

JKA-SKD CANADA NEWSLETTER

Newsletter February 2013

Issue 7



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

By Jean-Pierre Cusson, 6th Dan, QC
President of JKA-SKD Canada



Dear JKA-SKD members,

I hope you had a very active year in 2012. I wish you all an excellent year in 2013. JKA-SKD Canada Board of Directors is already working in this purpose in preparing the Montreal Gasshuku which will be held on August 15th to 18th 2013. The JKA has accepted our proposition and has already confirmed that Sensei Masaaki Ueki, 9th Dan and Chief Instructor of the JKA will come to Montreal with at least 2 other Instructors, so we can have 3 classes going on simultaneously. This great event will be reserved for brown and black belts. It will be a great opportunity to gather JKA Karateka from across the country and even from other countries. This will be also a chance for our senior black belts to improve their JKA official qualifications (Instructor, Examiner, Judge). Dan exams will also be offered at this camp. This is the first time that JKA-SKD Canada organise such a huge event, and this kind of event will not be organised every year. So try not to miss this. We are also working on planning the next selection of the Canadian team which could be held in Montreal during November 2013. The next JKA World Championship is planned for August 2014 in Tokyo. So have good training and I hope we can meet in August in Montreal.

Please see Message from Takahashi Satoshi Sensei, Honbu Dojo, on page 3.

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2013 JKA-SKD Canada National Events

JKA SKD Canada International Gasshuku

Date: August 15-18, 2013
Location: Ecole de Technologie Supérieure
Building B, 1111, Notre-Dame West,
Montreal, QC
Guest instructors: Ueki Masaaki Sensei
(9th Dan, JKA Chief
Instructor) assisted by two
JKA Headquarter instructors

Registration will start in early 2013 and space is limited. The registration package will be available for the JKA-SKD Canada members and the JKA affiliated members who hold the rank of 3rd Kyu and above.

Canadian National Championship

Date: Nov 10, 2013
Location: Montreal, QC

Stay tuned for more information!

Letter from the Editor

By Bio Aikawa, 4th Dan, ON
editor



It has been 15 years since I started the journey of Karate-Do. It has gone by so fast yet every step of the way has been so full that it feels like many more years than just 15. I have learnt that the way of training changes with time or the phase of life I am in, while the fundamental aspect always remains the same, a continuous journey to 'seek perfection of character'. I resonate with Michael's article and his perception of Karate-Do. Thanks to Michael for sharing his views. Over the years, our association has established and cultivated a great relationship with our neighbouring association in the U.S., JKA SKDI. For our members who do not

have as many opportunities to interact with them, it is my hope that Michael's article could contribute further to cultivate Canada-U.S. friendship among Karateka.

It is also my hope to encourage more camaraderie beyond North America. Many thanks to Takahashi Satoshi Sensei of JKA Honbu Dojo (Headquarter) to provide a message to us in this Newsletter.

Lastly to all our members, I wish the journey of your Karate-Do brings you fulfillment in life like nothing else in the world could provide. In 2013, we, JKA SKD Canada, will face a great year with major events.

- Let's have a blast!

Message from Fundraising Committee 2012

By Melarie Taylor, 5th Dan, QC



JKA SKD Canada Fundraising Committee 2012 (Michael Doherty, Emiko Cooper, Chuck Billo, and Melarie Taylor) sold our 6th batch of printed athletic wear as well as logo stickers. We had three competitions and three camps that donated funds to JKA SKD Canada. We are looking for new fundraising representatives for BC, Manitoba and Quebec. The 11th World Gichin Funakoshi Cup is expected to be hosted by Japan in 2014 so let's pool our ideas and fundraising talents.

*Success comes from experience.
Experience comes from learning
from making mistakes.*

Board of Directors

2012 JKA SKD General Assembly election resulted in the renewal of the terms for Jean-Pierre Cusson, Michael Doherty and Bernard Monast.

2013 Annual General Assembly was held on February 24th, 2013, at 2:00pm EST. Melarie Taylor, Bio Aikawa and Craig Blair were re-elected. Michael Doherty (BC) has taken on the position of Secretary.

Board of Directors 2013-2014

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

AKJKAQ Summer Camp

By Jean-Pierre Cusson, 6th Dan, QC

AKJKAQ Summer Camp was held in Montreal, July 4 -8, with Satoshi Takahashi Sensei (6th Dan) from JKA Honbu Dojo in Tokyo (photo below). It was the second time that Sensei Takahashi was a guest Instructor at AKJKAQ summer camp. The first time was in 1995 when he came with Sugiura Sensei who was then JKA's Chief Instructor. The five days camp was visited by more than one hundred Kakateka. Training was for orange belt and up, but there was also a period of 30 minutes every

morning that was reserved to black belts for the practice of advanced Katas. During the week, trainings respected a good balance in all 3 fundamental aspects of JKA Karate (Kihon, Kata and Kumite). Hard training combined with precise and accurate technical corrections by Sensei Takahashi had a very good impact on those who participate to this camp. Many ended the camp with heavy legs (souvenir of a special Kiba-Dachi training). But most importantly, everyone felt the satisfaction after working in depth in all aspect of Karate. The camp concluded with a Dan exam. Four members were promoted to Shodan and three to Nidan.

Message from Honbu Dojo

By Takahashi Satoshi Sensei,
6th Dan, JKA Headquarter,
Tokyo, Japan



It has been 19 years since I last visited Montreal. Contrary to the last visit which was only one day, this time, the visit was for the entire camp which I was really excited about. I felt a strong desire from the organizers and JKA-SKD Canada members to have a successful camp and learn as much as possible.

Indeed when the classes started, the gym was filled with the members of various ages including children, all with strong eyes trying not to miss any small movements that I made. I can feel they were all listening so carefully that I felt so responsible, at the same time, so proud as another Karate-ka about the level of the focus of the entire class.

During the camp, I taught balancing the three fundamental principles of JKA; Kihon, Kata, and Kumite. As the practice had much focus on Kihon,

it certainly required endurance. I would have expected that it was tough even for Japanese students, yet the class was filled with enthusiasm with smiles on their faces that made me even more motivated. It actually was quite difficult to keep within the times we had as I wanted to teach more each class.

Time flew by and I feel that I did not have enough time to pass on and share with you all. There is so much more to share about JKA Karate, and for this, I would like to visit you as many times as possible. I look forward to good training with good sweat and with you all in the future.

I would like to take this opportunity to thank those who have taken care of many things at this camp. Thank you very much and looking forward to meeting you all again in Montreal!

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

Report by Our Member

By François Mongrain, QC

Everyone was delighted of the presence and the teaching of Takahashi Sensei. We learnt a lot from the technique and theory and I was very pleased by the numerous explanations and demonstrations during the camp. On the constant stances training, as with Fudo-Dachi and Kokutsu-Dachi, by putting the emphasis on the posture, the muscular control, the shifts and transfers, in Kihon, Kata and Kumite. I think that this method, which is demanding, is necessary in every training. I realised that some subtle, but essential aspects in the basic stances were taken for granted prior to the camp. Some aspects were also not understood and incorrectly integrated. I learnt a lot from his teaching. Some exercises were very difficult, for example, slow-motivated *Mawashi-Geri* - my pet peeve - (surely it was awful to watch!) or *Namiashi* where we practiced by having two people hold you to limit your movement by tying belts tied to your waist. These exercises were very demanding, attention and precision wise, on the mechanic level to be able to keep balance and still execute the foot technique in an efficient way. While training hard, we also had fun as we noticed each other losing a balance. As a matter of fact, one could notice a few smirks, under the amused gaze of Takahashi Sensei who didn't miss occasions to give a boost to everyone. In any way, the muscular fatigue was felt at the end of the classes!

I appreciated the opportunity to practice advanced Kata such as Chinte and Gojushihō Dai. Sensei's explanations about the correct form and numerous applications reminded us that the aesthetics is not the first reason behind the kata.

Dan exams took place at the end of the camp. Tension was in the air amongst the candidates,

whom I was one of them. Exam results were a success for many, and were more difficult for others. I'll have to try again next time. A better preparation and stress management will be necessary to be able to be up to the standards. I think the exam result is the snapshot of what one can give at this precise moment. I also believe that it gives a good image of the actual level of the candidate. It is up to the Karateka, first and foremost, to integrate well the comments from the examiners to rectify his technique.

I hope that we'll have the chance in the near future to be able to invite Takahashi Sensei again!

AKJKAQ Winter Camp

By Jean-Pierre Cusson, 6th Dan, QC

AKJKAQ Winter Camp was held in Montreal on Feb 25-26 with Takahashi Shu Sensei (7th Dan) from New York. More than 80 participants attended this weekend camp with 3 training sessions. The last training was for brown and black belts only. Emphasis of training was on exact stances and techniques. Stepping were worked out in depth and in powerful way by using a resistance exerted by a partner. Over the weekend Takahashi Sensei created an excellent training spirit and used a wide variety of exercises to stimulate the development of skills thus enhancing the practice level of everyone.



*Takahashi Shu Sensei, 7th Dan
Brooklyn Dojo, New York, U.S.A.*

Montreal Fall Camp

By Melarie Taylor, 5th Dan, QC

Montreal Fall Camp was held in Montreal on Nov 2nd-4th, with guest instructor Douglas Luft Sensei, 6th Dan (Albany, NY). Sensei Luft teaches at the Albany JKA Club in NY which celebrated its 50th year anniversary in 2010. Having trained since 19 years old, Sensei Luft is one of the senior instructors who hold the rank of 6th degree (Rokudan) in the JKA SKD International Association (JKA SKDI) which has its headquarters in New York city. Thank you to the assistant instructors: Stacy Ungar, Ashraf Ismail, Angelo Massotti and Chuck Billo, who contributed to the success of the weekend.

Other Canadian Camps in 2012

Chilliwack Gasshuku

- held on May 23-25 in Chilliwack, BC, with guest instructors, Oishi Yasuo Sensei (JKA Headquarter, Japan), together with Yasuo Sakurai Sensei (chief instructor, BC) and Don Sharp.

Montreal Summer Camp

- held on Jun 1 - 3, in Montreal, QC, with guest instructor Toryu Eiji Sensei, 6th Dan (Boston, USA), hosted by Nun's Island Dojo.

Upcoming on page 6 - Concordia Tournament Men's Kumite Champion, Michael Jacobs (4th Dan, Connecticut, USA) shares his view of Karate-Do.

Montreal Tournaments

By Melarie Taylor, 5th Dan, QC

The 25th Annual Concordia University Tournament Mar 16-18

Concordia University Karate celebrated the 25th Anniversary of the Loyola campus competition this year. The event started on Friday where white-orange belts competed while classes were held with Mori Sensei at the Van Horne location. Saturday started with green belts in the morning and all black belt events finished at 3pm. We tried a Korean BBQ experience in the evening and finished the weekend events with Sunday training at the Sir George Williams campus. Black belt winners included: Mike Jacobs (Men's Kumite), Sandra Lavallee (Women's Kumite), Gabriel Gregoire (Shodan Kata & Kumite) Grant Menor (Junior Kumite), Makoto Kihara (Junior Kata), Andrew Bakoledis (Men's Kata) and Abby Barrera (Women's Kata). Kirkland took first place in Black Belt Team kata and Men's Team Kumite was won by the Canadian Cote St. Luc team.

(Please see a photo on p.6)

The 13th Annual LSCDN Fall Competition Nov 24-25

The event was hosted by Shidokan International. White belts competed Saturday afternoon and Sunday we had 15 strong participants in each belt category. First place winners in the black belt division included Grant Menor (Junior Kumite), Laurence Blain (Women's Kumite), Nadia Hardy (Women's Kata), Trevor Ishmael (Men's Kata and Kumite). Yasmine, Mihai and Felicia - Cote St. Luc (Team Kata).

(Please see a photo on p.6)



The 25th Annual Concordia University tournament.



The 13th Annual LSCDN Fall Competition

My Journey in Karate-Do

By Michael Jacobs
4th Dan, Connecticut, USA



“One thing I often say to my young pupils they find confusing. ‘You must’ I tell them, ‘become not strong but weak.’ ... He who is aware of his own weaknesses will remain master of himself in any situation; only a true weakling is capable of true courage. Naturally, a real Karate adept must refine his technique through training, but he must never forget that only through training will he be able to recognize his own weaknesses.”– Master Funakoshi (Karate-Do My Way of Life p.114–115)

I train at the UConn Karate Club in Connecticut, under the instruction of my father Sensei Robert

Jacobs and often travel to New York City to train under Mori Sensei. Most of what I write comes from their teaching. They have both been great inspirations to me, not only in my Karate training, but also in all aspects of my growth as a person. Although I can't claim to understand the full meaning of what Master Funakoshi is saying, this quote holds a significant importance to me, and has provided guidance for my Karate training.

What I believe he is saying is that no matter how strong someone is or how strong they become, a Karateka must remain humble, not just concerning others but also towards their own self-image. When we look at someone who seems to be very skilled, like the winner of a tournament, it's important to remember that that person had to fail many times in order to reach their high level. And for that person to grow further, they will have to seek out greater challenges and continue to fail. Tournaments are great opportunities for Karateka to challenge themselves and learn from

other competitors, but they shouldn't be used as a gauge for how "good at Karate" someone is. There's always someone better than you. This is good, because it gives you something to strive for. One should always be eager to seek out challenges and not be afraid of failure. We all fail. But our greatest lessons come from our failures, not from our victories. Those who can embrace their weakness and see it as a learning instrument can never be defeated. They will always come back from their failures and be stronger than they were before. On the other hand, someone who believes that they are strong will eventually find failure. This person will have much more difficulty recovering from it, and will just give up. They will often try to blame their failure on something or someone and will miss out on the opportunity to learn from their experience. As soon as we allow ourselves complacency in our abilities, we stop progressing.

The first line of our Dojo Kun: "Seek Perfection of Character," describes the need for this way of thinking. The key concept emphasized here is "Seek Perfection" not "Be Perfect." This implies that it's the endeavor to grow that's important, not the final outcome. If one continues to allow them self to "Seek" they will continue to grow. As soon we allow ourselves to believe we're strong we lose the feeling of needing to improve. This is especially difficult for new students who begin their karate training believing they are already strong. Sometimes when people start off with much natural talent, they burn out quickly and end up quitting. It's more difficult for them to grow than it is for someone who considers him or herself weak. Often the most athletically inclined beginners prove to have the most difficulty with learning Karate. They rely too much on what they have already learned from sports or other physical activities and are less willing to accept instruction and learn new ways of training their bodies. Those who foster the mind of the weakling, will always

allow themselves the opportunity for improvement.

There's really no such thing as "weak" or "strong." These are just concepts that we use to compare ourselves to those around us. Karate is more about self-improvement than competing with other people. There is only what you are, and what you can become. It isn't a quick process. However, lifelong training will lead to a gradual overall progression of ability, health and well being of mind. A mature Karateka, who has studied Master Funakoshi's words "you must become not strong, but weak" will have the background to understand that "being strong" should be seen as an end to a continuous journey of growth that has no end.



Michael, training at U.Conn Karate Club, Connecticut, U.S.A.

JKA SKDI Fall Tournament

Oct 20, Connecticut, USA

Melarie Taylor and Nadia Hardy participated in this event from JKA SKD Canada. Nadia competed and placed 2nd in Black Belt Women's Individual Kata category. Congratulations Nadia!



Nadia Hardy performing Sochin at JKA SKDI Fall Tournament.

"JKA SKDI invites JKA-SKD members every year to two excellent competitions (April and October).

Next competition will be **Saturday, Apr 27, 2013.**

- Mark your calendar!

For more details, visit:

Dan Grading

Members listed below were successful in Dan exams in 2012.

Sandan

Joanne Robidas (QC)
Louise Scott (BC)
Philip Allyen (QC)
Tammy Miller (BC)

Nidan

Clint McCarty (BC)
Donna Williams (BC)
Gabriel Grégoire (QC)
Hicham Kabouche (QC)
Hugo Degroote (QC)
Martine Barrette (QC)



*Joanne Robidas, 3rd Dan,
performing Nijushiho.*

Shodan

Alfred Jeffrey (BC) Lorne Malinoski (BC)
Anas Jemaa (QC) Mahdi Zakaryaa (QC)
Denis Gauthier(QC) Maude Blanchette (QC)
Dominic Stinziani(QC) Melody Hoghooghi (QC)
Emily Lenet (QC) Pablo Metz (QC)
Gérard Lagmago Kamta (QC)
Hamza Allem (QC) Piraveen Thurairajah (QC)
Ian Robertson (BC) Stéfane Guévremont (QC)
Jacob Maud (BC) Shabanika Kandiah (QC)

– ***Congratulations to all!***

Qualifications

Congratulations to those who obtained qualifications in 2012!

B (Judge), B (Instructor), C (Examiner)

Bio Aikawa (ON) Michael Doherty (BC)

C (Judge), B (Instructor), D (Examiner)

Salvina Sharp (BC)

D (Judge), C (Instructor)

Craig Blair (MB)

D (Judge), D (Instructor)

Ashraf Omeria (BC) Paul Atkin (BC)
Cynthia Mitchell (BC) Shane Boyce (MB)
Chuck Billo (QC) Sorin Lemnariu (BC)
Jane Dick (MB) Tammy Miller (BC)
Larry Hrusik (BC) Tania Zink (BC)

D (Instructor)

Graham Mallett (BC)

Congratulations to Shahrokh Hoghooghi (QC) on obtaining Special rights for Shodan Exam!

Check out our website at:

<http://www.jkaskd.ca/>

Do you know that we have “members only” access site?

If you are a current member of JKA-SKD Canada, you have an access to this site – Please contact your instructor for the details of how to gain the access to this site.

More information regarding 2013 International Gasshuku will be posted on our website soon!

JKA SKDI Camps

JKA SKDI Summer Camp

July 12-15

Connecticut, USA

This annual summer camp organized by JKA SKDI was held in New London, Connecticut. Along with Mori Masataka Sensei (9th Dan), three guest instructors joined us from Japan – Takahashi Satoshi Sensei (6th Dan, JKA Headquarter Instructor), Takahashi Yasuoki Sensei (8th Dan Miyagi-Ken Director), and Sakurai Yasuo Sensei (7th Dan, JKA BC Chief Instructor) who is well known among Canadians. Sensei Sakurai taught 6 years in Montreal (1980 – 1986) before moving to Vancouver. Sensei currently lives in Shizuoka, Japan and is actively involved in the JKA. Number of JKA SKD Canada members attended this camp.

~ It was a wonderful experience to be in the front row and be inspired by his famous motivating count. - Melarie Taylor



Instructors (front row) from left: Sakurai Yasuo Sensei, Takahashi Satoshi Sensei, Mori Masataka Sensei, Takahashi Yasuoki Sensei.



Camp participants training in one class



Mori Sensei instructing at the summer camp

JKA SKDI Fall Camp

Sep 22 -23

Albany, USA

This annual fall camp organized by JKA SKDI was well attended by JKA SKD members. Good solid training given by Mori Masataka Sensei (9th Dan) kept the spirit up for the entire camp.



Camp participants practicing combination during the camp



Instructors course participants performing kata during the camp



Camp Practice participants practicing basics

JKA International Autumn Gasshuku

By Bio Aikawa, 4th Dan, ON

This annual Gasshuku was held on Oct 11 - 14 and was attended by several JKA SKD members; Jean-Pierre Cusson (QC), Manon Quirion (QC), Paul Atkins (BC), Shahrokh Hoghooghi (QC) and myself. Classes were separated based on the Dan level, and all training were well instructed and well-organized. Yondan (4th Dan) classes were generally attended by approximately 20 participants where four Honbu Dojo instructors taught taking turns. Much attention to details was paid to and a high ratio of instructor to students was very much appreciated. Honbu Dojo also organized a discussion session with participants from outside Japan, and encouraged to conduct D level qualification exams in each country. At the closing ceremony, the JKA president, Nakahara Sensei, gave an inspiring speech announcing that JKA had been officially recognized by the Japanese Government as a public service corporation. This is a special recognition that no other Karate associations have. He also encouraged us all to strive for better character.



Jean-Pierre Cusson, Shahrokh Hoghooghi and Bio Aikawa with Nakahara Sensei at Honbu Dojo.

Items sold by JKA-SKD Canada

- JKA International Passports (\$20 each: Minimum purchase of 5 passports required for shipping by mail.)
- JKA international Kyu certificates (\$8 each: Minimum purchase of 10 certificates required.)

Both items above are available for Dojo instructors at events organized by JKA-SKD Canada member clubs. Dojo instructor can also contact JKA-SKD Canada.

- JKA SKD Canada T-shirts (\$20 each)
- JKA SKD Canada logo stickers (\$5 each, \$20 for a package)

To purchase either item above, please contact your Dojo instructor.

Japanese Culture ~ OBENTŌ ~

OBENTŌ or BENTŌ is a 'boxed lunch' and if you go to Japan, you will have no problem finding one - convenience stores, train stations, department stores, etc... Here is a picture of one OBENTŌ that was shared at HOBU DOJO's Autumn Gasshuku. It contains a variety of dishes all in small quantity so you can enjoy various tastes... very much like a buffet except that it comes in limited quantity. In the photo, there are 10 different types of food in one box! One other thing to note is that it always comes in a nicely wrapped box with some seasonal touch, such as a maple leaf for the autumn season...



Have any comments? Want to help?

Would you like to publish an article in the next Newsletter? Please let us know! JKA-SKD Canada is always looking for volunteers as well as translators (English-French). If you are interested, please contact us at: administration@jkaskd.ca.