

JKA SKD NEWSLETTER NO. 6

MARCH 2012 – YEAR 2011 IN RETROSPECT



A MESSAGE FROM THE PRESIDENT OF JKA SKD

The JKA had a great year in 2011, having organized the 12th Gichin Funakoshi World Cup in Pattaya, Thailand (the 11th was postponed twice and was finally cancelled). Japan was the grand champion of the event. However, Canada was one of the strongest countries, having competitors in many of the finals during the second day of competition (see the results on the JKA SKD website) in both men's and women's categories, and junior events as well.

As it should be, the JKA SKD was present at this event and the JKA SKD's Board of Directors gave all possible support to the athletes, coaches and judges that participated in Thailand. Acting as a coach for our Canadian team since January 2011, I want to recognise all of the effort and the many hours of training involved in our athletes preparation for this great competition that was attended by as many as forty-seven countries.

The group of Canadians (athletes, coaches, judges and supporters), including our CJKF partners, consisted of about 40 people. Their energy, enthusiasm and support for our team was very positive. Congratulations to all those who took part in this lengthy adventure that started with the team selection in Toronto and culminated with the Gichin Funakoshi World Cup 2011 in Thailand. It is now time to look forward to the next World Championship that will take place in France in August 2014. To all instructors and karateka, continue your training and maintain the essential work that you do in each of your Dojos. Every success depends on a solid base and regular training, but also on your enthusiasm and desire to endeavour and improve. Take part in camps and special trainings; these are also opportunities to meet other JKA SKD members. There are many such opportunities to learn and improve (see the reports on camps and other activities) and there are also many qualified resources within the JKA SKD. So good training and have a good year 2012.

Jean-Pierre Cusson, JKA SKD president

NOTES FROM THE EDITOR

This is my 3rd and last year (at least for now!) as editor of the JKA SKD Newsletter. I went back to look at old numbers and was delighted to see how contribution from members have increased over the years. I believe this newsletter, together with our many training events and competitions, helps to strengthen the bonds within our association and the links between its members. I look forward to seeing many more issues full of stories as great as those inside this one!

Nadia Hardy – Editor



DAN GRADING 2011

Congratulations to the following JKA SKD members who passed their Dan examination in 2010!

Rokudan

Don Sharp

Yondan

Bio Aikawa
Graham Mallett
Robert Lacerte

Sandan

Nadia Hardy
Paul Atkin
Ashraf Omeria

Shodan

Alex McDonnell
Amanda Keriliuk
André Ménard
Brandon Fancellu
Chris Wright
Daniel Romagnolo
Grant Menor
Kevin Kugler
Leann Wunderlin
Martin Gingras
Mahmoud Hennouche
Mariane De Guise
Marie-Ève Champion

Shodan

Mathieu Nault
Melissa Luna
Michael Gemelas
Mike Volpe
Nathanael Boudreau
Ronald Huot
Sylvain Desrochers
Tanishq Verma
Yang Li 1D (2010)

Nidan

Paulette Espinosa
Stephanie Lenet
Monqez Shreih
Georges Bériault,
Carle Denis
Cindy Mitchell
Pierre-Andre Edouarzin

MEMBERS QUALIFICATIONS IN 2011

Congratulations to the following JKA SKD members who received JKA qualifications in 2011!

Shahrokh Hoghooghi: Instructor A
Louis-A. Dessaint: Examiner C, Judge B
Michael Doherty: Examiner C, Judge B
Cindy Mitchell: Instructor D, Judge D

NEW JKA SKD DOJOS

We welcomed 3 new dojos in 2011. Karate Shotokan JKA de Granby (dojo#16), Kobushi Karate-do in St-Eustache (dojo#37) and Corps et L'Esprit de Karate-do in Rosemount (dojo# 38). The chief instructors are Bernard Monast, Benoit Joyal, and Pierre-Andre Edouarzin respectively.

Congratulations to Sensei Jean-Pierre Cusson

Sensei Jean-Pierre Cusson obtained in October of 2011 Special Rights for Shodan and Nidan Examinations!

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 Bernard Monast.

➤ JKA international Kyu certificates (cost: 8\$ each, minimum purchase: 10 certificates).

For price information and to purchase, instructors should contact Bernard Monast.

➤ JKA SKD T-shirts (20\$ each) and logo stickers (5\$ or 20\$ packages).

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

Melarie Taylor: melarietaylor55@gmail.com -- Bernard Monast: bernardmonast@hotmail.com

JKA SKD NEWSLETTER NO. 6



SENSEI MASATAKA MORI WAS PROMOTED TO 9TH DAN

In the summer of 2011, Mori Masataka Sensei was promoted to 9th Dan. The significant contribution of Mori Sensei to the JKA and his influence in people's lives are well known to the JKA community around the world.

On November 5th, 2011, in Montreal, JKA SKD Canada members and friends celebrated Mori Sensei's promotion in a warm and at-home venue hosted by Sensei Frnaçois Gelinas. Mori Sensei concluded the night with a humble speech. *"I have come this far because of all of you, and for that, I would like to express my appreciation for your continuing presence and support. We have a Japanese saying – those in their 50s and 60s are just kids without much knowledge; those in their 70s and 80s are adolescents, just discovering their lives; and those in their 90s and 100s are at the top of their lives in full blossom. Although my spirit and mind are not in full agreement with my body, it is my intention to take my life to full blossom."*

The best is yet to come and one should continue to try his/her best until the very last day in this world. This, I thought was the message from Mori Sensei to all of us. The life of a Karate-ka is defined by his/her continued attempt to improve oneself throughout life. There is no "good enough" at any moment because there is always room for improvement no matter how well trained you become. As it is implied by "七転び八起き" (NANA KOROB I YAOKI – You fall 7 times but get up 8 times), life is a series of failures and successes. After all, success comes from experience while experience comes from failures.

The way or "道" (DŌ), whether "martial" or not, comes down to the simple principle of life – appreciation of the moment. 一撃必殺 (IKKEN HISSATSU) is the concept that we Karate-ka are familiar with: Every technique should be executed with the intent to finish the opponent. Likewise, 一期一会 (ICHIGO ICHIE – One time, one meeting) is the concept practiced by SA-DŌ, Tea Ceremony, to indicate the uniqueness of each moment: Appreciating the moment of serving tea as once-in-a-lifetime experience that will never happen again. In both cases, a practitioner puts all his/her life in that moment. His/her life as a whole is a series of these moments, each lived to its fullest.

The life of Mori Sensei is an excellent display of 空手道 (KARATE- DŌ), showing us how to live a Karate-ka's life by example. As he has done so for many years, he continues to lead us through our lives. He pays attention to each of us and provides appropriate encouragement as we need it. Most times very few words are exchanged as not more than that is needed.

My life has certainly been enriched by the presence of Mori Sensei and his life force will always live in my life through the journey of continuous self-improvement. To all of us, the significance of his promotion is a reflection of the appreciation of his life and how it has been influencing ours. I would like to take this opportunity to express my sincere congratulations to Mori Sensei for his promotion to JKA 9th Dan and thank him for all the guidance that he has provided to us.

Bio Aikawa, Ottawa Shotokan Karate-Do

JKA SKD NEWSLETTER NO. 6



SENSEI HIRAYAMA: INVITED INSTRUCTOR AT JKA BC

This June, JKA BC had the unique opportunity to train with the highest ranking female instructor at JKA Headquarters: Hirayama Sensei. All the karate-ka in JKA BC were anticipating an amazing seminar, and no one was disappointed.

Hirayama Sensei used a number of excellent training drills to refine our technique and reinforce the key concepts of the weekend. She focused on the importance of gripping the floor with the feet to provide the foundation for lower body stability. She tied that stable foundation in with drills to develop quick and powerful upper body techniques. These exercises were then used as the building blocks for several combinations of jiyu kumite techniques.

One particular demographic that was excited to train with Sensei was the women. Hirayama Sensei herself embodies precise, beautiful technique combined with formidable strength and power. We were thrilled when she agreed to put one class aside just for women in order to help them work towards the high standard she sets for all female karate-ka. To help the ladies reach their goals, she introduced them to drills that women can use to increase kime and power, as well as refine basics and fundamentals in order to round out their kata performance. What a privilege it was to have her all to ourselves for that one amazing class (sorry boys!).

Since we were just about to host our first (under our new name) JKA BC Shobu Ippon tournament, she put considerable time into preparing us for kumite and kata performance. She also took it one step further and participated in the tournament as our head arbitrator, as well as head referee for the final matches in adult black belt divisions.

With all the excellent training with Sensei, we also had a great time showing her all the amazing sights we have to offer in BC. She went to the Kelowna wine region and experienced some of the most picturesque landscapes our country has to offer. She spent the day in Vancouver, taking in the sights and the shopping! She even had the chance to watch her first Stanley Cup playoff game (pre-riots of course. :)).

All in all, it was a great visit and we can't wait to have her out here to see us again soon.

Osu!
JKA BC

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.

JKA SKD NEWSLETTER NO. 6



After postponing it twice, JKA held the Gichin Funakoshi World Cup in 2011 in Thailand. Competitors Don Sharp and Carole Canaan share their experiences with us.

By Sensei Don Sharp, BC

First of all, I would like to thank each member of the JKA-SKD executive committee and all the members of JKA-SKD for the support to represent our association at the 12th World Cup! Your financial and technical support, and your confidence meant a lot to myself and other team members.

Our Canada team was Superb! We presented the best team to the World Cup ever! We had more top 8 placing than EVER before! Carole Canaan made it into the top 8 in women kumite; our women team kata to the top 8, Ray Tio from CJKF made top 8 in individual men kata, CJKF men team kata getting silver!! And first time ever we won a medal in men's team kumite! I was very proud of our JKA-SKD members, but also was very happy with the connection and camaraderie that was built between the two JKA groups from Canada! Both sides helped each other so much! And the support to each other was tremendous! Trainings from the coaching staff were well run and high energy. The coaching on the tournament days was great!

Our two judges Sensei Shahrokh Hooghooghi and Sensei John Selinger did an excellent job! I found them capable and fair. I am sure they will bring a lot back with them to our association for coaches, future judges and competitors. On a side note Sensei Hoghooghi graduated to A level instructor while he was there. This is a great achievement and further strengthens our association. Congratulations to both of these gentlemen!

I hope next time we can prepare and assist our juniors for the World Cup. Nevertheless, the 3 individuals that did attend were tremendous! Zachary Charlton made top 16 in kumite, and both Amanda Keriliuk and Jacob Maud made best 8! All three were great examples of the future of our association. Jacob went above and beyond inspiring even the adults to a higher level of "spirit". He embodied the pure intense Karate-Do spirit! And made every person on the team proud!

My personal experience was very convoluted. From the fantastic experiences of team trainings, the renewed and new friendships with many of the finest Karate-Ka in the World, to the fight in which my injury happened which was, believe it or not, a highlight; then, of course, was the outcome of the match... a low point in my trip and my competitive career. With Mr. Heselton, I was controlling the match and was in the lead in scoring and tempo. To achieve that with a talented fighter like that was a great feeling! To have it end the way it did really took away from the fight for both of us. In any case, I was well prepared for this tournament, and had trained exceptionally hard for myself, my family and my Karate friends in Canada, and did my best before and during the tournament. I am extremely disappointed that I couldn't continue in my individual events after the injury, but I am very proud, happy and satisfied that I was still able to be a significant part of Canada getting their first medal in team kumite ever! It was a pleasure and an honour to be part of that team!

I once again want to thank our executive, and every member of our association for the opportunity to represent us, and hope that from my years of experience in competition in both WKF and our beloved JKA will be able to continuously assist in training our members to the highest levels in Karate development.

Oss!!!

JKA SKD NEWSLETTER NO. 6



After postponing it twice, JKA held the Gichin Funakoshi World Cup in 2011 in Thailand. Competitors Don Sharp and Carole Canaan share their experiences with us. (*cont'*)

By Carole Canaan

The feeling I felt when the plane was about to land in Bangkok on August 14 2011 is still as fresh in my mind today as it was on that day. The World Karate Championship was just a few days away. I remember thinking of the three events in which I would be competing (team kata, individual kata and individual kumite) and I was already feeling the pressure!

Eight months had gone by since Sandrine Ng, Manon Quirion and I started training together in order to prepare for the team kata division and it was hard to believe that it was now almost show time. Sandrine and I had always trained together for the past 20 years at Kirkland under Sensei Mark Deschâtelets but we had never trained with Manon before so we now had to change our training routine. I remember all the long drives with Sandrine all the way from the West Island to the East End of Montreal and to the South Shore 4 to 5 times a week. The trainings were intense but we were all committed and encouraged each other. We quickly found that there was good chemistry between the three of us. Jean-Pierre Cusson volunteered to help us. He was a great asset and was there to motivate and guide us when needed.

DAY 1, Saturday August 20: Excitement was building as we entered the stadium. The first event was team kata. We performed Jion and got through to the finals on the following day! We were very happy. The second event was individual kata. I went up against Sweden in the first round and against Japan in the second round. I lost and she went on to win bronze. The third and final event was kumite. This was the event I was looking forward to the most. I was up first against Argentina, then USA, and then Russia. I was now in the final 8. What a great feeling! Hearing all the Canadian fans cheering during the events was great. I got energy boosts every time I heard them chant: "CANADA! CANADA! CANADA!" I believe we had the best fans and the best team spirit.

DAY 2, Sunday August 21: The pressure was on. Sandrine, Manon and I were first up. We performed GojushihoSho, on center stage, in front of all the cameras, photographers and all the top JKA chief instructors intensely looking in our direction. Let's just say it was very nerve-racking! GojushihoSho was a kata that we had practiced hundreds of times but that morning, it just didn't flow well at all. We finished in 7th place out of the final 8. I was up again a few hours later for the women's kumite finals. I had never felt so nervous before but I was excited to go up. My opponent was from Japan; she was very quick and opportunistic, a great fighter. Unfortunately, I lost and she went on to win gold. It was an honor to compete against her.

The level of karate was absolutely breath taking. The Japanese team was especially amazing to watch and swept almost all medals. The Canadian team performed extremely well. The men's team kata won silver and men's team kumite won bronze. In addition, we had Canadian competitors in 5 out of 8 finals. It was the best performance ever by the Canadian team at the World Karate Championships. I feel very fortunate that I was able to participate in this event and be a part of the Canadian Team. I take with me many good souvenirs.

Finally, I would like to thank the JKA-SKD Canadian Association for all the financial support and encouragement, Sandrine and Manon for their commitment to the team, Jean-Pierre for sharing his knowledge and experience. A very special thanks to my Sensei, Mark Deschâtelets, for his never-ending support, trust and motivation over the past 20 years.

JKA SKD NEWSLETTER NO. 6



More stories from the Gichin Funakoshi World Cup in Thailand.

By Melarie Taylor

In November 2008, near Toronto, Canada selected a new team to represent Canada at the next world tournament.. These members were entitled to compete in Thailand 2011. The competition & facilities in Pattaya were large, well air-conditioned , well organized and featured numerous martial art suppliers. Everyone was proud of the Canadians and their performances. The trophies were very tall, very golden - very Thai.

Thank you to Saeki Sensei(CJKF) for his endless work as team manager, and to our coaches: Jean-Pierre Cusson (dojo#15), Ed Leung(CJKF), Sal Sharp (dojo#3), and our judges Sensei Sakurai(doj#18), John Selinger (dojo#12) and Shahrokh Hoghooghi (dojo#19). Behind the scenes there was a lot of dedicated training, coaching and support.

The Ambassador City Jomtien Hotel boasted being the largest convention center in Asia. The staff were polite, immaculately dressed and as calm as could be. Sensei Daniel Lauthier and JKA France will be the future hosts of the 2014 Gichin Funakoshi Cup in Paris - Aug 16th.

Post competition excursions included elephant rides, floating shopping sprees, riding the Sky train and the tuktuks, visiting a coconut plantation and a salt farm, training at Sensei Ohmura's dojo in Bangkok, and using the public bus, boat and subway network. The summer's excessive rains led to severe flooding of the lowlands around Bangkok shortly after most of us had flown home. Hope to see you all in Paris in 2014.

From Winnipeg

Sensei John Selinger, Rokudan, and Cindy Mitchell, Nidan, joined other JKA SKD Canada members at the 12th Funakoshi Gichin Cup World Karate-Do Championship in Thailand in August. Sensei Selinger was honoured to be among the judges for this event.

MORI SENSEI'S KUDAN REUNION IN NEW YORK

December 12,2011 in the JKA SKD International Headquarters in New York city, Sensei Matte Thomas presented an Album of Dojo Photos to Mori Sensei in honor of his 9th Dan celebration. Many Canadian dojos responded with club photos. Sensei Nadir (JKA Haiti) presented a plaque honoring Mori Sensei's contribution to the last 30 years of karate development in Haiti. Former instructors and students enjoyed the reunion.

NEW YORK SUMMER CAMP 2011. The JKASKD International summer camp was held at Mitchell College in New London, Connecticut July 2011. Mori Sensei invited S. Osaka, S. Ozawa and S. Hirayama who motivated us to the limit every day. We had air-conditioned dormitories and a raffle for the Thailand teams. Many dojo chief instructors benefitted from the \$300 JKASKD Canada subsidy.

JKASKD International invites Canadians every year to two excellent competitions. Last year, 13 Canadians ventured to go. Who will join us May 5, 2012? www.jkaconn.com.

JKA SKD WEBSITE

Did you know that our association has a website? Visit it to discover what goes on, how many we are and how we are spread all along Canada; you'll find updates on coming events and photos of past events. Your comments and suggestions to improve the site are more than welcome! www.jkaskd.ca

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

FUNDRAISING

Fundraising groups across the country were in high gear this year subsidizing karate-ka both locally and nationally to attend the Thailand world karate competition. We thank all the families, friends, and dojo organizers who contributed their time, effort and ideas to add to the funds raised by JKASKD members during the last few years. This year we sold our 5th batch of long-sleeved T-shirts including hoodies, as well as logo stickers. We had one raffle, one bake sale and 4 karate events that donated funds to JKASKD Canada.

A souvenir from the Concordia Red Cross Bake Sale 2011



HIGHLIGHTS FROM COMPETITIONS HELD IN MONTREAL

* *FALL TOURNAMENT 2011* -- The 12th Annual LSCDN Fall Competition (dojo#20) has grown from a youth event for junior belts to a full competition with adult black belt categories. To everyone who judged and/or signed up their students, we value your contributions. White belts competed Saturday afternoon allowing the Sunday afternoon competition to run smoothly. We acknowledge two instructors who brought members for the first time - Vinoth Thangarajah (dojo#32) and Pierre-Andre Edouarzin(dojos#38). Fundraising efforts supported JKASKD Canada, dojo#20 and Sister Sudo Aikiko's efforts with a university tree planting mission in Haiti.

* *CONCORDIA UNIVERSITY TOURNAMENT 2011* -- The Concordia University competition weekend has been held for 24 years. Sensei Yasuo Sakurai organized the first one in 1985. Black belts included Louis & Lucie Comeau, Terry Bechard, JF Godbout, Claude Laniel, Don Robertson & William Wong. Our bakesale raised \$450 sent to the Canadian Red Cross for the Japan Disaster Fund. Thanks go to the CUSA JKA Club, Mrs Misako Matsuura, and TransRex.

This year we welcomed S. Mori, S. Takahashi and many judges and competitors from JKASKD International. Once again 40 blue belts competed. Concordia student Yang Li is now training in Toronto with S. Frank Woon-a-tai and some members of the Ontario Karate College attended for their first time. Black belt highlights included: Mike Jacobs (USA) and Seiji Saeki (CJKF) placing top in men's kumite and Carole Canaan and Sandrine Ng (dojo#8) in the women's division. Team kata was won by the Ontario A team. Men's team kumite was won by team USA and the women's team kumite by Quebec. For kata, Ryu Goto (USA) and Manon Quirion (AKJKAQ) placed 1st. Being a Gichin Funakoshi Cup year, spirits were running high. It will be the 25th anniversary of the Concordia University competition on Mar16/17, 2012.

JKA SKD NEWSLETTER NO. 6



HIGHLIGHTS FROM TRAINING CAMPS HELD IN 2011

* The *JKA SKD Winnipeg dojo* (#12) hosted two successful training camps in 2011 – in May with Master Mori, and in November with Sensei Takahashi. Both camps were coordinated by Sensei John Selinger, and also involved the Pan Am Karate Club (dojo #25, Sensei Shane Boyce), JKA SKD Winnipeg West (dojo #28, Sensei Joel Crisp), and Sargent Park JKA Karate (dojo #33, Sensei Richard Wingert). Both camps provided students with rigorous training in techniques for basics, kumite and kata, perfectly balancing the physical, mental and spirit aspects of karate. Thank you to both Senseis for their excellent insights, and to everyone who participated and made these camps so successful.

* MONTREAL FALL CAMP (Nov 4-6, 2011) had fine facilities and a successful Dan exam. We celebrated Mori Sensei's 9th Dan during an impromptu piano recital at Sensei Francois Gelin's new loft. Thank you to everyone who assisted with the classes and at the registration desk - Stacy Ungar (dojo#21), Bio Aikawa (dojo#17), Hakim Ishmael (dojo#9), Nadia Hardy (dojo#1) and Ronit Yarosky (dojo#20). Karate-kas who travelled from outside of Montreal helped make this event special.

* AKJKAQ WINTER CAMP. On February 19th and 20th 2011, the AKJKAQ had the pleasure of welcoming Sensei Shu Takahashi, 7th dan, from New York for its winter training camp. The steady and intense training sessions quickly made us forget about February's cold weather. The participation was great. The gymnasium of the École de Technologie Supérieure was fully packed. The participants were concentrated and training hard. Each class was focused on precise movements (without take-off movements and with the bottom of the foot always kept parallel and close to the floor) and correct posture. Also the active role of the supporting leg, that alternatively pulls then pushes, was central in the whole training camp. On the first day, green belts and higher were welcomed, while the second was dedicated to brown and black belts. The camp was concluded by a dan exam which saw 7 of the 10 candidates promoted to Shodan. Thanks to Sensei Takahashi for his excellent classes and congratulations to all participants.

* AKJKAQ SUMMER CAMP. The AKJKAQ held its training camp in Montreal from June 29 to July 3, 2011. The instructor invited for the camp was sensei Kenro Kurasako, 7th dan. This instructor is a calm yet efficient person. Each morning, we started with one hour of basic techniques training for all levels, then we finished off with a half hour on advanced kata for black belts. The following katas were reviewed: Wankan and Sochin (day 1), Hangetsu and Kanku Sho (day 2), Gankaku and Bassai Sho (day 3), Nijushiho and Unsu (day 4), and Chinte and Gojushiho Dai (day 5). Afternoon classes were devoted to basic kihon and kumite for all levels during an hour and a half. The gohon kumite of Sensei Kurasako had interesting variations and was quite intense. By insisting that much on basics, Sensei Kurasako made his teaching open to beginner and intermediate levels while allowing in-depth understanding for black belts. There was approximately 80 people who attended.

Between trainings, Sensei enjoyed a ride on a Bixi and a show of the Cirque du Soleil. He also was invited to a good restaurant in Beloeil with a beautiful view on Richelieu river and Mount St-Hilaire.

Special thanks to Bernard Monast, Bettina, Bio Aikawa, Carole Canaan, Don Sharp, Jean-Pierre Cusson, Louis-A Dessaint, and Melarie Taylor for contributions and translations.