



# KARATE



# NEWS



Karate BC president Charles La Vertu presented Kelsey Wallace of West Coast Gojukai Karate in Coquitlam with KBC's Inspirational Athlete of the Year award. Chief instructor Shihan Donna Gardecki reported that Kelsey, who continued her training through a serious head injury and recent death of a family member, set a great example of a traditional martial artist. In the background are Rick Penner, Andreas Kuntze and Rob Walker. See p. 3 for award winners — *Brendan Flower photo*

Ready to land a punch in his first gi, on his first visit to the Shito-Ryu Renshikan Delta Karate School Hombu Dojo, is Evan Ryan Conner, who was born March 28 to Karen and Todd Conner. See p. 3

## Karate BC faces Exciting 4 years

By Charles La Vertu  
President  
Karate BC

Karate BC is in for an exciting four years starting in 2014 as we get ready to mark our 40<sup>th</sup> anniversary that year.

That is when we start hosting the Karate Canada National Championships for four years in a

row, plus two North America Cup Championships.

Venue will be the Richmond Olympic Oval.

Karate Canada also indicated that Toronto will be the host of the Senior and Junior National Training

*(Continued on page 6)*



Macy Verigin is the Kootenays' first novice Karate BC medallist. See p. 22



Shihan Fernando Correia presented Renshikan Karate-Do International Godan certificates to Senseis Loretta Schwab of Lake Cowichan Shito-Ryu and Maurino Ruperto of Victoria Renshikan Karate at the Zone 6 play-offs in Duncan.



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

**EXECUTIVE COMMITTEE**

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

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

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

**Secretary:** vacant

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

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

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

Donna Gardecki  
gardecki@shaw.ca

Noreen Yeomans  
noreen.yeomans@shaw.ca

**Newsletter editor:**  
Charles La Vertu

## In Memoriam

Our heartfelt sympathies go out to the families of Karate BC member Skye Buck, and his wife Courtney, who died after their car plunged from the Yellowhead Highway into the North Thompson River, near Clearwater.

Both were teachers — he taught math at Clearwater Secondary and she taught Grade 1 at Raft River Elementary. Courtney was seven months pregnant.



Skye was a member of the Clearwater Karate Club in Clearwater, headed by his parents Brent and Tracy Buck.

Our condolences to Brent and Tracy and to Skye's sister Wynter.

Our thoughts and prayers are with the families in this time of sorrow.

### 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





## Karate BC Recognition Awards

Male Athlete of the Year – Shaun  
Dhillon

Female Athlete of the Year – Jusleen  
Virk

Junior Male Athlete of the Year – Derek  
Chan

Junior Female Athlete of the Year –  
Victoria Barusic

Inspirational Athlete of the Year –  
Kelsey Wallace

Official of the Year – Ali Najafi

Coach of the Year – Grassroots -  
Mike Doherty

Coach of the Year – High Performance –  
Mike Ditson

Volunteer of the Year - Dojo – Dale  
Bird

Volunteer of the Year - Karate BC –  
Kate LaVertu

Sponsor of the Year – Canada Martial  
Arts Supply

Junior Sportsmanship at the  
tournament Jessica Michaud

Female Grand Champion and  
Tournament official – Valentyna  
Zolotarova

Male Grand Champion – Ron Curran

## At the Provincials



Marshall Cheng, Rassamee Ling, Dr. Chee Ling (holding Evan Conner),  
Sherri Collier, Todd Conner, Ha Chung, Paul Hatano ~ taken at the  
Renshikan Hombu Dojo in Delta

Provincials photos by Jacqueline Langen



# Team BC and its quest for excellence

By Deanna Cheng

With the Richmond Olympic Oval hosting the National Karate Championships from 2014 to 2017, Team BC and its athletes are preparing to showcase their talent.

High performance committee chair Jason Farquharson found the coaches this year organized with set goals and a clear vision and the team comprised of highly competitive and passionate athletes.



*Jacqueline Langen is a freelance photographer and a journalism student at Langara*

He envisions the team to become the dominant force it used to be.

"Karate BC used to be the dominant province over Ontario and Quebec, and now they're around third, fighting Ontario for second. In the future, I think we can compete with Quebec."

Four athletes, Kenneth Lee, Cindy Jacob, Valentyna Zolotarova and Paulo Santillan, were interviewed at the 2012 Karate B.C. Provincial Championships, and they shared their experience with the team and how it has developed themselves as competitors and as karatekas.

For Zolotarova, it has tested her: "The more negative things happen, the more driven I become. Before I was suspended for two years, I wasn't really motivated. But after that piece of my life was ripped out of my heart . . . that just made me realize that much more, how much I love it. And just coming back from that is just amazing."

Being involved with the team for over a decade, Jacob watched the

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**Khyber Barnett and Shajeevan Thulashithan of Kimeru Shotokan Karate Club compete in team kata — Jacqueline Langen photos**



## BC Team

*(Continued from page 4)*

evolution of the team, forging amazing relationships along the way. She has also grown into a positive role model for young female athletes.

Lee and Santillan find it as an opportunity to remind themselves and others to use time wisely during training, furthering their sense of discipline.

When asked what they would like to see happen with Team BC, all four wanted stronger team spirit.

Jacob said it is difficult to build a team ambience when there was little consistency and structure about training and information withheld from younger athletes because a new team was rebuilt every year.

Assistant coach Mike Ditson says Team BC struggles with its geography.

B.C. is a big province and Canada is a huge country.

The team is separated all across the entire province from way up north to down in the Lower Mainland to the Okanagan. It is expensive for them to travel.

However, despite the distance and the costs, Ditson says the team is driven with ambition.

"We have athletes that want to be very good. They travel around the world, at big expense to themselves.

"They go to the competitions to challenge themselves because they want to be better."

Maria Rhimbassen, a volunteer at the provincials and a Quebec-transplant, said the competitors were humble and open-minded. She found they



**Valentyna Zolotarova and Anisha Virk**  
— *Jacqueline Langen photos*

were open to hard work.

To improve kumite, assistant coach and team manager Pam Ross said they brought in guest coaches and that the head coach, Nicole Poirier, has implemented a strong regiment for fighting.

Farquharson said next year the season after the selections tournament will be longer,

providing opportunities for more team trainings and bonding activities.

The 2013 National Karate Championships will be held in Toronto, Ont. from March 14 to 17.

dcheng@mylangara.bc.ca — *Editor's note: Deanna Cheng is a journalism student at Langara College and practises Shito-ryu karate at Kingsway Odokan Dojo*



There was a good turnout of officials at the Provincial championships held mid-November at BCIT in Burnaby

## Exciting four years

*(Continued from page 1)*

Camps as well as the Annual General Meetings and Summits from 2013 to 2017.

As I reported to the Annual General Meeting in November, we have had a busy year.

- We are now out of debt,
- We approved a new member conduct, dispute resolution and appeals policy,
- We hosted the Nationals in March,
- We successfully staved off a Karate Canada fee increase for a year,
- We've launched our new website,
- We've hired a program coordinator,
- We are moving to new quarters in Burnaby,
- We've been confirmed again as a core sport for the BC Winter Games,
- We are working on taking part in The Arnold,
- We are also looking at participating in the regional multi-sport masters games,
- We brought in a world famous coach to provide expertise to our team coaches and dojo coaches,
- We are taking over training of

National officials,

- We have approved a new medical policy, and
- We are looking at tiered membership.

**Debt free:** We are proud to announce we are debt free, having overcome a \$70,000-plus deficit, and currently have a balanced budget.

Treasurer Ken Corrigan reports that we have been able to inject funds into all committees bringing them to a more functional role. As a result, we are now the leading province with a computerized tournament system, and we have \$40,000 in our building fund, with another \$20,000 targeted for this year.

Ken says we were able to do this by modelling ourselves from the show *Till Debt do us Part*. "We put the money we had to each committee, and when that money was gone, there was no more. We had to learn to live within our means, we did not rely on outsources of funds that may or may not show."

**Dispute resolution:** As mentioned, we approved a new member conduct, dispute resolution and appeals policy thanks to the hard work of James Johnson, Bob Mooney, William Chung and Mike O'Leary.

In the past we relied on Sport BC to deal with dispute resolution but they are no longer in that business.

In fact, a new sport organization, viaSport, has taken over most of the activities in which Sport BC was involved.

**The Nationals:** We hosted a very successful Nationals last March thanks to our more than 100 volunteers, many from outside the karate community.

And, as mentioned, starting in 2014 we will be hosting the Nationals for four year in a row, as well as two North American Cup tournaments.

This should help our bank book.

And we will be looking for your help again to ensure these are as successful.

**Karate Canada fee increase:** At a meeting in Montreal, the provincial karate organizations were successful in getting a fee increase delayed until 2014.

Karate Canada wanted to impose a dojo or club fee, against which the PSOs were very vocal.

This year and next we are providing Karate Canada with \$40,000 a

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# Canada had success at the Jr. Pan-Am Championships

By Nicole Poirier  
Team Canada coach  
and Team BC head coach

Derek Chan and the Team Canada male U21 team took silver at the Jr. Pan-American Championships held in Cancun, Mexico Aug. 29 to Sept. 1, 2012.



Derek Chan won at the Nationals earlier this year in Richmond

Brendon Ly, Jusleen Virk and Victoria Barusic also returned home to BC with bronze medals.

The 50 Karate Canada athletes competed with focus, belief and with champion attitude.

Avneet Matharu, Sukresh Kaloty, Cedomir Vasic Victoria Barusic, Jusleen Virk, Derek Chan and Jason Kingra (16)

*"We Believe That We Can Win"*

*"Nous on croit qu'on va gagner"*

Thank You Cedomir Vasic for introducing a new chant to the National Team.



Team BC Head Coach Nicole Poirier



Karate BC in the News

Children from Pacheedaht First Nation participate in Fit4defense

Karate Canada President Rebecca Khoury reported that delegates from other countries noticed that Canada displayed more team spirit than ever seen before.

Congratulations to all athletes across Canada who participated at the Jr. Pan-Am Championships.

The true reward is in the journey in preparation to getting there. Keep training hard and believing in yourselves.

From BC: Isabel Chan, Brendon Ly, Terrence Chan, Paulo Santillan, John Sawal, Thien Nguyen, Tan Nguyen, Claire Boothe, Reid Lofstrom,

## Shukokai Karate travels to Port Renfrew

Sooke News Mirror, May 23, 2012

Sooke Shukokai Karate (SSK) has been holding Fit4defense sessions for children from Pacheedaht First Nation at the Port Renfrew Recreation Centre.

The program started in April and will run until September. Sessions are held every Saturday from 10 a.m. to 12 p.m. The group currently has 11 students.

According to Alida Ensil, SSK sensei and co-founder, Fit4defense teaches kids about self-defence, assertiveness skills and to be aware of surroundings and dangerous situations.

"It's really good to see kids who are timid to leave with a bit of a voice," Ensil said.

The program is designed for 10 weeks, but can be altered for smaller sessions.

Ensil hopes to see the program in local schools.

## Exciting four years

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year or \$11.04 per member.

This is done through black belt and kyu rank fees.

In 2014, that total will increase to \$12.26 per member and increase each year until 2018 when British Columbia will contribute \$17.15 per member.

The idea is to level the playing field for all members across Canada. For example, right now we pay \$11.04 per member while Manitoba pays \$24.83, NWT \$29.10 and PEI \$5.55.

By 2018 we will all be paying \$17.15 per member.

**Website:** We are trying to meet the needs of each member club in British Columbia, and one way to do that is through two-way communication with the dojos and their members.

To that end we injected \$20,000 on our new website and interactive database, My Sport Community System, to make it more modern and user friendly to our members.

As every chief instructor knows, we have had teething problems for which we apologize.

A big thank you to our first vice-president, Jason Farquharson, for his many, many hours of work to rectify the problems.

Through our website, clubs are now able to register online, enter key information such as name, address and belt level, and pay for their membership.

In the coming months we will expand the software offerings so that much of their book-keeping, currently done



**Fortius advisory board includes from left former pro golfer Richard Zokol, former pro tennis player Grant Connell and former Canuck Trevor Linden. Also on the board are basketball star Steve Nash, and Olympians rower Silken Laumann and speed skater Johann Olav Koss — Charles La Vertu photo**

with pen and paper or on spreadsheets could be done using the My Sport Community software.

Participant Development Program and the new NCCP program.

We pay 40 per cent of her salary and Judo pays 60, and she works out of our office.

She will chair the LTPDP committee which includes Jason Farquharson; and work closely with Donna Gardecki on implementation of the new NCCP.

**New quarters:** We are moving to new quarters in Burnaby next year, quarters that we will be sharing with several other provincial sports organizations.

This is exciting because we will be part of the \$61-million Fortius Athlete Development Centre and Fortius Institute for Sports Science and Medicine that are expected to be a catalyst to change how athletes are developed and sports medicine is delivered, serving everyone from professionals and Olympians to weekend warriors and the next generation of active youth.



**Katie Thomson**

**Program coordinator:** Rather than returning the Executive Director to full-time status, we partnered with Judo BC in employee sharing so we could move our organization forward in athlete and coach development.

Katie Thomson will be working with board members to oversee the competition review and to implement the Long-Term

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# Island Kimura Shukokai Karateka Train and Test in Germany

By Rob Walker

Kimura Shukokai International hosted its annual World Chief Instructors Course in Potsdam, Germany in March.

Seven Vancouver Island members, led by the KSI Chief Instructor for Western Canada, David Bentley, travelled over for a lot of training and a bit of sight-seeing.

The KSI World Chief Instructors, Shihan Eddie Daniels of England, Shihan Bill Bressaw of the USA, Shihan Chris Thompson of South Africa and Shihan Lionel Marinus, also of South Africa, led the group through four days of technique and sweat.

Everybody pushed themselves beyond the limits they thought they had and took away a lot of concepts and techniques to work on.



Rob Walker with the newly minted Nidan Sarah Walker and shodan Rose Walker

The WCIC includes an annual Dan grading and two Vancouver Island members successfully graded - Sarah Walker for her Nidan and Rose Walker for her Shodan.

The 22 grading candidates included one man, who had just turned 80 years of age one week before, who successfully tested for his Rokudan.

The annual WCIC is usually held in New Jersey so it was a great opportunity to discover some new places and meet some new people. Potsdam is the former summer capital of the Prussian Empire and a

designated UNESCO World Heritage Site for its palaces and gardens.

There was time to tour around Potsdam and Berlin before and after the training session so the participants could sample local culture, food and libations.

One of the many, amazing, moments of history coming alive was sampling beer from a brewery founded in 1040.



## Reminder

Our insurance company allows KBC clubs three trial lessons and then the student has to decide if (s)he wants to join.

The insurer is clear, maximum of three trial classes.

The insurance also covers members of Karate BC while participating in Karate BC sanctioned karate activities.

This includes weapons events if they are sanctioned by Karate BC.



BC Team manager and assistant coach Pam Ross with Shihan Fernando Correia

## Exciting four years

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It will feature leading sport medical, science and training practitioners and professionals including the doctors who served the Vancouver Olympics sport medical team that was rated by the International Olympic Committee as the best-ever in Olympic Games history.

As well as state-of-the-art sports medicine equipment, this multi-sport facility also includes related retail and office space, cafés and refreshment bars, a gymnasium and a 120-bed Athletes Village.

And, the pièce de résistance, the foundation that runs the show will be donating about \$1 million a year to sports organizations, and being a "Resident Sport Partner" puts us "front of mind" when it comes to consideration on research projects, research grants and other forms of athlete development support.

Last year we put \$15,000 in a trust fund to offset our costs for the office move.

By the way, we looked at the Oval,

and would have liked to locate there, but they are not organized and we could not get many direct answers.

We also looked at the Langley Event Centre, a beautiful facility, but dominated by the needs of Trinity Western University.

**BC Winter Games:** Thanks to the ground-breaking work by Shihan Fernando Correia, the mentoring program for junior officials and



Rébecca Khoury is working to bring The Arnold to Vancouver

junior coaches, we've been confirmed again as a core sport for the BC Winter Games.

I want to thank Sensei Correia for taking on the task of overseeing our

participation at the next BC Winter Games. He keeps threatening to retire, but keeps doing it, as he puts it, "for the kids."

In October, we had to go through a self-assessment for viaSport, the new BC Sport Agency, and they were impressed with our successes at the BC Winter Games and our lead role in encouraging junior officials and coaches.

**The Arnold:** The Arnold Sports Festival in Columbus, Ohio, is humungous.

The 45 sports (including 12 Olympic sports) and events attract 175,000 spectators and 18,000 athletes each year.

PavCo, which runs the Vancouver Convention Centre and BC Place, would like to launch one here next year in the off season and has been working with Karate Canada president Rébecca Khoury, in her capacity as an event organizer, to get it off the ground.

For karate, we think the event should follow the LTPDP model.

We anticipate seeing 100 kids seven and under doing fitness activities on two tatami (the before); as well 14 and 15 years olds competing (the after). Junior officials could do the officiating.

While Karate BC will benefit from revenue sharing, The Arnold and PavCo will pay for the venue and logistical costs.

**The Masters:** We are also looking at participating in the regional multi-sport masters games that would be sanctioned by the International Masters Games Association.

Assuming they go ahead, the

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## Exciting four years

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inaugural Americas Masters Games would be hosted in Vancouver, August 22-31, 2014.

The regional event follows a similar program to the World Masters Games, with a smaller scale of participation and budget.

The focus of the 2014 Americas Masters Games is not the competition, but rather the celebration of health and the promotion of 'sport for life'.

**Coaching the coaches:** Our head coach Nicole Poirier has great plans for the BC Team that include continuing to offer top quality seminars for our members, such as this year's seminars conducted by world renowned WKF coach Sensei Antonio Oliva Seba, who coaches the best athletes in the world.

Sensei Poirier and her team of coaches are working on a training program for this year and the next three years, and she is planning additional out-of-Metro-Vancouver trainings.

**High Performance Committee:** I want to thank Rick Penner for his stellar work as chair of the High Performance Committee.

This is a volunteer position that requires a lot of time, and unfortunately Rick ran out of time, and has resigned. However, he has agreed to continue as a member of the HPC.

Jason Farquharson has accepted to take over as chair of the HPC as well as serving on the Long Term Participant Development Program committee.



Antonio Oliva Seba in Metro Vancouver



Antonio Oliva Seba in the Okanagan



Antonio Oliva Seba on Vancouver Island

**NCCP:** Coaches also need training and Karate BC will continue to offer top quality programs with the continuation of the NCCP certification courses thanks to board member Shihan Donna Gardecki who is working closely with Karate Canada program coordinator Robert McCrindle and with Katie Thomson.

**Officials:** As Sensei Norma Foster says, all the coach and athlete enhancement programs won't be worth a dime if no officials show up.

I thank Sensei Elizabeth Wijnstra for her years of devoted service to the

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Chito-Ryu participants from the Metro Vancouver, Vancouver Island, Northern Interior and the Okanagan attended Soke Chitose's two-day clinic hosted by Sensei Robert Lee of Chito-Ryu Yuseikan at the Bonsor Recreation Centre, Burnaby, June 8 and 9, 2012

## International Chito-Ryu Karate Federation head Visits BC dojos

By Jack Kerr

Soke Tsuyoshi Chitose, now age 62, has been head of the International Chito-Ryu Federation since the death of his father O Sensei Tsuyoshi Chitose in 1984.

O Sensei was the originator and founder of Chito-Ryu karate and 10th dan (ju-dan) of our style of traditional Japanese karate, who passed on the succession to the Chito-Ryu style to his son in 1982 at a special ceremony held at the International Chito-Ryu Karate Tournament Banquet, attended by notable karate Senseis Shane Higashi, David Akutagawa, Bill Dometrick (USA), Dr. David Smith, George Van Horne, Hal Henschel and many many others.

I was one of the many Chito-Ryu black belts in attendance at this banquet and will never forget the moment that O Sensei Chitose gave me a special gift of his own hand written Japanese calligraphy, which

literally translated in English, stated "Perseverance and hard work, we will not fail to reach our goal."

I was deeply honoured by this small gift and made a silent vow to myself at that time to follow him, his Chito-Ryu teachings and his family succession for the duration of my karate training.

Little did I know at that time, that I would still be training and teaching some 30 years later.

But it is exactly what O Sensei



Sensei Jack Kerr of Yomeikan Karate in Victoria and Soke Tsuyoshi Chitose

Chitose meant in his words of wisdom, if you just persevere, keep working hard, you will not fail at any goal. And that is the secret my friend to life, health and success in this modern time of economic challenges and daily stresses of life in 2012.

O Sensei Chitose was a medical doctor who began to call his style of Okinawan Kempo karate Chito-Ryu in the 1950s.

The name Chito-Ryu translates from its Chinese origins the word "Chi" meaning 1,000 years, the word "To" from the Tang dynasty in China and the word "Ryu" meaning Branch, school or style.

So translated Chito-Ryu means 1,000-year-old style and was O Sensei's tribute to the long history of karate and to its Chinese origins.

O Sensei changed many of the practice methods and techniques of the traditional Okinawan karate, based on his medical knowledge, to make Chito-Ryu both safer for the student and more effective at utilizing proper body mechanics to achieve maximum speed and generate power.

His philosophy that karate training should make the student healthier, not injured and less healthy, permeates what we practise.

Chito-Ryu, perhaps because its founder Dr. Chitose started his karate training by practising the same kata for seven years, has always placed a premium on precision and excellence of technique.

The advancement to black belt should be a dedicated learning experience and you find serious karate practitioners are more interested in the skill they possess than in the colour of the belt they wear.

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## Chito-Ryu

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Technically, for those with experience in other Okinawan and Japanese styles of karate, Chito-Ryu is distinguished by an emphasis on more inward tension stances and the use of more vibration core muscle movements to generate speed and power in the resulting movements and techniques.

In Japan, Canada and throughout the world, Chito-Ryu is one of the few styles that use full kendo-like armor for full contact kumite.

Soke Sensei carries on his father's beliefs and travels throughout all member countries, conducting Chito-Ryu clinics and grading sessions at the request of International Chito-Ryu Karate Federation member organizations.

We are always honoured when Soke Sensei travels throughout Canada to share his knowledge and wisdom of Chito-Ryu karate with us.

Soke Chitose completed a month-long visit of North America covering such points as Morristown, New Jersey, Halifax, Edmonton, Kelowna, Penticton and finally Burnaby.

Sensei Robert Lee, Renshi, Rokudan, hosted the two-day event at his Club, Chito-Ryu Yuseikan both at the Edmonds Community Centre and the Bonsor Recreation Centre.

Sensei Lee hosted some 70 participants from around the Lower Mainland, Interior and Okanagan areas.

I had a chance to train and speak with Soke Sensei at the Burnaby Clinics.

I said to Soke, "You and I have



**O Sensei Tsuyoshi Chitose, Judan and founder, passed on the succession to the Chito-Ryu style to his son Yasuhiro (now Tsuyoshi) in 1982 at a special ceremony held in Toronto at the International Chito-Ryu Karate Tournament Banquet**



known each other for a long time."

He immediately responded, "Yes Jack, 30 years." I was surprised that he remembered so quickly, that we first met in 1982 when I invited him and his father O Sensei over to Canada for the Canmore Chito-Ryu Karate Summer Camp.

It was the year that O Sensei graded me to Nidan level. A day that I will never forget. I also told Soke at this time that we should do another 30 years and then hang up the gis. He laughed, just like his father used to laugh.

So here I am still training in Chito-Ryu karate after 40 years and some of my colleagues at work tell me that I should hang up the karate gi and quit.

I immediately tell them, number one I am too old to quit; number 2, I've never quit anything I ever started in my life; and number three, I'm still learning at the age of 58 from some of the greatest people I know Soke Sensei, Kyoshi Chris Taneda, Renshi Robert Lee and many other notable Chito-Ryu Sensei from our extended Chito-Ryu family around the world.



BC contingent to the 2012 Frankfurt (Germany) Open Karate 1 Championships earlier this year included from left, Toshi and Hidemi Uchiage, Sumi Sherri, Shaun Dhillon, Jusleen Virk and coach Kraig Devlin. — Dick Grant photo

first aid attendant present at the first aid station.

The policy also includes minimum requirements for first aid attendants and the equipment they must have on hand.

The Medical Committee co-directors, Chris Browett and Ian MacDonald, are developing an online course that will have to be completed for Karate BC tournaments by each designated first aid attendant, any provincial referee and the tournament director.

For sanctioned tournaments at least one designated first aid attendant and the tournament director will be required to have taken the course.



Ian MacDonald

The committee is also tracking injuries.

Parents play a key role in many of our clubs and dojos, and we have decided to give them a role, somewhat limited, in Karate BC. As a result, the board has created a new

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## Exciting four years

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Officials Committee. Unfortunately for us, she has decided to pursue a new direction in her personal development and has resigned from the committee. I wish her good luck in her new career.



Paul Sexton is the new Officials Committee chair

Paul Sexton has agreed to step in as the new chair, and one of his first jobs will be to organize a provisional licensing or training clinic for National officials. (See pp. 19 & 35)

This task has been devolved to us by the Karate Canada Officials Committee which has decided there will be no officials clinic at the Nationals in March in Toronto.

Provisional licences are to be handed out regionally and then confirmed at the National Championships.

**Medical Policy:** Karate BC has approved a new medical policy that requires each Karate BC-sanctioned tournament to have at least one designated first aid attendant present during kata competition and at least one attendant who must be free and able to observe all kumite competitions and respond immediately to an injury.

During kumite, if a Karate BC-sanctioned tournament only has one designated first aid attendant, and that attendant is otherwise occupied, all kumite must be stopped until the attendant is free and clear.

At a Karate BC tournament there must be at least one designated first aid attendant present at each kumite ring, plus an additional designated



Medical Committee co-director Chris Browett, centre, checks out injured athlete



## Exciting four years

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category of member for parents.

Members in this category may vote at the AGM but may not serve on the board. Membership fee would be \$10.

**Tiering:** Karate BC believes the base of karate is at each dojo. Our organization is there for any club, small or large, any style, on any level they require. We also recognize that 90 to 95 per cent of our members do not compete.

We have an apparent discrepancy between membership numbers and what is actually going on in the clubs, and this is of concern.

The question is are some clubs carrying the financial burden for Karate BC more than others?

The board has appointed a committee, headed by Second Vice-President Kurt Nordli, to look into tiered membership that would unite all karate clubs under the Karate BC umbrella.

Andreas Kuntze, our membership chair, is also on the committee.

Our goal is to support, share knowledge and help all clubs develop and connect with karate-ka across the province to build a vibrant karate community.

I would like to thank my fellow board members, all committee members, volunteers and of course Executive Director Dan Wallis and Cheryl Gray for their dedicated efforts this past year.

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

## New president for Zone 6

The Vancouver Island Karate Society has a new president and a new tournament director following the resignation of Brian Kitagawa of Lake Cowichan, who held both posts for many years.

Charles La Vertu of CASK Shiai in Victoria was elected president at the society's AGM held following the Zone 6 playoffs.

New tournament director is society vice-president Kurt Nordli of Shima Karate in Nanaimo, the Karate BC tournament director.

VIKS includes all clubs and dojos in Zone 6.

Also on the executive are 2<sup>nd</sup> Vice-President Rob Walker of Kimura Shukokai in Brentwood Bay, Treasurer Todd Conrod of Victoria Renshikan, Secretary Brendan Flower also of Victoria Renshikan



Brian Kitagawa

and Kitagawa as past president.

Directors include Pam Ross of Comox Valley Shito-Ryu, Todd Robertson also of Comox Valley Shito-Ryu, Roy Tippenhauer of Campbell River Shito-Ryu and Loretta Schwab of Lake Cowichan Shito-Ryu.



Senseis Mike Scales, left, and Valentyna Zolotarova re-qualified as provincial referees at the recent Provincials held in Burnaby. Qualifying as referees were Warren MacLean, Sasa Vasic and Todd Conrad while Anne Ross and Shihan Don Shapland qualified as provincial kata judges. Also pictured is Sensei Rick Penner, a national referee. — Charles La Vertu photo

# Gima-Ha Summer Camp in Hamburg

By Paul Sexton

This last August, KBC members Tak Sameshma, Yayoi Sameshima, Hardeep Gill, Jim Drescher and I and our spouses, travelled to Hamburg, Germany for an action-packed summer camp.

Member clubs also came from Japan, England (Shihan Robert Sidoli formerly from Abbotsford) and Norway.

We were hosted by Martin Kroekel, chief instructor of GSK Germany, and his large group of very friendly karateka.

We were treated royally and treated to lots of walking tours (and I mean lots of walking) all around Hamburg.

Following a week of training and sightseeing, Nancy, Jim, Winnie and I rented a 12.6 m (41-foot) houseboat and piloted it through the rivers, lakes and locks from Rechlin in the Mecklenberg Lake district to Schwerin, a distance of 87 km and through eight locks in one week.

The weather was great, the people friendly, the food tasty, and lots of adventures were had, especially since we didn't speak much German.



From left to right- Tak Sameshima, Chief Instructor Gima-ha Canada; Ikuo Higuchi, Chief Instructor Gima-ha Japan; Nicco Frohmann, GSK Germany; Andreas Kristiansund, Chief Instructor GSK Norway; Yayoi Sameshima; Mitsunori Kobayshi -GSK Niigata; and Paul Sexton, Technical Director GSK Canada and chair – KBC Officials Committee

## CERTIFICATION

*All referees wishing to officiate at Nationals must at least audit one of the regional courses prior to National Championships as well as attend a short refresher / debrief on the afternoon / evening of March 14, 2013. Officials seeking certification/ licensing must also be evaluated at Nationals. Why? See page 19 See page 35 for registration form*







Team Canada coaches Kraig Devlin of Victoria and Karate BC head coach and national coach Nicole Poirier discuss strategy with members of Team Canada in preparation for the World Karate Federation championships in Paris. Team Canada also included Karate BC Team members Shaun Dhillon and Toshi and Sumi Uchiage. WKF referee Norma Foster of Burnaby also officiated – Dick Grant photo

## No medals at Worlds for Team Canada

Team BC head coach and national coach Nicole Poirier reports that Canada had no luck at the World Karate Federation championships held last month in Paris.

Most lost in the first round.

“Kamille Desjardins, -61kg Kumite, won two matches with no chance for repechage, Roxanne Côté won first round with no chance for repechage, Maude L’Ecuyer from Quebec, -68kg Kumite, won her first round and had a chance for repechage but was disqualified due to not being present in the warm-up area.

“It was a miscommunication from WKF. Canada tried to reverse the decision but without success.”

The team has been preparing and competing all year in preparation for this event.

See page 20 for Karate’s progress to the Olympics.

## COC commits \$2.6M to field 'best team' at Pan Am Games

CTV Toronto  
Dec. 5, 2012

The Canadian Olympic Committee has committed \$2.6 million to send a full contingent of competitors to the 2015 Pan Am Games in Toronto.

COC President Marcel Aubut said the funding envelope will allow Canada to “truly be able to put our best team forward on the field of play.”

“Every national sport federation in every Pan Am sport can send every eligible athlete,” Aubut said.

The one-time funding is coming out of nearly \$100 million the COC recently committed to investing in Canadian Olympians over the next four years.

The new money, mostly generated through corporate sponsorships, almost doubles the amount the COC has spent in the prior four years.

More than 10,000 athletes from 41 countries across North, Central and South America are expected to descend on Toronto and nearby municipalities for the 2015 competition. Another 20,000 people will participate as volunteers.



Opening ceremonies at the WKF world championships in Paris – Dick Grant photo



## WKF eliminates shitei kata

The World Karate Federation has done away with the shitei or compulsory kata.

WKF president Antonio Espinós released the new rules, approved by the WKF Executive Committee in Paris, which will enter in force worldwide starting Jan. 1, 2013.

The new rules state:

Any traditional karate kata may be performed with the exception of weapons kata (kobudo).

Variations as taught by the contestant's school of Karate will be permitted

## Coming up . . .

**Jan. 18-20, 2013**

National Officials course

**Jan. 19, 2013**

BC Team Selection Tournament

**Jan. 20, 2013**

BC Team Training

**Jan. 26, 2013**

40th Steveston Invitational

**Feb. 16-17, 2013**

Sato Cup

**Feb. 23-24, 2013**

BC Team Training

**March 9-10, 2013**

BC Team Training

**March 15-17, 2013**

Karate Canada National Championships

**April 20, 2013**

Vancouver Island Karate Tournament

**May 25-26, 2013**

Karate BC Provincial Championships



Claire Boothe from the Taneda Karate Dojo, left, and Victoria Barusic of the West River dojo in Vancouver at the Provincials — *Jacqueline Langen photos*



Megan Jong from the Taneda Karate Dojo in Kelowna



# KBC to train National officials

National officials will be trained in the regions starting next year.

Karate Canada Vice-President Craig Vokey said the idea of the regional clinics is to save the provinces and the officials both time and money by not having to attend a two-day course before the national championships.

“However, attendance at a regional or provincial training clinic is mandatory for officials wishing to attend and officiate at the National Championships and/or upgrade their licences,” he said.

“Current national A officials or PKF or higher licensed officials should, at the minimum, audit the clinic to stay current on any new rules or changes and to assist the newer officials and the course conductors if needed.”

Vokey notes that the concept is to be provisionally certified at the regional



Junior official Geoffrey Newell issues a category 1 warning — Charles La Vertu photo

event and then ratified at the national event.

“Hopefully, by adopting this format we can make life a little easier for officials by cooperating to provide opportunities to learn and improve officiating skills. I am always open to ideas to improve what is a new process.”

Team BC Head Coach Nicole Poirier said the team will be working with the officials.

“We did this simulation competition at the Karate Canada Summit in Montreal a couple of months ago and it worked really well,” she said.

“So we will be having the referees joining us on Jan. 20 from 10 a.m. to noon.

“During that time, athletes will be working on multiple scenarios in relation with the rules and also work on their ability to cope in the ring.”



Ali Najafi, left, was named Karate BC Official of the Year — Brendan Flower photo

**See page 35 to register**

## Karate close in on spot at 2015 European Games program

By Tom Degun  
[www.insidethegames.biz](http://www.insidethegames.biz)

Karate's bid for a place on the program at the 2020 Olympic Games has been given a major boost after the sport signed a Letter of Intention (LOI) with the European Olympic Committees (EOC) to appear at the inaugural European Games in Baku in 2015.

Karate is now likely to be confirmed as one of only two non-Olympic sports when the full program is finalized next March following the decision by the EOC in Rome last week to stage a European Games.

The other non-Olympic sport at the European Games is set to be dancesport.

In the short-term, karate looks set to gain the biggest advantage by being included in the European Games as they are currently one of seven bids that have been shortlisted for the 2020 Olympic Games sports program alongside climbing, roller sport, squash, wakeboard, wushu and baseball and softball, who are making a joint bid.

World Karate Federation (WKF) President Antonio Espinós claimed that the latest development bodes well for the sport's 2020 bid as it highlights karate's growing appeal.

Espinós signed the Letter of Intention for karate to appear at the inaugural European Games in Baku in 2015.

"Certainly this move helps in our bid to join the Olympic program in 2020 because it shows that we are an internationally respected sport and a discipline that can work well in a multi-sport event."

Karate's imminent securing of a spot at the 2015 European Games comes after the 2012 World Championships in Paris last month were declared "the best ever" by Espinós.

The event in the French capital saw sell-out crowds of 16,000 pack into the Palais Omnisports de Paris-Bercy which was vitally important for the WKF given that the

Championships were being observed by International Olympic Committee (IOC) as part of karate's 2020 bid evaluation.

The IOC reviewed all the bids December 19 in Lausanne but a final decision on which bid will make the 2020 Olympics will not be decided until the IOC Session in Buenos Aires in September 2013.



**Congratulations to Sensei Chris Taneda who received the Rick Hansen medallion June 8 from MLA Ben Stewart. Each MLA was given one medal from the Royal Canadian Mint to give to one individual who, like Rick Hansen, had a significant positive impact on their local community. Also pictured is Soke Tsuyoshi Chitose head of the International Chito-Ryu Federation**





Valerie Doyon competes in kumite in Karate BC's provincial championships

# KARATE BC

## In the News

Valerie Doyon qualified in the 14-15 kumite division that she placed third in at the Karate Canada national championships. Doyon also qualified in the 16-17 kumite and the 16-17 kata division.

In order to advance to the Karate BC team final selection tournament, you must place in the top four at provincials.

Other locals who qualified were Jason Higgins of the Campbell River Wado Club in men's black belt open weight kumite and Alison Guilderson of the Northwest Shito-Kai in her first attempt to advance.

Karate BC is the sport governing body for karate in B.C. and is affiliated with Karate Canada, the national sport governing body.

To inquire about karate contact [www.karatebc.org](http://www.karatebc.org) to join affiliated clubs or contact your local recreation centers. All Karate BC clubs have NCCP certified instructors.

## Locals qualify for BC team

**Campbell River Mirror**  
Nov. 22, 2012

Last weekend several athletes took part in the 2012 Karate BC provincial championships.

Local athletes competed in the recreational divisions under 14 and the elite divisions aged 14 and over brown belt and above.

The Campbell River Shito-Ryu Karate Club sent six athletes to the provincial championships held this past weekend at BCIT in Burnaby.

Natalia Bellefleur received a second and a third in girls 10-11 blue brown kata and weapons kata. Not to be outdone, her older sister Antonia Bellefleur advanced in the BC team selection tournament with both a medal in 14-15 kata and 16-17 kumite.

Her first provincial selection tournament Bellefleur has been working hard for these results and knows the work has just started.

Kyell Erickson qualified in the 16-17 boys kumite, after several national medals.

Kyell is being challenged by some of the upcoming talent in BC. Courtenay Brake, in her second attempt at a BC team selection, qualified in girls 16-17 kumite.

Jordan Foy in his first attempt failed to advance but lost a close contested match in the boys 14-15 kumite. He is excited with his performance, a personal best and will be back to try next year.



Team Canada coach Germain Bisson and Goli Kahlili help Hidemi Uchiage tighten her belt at the 2012 Frankfurt (Germany) Open Karate 1 Championships — Dick Grant photo



**Chito-Ryu karate**

# B.C. bronze for Verigin

Trail Daily Times  
Nov. 22, 2012

The lone representative from the Kootenays performed admirably at the 2012 Karate Provincial Championships in Burnaby last weekend.

Fruitvale's Macy Verigin took home a bronze medal as competitors of all ages and levels gathered from across the province to see who was this year's best in kata and kumite.

Macy, a member of the Beaver Valley Chito-Ryu Karate Club, was the only Kootenay karate-ka to qualify for the provincials at the regional championship in Kelowna last month winning bronze.

She joined a team of Zone 1 and 2 qualifiers to represent the Kootenay-Boundary and Thompson-Okanagan-Nicola regions for the event at the BC



Macy Verigin at BCIT

Institute of Technology.

"As I have said before to all my students, if you try hard enough and believe in yourself you can make anything happen," said Beaver Valley Karate Sensei Scott Hutchinson in an email.

The Fruitvale Elementary school student was not only the first to qualify to go to the provincials, she is the first novice-level bronze Karate-ka medallist in Kata from the area - ever.

"Macy was the most junior ranked of all the girls in her division, meaning they were all higher ranked and more experienced than her making her win a very hard and well deserved one," says Hutchinson.

The provincials used a base score of 7.0 to judge kata this time, with five judges scoring, with highest and lowest dropped to give an average score of 21.0.

Macy demonstrated the kata, Kihon Kata Ichi, and scored 6.8, 6.9, and 6.9 for a score of 20.6, a well deserved score and a great performance for the 10-year-old novice who has just two years experience with the Beaver Valley club.

"Karate can be so much fun if you let it, and it allows for a social well being and a sense of belonging that is so hard to find.

"I think Macy had quite a bit of fun in not only meeting her goals but smashing them with the cherries on top," added Hutchinson.

## Shima Karate athletes win provincial medals

Nanaimo News Bulletin  
Nov. 25, 2012

Nanaimo's Shima Karate School rose to the challenge of a championship competition.

The club brought 32 qualifiers to Karate B.C.'s provincial championships earlier this month at the British Columbia Institute of Technology in Burnaby, and the contingent combined for 37 medals.

Leading the way was Hannah Darmadi, who won gold medals in forms, team forms and long weapons forms and also earned a bronze in sparring. Bernadette Alvarez won a gold and silver in forms and two bronze medals in sparring and her results qualify her onto Team B.C.

Results from provincials include:

Seven-and-under boys - Simon Francis, third, sparring.

10-11-year-old girls - Hannah Darmadi, first, intermediate forms; third, intermediate sparring; Amelia Cooper, second, intermediate forms.

10-11-year-old boys - Liam Surry, second, intermediate forms.

10-13-year-old boys - Corin Cooper, first, team forms; Trenton Harper, third, team forms.

10-13-year-old girls - Hannah Darmadi, first, long weapons forms, first, team

*(Continued on page 29)*



Ron Curran was named male Grand Champion at the 2012 BC Provincials



# Locals Win Karate Medals

PeachlandNews.com  
Nov. 21, 2012

The Karate BC Provincial Championships held at BCIT last weekend showcased over 500 athletes from around the province.

The Zone 2 (Okanagan and Kootenays) Team coached by Chris Taneda, Mike Ditson, Darren Harpe and Owen Lloyd brought home 54 medals.

The Taneda Karate Dojo won 38 medals while seven medals went to Rodney Hobson Karate Academy. Kelowna Tsuruoka Karate Club and Jushinkan Martial Arts each took three medals, Kamloops Renshikan Karate won two and Trail Traditional Karate earned one.

Representing Peachland, Taneda Karate Dojo athletes Jessica and Brett Michaud came home with three medals. Jessica scored Silver for Girl's 10-11 Intermediate Kumite and a Bronze in her 10-11 Girls Kata. Brett Michaud took the 14-15 Elite Boys Kumite Bronze.

Earning a spot on the BC Squad competing for a spot on the BC Team were Taneda Karate Dojo athletes Claire Boothe, Rhiannon Jones, Avneet Kaloty, Sukhresh Kaloty, Brett Michaud, Braden Sebastian, Jackson Tribe, Sarah Watson and Will Wright.

In addition to medals won in competition, Karate BC honoured Taneda Karate Dojo athlete Jessica Michaud with the Junior Sportsmanship Award and Mike Ditson with the Karate BC High Performance Coach of the Year award.



**Karate BC president Charles La Vertu presented the Karate BC Junior Sportsmanship Award to Jessica Michaud at the BC Provincial Karate Championships**

## Large haul for dojos

Daily Courier Staff  
Nov. 22, 2012

Three Central Okanagan karate organizations combined for 48 medals at the Karate B.C. provincial championships in Burnaby on the weekend.

The Taneda Karate Dojo led the medal count with 38, while Kelowna's Rodney Hobson Karate Academy claimed seven and the Kelowna Tsuruoka Karate Club another three.

Tyler Marshall led the Taneda dojo by winning three gold medals and a bronze. He captured gold in the boys 16/17 novice kata and kumite events, then stepped up to the intermediate division to claim another first-place finish in kumite and a bronze in kata.

Taneda double medallists were Cassidy Koenig-bauer (gold in both girls 16/17 novice kata and kumite), Ian Jones (gold, masters men's kata and bronze in masters men's kumite), Gurkamal Kaloty (gold, 12-13 boys' advanced kumite and a bronze in kata) and Jessica Michaud (silver, girls' 10-11 intermediate kumite and bronze in kata).

Also bringing home medals for the Taneda dojo were Emily Jones (gold, 12-13 girls' kata), Simarjit Kaloty (silver, 8-9 girls' kata), Janie Mills (silver, 8-9

girls' kumite), Ray Sebastian (silver, master men's kata), Rhiannon Jones (silver, 14-15 elite girls' kumite), Sukhresh Kaloty (silver, 18-20 elite boys' kumite), Sarah Watson (silver, 16-17 elite girls' kumite), Caleb Enns (bronze, 12-13 boys' kumite), Avneet Kaloty (bronze, 16-17 elite girls' kumite) and Braden Sebastian, (bronze in 16-17 elite boys' kumite).

Earning gold for Rodney Hobson was Emma Tamaki in the girls' 8-9-year-old kata event. Tyler Tamaki brought home silver for his performance in the 10-11 boys' kata competition, while Kevin Pedersen took bronze in the master men's kata competition.

Lauren Reid earned a bronze medal for the Hobson group in the 8-9 girls' kata and Jason Sali matched the performance in the 10-11 boys' kata. Tyler Sali fought his way to a bronze in elite 16-17 boys' kumite and Jayden Whittemore scored a bronze in 16-17 boys kumite.

The Kelowna Tsuruoka Karate Club's Rie Obst took the gold medal in the master women's kata event and Jackson Obst earned silver in 12-13-year-old boys' kumite. Teammate Anthony Adams claimed the bronze in men's novice kata. In addition to medals won in competition, Karate B.C. honoured Taneda Karate Dojo's Jessica Michaud with the Junior Sportsmanship Award and Mike Ditson with the Karate B.C. High Performance Coach of the Year award.



# Karate dojo kicks way to medals

**Penticton Western News  
Dec. 06, 2012**

Facing the top karate athletes in B.C. at the British Columbia Institute of Technology, members of Taneda Karate Dojo won 38 medals.

Taneda Karate Dojo Penticton/Summerland had six double medallists on the Nov. 17 weekend.

Will Wright brought home gold in the boys 16/17 elite kumite and gold in intermediate kata. Wright said he



knew he would have gold as he fought the same opponent the year before.

"I knew what to expect and it was a close fight, 7-5, in kumite," said Wright.

Motivation for Wright came from knowing he didn't perform as well as he could have last year. He won bronze in kumite and gold in the non-competitive division.

Wright said he has taken positive steps forward.

"My abilities have gone up and I learned a lot," he said. "Last year was my first competition at the elite level."

Claire Boothe took gold in elite women's kumite and bronze in 18 to 20 kumite, Jessica Michaud scored silver for girls 10 to 11 intermediate kumite and a bronze in kata.

Katie Becker took the bronze in 16 to 17 girls intermediate kumite and

kata. Rounding out double medal winners were Jodie Bartier and Rita Becker who both scored bronze medals in masters women's kumite and masters kata.

Bartier, 44, said she was happy with her results. Being a yellow belt, one of the lower ones, she competed against opponents who wore blue and brown belts.

"I felt really good about it," said Bartier, who was in her first tournament. "Very challenging and nerve wracking."

Having joined the dojo a year-and-a-half ago, Bartier said the experience was validating. Bartier only wanted to see how she compared to other competitors.

Now she knows what work lies ahead. The biggest challenge for her was patience.

"There was a lot of waiting involved," she said, adding she waited as long as 45 minutes before her bout.

In the kumite, her second event,

Bartier enjoyed that.

"It put me out of my comfort level. Which is good for me," she said. "Fighting another woman is a different experience for me. It was quite fun. Gave insight to what I still have to learn."

Also bringing home medals were Takeshi Smith in 12 to 13 boys kumite silver, Taylor Hunter a silver in 16 to 17 boys kumite, Darian Lewis with a bronze in intermediate mens kata, Brett Michaud earning the 14 to 15 elite boys kumite bronze, Jackson Tribe with a bronze in 14 to 15 elite boys kumite and Branden Tutkaluk winning bronze in seven and under boys kumite.

Having a chance for a spot on the B.C. team are Boothe, Rhiannon Jones, Avneet Kaloty, Sukhresh Kaloty, Brett Michaud, Braden Sebastian, Tribe, Sarah Watson and Wright.

In addition to medals won in competition, Karate B.C. honoured Taneda Karate Dojo athlete Jessica Michaud with the Junior Sportsmanship Award and Mike Ditson with the Karate B.C. High Performance Coach of the Year



**Karate BC president Charles La Vertu presents High Performance Coach of the Year award to Mike Ditson of the Taneda Dojo in Kelowna.**





Scott in the group who wound up taking the Silver medal. Scott also gave a fantastic performance in her respective Kata division earning a silver medal in the girls 8/9 Intermediate group.

Liam Gauthier and Daniel Wood are NWSK's other BC titleholders.

Gauthier took first place in the Boys 7 and Under Kata Category and Wood was the champion in the boys 8 & 9 Novice division.

“These two young athletes have come out on top in every competition they have entered this year and are progressing at a phenomenal rate.” Says NWSK Sensei and Head Coach Nigel Nikolaisen.

Allsion Guilderson, NWSK's team Captain and new Black Belt put on her best performance to date in her six years as a competitor.

She earned herself a third place bronze medal in the Girls 16/17 Elite BC Team Division.

Since the start of the season Guilderson has put in many hours of hard work, showing up to the club with any free moment she has had.

Her determination and leadership has been unmatched in the NWSK dojo as of late.

Team NWSK had some other very strong showings and personal bests last weekend:

- Jordan Hennig Boys 14/15 Elite Kata.
- Chandra Rowden Girls 14/15 Elite Kata.
- Matthew Storback Boys 12/14 Intermediate Kata and Kumite.
- Gracie Dashkewtych Girls 7 and Under Novice Kata and Kumite.
- Nolan Barnes Boys 7 and Under Kumite.

Cohan Caflisch kicks Kyle Barnes when the two Campbell River competitors met in the gold medal match at the provincial Karate championships.

## NWSK captures five Karate B.C. titles

**Campbell River Mirror**  
Nov. 27, 2012

Northwest Shito Kai's competitive karate team attended the 21st annual Karate BC (KBC) Provincial Championships held on the BCIT Campus in Burnaby Nov. 17-18.

It was the largest KBC provincials in history.

And NWSK's team of 12 had a stellar showing, finishing fourth over all in the province, with a total medal count of five Gold, three Silver and three Bronze.

Cohan Caflisch of the 8/9 year old intermediate boys division put on the club's strongest performance do date at the provincials, coming home with three gold medals and one silver.

Caflisch was joined by teammates Kyle Barnes and Alexander Movold in the same division of 15 boys.

In the Kata (Forms) event, NWSK claimed three of the top four places with

Barnes earning the fourth place bronze, Movold in the third place position and Caflisch coming out on top with the BC title.

The three boys then padded up for Kumite (Free Sparring). Movold was paired with a tough competitor from Maple Ridge in his first match and after a hard fought bout he did not advance to the second round.

Barnes and Caflisch on the other hand, fought their way into the final and met each other in the gold medal match. The outcome was a decisive 6-0 victory for Caflsch. Leaving NWSK in the 1 and 2 positions.

The three boys also competed together in the Team Kata (Synchronized Forms) event, where they finished second to a very strong team from Burnaby.

Caflisch finished off his day with yet another gold medal performance in the 10 and under Weapons Kata division.

Caflisch was joined by teammate Jenna

# Burnaby Karate Academy tops at provincials

By Tom Berridge,  
Burnaby Now  
Dec. 12, 2012

The Burnaby Karate Academy topped all clubs at the recent Karate B.C. provincials.

The North Burnaby club placed first among more than 50 clubs taking part, garnering nine first-place medals in the amateur all-belts competition on Saturday, Nov. 17 and another 31 total medals, including 13 gold in the elite grouping held on the Sunday.

In all, Burnaby Karate won 46 medals - 22 of them gold.

Burnaby Karate martial artists also won top athlete of the year honours from Karate B.C.

Shaun Dhillon and Jusleen Virk won male and female athletes of the year, while Derek Chan also picked up the junior male award.

In provincial competition, Arash Beytoei won the men's under-67 kilogram kumite or sparring final and also earned a bronze in the open category for Burnaby Karate.

Matt Bickel was a winner in kumite in the men's u-75 kg division.

Cedomir Vasic and Chan placed second and third in their respective weight classes. Vasic also won a gold in the 18-20 age group kumite.

Academy fighters Andrea Maikawa, Cindy Jacob and Kim Logan won at u-



**Jusleen Virk was winner of Karate BC's 2012 senior Female Athlete of the Year. She won gold and silver in the Karate Canada National Championship, silver in the US Open and gold in the North America Cup**

61, u-68 and +68 kg, respectively, in the women's competition.

Inga Shishko picked up a couple of second-place medals, including the silver in the open women's kumite.

Reid Lofstrom and Anisha Virk were second and third in their respective weight classes.

Lofstrm and Logan also earned silvers in the 18-to20 age group kumite.

Burnaby's Victoria Barusic, competing out of the West River dojo in Vancouver, had a couple of silver-medal finishes, including runner-up to Virk in the women's 18-to20, u-53 kg division.

Other Burnaby academy female winners included Isabel Chan, Harpreet Sidhu and Vanessa Vung. Gurkamal Gill, Rachel Ko, Alexandra Zaborniak and Pawan Sidhu also earned a spot on the podium.

On the boys' side of the mat, Matt Ly won the 18to-20 kumite. Brendan Ly won at 16 and 17, while Jai Sanghera took the 1415 final. Masaki Soehardhi, Joel Tai, Zach Chan and Petar Didak also medalled.

In Saturday's finals, Burnaby Karate Academy outpointed sixth-place Burnaby Chito-Ryu and 19th overall Nikkei.

Michael Plunkett won the 10-11 intermediate boys' novice kumite,

*(Continued on page 34)*

KARATE  BC

In the News



# Local karate club hosts cup challenge

Campbell River Mirror  
Nov. 8, 2012

Last weekend saw the ninth annual Campbell River Shito Ryu Challenge Cup, hosted this year at École Mer-et-Montagne.

More than 120 competitors attended as well as parents, coaches and officials. The tournament is a local fun karate event hosted by the Campbell River Shito Ryu Karate Club.

It focuses on youth enjoying the sport of karate while giving the potential Team BC hopefuls a tune-up tournament for provincials which are coming Nov. 17-18 in Burnaby.

Campbell River Shito Ryu Karate promotes a healthy lifestyle and fitness as



part of students' daily routine.

Participants can choose from several program choices which don't have to include tournaments. The Campbell River Shito Ryu Karate Club tournament was established in 1985 and is still taught by Sensei Roy Tippenhauer who founded the club.

People interested in karate programs can contact Karate B.C. for local club listings or Campbell River Shito Ryu at 250-286-6416 or [www.shito-ryu.ca](http://www.shito-ryu.ca)



At the Shito Ryu Challenge Cup competition Matthew Storback and Jordan Pentney compete in the 11/12-year-old division with Jordan winning the match

## Karate athletes win at tournament

Nanaimo News Bulletin  
June 21, 2012

Shima athletes karate chopped the competition, but it was all in good fun.

Nanaimo Shima Karate students performed well at the Island Friendship Championships in Comox June 9. It was the last tournament of the season.

Results include:

Seven-and-under white/yellow belt - Jade Fearn, first, sparring, second, forms.

Eight-nine-year-old white/yellow - Caelin Haapala-Wilson, third, sparring; Aurora Surry, third, forms.

Eight-nine-year-old orange/green - Coen Francis, second, sparring; Joshua Darmadi, third, sparring; Tristan Dougan, third, forms.

10-11-year-old orange/green - Hannah Darmadi, first, forms, first, sparring; Corin Cooper, first, sparring, second, forms; Amelia

Cooper, second, sparring, third, forms; Levi Thomas, first, forms, second, sparring; Joshua Colonna, second, sparring; Samantha Wolff, third, sparring; Christina Craig, third, sparring; Branden Aitken, third, sparring.

10-11-year-old blue/black - Levi Thomas, third, sparring; Joshua Colonna, second, forms.

12-and-under - Hannah Darmadi, first, weapons, first, team forms; Corin Cooper, third, weapons, first, team forms; Amelia Cooper, first, team forms; Samantha Wolff, second, weapons, third, team forms; Christina Craig, third, team forms; Liam Surry, third, team forms.

12-13-year-old orange/green - James Winter, first, forms, first, sparring; Skyla Schidlowsky, first, forms; Edward Graham, second, sparring, third, forms.

13-and-over - Jacob Kitchen, third, weapons.

14-15-year-old white/yellow - Matthew Landry, first, forms.



As well, Canadian National Karate Champion Shaun Dhillon counts himself as an alumni.

Motut asked the district for a commitment to the club and a 20-year contract at the activity centre.

Mayor Ted Adlem said the district wouldn't be making any commitments on a 20-year contract but that a meeting was scheduled between himself, the karate club and Seniors Centre Association president Bob Ingram on Wednesday evening, which took place after The Record's press deadline.

"For those folks that fear they're going to be thrown out of their current building where you have your facility, let me allay those fears," he said to applause.

Motut said he spoke to Ingram informally after the presentation and was told the seniors are counting on rental income from the karate club to help finance the seniors' centre.

But Motut added he was concerned any increase in operating costs might require a membership fee increase that would harm low-income karate practitioners.

"I understand that the seniors need a facility. I do agree with that. We just don't need to see one program displaced for another," he said.

Coun. Jenny Stevens voiced similar concerns Monday, saying she would not support one activity to the exclusion of another.



From left: Ajir, Kajal, and Sumreet of the Mission Isshin-Ryu Karate Club, turned out on Monday evening at municipal council to support keeping the activity at the Mission Community Activity Centre. — Adrian MacNair photo

## Karate kids hopeful they can stay at MAC

Mission City Record  
June 26, 2012

Municipal hall was packed with youngsters in white gis and various coloured belts on Monday as the Mission Isshin-Ryu Karate Club appealed to council to stay in the community activity centre.

The club was concerned it would lose its space after council handed over the building on Taulbut Street to the Mission Seniors Centre Association for a minimum of 15 months.

"We were definitely a little worried, although we were never told that we were going to be removed from the building," said club owner Peter Motut on Tuesday.

He said he had met with councillors beforehand, however, and was asked if there were any other spaces they might be able to rent instead.

"So we could read the writing on the wall, that it seemed like they were trying to determine if we were relocatable."

Motut said the delegation was a means of introducing the 100-plus members of the club to the new council and to explain how much of an impact it has on the lives of Missionites.

Part of the presentation included a testimonial from Canadian Olympic swim team member Brent Hayden, a black belt who credits much of his success to his time at the club.



## Seventh annual Challenge Cup runs Sunday

**Courier-Islander**  
November 2, 2012

The Campbell River Shito-Ryu Karate Club is hosting its Seventh Annual Challenge Cup Tournament this Sunday, Nov. 4.

The Challenge Cup will run 9 a.m. to 5 p.m. at Ecole Mer-Et-Montagne Elementary School (1102 South Alder St.).

During the event the club will be

holding a silent auction. Funds raised goes toward athlete development i.e. travel, training, equipment.

The public is invited to catch some exciting karate action. Admission is free.



## Academy performs well on Vancouver Island

**Powell River Peak Online**  
Nov. 14, 2012

Canadian Martial Arts Academy Karate Team recently travelled to Campbell River to compete in its first tournament of the season: the Campbell River Shito Ryu Challenge cup.

Fifteen students returned with 29 medals between them for their participation in Kata, Weapons and Sparring. These awards included:

Outstanding male athlete: Craig Long.

Outstanding female athlete: Jennifer Kennedy.

Outstanding junior male athlete: Cody Oliver.

Male spokesperson award: Cameron Leigh.

Medal results are as follows:

Oliver: first place Kata, first place Weapons, second place Sparring.

Brooklyn Vanderkemp: first place Sparring, first place Kata.

Sawyer Long: second place Sparring, second place Kata.

McKenna Long: third place Sparring.

Bev Parsons: first place Kata, second place Sparring.

Kolten Laine: first place Sparring, third place Kata.

Leigh: second place Kata, third place Sparring.

Craig Long: first place Kata, first place Sparring, second place Weapons.

Ryan Schmeister: first place Weapons,



**Kylea Masters [right] travelled to Vancouver Island to complete in her first tournament of the season, the Campbell River Shito Ryu Challenge**

third place Kata, third place Sparring.

Bekka Parsons: third place Sparring, third place Kata.

Kennedy: first place Kata, first place Sparring.

The following students also did extremely well, placing between fourth and 11th in their categories: Chloe Labree, Kylea Masters, Devin Cleghorn, Ashley Parsons.

The team's next competition was in Seattle on Saturday, November 10.

— *Editor's note: Non KBC members are permitted to participate in select KBC-sanctioned tournaments. In addition to a tournament registration fee they pay a \$10 insurance fee per person for that specific event. The purpose of this initiative by the KBC Executive is to encourage non KBC clubs to consider joining Karate BC, which is the Sport governing body for karate in British Columbia.*

## Shima at Provincials

(Continued from page 22)

forms; Ameia Cooper, first, team forms; Samantha Wolff, third, team forms; Olivia Vallee, third, team forms.

12-13-year-old boys - Joshua Colonna, second, advanced sparring, third, advanced forms; James Winter, third, advanced forms, third, advanced sparring; Levi Thomas, third, advanced sparring; Zahnil Lal, third, advanced sparring; Ben Loyst, third, intermediate forms.

12-13-year-old girls - Christina Craig, third, intermediate forms.

14-15-year-old boys - Matthew Landry, first, intermediate sparring, second, intermediate forms.

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

16-17-year-old boys - Emlyn Folkes, second, long weapons forms; third, advanced sparring; Dustin Schultz, third, advanced sparring.

17-and-under boys - Coen Francis, first, short weapons forms; Dustin Schultz, third, short weapons.

18-20-year-old women - Bernadette Alvarez, first, advanced forms, third, advanced sparring.

18-and-over men - Scott Zmaeff, second, short weapons forms.

# Karate kid prepares for provincials

Trail Daily Times  
November 02, 2012

A young karate initiate is on her way to the provincial championship after winning bronze at the regionals in Kelowna last month.

In just her second tournament, an enthusiastic Macy Verigin was the only Beaver Valley Chito-Ryu Karate student to qualify for the provincials and the first from the Kootenay-Boundary region in many years.

"I was very happy, and I was really excited when I got third," said Macy.

The Fruitvale Elementary School student is in just her second year with the club, but has come a long way in such a short time, says Sensei Scott Hutcheson.

"She has a natural talent, this young Jedi. She brings a light to the class, an energy, and when you have people like that, that are like-minded, all together doing the same thing, we feed off each other."

The provincial championship is a challenging step up from the Zone 1 and 2 regional tournament. Macy likely will compete in many rounds, as a result of the number of competitors.

The precocious 10-year-old will perform her Kata, a choreographed series of punches and kicks, against about 30 other young competitors who

are judged on their ability to complete the movements with perfect form, balance, and technique using a base score of 6.0.

Five judges score the Kata by dropping the highest and lowest



Karate BC president Charles La Vertu presents Rodney Hobson of Canada Martial Arts Supply with the sponsor of the year award — *Brendan Flower photo*

scores to come up with an average 18.0 base line.

The basic goal of kata is to preserve and transmit proven techniques. By practising in a repetitive manner the learner develops the ability to execute those techniques and movements in a natural, reflex-like manner.

The relatively young club is in the growing process, but through Macy and his other students, Sensei Hutcheson has come to appreciate the value of competition in his students' development.

"What competition has really showed me that through that

competition, because it is so absolute, there's a mistake or there isn't, there's a point scored or there's not, you are truly seeking a perfection that you may not have sought or seem to seek. That's actually something she's (Macy) changed my opinion on and that's pretty hard to do."

The Beaver Valley Rec Dojo is always looking for practitioners of any age to join, and Sensei Hutcheson wants to continue developing a competitive element to his classes.

"For us to compete we have to go to the Okanagan and the Lower Mainland, what I'm trying to do is to develop the competitive karate around here, so we can get more people involved so we can actually start holding events and tournaments out here, so we don't

have to travel as far."

Local karate students like Macy, as well as nine-year-olds Tyson Nelson and Megan Campsall, who just missed a spot on the provincial team by one place, have shown that they can compete and now Macy is looking forward to competing against B.C.'s best. However she keeps her expectations in check.

"I am not really sure how I'll do, I know I'll have to practice a lot though, but I have lots of time."

The B.C. Championship goes at BCIT in Burnaby on Nov. 17-18. For more info on joining Chito-Ryu karate contact Beaver Valley Rec at 367-9319.





Members of the Tsawwassen Shotokan Karate Club achieved new black belt degrees at a seminar in Chilliwack

## Karate club members achieve black belts at recent seminar

The Delta Optimist  
July 13, 2012

Members of the Tsawwassen Shotokan Karate Club attended a



### In the News

gasshuku (seminar) in Chilliwack last month and achieved new black belt degrees.

Heading the seminar were Sensei Oishi, an eighth degree black belt and four-time all-Japan champion, Sensei Yasuo Sakurai, a seventh degree black belt from Japan, and Don Sharp, a sixth degree black belt from Chilliwack.

Tsawwassen instructors Graham Mallett (fourth degree) and Ashraf Omeria (third degree) were assistant instructors.

The gasshuku was attended by 80 people, some from as far away as Montreal and New York.

At the seminar, Tsawwassen

members Donna Williams passed to second degree black belt and Lorne Malinoski obtained his first degree black belt.

Training sessions of the Tsawwassen Shotokan Karate Club are held in the South Park

Elementary gym, 735 Gilchrist Dr., on Mondays and Thursdays from 7 to 8: 30 p.m. during the school year. Summer classes are held on Thursdays (7 to 8: 30 p.m.) at the Bayside Club.

Students ages eight to 80 are welcome.

The Tsawwassen Shotokan Karate Club was established in 1981 and was located in the Tsawwassen Junior Secondary gym for 23 years.

Instructors are black belt certified by the Japan Karate Association and the club is affiliated with the Japan Karate Association of B.C.

It is a non-profit club; instructors donate their time. The club has a long history of teaching traditional Japanese karate in a friendly atmosphere for fitness, self-defence and fun.



Valentyna Zolotarova was the female Grand Champion and Tournament official at the 2012 Provincial Championships held mid-November in Burnaby. Her name will be engraved on the permanent trophy. Karate BC president Charles La Vertu presented her with a take-home trophy.



Campbell River's Cohan Cafilisch, Jenna Scott, and Chandra Rowden gave outstanding performances at the Pan American championships in Quebec. Their sensei is Nigel Nikolaisen, back left.

## Karate kids take gold, silver

Campbell River Mirror  
Aug. 21, 2012

Northwest Shito Kai Karate and Martial Arts Source took a team of three athletes to the 15th annual Pan American Shito Ryu Karate Do Championships in Gatineau, Quebec on Aug. 1.

These three young competitors represented Campbell River and Canada with peak performances. NWSK instructor and Canadian team coach Nigel Nikolaisen accompanied Cohan Cafilisch, Jenna Scott and Chandra Rowden to the event that brought in more than 500 competitors from around the continent.

Teams and supporters from Canada, Mexico, USA, Venezuela, Brazil, the Dominican Republic, Colombia and an invited team from Japan filled the

amazing new "Gatineau Sports Center" August 4 and 5 for what proved to be a world class event for

### New website for Gima-Ha

Neil Moody of White Rock Gima-ha reports that Gima-ha Shotokan-ryu has updated and designed a new website! The new site includes background information on Gima-ha as well as photos, instructional videos and updates. The website address is [www.gima-ha.ca](http://www.gima-ha.ca).

the sport of karate in Canada.

The juniors competed Saturday while the adults and elite divisions wrapped up the weekend on Sunday.

The young Campbell Riverites all competed Sat., Aug. 4.

Scott was the first to compete. In her Kata (Patterns/Routines) divisions Scott placed first after a 3-2 decision by the judges against a fellow Canadian.

When it came to her Kumite (Free Sparring) she won her gold medal match with a convincing lead of 5-2 and Scott was crowned Grand Champion of the girls under 8 years old division!

Her good friend and teammate Cafilisch also walked away with some impressive hardware after his stellar performance.

Cafilisch made it to the gold medal rounds in both of his entered events in the boys under 10 category.

Cafilisch wound up facing opponents from Venezuela and the USA and took home silver medals from his Kata and Kumite events.

Finishing off the day was NWSK team captain Rowden in the under 14 girls division.

She had worked very hard sacrificing a huge amount of the summer alongside her younger teammates, putting extra training sessions in daily and attending weekly fundraisers.

Though her performance was her best to date, unfortunately Rowden wound up losing her bronze medal kata match to a girl from Quebec in a 4-1 decision.

Rowden could not compete in Kumite due to injury.

These three young stars rose to the occasion with grace and style, representing their home, country, classmates and martial art with class.



## Karate trio off to Pan American championships, Aug. 3-5 in Quebec

Courier-Islander  
July 11, 2012

Three athletes from Campbell River's North West Shito Kai Karate Club are going to represent not only their home town of Campbell River, but Canada too.

Cohan Cafilisch, Chandra Rowden and Jenna Scott have been chosen by Shito Kai Canada to compete in their respective divisions at the Shito Ryu Pan American Karate Do Championships in Gatineau, Quebec, Aug. 3-5. Karate athletes from Canada, Mexico, Guatemala, Panama, Martinique, Cuba, Uruguay, USA, Argentina, Brazil, Venezuela, Nicaragua, Dominica Republic will take part.

An honor that has brought Master and Eighth Dan Kunio Muryama of Muryama Shito Kai from Mexico, along with Seventh Dan Sam Moledzki Chief Instructor of Shito Kai



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Canada from Ontario to come help with their training.

This team of three athletes while representing Campbell River this last season have had an outstanding record, bringing home 16 gold, six silver and eight bronze, keeping Campbell River on the podium at the Provincials, Zone 6 Qualifiers, two international tournaments, the Island Championships and most recently the Island Friendship Tournament.

Rowden, 14, has moved up from girl's intermediate to advanced in both Kata and Kumite. Cafilisch, 8, intermediate boy's and Scott, 7, intermediate girl's will be competing

in both Kata and Kumite.

The three have already been committed to extra training, along with their regular classes and routines. The team will be continuing this rigorous schedule until they leave for Quebec at the end of the month.

When asked if they are going to be missing their friends during the summer vacation for training and fundraising in the community, all three agreed it was worth it for such a great opportunity, and wanted to thank those that have been so supportive.

The people and businesses of Campbell River have helped cover the cost of extra training, travel, accommodations and tournament fees.

Without their help these kids would not be able to attend this high level tournament.

While Master Muryama and Chief instructor Moledzki are in Campbell River they will be testing two students for their black belts.

Allison Guilderson and Calen Clausen have been working towards this achievement for many years and are very excited to be reaching this pinnacle of their Karate training.

The athletes have been training at Northwest Shito Kai, the only Shito School west of Ontario recognized by the World Shito-Ryu Karate Federation (WSKF) operated by Third Dan Nigel Nikolaisen.

During their training and testing visit, Master Muryama and Chief Instructor Moledzki along with Sensei Nikolaisen will be offering a seminar at the NWSK Dojo on Nanaban Satoryu Kenpo Jutsu.

It is available to everyone on the Vancouver Island Saturday, July 14.

## Island karate members to represent Canada

By Christine van Reeuwijk  
Peninsula News Review  
June 16, 2012

A healthy dozen Islanders will represent Canada in karate next month.

The team representing Canada at the 2012 Kimura Shukokai International World Karate Championships in Atlantic City, N.J. from July 8 to 13 will include 12 members from Vancouver Island.

Led by multiple medallist and chief instructor for Western Canada, Sensei David Bentley, the team draws on members from KSI karate schools on the Saanich Peninsula, Sooke, Shirley

and the Western Communities.

The Kimura Shukokai International World Championships are held every second year and team members have been training hard for the past year in preparation for the 2012 event.

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

# Karate Champion heading to Cancun

Kelowna Daily Courier  
July 14, 2012

Local national karate champion Claire Boothe is on her way to the Junior Pan-American Karate Championships taking place in Cancun, Mexico, from Aug. 26 through Sept. 1, with the District of Summerland providing a \$500 grant to help with travel costs.

Boothe won every one of her four fights on her way to winning the gold medal and becoming national



Claire Boothe won gold at the Karate Canada national championships in Richmond — Dick Grant photo

"You sign a contract (not to use your skills in public), Boothe said, and if you are forced to defend yourself, "Your first call is to your Sensei," to report it.

In addition to the \$500 grant, Summerland council wished the young athlete well in her bid for the international championship, with Coun. Marty van Alphin issuing an invitation to Claire to visit council "when she returns with her medals."

## Burnaby tops

(Continued from page 26)

while Harley Beaudry led a podium sweep for the academy in the novice class along with Sid Ahuja and Gur Hothi. Parris Gill also medalled. Ellen Thomas topped the 12-13 novice kumite division.

Stephi Zaborniak and Maya Soehardhi topped the girls' 10-11 kumite, while Gurmeet Sidhu won the intermediate division.

Melissa Chan won gold in kumite and bronze in kata in the girls' 12-13 division.

Cassia Kitaoka, Zoe Ye and Bogada Eshadi also won their respective kumite groups. Zoe Fong and Natalie Santi also medalled.

Burnaby Chito-Ryu martial artists also did well. Veronika Juris placed first in kata and second in kumite in the women's advanced group.

Jomar Mascardo won the 14-15 boys' kata, while Milos Miscevic was first in the 8-9 boys' kumite.

Ajay Gill was second in the 12-13 boys' kata and third in kumite.

Delbert Fizzell was second in the master men's forms and sparring. Sergey Kargopolov was first and second in men's novices disciplines.

Daniel Dang, Arneil Gill, Lucy Ojelel, Maya Miscevic and Natalia Sharma also medalled for Chito-Ryu.

Hikaru Morita won Nikkei's sole gold in 10-11 novice boys' kata or forms. Austin Kong picked up a pair of bronze medals in intermediate 16/17 disciplines. D.J. Tang and Kohei Yamamura also medalled for Nikkei.

KARATE  BC

## In the News

champion for her age class at the 2012 Karate Canada National Championships in Richmond in April.

Because she is presently working at the Calgary Stampede to earn money for the trip, her mother Jean Boothe spoke to Summerland Council this week.

Boothe spoke of the life-changing benefits that karate has provided her daughter; "Claire didn't speak from when she was three to nine years old," Boothe said, adding that Claire's participation in karate helped build her self-esteem.

Boothe went on to say that karate is not about fighting outside of the dojo.







## KARATE CANADA NATIONAL REFEREE SEMINAR Hosted by KARATE BC

**Course conductors: Norma Foster, Chair, Karate Canada OC, WKF Referee  
Marc Ward, Member, Karate Canada OC, PKF Referee  
Paul Sexton, Chair, Karate BC OC**

**When:** Fri Jan 18: 6 – 9 pm Sheraton Airport Hotel, 7551 Westminster Hwy, Richmond, V6X 1A3  
Sat Jan 19: 9 – 5 pm Richmond Oval - 6111 River Road, Richmond, V7C 0A2 (Team Selection)  
Sun Jan 20: 10 – 12 pm Richmond Oval (Training with BC Team and coaches, Q and A with athletes)

**Why:** Learn how to apply 2013 version of WKF competition rules  
Achieve provisional\* National Referee/Judge certification, recertification and upgrades

**Who:** Anyone with interest in officiating: Referees, judges, coaches, athletes, parents, supporters\*†

**Cost:** \$100 to participate in course, challenge kumite and or kata tests, undergo licence evaluation†  
\$50 to audit.

**Dress code:** Gi and/or track suit

**Bring:** WKF Competition rules, pen, paper, Karate Canada or KBC passport

**Please register ASAP -----DEADLINE: Jan 4, 2012**

NAME \_\_\_\_\_ AGE: \_\_\_\_\_ SEX \_\_\_\_\_

CLUB \_\_\_\_\_ KBC member number \_\_\_\_\_

CURRENT LICENCE \_\_\_\_\_ ATTEMPTING Licence:  Kata JA JB  Kumite RA, RB, JA, JB

AUDIT

TOTAL PAYABLE to KARATE CANADA: \_\_\_\_\_

**Further information and confirmation of attendance: [paul@abbotsfordkarate.ca](mailto:paul@abbotsfordkarate.ca)**

\*†Provisional licences are valid until 2<sup>nd</sup> National championships after evaluation.

Provisional licence holders will become certified after consensus evaluation at National Black Belt Championships (Toronto, March 14-16, 2013 or Vancouver 2014). Cost for consensus evaluation and certification is \$75.

†No officiating license or minimum Dan rank required; minimum age for licensing, 16 y; any age may participate.



Sempai Peter Plimmer of the Tom Mah School of Karate in Kelowna is the new president at the Big White Ski Resort

## Dan nabs huge fish in rubber dingy with small tackle

Karate BC Executive Director Dan Wallis, below right, taking a pre-Christmas break in Mexico, caught a 100-pound marlin on a single action Daiwa reel/rod combo from a 14-foot Zodiac.

“We use that in BC for catching salmon but almost no one uses this set up in Mexico for big fish . . . a very big fish for a small RUBBER boat - and yes we had to gaff the sucker - no punctures!

“We caused quite a commotion catching this fish in this little boat with this light tackle! We did use a bait from Sea of Cortez-it is called Ballyhoo, about 10-11-inch long herring type fish.

“What a rush. Took me 1 1/2 hours to land it. Everything went in our favour - hook stayed where it was supposed to despite that fish coming out of the water on at least eight different occasions trying to shake the hook.

“We almost got spooled - ran out of line so we had to chase the fish. Then it sounded and we decided to tire it out by letting it pull us around for awhile. I felt a little like the 2012 version of Old Man and the Sea.”



Antonia Bellefleur qualifying at the BC Provincials — Roy Tippenhauer photo



Dan Wallis, right, with fellow fisherman

*The Board of Directors and staff of Karate BC wish you a Merry Christmas, Happy Hanukkah, Joyous Kwanzaa, Happy Holidays and a healthy, prosperous and Happy New Year.*