

JKA-SKD CANADA

NEWSLETTER

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JKA Shotokan Karate-do World Organization of Canada, 4710 St. Ambroise suite 223, Montreal QC H4C 2C7
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Message from the President of JKA-SKD Canada



Dear JKA-SKD Canada members,

The year 2013 has been a year of great achievements. For the first time in its history, our Canadian association hosted a large-scale international Gasshuku on August 15-18, 2013. This was followed less than three months later by the first Canadian Championship, organized together by JKA-SKD Canada and CJKF.

I wish to emphasize the great success of this very special 4-day international camp that was held in Montreal. During the opening ceremony, Sensei Ueki emphasized the special nature of this camp in which we enjoyed the same rights regarding Dan and Qualification examinations as the international Gasshuku organized in Japan. Several participants took this opportunity to improve their Dan or qualification levels. Thank you and congratulations to all participants for their seriousness and commitment to making this Gasshuku a success while enjoying this rare opportunity to benefit from the teaching of Ueki Sensei, 9th Dan and Chief Instructor of the JKA. Ueki Sensei was assisted by Sensei Kurihara (2011 world champion in Kata) and Sensei Imura (2011 world champion in Kumite). Ueki Sensei and his assistants were truly a great source of inspiration for all participants at the camp.

The Canadian Championship, which included adult black belts and junior brown and black belts, attracted more than a hundred competitors. The

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results of this championship will be used to select the team that will represent Canada at the 13th JKA World Championship, to be held in Japan, in October, 2014.

The year 2013 has been an opportunity to demonstrate that the practice of JKA Karate in Canada is doing well and that Canada is an important active member within the JKA family. I hope that 2014 will be equally as prosperous and that the benefits of regular practice await all of our members. Happy New Year 2014!

Jean-Pierre Cusson, 6th Dan, QC

Special messages from Shiina Katsutoshi Sensei and Imura Rikiya Sensei of JKA Honbu Dojo on page 5.

From the Editor-in-Chief

Welcome to the January 2014 issue of JKA-SKD Canada Newsletter.



Indeed, what a busy year 2013 was! It truly was a big year for JKA-SKD Canada consisting of two major events; our first Canadian International Gasshuku and the first Canadian National tournament, each event closed the curtain with huge success. The year 2014 will certainly be another busy year especially for those who will be representing Canada at the 13th Gichin Funakoshi Cup in October, in Tokyo, Japan.

Aside from being part of the two major events that JKA-SKD Canada organized, I also had quite a busy year attending Honbu Dojo's Autumn Gasshuku in October, in addition to teaching children for the first time as part of the Karate program of the City of Ottawa. The past year has provided me with a lot of learning opportunities and I treasured every single one of them. In particular, being involved with the City of Ottawa Karate program has been quite enlightening in many aspects.

I recall someone saying that there is no wasted experience in life. Every experience counts and moreover, we need to make it count for our own lives. I was reflecting upon this message the other day with respect to my own training. After three years of stagnation, I finally felt the mobility on my left knee noticeably increasing for the first time last year. Three years ago, I had surgery on my left knee, only to find out that my medial meniscus was completely shredded off. Although the surgery was fairly non-invasive, it took a while before I gained back a full range of motion - only just recently, I started to be able to do a normal SEIZA. It has been frustrating to try to train. It was even more shocking to find out that the muscle memory I had essentially became non-existent. I had to teach my body to learn Kata over again with what my knee could handle (without bending much). Amazingly through all the frustrations and struggles of trying to practice, I discovered many things that I was not

doing before when my knee was still functional. I discovered how little understanding I had with respect to using my body. Somehow through the struggle of dealing with my own physical limitations and living with it, I realized many aspects of training that perhaps I would not have realized if I were free of these limitations.

On a somewhat related note, it was very nice to witness the peacefulness that Imamura Sensei displayed during the last JKA SKDI Summer Camp. I could only imagine the struggle that he must have been going through due to his medical condition, yet I found him very content and peaceful. As Shiina Sensei describes in his article later on (see page 5), the discussion that Imamura Sensei had with Mori Sensei and how Shiina Sensei felt in that moment, all related well with what I understand as Karate-Dō.

Mori Masataka Sensei of JKA-SKD International once mentioned to us how we should become more humble as we progress in our ranks. Humbleness is also what my Sensei (Oscar Avellaneda Sensei, Ottawa Shōtōkan Karate-Dō) preaches. Through the struggle of dealing with my knee condition, I had to face the fact how little humbleness I had in my understanding of techniques. I thought I understood them well, but I really did not. It is a long journey of self-discovery and I really found that when I think I know something, that's precisely the time that I should try to see beyond what seems obvious to me at that moment.

This year in the Chinese zodiac is the year of horse, which is characterized to be energetic, talented and warm-hearted. It is also known for unremitting efforts for self-improvements. I wish you all that 2014 becomes the year of improvement in many aspects of your lives, along with many moments of happiness and excitement!

Lastly, my sincere appreciation goes to Shiina Katsutoshi Sensei and Iimura Rikiya Sensei of JKA Honbu Dojo for their contribution to this Newsletter.

Bio Aikawa, 4th Dan, ON

JKA-SKD Canada International Gasshuku

The JKA SKD Canada International Gasshuku took place on August 15 - 18 in Montréal with the JKA chief instructor Ueki Masaaki Sensei as the invited guest instructor, together with Kurihara Kazuaki



Sensei (Kata Champion of the 12th Funakoshi Gichin Cup World Karate-Do Championship) and Iimura Rikiya Sensei (Kumite Champion of the 12th Funakoshi Gichin Cup World Karate-Do Championship).

We had a pleasure of having the consulate general of Japan in Montreal, Mr. Arai Tatsuo who welcomed the guest instructors from Japan and endorsed the promotion of the JKA Karate, as the traditional Japanese martial art.



*Iimura Sensei's class focusing on kicking:
TOP: Participants practicing kicks in groups of three; Craig Blair facing in centre. LEFT: Iimura Sensei demonstrating kicking.*

Gasshuku Committee* with Ueki Sensei, Kurihara Sensei and Iimura Sensei



**FROM LEFT : Louis Dessaint, Jean-Pier Cusson, Stacy Ungar, Bio Aikawa, Melar Taylor*

***Our First
International Gasshuku***

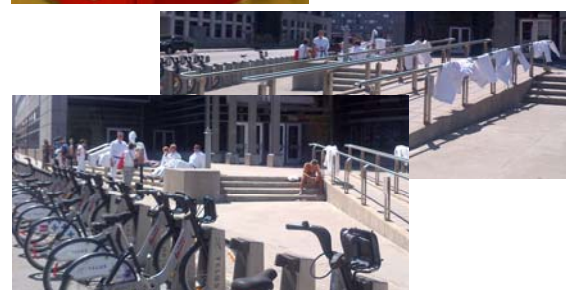


***Huge Success with
over 170 participants!***

Upcoming on the next page - Report from one of our members on this event.



*LEFT: Patricia Dorval, Pauline Johnson and Ines Mzali volunteering.
BELOW: Both gi and participants sun bathing during a break...*



Classes were filled with the energy of participants, driven by dynamic presence of young instructors balanced with the wisdom of the experienced master.



LEFT: Ueki Sensei correcting Nadia Hardy.

Report on Our Gasshuku

Francisco Laucirica
ShoDan, QC



The 2013 Canada International Gasshuku provided a unique opportunity to benefit from the invaluable and varied experience and perspectives of Ueki Sensei, Kurihara Sensei and Iimura Sensei. The combination of Ueki Sensei's technical insight with the youthful motivation, inspiration and good-humor brought forth by the world champions was a once-in-a-lifetime experience. To witness their skill and prowess is privilege and motivation enough; the chance to learn directly from them and to grow from the experience is truly priceless. Furthermore, to train in this environment twice a day and be completely immersed in Karate throughout the duration of the camp was physically, mentally and spiritually invigorating.

Morning classes were attended by all brown and black belts, while the afternoon sessions provided groups of different levels the chance to benefit from smaller classes and focused instruction from each of the three instructors in turn. Ueki Sensei's classes focused on KIHON, exploring elementary and advanced technical aspects of the fundamental principles behind each technique. The champions, meanwhile, shared their expertise in their respective areas. Kurihara Sensei provided a comprehensive KATA review, paying special attention to the prowess and expectations of each group's level, with an emphasis on basic exercises to be integrated into our KATA practice to enhance the benefits of different aspects of practice, such as performing them in slow-motion to improve coordination and the flow of techniques. It was especially enriching to follow Iimura Sensei's KUMITE exercises, which underscored the importance of leg-work, hip-rotation and proper form.

One of my most enjoyable and enlightening

sessions of the camp was the last class in which Iimura Sensei instructed us with the added intention of providing a review for those taking Dan exams. The class was an unprecedented learning experience for me not in spite of the lack of an interpreter, but because of it. In the conscious effort to pay more attention to Iimura Sensei's examples and corrections I realized that training in karate not only requires us to clear our minds, but also to learn how to think with our bodies and to become more aware of the fundamental principles of physical movement in ourselves and others. It was not until much later that I realized that the lack of a language barrier resulted from our individual and collective efforts to train with great diligence and care. Regardless of our different origins and backgrounds, we can always communicate and grow with each other once we come to see karate as a bond and a "language" that brings us together.

To be able to share in this Gasshuku with so many different Karateka from across the continent was one of the most enriching elements of the camp. Just as valuable as the instruction was the experience of sharing and fueling our own and each other's commitment not only to our personal training, but also to something infinitely larger than ourselves —the art of Karate-Dō. It was perhaps this aspect of the training that did the most to instill me with an unprecedented interest in and commitment to further understanding and undertaking the Dō, and I am certain not to be the only one. Thus, it is with the deepest gratitude that I commend and congratulate the hard work of the organizers and volunteers who made the Gasshuku a success.

*"I would choose to make 100 mistakes in
life over one regret of not trying"*
(Anonymous)

Messages from Honbu Dojo

Imamura Takeshi Sensei
3rd Dan, JKA Headquarter
Tokyo, Japan



Canadian Karateka,

Congratulations for your hard training at the 2013 Canadian National Gasshuku. How did you all enjoy the experience? I was very happy as well as proud of being able to train with you all in the wonderful Canadian environment; by the way, Canadian food was very good!

I was truly impressed by your serious commitment to training and your eagerness towards KARATE

practice. It was also a great opportunity for me to learn many aspects of teaching and for that I sincerely thank you.

Looking forward to having the opportunity to train together in the future. OSS!

Imamura Takeshi

KOEKI SHADAN HOJIN Japan Karate Association

*Find out international activities by visiting
Honbu Dojo's website at:
http://www.jka.or.jp/english/gichin/funa_koshigichin.html*

Shiina Katutoshi Sensei
7th Dan, JKA Headquarter
Tokyo, Japan



I headed towards NY with Imamura Sensei in July to teach at the 2013 JKA SKDI Summer Camp. The trip was scheduled for Jul 10 - 17. Imamura Sensei is my Senpai and at Takushoku University he was kind enough to let me stay at his place when I was in my 4th year.

Imamura Sensei has been recovering from throat surgery and consequently he has not been able to speak loudly. He was concerned about teaching classes in such condition.

Prior to the trip, we consulted this matter with Mori Sensei and received the following response. "You, if you cannot speak loud, give instructions accordingly and that's all to it. I will not treat you any differently because of it." - Kindness and thoughtful consideration in his simple and straightforward words made me straighten my back - I looked straight at Mori Sensei and said "OSS" silently in my mind. Here is the true essence of Karate-Dō...

Summer camp began and training started for each group. We train for our own health, because we want to be strong, to release stress, etc... various reasons in the minds of participants but we all sweat together. It was the moment, that, Budō/Karate-Dō was simply "marvelous".

There is no better or worse in Karate-Dō. It's all about how much each practitioner puts in, how hard she/he trains to become confident in life; this is the real quest. The moment you give up your dream, you transform into a master - such a way of thinking can change people.

This week's HANAKOTOBA*: NOSENKAZURA (*Campsis grandiflora*) - Glory, life with blossoms.

All, let's enjoy Karate-Dō.

OSS.

Shiina Katsutoshi



*HANAKOTOBA (Japanese language of flowers)



Imamura Sensei instructing at the summer camp



Shiina Sensei instructing at the summer camp



Shiina Sensei instructing Kumite

JKA SKDI Summer Camp

July 11-14
Connecticut, USA

This annual summer camp organized by JKA SKDI was held in New London, Connecticut. Mori Masataka Sensei (9th Dan), Imamura Tomio Sensei (7th Dan) and Shiina Katsutoshi Sensei (7th Dan). Several JKA-SKD Canada members attended this camp.



LEFT: Manon Quirion performing GojushihoSho during class

BELOW: Shahrokh Hoghooghi and Bio Aikawa during practice



TOP: Nadia Hardy at the tournament (right)

BELOW: Rosanna Eugeni (front) and Julie (back)



Photos on this page are provided by Peggy Gilbert of JKA SKDI

A Journey of Discovery, Adaptation and Inclusion

The ultimate goal of Karate-Dō that JKA preaches is not only about winning competitions and becoming physically strong but also improving one's character through strenuous training – as “*Seek perfection of character*” in Dōjōkun. We develop our own character by putting ourselves outside of our comfort zone, which is always challenging. By doing so, we face many unknowns and discover aspects of life that we never knew before – there is always learning which often times turns to be quite rewarding. All of us have these experiences whether related to Karate or not.

One story that I would like to share with our members is the experience that David Pinchuk (4th Dan, Westmount JKA, QC) has gone through as part of his involvement in community developing and teaching a Karate program to children and young adults with special needs for the past 4 years through a non-profit organization called *The Friendship Circle*.

The Friendship Circle provides assistance and support to children with special needs and to their families. In addition to helping those in need, the Friendship Circle enriches its vast network of volunteers by enabling them to reap the rewards of selfless giving.

On June 10th, 2013, David was honored with the “Volunteer Extraordinaire” award at the 12th Annual fund-raising Gala of The Friendship Circle that over 300 people attended. The award was presented to him on behalf of the Friendship Circle by the mayor of the local borough.

For this Newsletter, David shared his journey of discovery and adaptation of this experience in the following short interview.

Bio: *What challenges have you faced and how did you overcome them?*



David with his students at the Gala on June 10th, 2013

David: Although I've taught Karate for more than 25 years, I've never had the opportunity to teach a group of students with special needs. After consulting with my Senseis, family and colleagues I accepted this challenge knowing that I would have to lean on them to fill in or cover whenever possible. I've never heard of the Friendship Circle before. But since then, I've learned that this Montréal group alone has more than 500 volunteers from local high schools and universities who work one-on-one with the people with special needs and also participate in the karate program alongside each one of them.

When I arrived to our first class I remember I was greeted with hugs and high-fives by our future Senseis. They sensed my apprehension and went out of their way to make me feel comfortable. There is no ego, no pretentiousness. What you see is what you get, with their full awareness of it. Within five minutes I was completely disarmed, and felt at home. Also, being hugged in the middle of Heian Shodan was a complete new experience for me. (Well, I can surely live with that now!)

Bio: *Over the course of 4 years that you have been involved in teaching these children and young adults, what have you gained most out of the experience?*

David: These 4 years have been a great learning experience for me. I've learned that my students have the same emotions and desires as anyone else. You would notice this if you glimpse at their facial expressions while hitting a pad with a wooden sword (click on this [video Link](#)). I've learned to respect their values and keen desire to learn outside their comfort zone. And most importantly, I've gained a great respect for all the volunteers who spend their precious personal time to help out and

try to make a difference in the lives of those who are in need of their help.

Bio: Any memorable moment that you would like to share with your peer Karateka around the world?

David: I find witnessing the individual incremental progression is memorable on its own. In addition, an instant that stands out was with one 20 year old student. When I first met him I couldn't get within 6 feet of him without him screaming and running away. Even though the other Karateka would consistently try coaxing him to join the class, he would choose to just sit and watch from a distant

corner of the room. Over the course of three years this perimeter became smaller and smaller and, just recently, and on his own accord, he decided to become an active class participant.

Mori Sensei says that education cannot come from the 'top down', but must come from the 'bottom up'. These are very wise words... and I respect that!

Please join me in thanking David for sharing his experience with us. Bio

Click here for the video link:

<http://www.youtube.com/watch?v=XkYdZbUNdcM>

The Canadian National Championship

The first Canadian National Championship took place on November 10th in Montréal. It was also a significant event in that it was collaboratively organized by JKA-SKD Canada and Canada JKA Karate Federation (CJKF). The two Canadian JKA Karate associations would like to have more opportunities for both association members to compete with each other in order to achieve overall improvement of Canadian Karateka.

The day opened with the speech from the president of JKA-SKD Canada, Jean-Pierre Cusson, followed by the consulate general of Japan, Arai Tatsuo who encouraged the competitors to recall the inspiration

RIGHT: Men's Kumite Top 8 - Angelo Baaco in 5th place (1st row second from right); Paul Atkins in 8th place (1st row second from left)



LEFT: Men's Kata Top 8 - Angelo Baaco in 8th place (1st line second from right)



LEFT: Women's Kumite Top 8 - Manon Quirion in 3rd place (2nd line right)

BELOW: Women's Kata Top 8 - Manon Quirion in 1st place; Salvina Sharp in 4th place (first line right)



from the 12th Gichin Funakoshi World Cup Champions during the August Gasshuku and give their very best at this championship. The matches started with junior events and ended with the matches for the selection of individuals to represent Canada at the 13th Gichin Funakoshi World Cup Championship in Japan in October 2014. The selection process was strenuous by utilizing a double elimination system yet the intensity and high energy filled the entire gym till the very end.

Congratulations to Manon Quirion, Salvina Sharp, Angelo Baaco and Paul Atkins for their great results!



JKA International Autumn Gasshuku – Tokyo

This annual Gasshuku was held on Oct 10 – 13 and was attended by four JKA-SKD members; Jean-Pierre Cusson (QC), Manon Quirion (QC), Joe Lappan (BC) and myself. Classes were separated based on the Dan levels and all training was well instructed and well-organized.

As in each year, Honbu Dojo organized a discussion session with participants from outside Japan. At that session, Mori Toshihiro Sensei reported that the JKA has joined UNESCO. Currently, JKA is the only martial arts association in UNESCO. As part of its cultural exchange programs, JKA gave a karate demonstration to visiting Canadian high school students in September. It consisted of a lecture by Mori Sensei, KATA demonstration by Ueda Sensei, KUMITE demonstration by Kurihara Sensei and Shimizu Sensei, and finally a technical lecture by Naka Sensei focusing on manners and breathing. As Japanese native speaker, I was also invited to explain the importance of JKA being the only martial arts association recognized by the government of Japan as KOEKI SHADAN HOJIN (public interest incorporated association).



LEFT: Joe Lappan, Manon Quirion, Jean-Pierre Cusson and Bio Aikawa at Honbu Dojo (from right to left).



LEFT: Yondan and Godan participants of the camp with Mori Toshihiro Sensei, Bura Jørgen Sensei, Ueki Masaaki Sensei, Ōsaka Sensei and Ōishi Takeshi Sensei (from right to left).

Manon Quirion training at Autumn Gasshuku in Honbu Dojo



On the third day of this Gasshuku, Jørgen Bura Sensei (7th Dan, chief instructor of JKA Denmark) was invited to give a special seminar focusing on the development of KIME. Bura Sensei is technical director of JKA Europe and the 6th to 8th Dan participants also had an opportunity to take a lecture on the current situation of the JKA Europe.

The chairman of JKA, Nakahara Nobuyuki Sensei shared his thoughts on the JKA Karate being the only real Budo these days, while the vice-chairman, Iwamatsu Yoshihiko Sensei spoke about the evolution of Karate practice going through the phases of “liking” then “enjoying”, leading to mastering one’s own practice while maintaining curiosity to discover new aspects of training... the entire experience of attending Gasshuku was not only a fulfilling technical quest but also an opportunity for me to reiterate the very reason why I train JKA Karate.

Bio Aikawa, 4th Dan, ON

Dan Grading

Members listed below were successful in Dan exams in 2013. Congratulations all!

Godan: Michael Doherty (BC)

Yondan: Stéphane Landry (QC)

Sandan: Lyne Guilbault (QC), Marco Deslandes (QC), Sorin Lemnariu (BC), Tania Zink (BC), Trevor Ishmael (QC)

Nidan: Amanda Keriliuk (BC), Ernest Charlton (BC), Karen Shanahan (QC), Kevin Doran (BC), Gloria McCarty (BC), Grant–Evari Menor (QC), Mahmoud Hennouche (QC), Martin Gingras (QC), Michel Poirier (BC), Mike Gemelas (BC), Nathan Boudreau (BC), Richie Phok (QC), Robert Jefferson (QC), Sandra Laplante–Lavallée (QC), Zachary Charlton (BC)

Shodan: Arnold Gibson (MB), Kieran Orsini (QC), Krystal Nguyen (MB), Marie–Josee Deschenes (QC), Marco Lovera (BC), Matthew Gazso (BC), Nicole–Ann Menezes (QC), Patrick Castonguay (MB), Rick Mino (BC), Salim Aoudia (QC), Sandra Turner (BC), Sevag Pogharian (QC), Tamiko Charlton (BC), Ted Roome (BC)

Sensei Jean–Pierre Cusson (QC) obtained Special Rights for Sandan Examination and Sensei Don Sharp obtained Special Rights for Shodan Examination.

Qualifications

Congratulations to those who obtained qualifications in 2013!

Judge

A: Jean–Pierre Cusson (QC), Shahrokh Hoghooghi (QC)

C: Angelo Massoti (QC), Craig Blair (MB), Nadia Hardy (QC), Stacy Ungar (QC)

D: Carole Canaan (QC), Clint McCarty (BC), John Ferencz (MB), Graham Mallett (BC), Mark Deschatelets (QC), Robyn Orford (BC)

Instructor

A: Don Sharp (BC)

B: Louis Dessaint (QC)

C: Angelo Massoti (QC), Stacy Ungar (QC)

D: Alyssa Baldoni (QC), Carole Canaan (QC), Clint McCarty (BC), Graham Mallett (BC), John Ferencz (MB), Robyn Orford (BC)

Examiner

B: Don Sharp (BC), John Selinger (MB), Louis Dessaint (QC)

D: Angelo Massoti (QC), Carole Canaan (QC), Craig Blair (MB), Nadia Hardy (QC)

Sensei Don Sharp obtained Special Rights for Judge D and Instructor D Level examinations.

Reports from JKA-SKD Canada Dojos

From Chilliwack, BC

Instructor's course was held on Nov 15-17 in Chilliwack, BC, with an amazing guest instructor, Sakurai Yasuo Sensei from Japan. It was an incredible event for black belt members who benefited in gaining a significant amount of information and insights. On Nov 22-24, Sakurai Sensei conducted all-level seminar with a tremendous amount of spirit and intensity as well as further skills development in all areas especially on Kata and Kumite. We also had an excellent exam with a new teen Shodan, 8 successful Nidans and two new Sandans!

Don Sharp, 6th Dan, BC

From Ottawa, ON

Ottawa Shōtōkan Karate-Dō has taken on the City of Ottawa Shotokan Karate program for children this fall. Consisting of children from age 6 to 14 from the local community, this program ended its fall session with the parents-day event where the students demonstrated the skills they had learnt in front of their parents. Following the opening remarks by the City of Ottawa official; Ms. Chisa Takiguchi from the embassy of Japan spoke about how Japan through its embassy's support wishes these students to be inspired to build stronger bridges between Japan and Canada.

Bio Aikawa, 4th Dan, ON

From Montréal, QC

Melarie Taylor finished the JKA SKD International (JKA-SKDI) level A instructor course offered by Mori Masataka Sensei of New York, USA at the JKA-SKDI Fall Camp in Albany in Sep 2013. Nadia Hardy (QC) is in her 2nd year of the instructor B course. Other Canadian graduates that have completed JKA-SKDI instructor course include Ashraf Ismail, Adel Ismail (England), Shahrokh Hoghooghi and Mark Deschatelets.

Good luck to Nadia in 2014!

Nun's Island JKA (QC) held a summer training camp in June. Sensei Shahrokh Hoghooghi hosted the camp and gave the Shodan exams. Toryu Eiji Sensei and his family were the invited guests from JKA Boston.



Melarie Taylor, 5th Dan, QC

Check out JKA-SKD Canada

website at:

www.jkaskd.ca/

For members only access site,

please contact your instructor

how to access the site.



NIKAZE.com

Board of Directors

2013 JKA-SKD General Assembly election resulted in the renewal of the Director terms for Melarie Taylor, Bio Aikawa and Craig Blair.

Board of Directors 2013-2014

President: Jean-Pierre Cusson (QC)
 Vice president: Melarie Taylor (QC)
 Treasurer: Stacy Ungar (QC)
 Secretary: Michael Doherty (BC)
 Directors: Bernard Monast (QC)
 Bio Aikawa (ON)
 Craig Blair (MB)

2014 Annual General Assembly will be held on March 2nd, 2014 at 2:00pm EST. The Director positions held by Jean-Pierre Cusson, Stacy Ungar, Bernard Monast and Michael Doherty will be up for election.

Your participation at the meeting is important for our organization – please mark your calendar!

Items sold by JKA-SKD Canada

To purchase the following items, please contact your Dojo instructor.

- JKA International Passports (\$20 each)
- JKA international Kyu certificates (Minimum purchase of 10 certificates required. \$8 each)

Dojo instructors, please contact:
 Stacy Ungar
stacy.ungar@sympatico.ca

- JKA SKD Canada T-shirts (\$20 each)
- JKA SKD Canada logo stickers (\$5 each, \$20 for a package)
- JKA SKD Canada logo saw-on-patches (\$10/\$20)

Dojo instructors, please contact:
 Melarie Taylor
melarietaylor55@gmail.com

Have any comments? Want to help?

Would you like to publish an article in the next Newsletter or be involved in the creation of it? Please contact us at;

administration@jkaskd.ca

or

aikawa.bio@gmail.com

Thank you to all who provided articles and photos for this newsletter.

Special thanks also go to Jean-Pierre Cusson for translation from English to French.

Dojo Kun

Seek perfection of character
 Be faithful
 Endeavour in all training
 Respect others
 Refrain from violent behavior

Hitotsu, Jinkaku Kansei ni Tsutomuru Koto
 Hitotsu, Makoto no Michi o Mamoru Koto
 Hitotsu, Doryoku no Seishin o Yashinai Koto
 Hitotsu, Reigi o Omonzuru Koto
 Hitotsu, Kekki no Yu o Imashimuru Koto

Each point is considered equally important, therefore starts with **Hitotsu**, which literally means “one”.