



A MESSAGE FROM THE PRESIDENT OF JKA SKD

2009 has been a tremendous year for JKA SKD Canada. From the accomplishments of our members and the new programs we have initiated to the successes of our special events, it has been a banner year for JKA SKD!!!

One such event was the 1st Canadian Gasshuku in Ottawa this past August. Our group had the opportunity to build our relationship with our fellow JKA group, develop our skills with four of the finest JKA instructors (Sensei Ueki, Sensei Tanaka, Sensei Osaka, and Sensei Kobayashi), and take examinations for Dan and JKA's qualifications. It was a very nice time, and I personally went away with lots of great information and techniques to bring back to our members.

We are moving in a very positive direction, and have made some great improvements in all of our endeavors from our "grass roots" members at each Dojo, to our Dojo level Senseis, right up to our senior association Senseis, and board of directors. We have been successfully improving JKA SKD from the basic administration to the most important technical growth within our organization.

At the next Annual General Assembly, I will have reached my maximum allotted time as President. It will be time for a new administration to take us forward into the next decade. I do hope we have many of our experienced senior Black belts willing to step up to the task. To move forward and in the direction that has been started, we need a strong, knowledgeable, experienced board. Presently, we have a tremendous board, and hopefully some of the present board members will stay on with the next, but we also need fresh eyes on the issues, to continue our progress. Hence, please, start thinking of strong candidates for the board.

I also feel very strongly about our newly formed *technical committee* having continual growth. Such a committee, to assist our association and its members in technical aspects, is essential at this point, and it will also allow the board of directors to focus on, and be more effective with the administration of the association.

The goals of functioning in unison with our fellow JKA group in Canada, and of our growing relationship with JKA headquarters, need to be fostered by the new board *and* our team of senior members – organized in the technical committee – if we truly want them to flourish.

To get us to the "next level" we need to develop our youth, our Dojos, our tournament competitors and much more.

I have been happy and proud to be part of the board the past 8 years, and will strive to keep my self and my Dojo moving forward with JKA SKD and assisting JKA SKD in whatever way I can.

Yours Truly,

Don Sharp

JKA SKD President / JKA SKD Technical committee member

NOTES FROM THE EDITOR

Welcome to the 4th JKA SKD Newsletter. You'll find changes in format and content – the main goal: to make it more interesting and useful to all our members. I hope we have, at least partially achieved this; everyone's help is needed to make the newsletter, our newsletter. Please, contact me with ideas and suggestions for improving it!

Nadia Hardy
JKA SKD Newsletter Editor



DAN GRADING 2009

Congratulations to the following JKA SKD members that passed their Dan examination in 2009!

Roku Dan: John Selinger.

Yon Dan: Merrilee Zetaruk, Stacy Ungar.

San Dan: Joe Lappan, Rosanna Eugeni, Serge Gauvreau.

Ni Dan: Frédéric G. Parent, Jean Fournier, Jean Sebastien Philipard, Pierre Lévesque, Richard Desaulnier, Roger Charbonneau, Stephen Lenet.

Sho Dan: Ali Allem, Anik Pampa, Benoit Ostiguy, Calvin Loo, Christiana Tanasie, Chuck Cinco, Clint Mcarty, Emiliano Morales-Espinosa, Gabriel Gregoire, Jesse-Jamz Ozaeta, Joëlle Desjardins, John Eng, Justine Munger, Kamran Shayanfar, Karlo Trost, Lahcene Allem, Mark Bryan Li, Milena Bare, Paulette Espinosa, Saeed Kharad-Mehr, Samuel Harvey, Shafiga Khadri, Shan Setter.

MEMBERS QUALIFICATIONS IN 2009

Congratulations to the following JKA SKD members that received JKA qualifications in 2009!

John Selinger: judge A;

Oscar Avellaneda : judge B, instructor B, examiner C;

Shahrokh Hoghooghi: judge B, instructor B, examiner C;

Mike Doherty: judge B, instructor B, examiner D;

Bio Aikawa: judge C, instructor C, examiner D;

Sal Sharp: judge C, instructor C, examiner D;

Joe Lappan: judge C, examiner D.

The following members also earned their qualifications during 2009:

judge D, instructor D, examiner D: Louis-A Dessaint;

instructor D, examiner D: Bernard Monast, Johanne Hébert,

Manon Quirion;

judge D, instructor D: Chuck Billo, Craig Blair, Joel Crisp,

Merrilee Zetaruk, Richard Wingert, Stacy Ungar.

NEW JKA SKD DOJOS

Please join us in welcoming the Dojos that joined JKA SKD in 2009. Two new regular members: *Club de karaté JKA de l'ÉTS*, directed by Louis Dessaint, 6th Dan – and *Temple des Arts Martiaux*, directed by Aristhène Clairméus, 1st Dan.

Three new probationary members: *Le dojo de Granby*, instructor: Michel Duquette, 3rd Dan; *Académie de karaté Shotokan*, instructor: Émil Pavaliu, 6th Dan; – and *T.K.A. Shotokan Karate Do*, instructor: Thangarajah Vinoth.

By the end of year 2009, a total of 32 dojos were registered as members of the JKA SKD, of which 29 are regular members and 3 have probationary statuses.

SPECIAL RIGHT OF DAN EXAMINATION – SENSEI JEAN-PIERRE CUSSON

Congratulations to Jean-Pierre Cusson for having achieved Special Right of Dan examination during the 2009 Spring Training Camp held at the Honbu dojo, Tokyo, Japan.

With this special right of Dan examination, Jean-Pierre Sensei is entitled to grade JKA Sho Dan rank. JKA SKD now has two Senseis – François Gelinias and Jean-Pierre Cusson – who can grade JKA Sho Dan rank!



HIGHLIGHTS OF SOME OF THE EVENTS ORGANIZED IN 2009 BY JKA SKD MEMBERS

Thanks to the organizers for sharing these with us.

AKJKAQ Summer Camp -- This 2009, AKJKAQ had the pleasure of receiving Sensei Toshihiro Mori, 8th dan. It was Sensei Toshihiro Mori's third visit to Quebec to teach at our Camp; he travelled in the company of his wife. -- The Camp was held at the ETS of Montreal. There were periods reserved for black belts for the practice of advanced katas. In this way, black belts had the opportunity to practice 10 advanced katas. The rest of the training focused on basic techniques and sparring. It was clear to us that Sensei Mori, kumite champion at several Japan competitions, has a special interest for kumite. His tsukis, mae geri and ashi barai have an incredible strength. During the Camp, we had the chance of working on these techniques in different situations and with different timings. Through the week, the training reached a high level intensity. Sensei Mori has an amazing energy and he is a talented communicator. Everyone profited from his knowledge and his enthusiasm for the practice of karate-do.

JKA SKD WEBSITE

It's been a few years now since the JKA SKD website was launched. We want to thank François Mongrain for keeping it up to date. Check it out!
www.jkaskd.ca

Montreal Summer Camp -- In 2009, the Westmount JKA Karate Club celebrated its 10th anniversary of hosting the Montreal Summer Camp. As recommended by Sensei Mori, we invited Sensei Kazuhiro Sawada from Brussels, Belgium to be the guest chief instructor. This was Sensei Sawada's first visit to Canada. The training began on Thursday night at the Kirkland JKA (chief instructor: Mark Deschatelets). The Friday morning black belt session was held at Westmount JKA (chief instructor: Ashraf Ismail) followed by an evening class at the Nuns' Island JKA (chief instructor: Shahrokh Hoghooghi). Both Saturday and Sunday classes were held at the Westmount JKA. Sensei Sawada reviewed fundamental basic techniques for all levels, including kumite and kata, with special emphasis on kime – i.e. striking following a straight path and working on speed and full focus of energy on the target, all the while maintaining balance. Sensei Sawada was able to answer the many questions we posed him in fluent English, French, and of course, Japanese. To end the camp on Sunday, Sensei Sawada aided Sensei François Gelinat in administering Sho Dan examinations. Special thanks to all JKA SKD senseis and students for their participation and for making this camp a success.

Montreal Fall Camp -- The Montreal fall camp, organized by Shidokan International, was held in November in Montreal at the Cotes des Neiges Sports Complex. Our guest instructor was Mori Sensei from New York City. Throughout the weekend, he was complemented by the spirited training sessions led by Sensei François Gelinat, Angelo Massotti, Stacy Ungar and Merrilee Zetaruk from Winnipeg. Two of JKA SKD's newest dojos (le dojo de Granby and T.K.A. Shotokan Karate Do) attended the camp for the first time. We appreciated their enthusiastic support. The enjoyable weekend was wrapped up with a dan exam and a raffle.

(See next page for more!)



HIGHLIGHTS OF SOME OF THE EVENTS ORGANIZED IN 2009 BY JKA SKD MEMBERS (CONT')

Winnipeg November Camp -- The JKA Shotokan Karate-Do Winnipeg dojo hosted a successful training camp with Master Shu Takahashi, coordinated by Sensei John Selinger. Two other JKA dojos in the city also participated in the camp – Pan Am Karate Club (Sensei Shane Boyce), and JKA SKD Winnipeg West (Sensei Joel Crisp). Sensei Melarie Taylor from Montreal also attended. This was the first time Master Takahashi has taught in Winnipeg. Although students missed Master Mori, as he was unable to attend this year, everyone enjoyed training with Master Takahashi. The camp was interesting, exciting, challenging, and fun, with lots of valuable learning for all involved.

10th Annual LSCDN Fall Competition -- The competition took place on Dec 5th in Cote-des-Neiges. The event rolled along smoothly and finished with a memorable win by Sam Harvey (2 yakuzuki in rapid succession) during the Men's black belt kumite event. Milena Bare took first in the women's Dan division. Team kata events were won by

<i>Belt Division</i>	<i>Club</i>	<i>Kata</i>	<i>Team</i>
Black	Shidokan	Kanku	Sam, Mike, Milena
Brown	Concordia	Basai	Yang, Grant, Shabanika
Blue	Van Horne	H5	Ryan, Damien, Thusyanthan
Green	Tora	H4	Mircea, Johal, Yussef

ITEMS SOLD BY JKA SKD

The following items are sold by our organization. To purchase, members should contact their instructors.

➤ JKA International Passports, cost: 20\$ each.

To purchase, instructors should contact Rosanna Eugeni.

➤ Kyu certificates (min. purchase : 25 certificates).

For price information and to purchase, instructors should contact Rosanna Eugeni.

➤ JKA SKD T-shirts and logos.

For price information and to purchase, instructors should contact Melarie Taylor.

Melarie Taylor: shidokanint@qc.aira.com

Rosanna Eugeni: reugeni@total.net.



FIRST GASSHUKU (INTERNATIONAL CAMP) IN CANADA

A Gasshuku was held for the first time in Canada, from August 21st to 23rd of 2009. It was an amazing experience attended by many JKA SKD members. The event was organized by JKA Headquarters and hosted by our JKA Canadian fellow association JKA Karate Federation (CJKF). Below, comments from some of our members who attended the event.

I had the privilege this summer to go to the first Gasshuku held in Canada. From the 21st to the 23rd of August, a couple of hundred karateka from humble 3rd kyu (myself) up to 5th and 6th dan got to train with some of the brightest stars of the JKA. We had great dorms that were very close to the gym which gave us lots of time to train hard with Senseis Ueki, Sensei Tanaka, Sensei Osaka and Sensei Kobayashi. Each day we would have either large group classes or smaller sections divided by rank where individual Senseis would take apart our techniques and impress us with their abilities to both deconstruct kata and apply it to sparring. I believe most of us saw many things that both pushed us to do better and got us thinking about karate in fresh new ways. In our sho dan/kyu group we had Sensei Kobayashi show us how to judge if our posture is correct, he would demonstrate a move like yama zuki from bassai dai and then straighten his torso and show us if his shoulders and head were crooked or not. It got a lot of laughs and by the end of the gasshuku everyone from 3rd kyus to 3rd dans were trying this unconventional approach to fix themselves! As an extra treat on the Sunday afternoon we got to watch the judging certifications and I got to participate as a (mostly) willing guinea pig for the referee qualifications. I came back to Montreal bruised and exhausted, but very enthusiastic! – Alex McDonnell, 3rd Kyu, Montreal

Participating in the Gasshuku was exciting, overwhelming, exhausting and exhilarating. It was an amazing opportunity to be exposed to so much knowledge and talent from several masters in a few short days, as well as the good energy of so many other karateka. Though I was often rightly pushed beyond my current limitations, the classes rewarded me with countless "aha!" moments – fresh insights and understanding of techniques and purposes. What a wonderful experience!
– Jane Dick, Sho Dan, Winnipeg

Gasshuku was an excellent opportunity to see some old friends and to meet new ones. Seeing the impeccable abilities of the masters from JKA recharges your batteries and motivates you all the more. While some of us that did not pass exams were a little mystified when no explanation was given, it should be remembered that this is the way of Headquarters. Looking forward to the next Gasshuku very much already! – Chuck Billo, Ni Dan, Montreal

We've had many high ranking Japanese instructors/masters come and give weekend-long seminars before. But what really got me excited about the Ottawa Gasshuku was the fact that there were not one or two, but four of them coming. We had the privilege of training with Ueki Sensei, the technical director of the JKA, Osaka Sensei, previously known in the world tournament scene as the "king of kata" and Tanaka Sensei, one of the most decorated kumite competitors in the karate world. The fourth and younger Kobayashi Sensei is a seasoned, world-class competitor in his own right. Having these four masters made for a great learning experience that I would like to go through again. While we as students were under the Senseis' watchful eyes, I think that the awed students were watching them even more closely. – Angelo Baco, Ni Dan, Montreal



CONGRATULATIONS TO MORI SENSEI ON HIS 77 BIRTHDAY!!!

According to Japanese beliefs, certain years of age are considered unlucky or even dangerous, while others are perceived to be auspicious and worthy of celebration. The celebration of one's 77th birthday is an example of *ga no iwai*. *Ga no iwai* (also known as *toshiiwai*) is a Japanese rite of passage celebrated at various ages to pray for long life. Age 77 is the year of *kiju*, or "joyous year", and to live until that age is indeed fortunate. The Japanese characters for *kiju* literally mean "joy" and "long life".

Mori Sensei's 77th birthday was celebrated at the Albany Camp, on September 2009. We feel lucky and fortunate to have him among us – we wish him many more joyous years and a long long life!

Some JKA SKD members were present at this celebration, them and many others who could not be present at the camp, contributed towards a cash gift given to Sensei Mori at this occasion.

2009 JKA SKD EVENTS

The JKA SKD sponsored Instructor and Judging seminars across Canada in 2009. These events were held in Montreal, Winnipeg and in Vancouver. In Montreal, Sensei Jean-Pierre Cusson accepted to teach the Montreal Seminar held on August 8th, while the Winnipeg seminar was taught by Sensei John Selinger on August 5th and 12th. Two (2) seminars were held in Vancouver, on July 25-26 and September 12-13 and were given by Sensei Don Sharp. The purpose of this event was to give JKA SKD members interested in taking JKA qualification exams, information to better prepare for testing. We hope that many such events will be organized in the future!

HIGHLIGHTS OF EVENTS ORGANIZED BY JKA SKD INTERNATIONAL IN 2009

Very often JKA SKD members attend events organized by JKA SKD International. Below, one of our members shares with us her experiences in the 2009 SKDI Fall Tournament (Boston, US). Perhaps, you will get tempted and attend the events in 2010!

The SKDI Fall Tournament was held Saturday, October 10, 2009, at the Wellesley College campus in Boston. It was my first time to attend this competition. Five hours driving from Montreal, Sensei Melarie Taylor and her students have been to Boston for camps and tournaments several times. All the good feedback about training, accommodations, tournament experience, and the amazing quality and quantity of black belts, that I have heard from my peers made me want to experience the event myself. As a 2nd kyu, I competed in the brown belt category. After winning both individual events in the brown belt category, Sensei Takahashi and Sensei Toryu shifted me to black belt kumite. Hence, I had the great opportunity to compete with members of the US Gichin Funakoshi Cup team. Even though I did not go far in the black belt category, it was an excellent experience for me. In the meanwhile, I hope that they will come to our tournament in Montreal. That would be a boost not only in spirits but also in experience for the next Gichin Funakoshi Cup to be held in Thailand in 2011. – Yang Li, 2nd Kyu, Montreal

Check the JKA SKD website for upcoming events and photos of past events – <http://www.jkaskd.ca>



UPCOMING EVENTS ORGANIZED BY JKA SKD MEMBERS – 2010

All contact information, and updates on the upcoming events, can be found at www.jkaskd.ca.

February 20: Kickathon - 1000 kicks, fundraising – Organized by Tora Dojo, Montreal.

February 27-28: AKJKAQ Winter Camp (with sensei Masataka Mori, 8th dan) – Organized by AKJKAQ, Montreal.

March 19-21: 23rd Concordia competition and JKA qualification exam – Organized by Shidokan International, Montreal.

April: Shotokan Karate-Do Manitoba Karate Tournament – Organized by JKA Shotokan Karate-Do Winnipeg, Winnipeg.

May 27-30: Montreal Summer Camp (instructor TBA) – Organized by Westmount JKA Karate Club, Montreal.

June 30 to July 4: AKJKAQ Summer Camp (with a guest instructor from Japan, name TBA) – Organized by AKJKAQ, Montreal.

November 4-7: Montreal Fall Camp (with sensei Masataka Mori, 8th dan) – Organized by Shidokan International, Montreal.

November 19-20: Training camp in Winnipeg (with sensei Masataka Mori, 8th dan) – Organized by JKA Shotokan Karate-Do Winnipeg, Winnipeg.

November 27: 11th Annual LSCDN Fall Competition – Organized by Shidokan International, Montreal.

FUNDRAISING

Fundraising events were scheduled across the country from the British Columbia seminar in January 2009 to the December 5th tournament in Montreal. JKA SKD T-shirts and logos were sold to members at several camps and raffles were run during some weekend events. More dojos are becoming involved with local fundraising events for the JKA SKD . This increases the awareness of our members and their families that we are a group of individual clubs working together nation- wide for the benefit of JKA SKD Canada. If you have an idea for fundraising please discuss it with your seniors (or with your clubs and students) and support your national organization. Thank you in advance for your effort.

HAVE ANY COMMENTS? WANT TO HELP?

Do you have any comments regarding this Newsletter? Any other topics you would like to see addressed in future Newsletters? Would you like to publish an article in the next Newsletter? Please let us know!

We need collaborators and translators from English to French and French to English – let us know if you can help! You can reach the editor at hardy.nadia@gmail.com or the JKA SKD administration at administration@jkaskd.ca.

The Editor thanks the following JKA SKD members for helping with the English to French translation of this Newsletter: Rosanna Eugeni, Cristina Thomas, Samuel Harvey, and Alex McDonnell.

The JKA SKD or the editor cannot be held responsible for the content of signed articles appearing in this newsletter.