT OF SPORT FOUNDATION

The Spirit of Sport Foundation is part of the Canadian Centre for Ethics in Sport (CCES). A national non-profit organization, CCES strives for a fair and ethical sport system by promoting drug-free sport, equity, fair play, safety and non-violence. The mission of CCES is to create a sport system in Canada that promotes the pursuit of excellence by fair and ethical means. Lisa has served on the Spirit of Sport board since February, 2000.

3RD WORLD WOMEN IN SPORT CONGRESS

This Congress, held once every four years, is the ultimate way to promote women in sport around the globe. Lisa serves on the strategy committee for the next congress, hosted by Canada, ensuring female athletes voices and issues are brought to the fore. The goal of the congress is to collaborate with organizations worldwide to bring about more positive action to address inequalities and enhance women's development through sport and physical activity. The Call for Action is addressed to all men and women in those national and international sport organizations, governments, public authorities, development agencies, schools, businesses, educational research institutions, women's organizations, who are responsible for, or who directly influence the conduct, development or promotion of sport, or who are in any way involved in the employment, education, management, training, development or care of girls and women in sport.

TORONTO 2008 OLYMPIC BID

Lisa traveled to the Sydney 2000 Olympics with a team of 27 Olympic athletes to promote Toronto's bid for the 2008 games. She was the only representative from a non-Olympic sport. Team 2008 is a group of enthusiastic Canadian athletes supporting the Toronto 2008 Olympic Bid. They include Olympic, Paralympic, and national team athletes.

FUTURE IS FEMALE

Lisa is co-founder of Canada's only motivational speaking and fashion series with a team of female Olympic athletes. These women build self-esteem and positive self-image in young women by sharing their stories, successes and struggles, then strutting their stuff in a fashion show. These women demonstrate focus, determination, and the pursuit of excellence. The message: beauty and strength come from the inside.

**Distributor for
Tokaido Karate Gis**

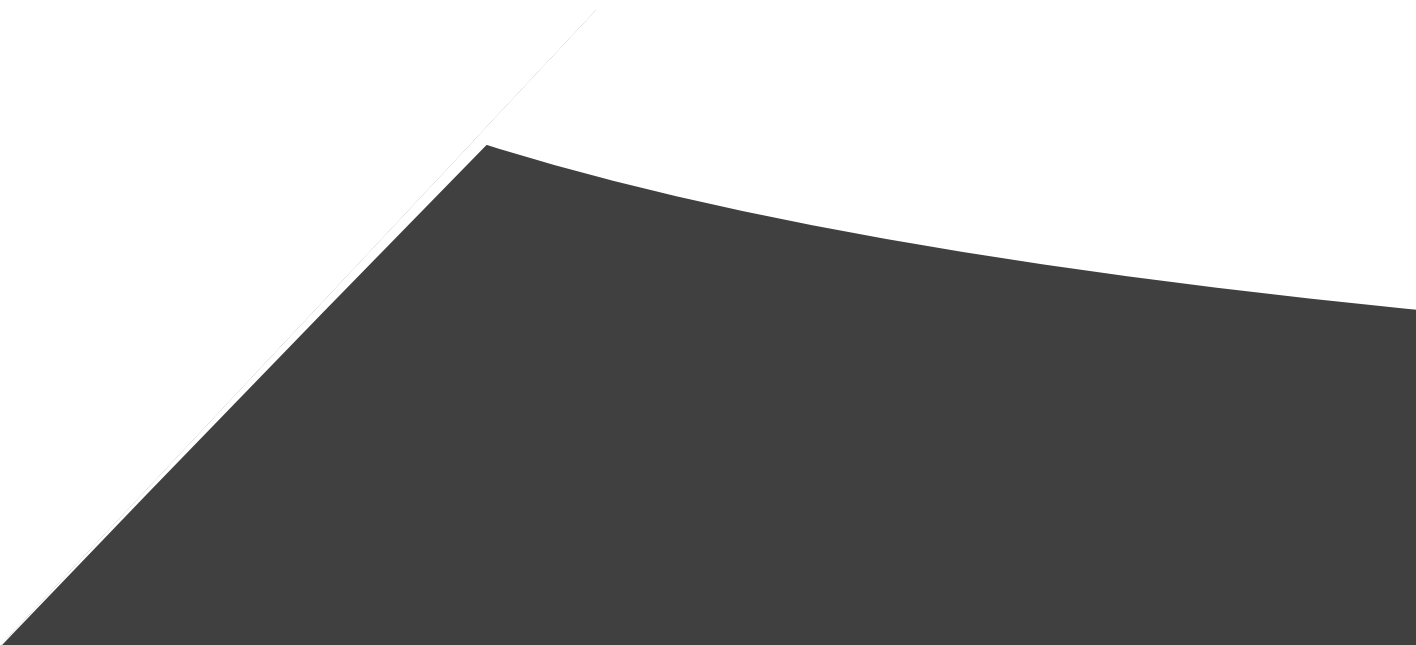
MIKADO

Phone:
(604) 253-7168

Fax:
(604) 255-6112

Karate Equipment
Karate Uniforms
Books

**701 E. Hastings Street,
Vancouver B.C. V6A 1R3**



KARATE IN 2000

The year 2000 brought plenty of news on the Karate front, locally and internationally. Some of the highlights:

TOP LEFT:

Lisa Ling and Don Sharp were awarded Premier's Athletic awards. The two were honoured for their achievements on the provincial, national and international scene and for their work promoting the sport.



CENTRE LEFT:

Competition in Chile at the PanAm Championships produced four medals for Canadian women, including two bronze for Lisa Ling, in kata and team kata.



BELOW LEFT:

Renshikan and most other styles got busy during the summer months at summer camps, annual events that bring together karatekas from throughout the province – and beyond – for specialized training and social events that help build camaraderie.





TOP RIGHT:
Karate lost one of its true friends and most ardent supporters with the death of Vince Redfern. "Dr. Vince" as he was fondly known, attended to the knicks and scrapes of three generations of karate competitors. He's seen at left accepting an honorary black belt from Akiro Sato, one of several he received from BC karate clubs.



CENTRE LEFT:
Karate BC again honoured its own in 2000, with awards for achievements by athletes, volunteers and others who make the sport possible. Among those who made their mark were Bob Howlett and Norma Foster.

BELOW LEFT:
Sharmeen Chan assisted in coordinating the 2000 National Championships, set up displays in local malls to publicize the event and assisted in registration and media program.



Ashcroft Karate athletes shine

*Ashcroft-Cache Creek Journal
Ashcroft*

Ashcroft is gaining a reputation for producing some of the best karate athletes in the province. Five Ashcroft athletes brought home medals from the recently held 2000 Fall Karate BC Championships.

On Oct. 28-29 the 2000 Fall Karate Provincials were held in Kamloops. It was the first time in a long time where the provincials were held outside of the Lower Mainland making the commute for local competitors much shorter. Students from Ashcroft came back multiple medal winners.

Annette Petel has been competing on the provincial and national level for the last several years. Most recently, Petel captured three medals to add to her trophy collection: a silver medal in Women's Advanced Kumite event in the over 60kg division; silver in Women's Master's Advanced/Black Belt Kumite event; and bronze medal in the Women's Masters' Advanced/Black Belt Kata.

Anastasia Pittman won a gold medal for her performance in the Girl's age 11/12 Intermediate Kata event.

Anastasia's sister, Tasia, contributed a silver medal in the Girl's age 10/12 Novice Kata to the family trophy room.

Lacey Dawn Lutzmann, at her first provincials, was handed a first place medal for her Novice Kata division. She then chose to challenge her age groups' Intermediate Kata division and took third.

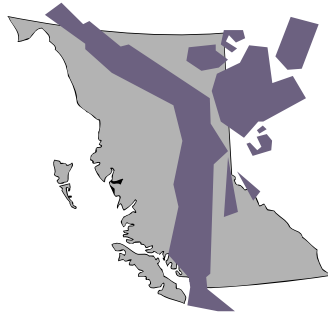
Bradley Reid, after a tie breaker, took home two silver medals –one in Boy's age 14/15 Intermediate Kata and the other in Boy's aged 14/15 Intermediate Kumite in the over 55kg event.

All five athletes train under Sensei Akio Kanamaru at the Sho Shoh-Ryu Honbu Dojo in Ashcroft.

Over 300 athletes from across BC met in Kamloops in late October to compete at the Karate BC Fall Provincial Championships.

Karate BC clubs, such as the Sho

KARATE



around the province

Shoh-Ryu Honbu Dojo, are government-accredited associations offering certified instruction. This means that no matter which of the more than 100 Karate BC clubs participants choose from across the province, they will receive high quality standardized instruction. Moreover, nationally certified Karate instructors, who undergo criminal record checks and first aid training, will guide them in their training. Policies established by Karate BC help ensure that member dojo (club or training hall) are among the leaders in sports in such areas as coaching certification and anti-harassment programs.

Karate BC club affiliates are the only organized karate groups recognized by the BC Minister of Sport and Leisure.

Hastie takes aim at Team BC

*By Dave Dormer
Kamloops This Week,
Kamloops*

"Nothing is going to stop me this weekend."

This is the mindset Andrea Hastie is taking into the Karate BC 2000 Fall Championships being held at the KXA tomorrow and Sunday.

Hastie, who also coaches the Kamloops Renshikan Karate Club, will be competing in the women's 18-20 years black belt division. She is also using the competition to springboard back onto the provincial team.

The 19-year-old fighter made the 1998-1999 team, but had to bow out

after she suffered a serious foot and ankle injury during training.

"I still have some little injuries I'm suffering from, but no athlete can go through life without some type of little injury."

Her foot and ankle kept Hastie out of all but one competition last year but she still has high expectations for herself.

"Basically, this tournament is the tryouts for Team BC so I want to do well, I know I can."

Her match will be tough as she is facing current national champion Lisa Hogan. A long rivalry exists between the two as they have been squaring off since they were 13.

"Last February, she broke my nose. I was up two points and she got mad. I'll be looking for some revenge."

Hastie began taking karate lessons when she was three years old and achieved her black belt when she was 16. Over the years, the sport became an integral part of her daily life.

"I base my life around karate, school and family. I can't see myself not doing it."

Karate kids do it right

*Courtenay Comox Valley Record,
Courtenay*

Comox Valley karate athletes proved to be fierce competitors at the 2000 Canadian National Black Belt Karate Championships, Aug. 24-26 in Richmond.

Cumberland's Pamala Ross won the silver medal in Juvenile and Junior Girls (age 14-17) team kata event and was fourth in Junior Cadet Girls (16-17) kumite in the under 53-kilogram division.

Sean Anglos, also from Cumberland, helped Team BC's standing by taking fourth in the Juvenile and Junior Boys (14-17) team kata. Courtenay's Erik Chambers finished fourth in Juvenile and Junior Boys (14-17) team kata.

The talented trio, coached by Sensei Todd Robertson, helped Team BC

Continued next page

place second overall. They are among several elite Island athletes who will be considered for a berth on Canada's national karate team.

Karate students at provincials

100 Mile House Free Press,

100 Mile House

Members of two separate area karate clubs did themselves proud over the weekend at the 2000 Karate B.C. Fall Provincial Tournament in Kamloops.

Members of the South Cariboo Shotokan Karate Club and the Tsunami Shotokan Karate Club went to the prestigious competition.

The two-day event started Saturday Oct. 28 at the Kamloops Exhibition grounds and featured competitors from throughout the province, including three members of the South Cariboo club and 11 members from the Tsunami club.

From the South Cariboo club, 13-year-old brown belt Cassidy Vahala earned two medals.

The South Cariboo club member took bronze medal standing in kumite, followed by a bronze for her kata.

Lucas Vahala, 12, competed, and despite winning his first match, was unable to place in the medals. Purple belt Andreas Helfer brought home a bronze in the intermediate division of men's heavyweight kumite.

Club President Helga Zeis was pleased with the trios performance, especially since this was the first tournament all three had attended as participants.

"It was great, with lots of good competition," Zeis said.

From the Tsunami club Liz MacDonald won two medals, competing in the 14- to 15-year-old intermediate belt level, winning a fourth place medal in kata and a silver in kumite.

First-time competitor Luke Ashton also brought home two medals in the novice 13-year-old division. Ashton won a bronze in kata and a silver in kumite.

In the novice girls 14- to 15-year-old class, Corey Brooks won two silver

medals, one for kata, the other for kumite. Also bringing home a silver medal for kumite was Anthony Gagne, who completed in the intermediate boys division.

Mike Janzen earned himself a fourth place standing in the 14-year-old intermediate heavyweight class for kata and a silver medal for kumite.

His brother, Chris Janzen, also came away with a medal, earning a bronze for kumite in the intermediate 13-year-old class.

Also attending for the Tsunami club were Peter Willsey, Leventi Reti, Dylan Herron, Tommy Wasyluk and Maria Reti.

Master of the art

By Nancy Lees

Coquitlam Nov, Coquitlam

Just back from a trip to the prairies, sensei Andrew Holmes is a little sore, but there's a smile on his face.

Holmes spent the first weekend in October in Calgary competing in the Canadian Shotokan Karate Association Championships. This contest marks 25 years of competing, and Holmes was able to celebrate it by taking home a gold and two silvers.

"It was significant for me because I'm 44 years old, and for a number of years I was competing in the masters division against people my own age," he said.

"This year I entered the regular division, so I was beating 20-year-olds. It was a pretty good feeling."

It's only that tail end of an impressive resume for the Coquitlam martial

arts instructor, who is a former British and Canadian National Champion and won the first ever Canadian Master's Championship at the University of British Columbia in May of last year, a feat he intends to repeat three or four times.

"I love the adrenaline rush and the feeling you get right before a competition," he said.

"It's like a completely open book. You never know what the outcome is going to be - if you'll win or lose, if you'll get hurt or what."

The sport is risky, and Holmes admits to getting battered around. In fact, the last competition left him nursing a back injury.

But that's not the hardest part, he says. The one thing that scares him the most is still being in the middle of the spotlight with everyone watching his every move.

"After 300 tournaments, I still get scared at every one," he said. "It's your basic stage fright. I have nerves, just like everyone else."

Competition will always be his first love, and in fact, Holmes went into teaching because it meant more time practicing his art. However, as he got more involved in his classes, he found they held their own satisfaction.

"I love working with people who seem concerned and anxious, and seeing that disappear," he said. "This gives them a confidence they can take outside the gym. They're constantly testing themselves and facing their fears."

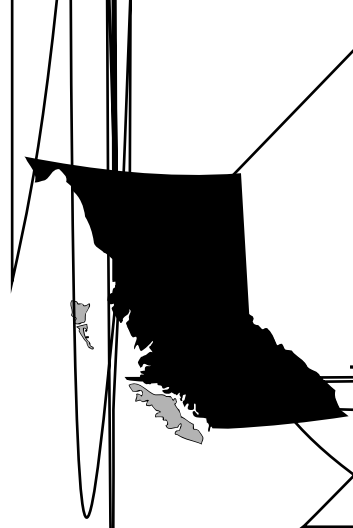
Holmes teaches all levels and all ages, from self-defence to advanced classes, and spends most of his time teaching self defence to high-school students as part of their gym class.

"Every Grade 10 kid in Coquitlam and Port Coquitlam is doing these classes," he said. "It's almost become a full-time job."

Beginning this week, he will be teaching self-defence to high school girls, a class that helped one student, a Grade 10 girl at Archbishop Carney, fight off an attacker last year.

This teaching helped him to acquire his sixth degree black belt recently, a difficult feat in karate.

"The levels go up to ten, but that's



unheard of in the Japanese martial arts," he said, adding that it will probably take him another seven years of training and teaching to reach level seven.

"Teaching is an important part of the process. It's a measure of how much work you do and how much you contribute."

Students show skill

The Langley Advance News, Langley

Call them karate's Magnificent Seven. Seven students from the Yoshukai International Karate Club competed at the Karate BC Provincial Fall Championships in Kamloops Oct. 28-29.

They showed their skills in kata, kumite and traditional weapons kata. Winning medals in their division for kumite were eight-year-old Kevin Hodak (bronze), 10-year-old Cara Cochlin (bronze), 13-year-old Monica Hornal (silver), 13-year-old Craig Derksen (bronze), 16-year-old Andrew Schwartz (bronze) and 14-year-old Erin Clelland (bronze).

Medal winners in kata were Hodak with a bronze and Hornal with a silver. Clelland won bronze in weapons kata, for her performance with the "bo," or Japanese wooden staff.

More than 450 athletes, ranging in age from five to 65 and in divisions from white belts to black belts entered the tournament.

The club started in 1993 in Fernridge Hall in south Langley. As the club outgrew the hall, it expanded available class times by moving into its own facility on the Cloverdale/Langley border on 192nd St., just north of Hwy 10.

The club offers programs for students aged five and six, six to nine, 10 to 13 and 14 years old and up (the adult program). It starts a new group of beginners for each age group and limits the number of new students in each age group to six. The club is a member of Karate BC under Sport BC with the Provincial Ministry for Sport and Leisure.

Karate BC ensures that its member



around the province

clubs has chief instructors who have completed NCCP (National Coaching Certification Program) to Level II, completed the Sports First Aid course to Level I with the BC Sports Medicine Counsel and passed a yearly criminal records check.

Shook hammers out gold

Revelstoke Times Review, Revelstoke

Local champion black belt Ben Shook walked away from the B.C. Fall Provincials karate tournament in Kamloops with a gold medal in this hand. Shook won both his fights in the heavyweight black belt kumite.

Four other Revelstoke club members from the local club collected bronze in Kamloops.

Black belt Nathan Evans finished third in kumite in the 16/17-year-old advanced black belt division after two matches. Evans said he got disqualified in the first match because his opponent kept running into this attack and so won on penalty points. The second fight he won 3-0.

Black belt Dennis Cound got a bronze in the adults division weapons competition for bo. Cound said he was tied with another competitor for the silver but lost out in the tie-breaker points tally.

Purple belt Katherine Potocki took third in kumite in the ladies heavyweight class after two fights. Orange belt Lars Boggild got a bronze in the 9/10-year-old novice division kata with his karate practice form.

Also competing but not placing in

were Kai Boggild, Ben Coburn, Travis Grant, Ross Grant, and David Chayko.

Taneda able to overcome pain

*By Marshall Jones
Kelowna Capital News, Kelowna*

His wheeze said it all, if only because a man heading to the World Karate Championships in a month shouldn't have one. But you don't have to tell Phil Taneda that.

He earned two broken ribs defending his spot on the Canadian Team and qualifying to fight at the international event, which for karate athletes is as prestigious as the Olympics.

He also earned the right to decide to bow out of the tournament he spent his career trying to qualify for.

"It was a very difficult decision to have to make," Taneda said. "I could have shown up at the worlds and taken a few photographs to show my grandchildren and say I was there, but no. I had to do the honourable thing."

The Westbank man decided for the sake of the Canadian team, it was best to give up the spot to a healthier teammate. He considered for a time trying to stick it out, trading the obvious danger for the chance to fulfill his dream.

After all, he already fought a match one month earlier with the fresh injury.

At the Canadian Championships in Richmond, he had to defend his spot on the team against the man who broken his ribs in an earlier fight. Taneda won that battle but lost anyway.

With training time lost to healing, compounded by his confidence that his competition will attack the obvious weakness, he changed his mind.

Now, at age 39, he is wondering if he will get back there, when the championships return in four years.

"It was still a decision I had to make," he said.

"I trained my whole life for that but it was best for the team to put someone healthy in there and to set an example for my daughters."

Juniors shine at Pan Ams

By Rebecca Khoury

As I went for the first time to an international junior tournament (since it was so close to home and quite cheap...), I had a really nice time and I was happy to be able to take some time to live an experience with some of our Canadian Junior team...all quite talented!!

Here are the results from the Junior Pan Am in Orlando, on November 19, 2000.

Canada had 23 athletes - 11 from Québec, 6 from BC, 1 from Alberta and 5 from Ontario. There was 17 countries represented at this Junior Pan Am 2000.

Canada won 9 medals, 6 from Quebec athletes, 2 from Ontario athletes and 1 from a BC athlete. The country placed 5th in the overall medal count.



NANCY SHAM

Connie Morissette-Thiboutot
14-15 yrs, kumite -50kg
Québec

BRONZE MEDALS

Xavier Fournier
14-15 yrs, kumite +50kg
Québec

Jennifer Guillette
18-20 yrs, kumite -53kg
Québec

Saeed Baghbani
16-17 yrs, kumite -70kg
Ontario

Alana Marouca
14-15 yrs, kumite -50kg
Ontario

Tania Duquette
18-20 yrs, kumite +60kg
Québec

GOLD MEDALS

Robert Junior Charbonneau
18-20 yrs, kumite -75kg
Québec

Nancy Sham
18-20 yrs, kumite -53kg
BC

SILVER MEDALS

Véronique Broomfield
14-15 yrs, kata
Québec

Other Canadian athletes achievements:

- 5th place - Peggy Cantave-Fuyet (14-15 yrs, kumite +50kg)- Québec

- 5th place - Jonathan Martin (16-17 yrs, kumite -60kg)- Québec

- 5th place - Evelyne Langlois (18-20 yrs, kata) - to confirm - Québec

- lost 2nd round, goes to repechage and loses 1st round - Roxanne Pagé (16-17 yrs, kumite +60kg) - to confirm - Québec

- lost 1st round - Samuel Michaud-Morin (18-20 yrs, kumite -65kg) - Québec

- lost 2nd round - Patricia Patten (16-17 yrs, kumite -60kg) - Alberta

- lost 1st round - Sandra Matijasic (16-17 yrs, kumite -60kg) - Ontario

- lost 2nd round, and lost 1st round of repechage - Atusa Bulbulian (16-17 yrs, kumite -53kg) - to confirm - Ontario

- Lost 3rd round, and lost 1st round of repechage - Esham Dibaji (16-17 yrs kumite, -60kg) - Ontario

- lost 1st round - Kaitlin Garratt (14-15 yrs, kumite +50kg) - BC

- 4th (kata 16-17 yrs) - Hidemi Uchiage - BC

- final kata 18-20 yrs - Nigel Nikolaisen - placing to confirm - BC

- kata - Welton Vo and Toshi Uchiage - BC & BC

They were all great ... what an adventure!

GET THE WORD OUT TO B.C. KARATE-KAS



Affordable advertising in the Karate BC newsletter can spread your message to over 3,000 readers across the province - and beyond.

Ad rates are:

Business card	\$35	1/4 page	\$45
1/2 page	\$75	full page	\$125

You can also help support the newsletter as Sponsor (\$200) or Associate Sponsor (\$400). Call Karate BC at 604-737-3051

Balraj Shergill rakes in gold in Victoria

Balraj Shergill of Burnaby Chito Ryu was the big winner at the fourth annual Wado-Kai Canada invitational karate tournament held Nov. 18, 2000 in Victoria, taking home four gold medals - two in kata and two in kumite.



PAM ROSS

is retired Pan-American champion Jerry Ferguson of Everett, Washington.

The tournament was sanctioned by Karate BC — a factor in its success, said Wado-Kai Canada president Charles La Vertu who thanked the athletes, officials, volunteers and sponsors for their support.

Ali Gilanchi of Vancouver Yukodo Kai took two gold and one bronze while Kraig Devlin of CASK Shiai in Victoria took a gold and a silver as did Karate BC team member Pam Ross of Courtenay Karate.

More than 200 karate-ka from throughout British Columbia and Washington participated, including one of the Pacific Karate Organization's junior competition teams whose senior instructor

Continued next page



Expert Meat Cutting / #1 Quality Grain fed Beef Grand' Maison Beef Farm Ltd.



Custom Slaughtering

Beef, Goat, Sheep & Lamb

Retail Store on Premises / Wholesale Prices

Phone: (604) 576-8318 Fax: (604) 576-1290

5175 – 184th Street, Cloverdale



Wado-Kai Invitational results

Chief referee was Fernando Correia of Duncan. Senior referees included Loretta Schwab of Duncan, Leslie Bowers of Victoria and Doug Exum of Everett, Wa.

The results:

KATA:

Peewee, 8 years and under, white to brown belt:

1. Nico Butler *Victoria Chito Ryu*
2. Danny Ritches *Victoria Chito Ryu*
3. Alex Whitfield *Pacific Karate - Everett*

Junior 9 to 10, white and yellow

1. Jerric Ross *Campbell River Kokusai*
2. Andrew Butler *Victoria Chito Ryu*
3. Kameron McKim *Campbell River Kokusai*

Junior 9 to 10, orange to green belt:

1. Kayla Depuit *Victoria Chito Ryu*
2. Brittne Masse *Chilliwack Chito Ryu*
3. Krista Butler *Victoria Chito Ryu*

Blue-brown

1. Scott Armstrong *Campbell River Kokusai*
2. Robyn Klassen *CASK Chetwynd*
3. David Rusk *CASK Victoria*

Pre-teen, 11 to 12 years, white and yellow belt

1. Lynn Wang *Victoria Chito Ryu*
2. David Green *Gold River Renshikan*
3. Chris Johnston *Gold River Renshikan*

Orange to green

1. Cameron Bjornson *Duncan Renshikan*
2. Cory Kasdorf *Campbell River Shito Ryu*
3. Cassidy Schouten *Nanaimo Renshikan*

Pre-teen, 11 to 12 years, blue to brown belt

1. Andy Whitfield *Pacific Karate-Everett*
2. Gregory McCaleb *Pacific Karate-Everett*
3. Kalan Anglos *Courtenay Karate*

Teen 13 to 15, White and yellow

1. Cameron Larsen *Gold River Renshikan*
2. Peter Kelly *Victoria Chito Ryu*
3. Brian Liversedge *Brentwood Shuko Kai*

Teen 13 to 15, orange to blue

1. Coco Kimmitt, *Victoria Chito Ryu*
2. Nick Yanchuck, *Victoria Chito Ryu*
3. Rian Schouten, *Nanaimo Renshikan*

Brown to red/black belt

1. Erik Chambers, *Courtenay Karate*
2. Jason Lam, *Courtenay Karate*
3. Dana Exum, *Pacific Karate-Everett*

Youth 16 and 17, black belt

1. Pamela Ross, *Courtenay Karate*
2. Jordan Yow, *CASK Campbell River*

Adult female, 18 and over, yellow-orange belt:

1. Allison Thompson, *Nanaimo Renshikan*
2. Fiona Klassen, *CASK Chetwynd*
3. Laurie Pfanner, *CASK Chetwynd*

Adult female, 18 and over, brown and black

1. Balraj Shergill, *Burnaby Chito Ryu*
2. Connie Beel, *CASK Victoria*
3. Rachel Aube, *Brentwood Shuko Kai*

Adult male yellow-orange

1. Shumio Kiyouka, *CASK Victoria*
2. Dave Liversedge, *Brentwood Shuko Kai*

Adult male green belt

1. Gary Murphy, *Pacific Karate-Everett*
2. Ken Nance, *Pacific Karate-Everett*
3. Ward Cartier, *CASK Victoria*

Blue-brown:

1. Spencer Nelson, *Victoria Chito Ryu*
2. Henry McCaleb, *Pacific Karate-Everett*
3. Scott Patrick, *Gold River Renshikan*

Adult male and female, black belt

1. Balraj Shergill, *Burnaby Chito Ryu*
2. Grant Holloway, *Aldergrove Shito Ryu*
3. Ali Gilanchi, *Vancouver Yukodo Kai*

Adult male masters (35 years and over) all colours

1. David Bentley, *Brentwood Shuko Kai*
2. Marcel Lambert, *Duncan Renshikan*
3. Jim Le, *Campbell River Kokusai*

Team Kata:

1. Tahsis #1: Scott Patrick, Chris Johnston and David Green, *Gold River Renshikan*
2. True Blues, Kimberly Riddles, Reesa Cullen

and Nicole Musfelt, Tahsis Renshikan
3. 2nd Try: Kelly Little, Eric Dempsey and Spencer Larsen, *Gold River Renshikan*.

KUMITE:

Female pee wee 8 years and under, yellow-orange belts

1. Danielle Wilder, *Victoria Wado-Kai Youth Karate*
2. Kelsey Gibson, *Tahsis Renshikan*

Junior 9 to 10, yellow-orange

1. Erica Dempsey, *Tahsis Renshikan*
2. Elizabeth Loomis, *Pacific Karate-Everett*
3. Carlyan Green, *Gold River Renshikan*

Female junior 9 to 10, orange-green

1. Kayla Depuit, *Victoria Chito Ryu*
2. Robyn Klassen, *CASK Chetwynd*

Red-black

1. Stephanie Lyons, *Victoria Chito Ryu*
2. Nicole Vizely, *Nanaimo Renshikan*
3. Cassidy Schouten, *Nanaimo Renshikan*

Female pre-teen, 11 to 12, white to black

1. Ellie Exum, *Pacific Karate-Everett*
2. Coco Kimmitt, *Victoria Chito Ryu*

Teen 13 to 15, yellow-orange

1. Richelle Johnston, *Gold River Renshikan*
2. Brianne Osenjak, *Brentwood Shuko Kai*
3. Danielle Alessio, *Victoria Chito Ryu*

Female adult, 18 and over, yellow belt

1. Allison Thompson, *Nanaimo Renshikan*
2. Jill Smillie, *CASK Victoria*

Female adult, 18 and over, orange-green

1. Angela Westmccott, *CASK Victoria*
2. Laurie Pfanner, *CASK Chetwynd*

Brown belt

1. Dana Exum, *Pacific Karate-Everett*
2. Chris Pepperdine, *CASK Victoria*
3. Kimberlee Loomis, *Pacific Karate-Everett*

Female adult, 18 and over, black belt, 53 kg and under

1. Balraj Shergill, *Burnaby Chito Ryu*
2. Pamela Ross, *Courtenay Karate*
3. Coco Kimmitt, *Victoria Chito Ryu*

Continued next page

Molly V. Legge, B.A., A.R.P., C.C.R.C.
Rehabilitation Specialist
Member: BCHIA, CARP

M.V.H. REHABILITATION SERVICES LTD.

Rehabilitation and Community Integration

205-329 North Road
Coquitlam, B.C. V3K 6Z8

Tel: (604) 421-6942
Fax: (604) 421-6943

SPECIALIZING IN TRAUMATIC BRAIN INJURY

Benefits of Karate BC

YOUR SUPPORT ASSISTS KARATE BC WITH THESE PROGRAMS:

- Insurance Coverage
- Technical Seminars
- Sport Safety Courses
- BC Winter Games
- Tournament Sanctioning
- Media Exposure
- Newsletter
- NCCP Courses
- Provincial Tournaments
- Team BC
- Officials Program
- Province-wide Referral Service

Wado-Kai Invitational results

Black belt, open weight

1. Balraj Shergill, Burnaby Chito Ryu
2. Coco Kimmitt, Victoria Chito Ryu
3. Dana Exum, Pacific Karate-Everett.

Male, pee wee, 8 and under, yellow-orange

1. Alex Whitfield, Pacific Karate-Everett
2. Dallas Barnes, Tahsis Renshikan
3. John Vinnedge, Comox

Green to brown

1. Ross Neville, CASK Victoria
2. Louis Rusk, CASK Victoria.

Junior, 9 to 10, yellow-orange

1. Jerric Ross, Campbell River Kokusai
2. Roscoe Whitmore, Campbell River Kokusai
3. Jordan Barnes, Tahsis Renshikan.

Male junior, 9 to 10, green-brown:

1. Joshua Stokes, Courtenay Karate
2. Matthew McKay-Jefferson, CASK Victoria
3. Scott Armstrong, Campbell River Kokusai

Pre-teen, 11 to 12, yellow-orange

1. Andrew Ruperto, Victoria Chito Ryu
2. Luke Drayton, Campbell River Kokusai
3. Cameron Bjornson, Duncan Renshikan.

Male pre-teen, 11-12, green-brown

1. Kalan Anglos, Courtenay Karate
2. Gregory McCaleb, Pacific Karate-Everett
3. Clinton Roberts, CASK Campbell River

Teen, 13-15, yellow-orange

1. Curtis Wiley, Campbell River Kokusai
2. Nick Yanchuck, Victoria Chito Ryu
3. Brian Liversedge, Brentwood Shuko Kai.



Kraig Devlin on his way to a medal.

Male, teen, 13 - 15, green-black belt

1. Erik Chamber, Courtenay Karate,
2. Jason Lam, Courtenay Karate
3. Jonathan Dyck, Victoria Chito Ryu.

Adult, 18 and over, yellow-orange

1. Dave Liversedge, Brentwood Shuko Kai
2. Shumio Kiyouka, CASK Victoria.

Green

1. Ken, Nance, Pacific Karate-Everett
2. Chris Waite, CASK Campbell
3. Ward Cartier, CASK Victoria.

Male, 18 and over, blue belt

1. Shad Potts, CASK Chetwynd
2. Henry McCaleb, Pacific Karate-Everett
3. Scott Patrick, Gold River Renshikan

Brown-black

1. Spencer Nelson, Victoria Chito Ryu
2. Stewart Scott, CASK Victoria
3. Jordan Yow, CASK Campbell River.

Male, 18 and over, black belt, between 65 kg and 75 kg

1. Ali Gilanchi, Vancouver Yukodo Kai
2. D. Grant Holloway, Aldergrove Gima-Ha
3. Mark Woodside Vancouver Yukodo Kai

Black, over 75 kg

1. Kraig Devlin, CASK Shiai, Victoria
2. Gary Wong, CASK Victoria.

Male, 18 and over, black belt, open weight

1. Ali Gilanchi, Vancouver Yukodo Kai
2. Kraig Devlin, CASK Shiai, Victoria
3. Gary Wong, CASK Victoria

Black, masters, 35 and over

1. David Bentley, Brentwood Shuko Kai
2. Doug Kennedy, Gold River Renshikan
3. Fred Ruttan, Campbell River Kokusai.



TODD CONNER & Lexus

435-3987 (43lexus)

\$50 FROM EACH SALE IS DONATED TO THE SPCA



**Call Todd,
when you're thinking
of buying or selling a home.**

Market Evaluations - Buyer consultation - Current market activity reports

RE/MAX Advantage

(604) 435-3987 • Fax: (604) 526-0723 • Toll-free 1-877-315-3987

www.REalestateMAXimums.com

NCCP theory courses

FOR COACHES

Level	Date	Host	Location	Phone #
1	01/18,19,20/01	Langley	Trinity Western University	604-513-2020
1	01/20,21/01	New Westminster	Douglas College	604-527-5492
1	01/24,27,28/01	Nanaimo	Pacific Sport -Vancouver Island (L2649)	250-753-3245
1	02/15,16,17/01	Langley	Trinity Western University	604-513-2020
1	02/17,18/01	North Vancouver	North Vancouver Recreation Comm.	604-983-6318
1	03/10,11/01	Salmon Arm	Okanagan University College	250-804-8888
1	04/12,13,14/01	Langley	Trinity Western University	604-513-2020
1	04/21,22/01	Vancouver	Langara College	604-323-5324
1	06/4,5,11,13/01	Langley	Trinity Western University	604-513-2020
2	01/13,14/01	Vancouver	Langara College	604-323-5324
2	01/19,22/01	New Westminster	Douglas College	604-527-5492
2	02/24,25/01	Vancouver	Langara College	604-323-5324
2	03/2,3,4/01	Vancouver	Langara College	604-323-5324
2	03/8,10,11/01	Langley	Trinity Western University	604-513-2020
2	04/20,21,22/01	Salmon Arm	Okanagan University	250-804-8888
2	04/27,28,29/01	Vancouver	Langara College	604-323-5324
3	02/3,4 3/3,4/01	North Vancouver	Western Leisure Consultants	604-731-7066
1,2,3	HOME STUDY	New Westminster	Douglas College	604-527-5473
1,2,3	HOME STUDY	Castlegar	Bob Gurney (www.kinetosports.com)	250-365-2101
1,2,3	HOME STUDY	Vancouver	Western Leisure Consultants	604-731-7066
1,2,3	HOME STUDY	Prince George	Northern Sport Development	250-563-5955



Over 30 years of first class martial arts equipment worldwide

KAMIKAZE

CANADA Inc.

Official Canadian distributor

www.kamikazecanada.com

1 800 563-6785

KAMIKAZE SUPPLIERS ACROSS CANADA :

<p>BIBSAN BUDO EQUIPMENT PORT COQUITLAM (BC) 1 (604) 808-5406 www.bibsan.com</p>	<p>BLACK BELT SUPPLIES WINNIPEG (MB) 1 (204) 256-7823 www.blackbeltsupplies.mb.ca</p>	<p>IPPON M.A. SUPPLIES ROTHESAY (NB) 1 (506) 849-1255 www.ippon.nb.ca</p>
<p>KICKS MARTIAL ARTS CALGARY (AB) 1 877 717-4344</p>	<p>IAN SCULLY MEDICINE HAT (AB) 1 (403) 504-1508</p>	<p>KAMAE CANADA CALGARY (AB) 1 (403) 259-3638 www.cadvision.com/cska</p>
<p>SPIRIT M.A. SUPPLIES DARTMOUTH (NS) 1 (902) 463-0330</p>	<p>ENERGY M.A. ACADEMY SCARBOROUGH (ON) 1 (416) 286-1600</p>	

Kamikaze Canada Inc.
 279, rue Chambrier
 Boisbriand (QC)
 J7G 1R6
 Tel: 1 800 563-6785
 Local: (450) 434-9214
 Fax: (450) 434-5883
www.kamikazecanada.com
info@kamikazecanada.com

The KARATE BC NEWSLETTER is printed and published
four times yearly
by SBC Distribution Ltd., 1367 West Broadway,
Vancouver, B.C. V6H 4A9
CANADIAN PUBLICATIONS MAIL
SALES AGREEMENT #102172

KARATE BC CALENDAR OF EVENTS

Date	Event	Location	Contact
2001			
Feb. 3	Sato Cup Karate Tournament	Park Gate Community Centre 3625 Banff Court, North Vancouver	Bob Thurston 604-986-2078
Feb. TBA	Karate BC Jr. Spring Provincial Championships	TBA	Karate BC 604-737-3051
March 10	Steveston International Karate Championships	Steveston Indoor Tennis Court 4111 Moncton St., Richmond, BC	Keith Whittle 604-272-4584 Takeshi Uchiage 604-272-4660
March 23	Karate BC Annual General Mtg.	Prince George, BC	Karate BC 604-737-3051
March 24	Karate BC Annual Recognition Banquet	Prince George, BC	Karate BC 604-737-3051
March 24	Karate BC Sr. Spring Provincial Championships	Pr. George Civic Centre Prince George, BC	Karate BC 604-737-3051
March 25	Northern Regional Junior Tournament	Pr. George Civic Centre Prince George, BC	Karate BC 604-737-3051
April 7	Vancouver Cup	University of British Columbia Vancouver, BC	Richard Mosdell 604-602-6654
May 3-5	National Black Belt Karate Championships	Prince Edward Island	Karate BC 604-737-3051
May 10-12	Pan Am Championships	El Salvador	
Oct. 12-14	World Junior Championships	Athens, Greece	

order form

KARATE BC NEWSLETTER ORDER FORM

The Karate BC Newsletter is published four times a year. A one-year subscription is \$12.00 (including GST). To subscribe, complete the following form and return it with a cheque payable to Karate BC

Name _____
 Address _____
 City _____ Province _____ Postal Code: _____
 Home Phone _____ Business Phone _____ Fax _____
 Are you a member of Karate BC? No _____ Yes _____ Membership # _____

RETURN TO **KARATE BC**
220-1367 West Broadway, Vancouver B.C. V6H 4A9

KARATE  BC