



## Important Dates

- Jan. 11th CWKF Board Meeting.
- Jan. 13th—Women's Self-Defence.
- Jan. 20th—Beginners' Class.
- Jan. 23rd—Karate Ontario Tournament.

## Welcome to Our Newsletter!

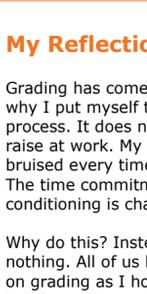
Happy New Year. This is our third and long awaited newsletter. This issue includes some interesting articles and an amazing interview with Sempai Victor Myers.

We will have more issues coming this year. I hope you enjoy this one and make sure to train hard this year.

**Editor: Domenic Capilongo      Layout: Shima Mirkarimi**

## Reminder about Sensei Shiomitsu's Grading Books

Keep in mind some important points in order to get the most from these amazing books:



- 1) You cannot learn karate from a book! It is a study guide, read it to review or help your training.
- 2) You may look ahead to study your next grading but be careful you may be reading it wrong.
- 3) You may be misreading some photos by accident so learn from your teachers not the book.
- 4) Most importantly, if you are in the dojo and think you are being taught differently from the book understand that all Wado Ryu Karate techniques are not in this book. It is a grading book. Follow Sensei Alex's technical knowledge taught to him by Sensei Shiomitsu and Sensei Ohtsuka II and ask questions after class.

## My Reflections on Grading and Karate

by Ian Watson

Grading has come and gone once again. During grading I always wonder why I put myself through this mentally and physically challenging process. It does not put food on my table, nor does it get me a raise at work. My body hurts after hours of practice. My ego is bruised every time I am told that I am incorrectly doing a technique. The time commitment for the many classes, club duties and physical conditioning is challenging.

Why do this? Instead I could take up a less challenging hobby, read, watch TV or do nothing. All of us have our own reasons. Am I disappointed when I do not do as well on grading as I hoped? Yes. Have I thought to myself that if I do not obtain my black belt by a certain age I will stop. Yes. Some of you may of felt this way as well. So why continue? Firstly, I like the people in our club. I find inspiration from their many physical and personal talents. Secondly, my physical ability has greatly improved. My family used to laugh at my lack of flexibility, with hard work my flexibility has improved. Thirdly, my co-ordination has improved. Prior to karate I think I did everything only with the right side of my body. Finally, I suffer from stage fright. Grading and performing Katas is very difficult for me. However, with practice these tasks are getting easier.



So what is my final goal? To obtain a black belt? Well I think that would be short-sited of me. I feel that I only deserve a black belt if I have the physical, technical and mental skills to achieve this level. Therefore, the goal is not the black belt but instead to improve on these three areas. My reward is the journey and the personal improvement and not the colour of the belt. The belt will come if I deserve it. However, Karate is not the only way to obtain these goals, but presently for me it is the right way.

How do I plan on achieving these goals? Continue to attend as many classes as my schedule will allow. Start learning new material months before my next grading. Ask lots of questions. Practice on my own and continue to work on my physical conditioning. Ask other members to watch me do my Katas and basics. Try and be more accepting of corrections. Well that is my plan. It will most likely change as my Karate skills mature and as other club members pass on their ideas to me, but for now I think this will do. See you at the Y.

## The Karate Kid: Movie Review

By Michael Balas

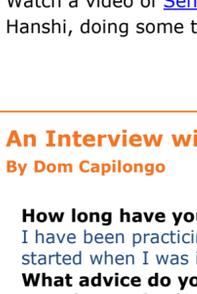
There is something astonishing and invigorating about the remake of Harold Zwart's Karate Kid movie. This film isn't just an excellent remake, it is a miraculous improvement, regardless of the fact the main character is younger and learns Kung Fu instead of Karate. The luminary actors are Jaden Smith, Jackie Chan, Tarajji Henson, and Zhenwei Wang. The action starts when Dre Parker and his mother disembark in Beijing from West Detroit to start a new life. At his new school, he develops a crush on a violinist, Mei Ying. Cheng, one of the school bullies, tries to keep them apart by beating, humiliating and harassing Dre. After one cruel beating, the inscrutable maintenance man, Mr. Han (Jackie Chan), decides to teach Dre Kung Fu.



Just like in the old Karate Kid movie, the main character who is in average physical shape needs to get to a top level of fitness and martial art proficiency sometimes by performing repetitive tasks and monotonous techniques. "Pick up your jacket. Now put it on. Take it off. Hang it up. Take it down. Now put it on." This is what Mr. Han kept telling Dre during his early martial art training. Many endeavours and boring chores that we perform as part of our day-to-day activities develop muscle groups and techniques that can be used in martial arts.

Similarly, at times we may perceive ourselves in the Dojo as performing repetitive and boring techniques and forms as part of the martial arts program. However, in order to reach perfection in the martial arts, one must train perfectly and repetition is part of it. It helps refine, distil and polish the techniques and it requires motivation and self discipline to carry out the martial arts program.

## Book Review: Geronimo Stilton: The Karate Mouse



This is a children's book about the traditional ways of karate. It is a very entertaining book to give to children to introduce them to the basic philosophical ideas of karate.

The main character, Geronimo, learns and trains traditional karate and eventually competes in the World Championships.

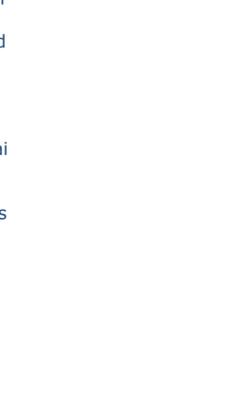
Reading this book will help children, and some adults, understand some important lessons that they will get from studying karate.

## Video Clips: Wado Championships and Knife Defence Demo

Here are two new videos that may interest you:

Here is a video of the 2009 [Wado Championships](#) in Tokyo made by the British team. It shows some great university training footage.

Watch a video of [Sensei Shiomitsu](#), 9th Dan Hanshi, doing some tanto dori knife defence.



## An Interview with Sempai Victor Myers 3rd Dan

By Dom Capilongo

**How long have you been practicing karate?**

I have been practicing karate for 17 years. I started when I was in my late thirties.

**What advice do you have for adults who start karate in their 30s and beyond?**

Know your body. Understand injury prevention and injury recovery. Learn to be able to train with injuries.

**You are a former bodybuilding champion, how has that helped your karate training and coaching?**

There are a few things I have taken from my days as a competitive body builder that I have found helpful to me in my karate training. Fundamentals of diet and exercise and the importance of diet and rest as well as, focus and discipline. Lastly, a love for training whether on my own or within a group.

**At your level, how do you continue to learn about karate?**

Fundamentally, I believe learning is easier when you have a passion for something. So for me it starts there. The other key is understanding and accepting I still have a long way to go in my personal karate journey. Acquiring the knowledge I need to continue to improve starts with taking in feedback and direction from Sensei and includes learning from my peers and sempai in the club. Finally, turning to sources outside the club, books, magazines and the internet helps my understanding of karate and motivates me in my training.

**You are a fan of watching Mixed Martial Arts, is there anything for students of traditional karate to learn from this?**

When I watch MMA, I do so in part for the entertainment, like everyone else. I also watch closely and try to see the application of techniques we study in class or techniques that are similar to what we study. If you look closely you will see certain MMA competitors use sweeps, sen no sen, go no sen, tai sabaki, nagashi, furi-ken and mawashi geri, just to name a few. Like anything in life, you take what is applicable to you and leave the rest.

**What advice can you give to competitors striving to achieve an elite level of fighting?**

Listen, watch, learn, copy and practice. Repeat until done.

**Thank you.**



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## Important Dates

June 11th— Grading 9,8,7th Kyu.  
 June 14th—Grading 6 & 5th Kyu & Board Meeting.  
 June 16th—Grading 4 & 3rd Kyu.  
 June 18th—Grading 2, 1st Kyu.

## Summer Karate

Welcome to Summer karate. Summer is an exciting time to practice karate. The temperature is warming, you muscles are looser and the days are longer. Use up the sun's energy to train harder and set new goals for you practice.

We have some great articles in this issue, a Karate Kamp report, a new medical series, A wonderful interview with Sempai Shima and much, much more.

Enjoy.

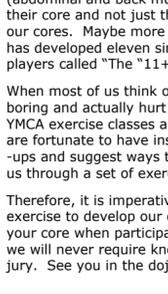
**Editor: Domenic Capilongo**

**Layout: Shima Mirkarimi**

## Health Kicks: Knee Injuries

By: Ian Watson

Recently I was fortunate enough to attend a sports medicine conference. Many of the presenters were doctors and physiotherapists that care for Canada's elite professional and armature athletes. One of the major topics discussed were knee injuries and the painful fact that once injured the road to recovery is very long. Often the injured knee is never as strong or as flexible as it was before the injury, therefore, prevention is the best way to avoid a chronic issue. This can be accomplished through some very basic and common sense life style changes and activities.



Firstly, watching those extra pounds. Extra weight above the waste line greatly increases the risk of an injury and decreases the longevity of a knee. There is a correlation between a person's level of obesity and the age at which they may require knee surgery. Our knees take a lot of pounding when we are exercising and carrying out daily activities so we should make their job as easy as possible by not burdening them with the extra weight of donuts and ice cream.

Secondly, an alarming fact is that female athletes are 20% more likely to experience an anterior cruciate ligament tear (ACL) than male athletes. This is a very serious injury that often leads to the end of professional athlete's career. We are not sure why our female athletes are at greater risk. There are chauvinistic theories suggesting that young girls do not run and jump as much as young boys hence they do not learn how to move properly. This theory is fortunately losing credibility. Another theory suggests that physiological differences between men's and women's hips and/or quadriceps (group of muscles at the front of the leg) to hamstring (group of muscles at the back of the leg) muscle ratios puts a female at a greater risk of injury.

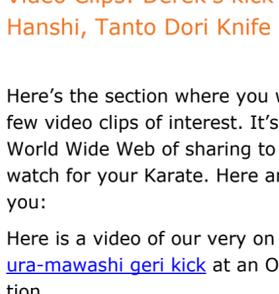
So how do we prevent knee injuries in both men and women? The prevailing trend is towards core (abdominal and back muscles) and hamstring strengthening, and teaching athletes to move with their core and not just their legs. Sound familiar? Our instructors are always telling us to move with our cores. Maybe more athletes should take up WadoRyu? FIFA, the world soccer governing body, has developed eleven simple exercises that have been shown to decrease knee injuries in soccer players called "The 11+" ([www.f-marc.com/11plus/index.html](http://www.f-marc.com/11plus/index.html)).

When most of us think of core strengthening endless sit-ups comes to mind. However, these can be boring and actually hurt the lower back. Yoga, Pilates, the P90X Core Synergistic exercise program, YMCA exercise classes and many other structured activities will help develop the core muscles. We are fortunate to have instructors in our club that have extensive experience in teaching proper warm-ups and suggest ways to prevent injuries, but due to time constraints they do not have time to take us through a set of exercises every class to develop core strength.

Therefore, it is imperative that all of us use the other four days per week that we are not in class to exercise to develop our core and leg muscle strength, and improve our flexibility. Also, move with your core when participating all physical activities. Will this prevent all injuries and guarantee that we will never require knee surgery in our lives? No, but it will help minimize the risk of a knee injury. See you in the dojo.

## Book Review: The Anatomy of Martial Arts an Illustrated Guide to The Muscles Used in Key Kicks, Strikes and Throws

By Dr. Norman Link and Lily Chou



This book is a good introductory guide into which muscles are used in martial art techniques and how to strengthen them.

There are quick detailed photographs and graphics explaining three or four simple exercises you can do to improve your technique.

Now, it is not exactly Wado specific as we use more muscles in our back to punch and kick but it is a great place to start improving your body for karate. Enjoy.

## Video Clips: Derek's kick and Shiomitsu Sensei, 9th Dan Hanshi, Tanto Dori Knife Defense

Here's the section where you will be guided to view a few video clips of interest. It's hard out there in the World Wide Web of sharing to know just what to watch for your Karate. Here are two that may interest you:

Here is a video of our very own Derek Chin's excellent [ura-mawashi geri kick](#) at an Ontario Karate competition.

Sensei Shiomitsu 9th Dan Hanshi performing [Tanto Dori knife defense](#).



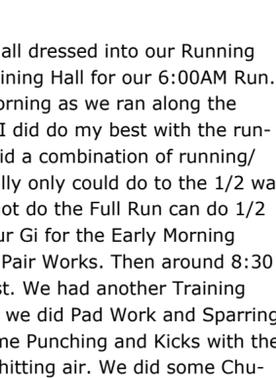
## Karate Kamp Report 2011

By: Fran Hutchison

From May 27-29 The Karate Club went to Jackson's Point for the Annual Karate Kamp Weekend.

### FRIDAY NIGHT

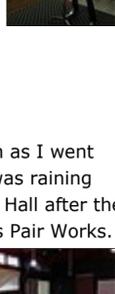
Karateka began to arrive around 7:00PM as we settled into our Cabins and prepared for the Training Session. The Campers made their way to the Training Place. Promptly at 8:00PM Sensei called the class to order as we bowed in. We did a little warm up and then we got down to business. We started off with Punching Drills. That was followed by two Katas, Pinan Nidan and Pinan Shodan. We spent a lot of time on these Katas and did them one handed on both sides. It is not as easy as it sounds, believe me. We were then shown the Pair Works for Pinan Nidan. The Session lasted until 9:30 when we all proceeded to the Dining Hall for Snacks. After the long drive up and the Training Session all were quite tired as the group disappeared to their Cabins for some sleep.



### SATURDAY

5:30AM arrived as we all dressed into our Running Gear to meet by the Dining Hall for our 6:00AM Run. It was a cool/foggy morning as we ran along the Lake. It was so quiet. I did do my best with the running. Let's just say I did a combination of running/speed walking. I actually only could do to the 1/2 way mark. Those that cannot do the Full Run can do 1/2 Way. Arriving back we all changed into our Gi for the Early Morning Training Session. We did Drills again and Pair Works. Then around 8:30 we headed to the Dining Hall for Breakfast. We had another Training Session around 9:30/10:00 and this time we did Pad Work and Sparring. My two favourite things to do. We did some Punching and Kicks with the Pads. Hitting a target is a lot easier than hitting air. We did some Chudan and Jordan Punching. And also some Mae geri, Mawashigeri, and Ushirogeri Kicks. We put the Pads away and Geared up for Sparring. I Spared with my fellow Kyu levels with the exception of a Brown Belt too. We all worked up an Appetite as we broke for Lunch. We had a bit of a Break after lunch as many either had a nap or went for a walk. I went for a walk. We walked along the Lake. The sun was bright and warm.

During the afternoon session we did jujitsu applications as well as advance Pair Works. We did the Group Photo thing and then broke for dinner around 5:00. After dinner some either showered or had a nap. I did a little of both. Around 7:00 I along with others headed into Town to "The Simcoe Arms" restaurant. We sat on the Patio and had a great time talking and laughing. It was a lot of fun. Then we headed back for 8:00 Social Time. We sat in the Social Hall chatted and waited for the others to arrive. We did the Charades Game again. Youth against The Adults. I'm not sure who won. I think it was a tie game. Then we sang Happy Birthday and had cake as it was Sensei Alex's Birthday. After Cake we shared Funny Karate Stories. The social began to fade as tired Karateka made their way back to their cabins for some well deserved sleep. I slept better that night.



### Sunday

6:00 AM run again. I did better this time again with the run as I went beyond the half way mark. I pushed myself. The weather was raining but not too heavily. We made our way back to the Training Hall after the run for the 1st of 2 Sessions. We did Drills again, as well as Pair Works. Then we broke for Breakfast and came back for the final training session. During the final training session we did Pinan Yondan and Pinan Godan, pair works for Pinan Yondan, and our Grading techniques.



Our Meals are included with our Stay. The Meals are very good. They accommodate those with "Special Dietary Needs".

Friday Snack- Muffins

Saturday Breakfast- Cereal, Scrambled Eggs and Bacon

Saturday Lunch - Cream of Potato Soup, Buns, Cold Meat. Dessert- Fruit

Saturday Dinner- Pasta, Salad, Garlic Bread. Dessert- Apple Turnovers

Saturday Snack- Brownies

Sunday Breakfast- Cereal, Pancakes and Sausages

Sunday Lunch- Turkey, Green Beans, Salad, Gravy, Potatoes. Dessert- Watermelon

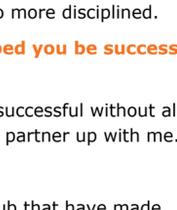
Camp was a lot of fun again this year. I really enjoyed myself. I did Train hard and I feel that I am a little better. My fighting as improved as I am getting better at having confidence and getting right in there.

## An Interview with Sempai Shima Mirkarimi, 2nd Dan

By Dom. Capilongo

### When did you start karate?

I started in 1992, when I was 9 years old. My parents told my brother Ali and I to pick a sport at the Y other than swimming. Ali decided on karate, I followed.



### What is your most memorable moment in karate as a child?

Here are my top three:

Doing timed drills with Niloo as my partner. She said that she didn't know I could move so fast. Hah! Being both completely in awe and scared of Sensei Alex. Sempai Riadh's first class teaching.

### How do you think children can benefit from practicing karate?

Karate helps develop self-confidence in your every day life. I find a lot of kids are more focused after joining karate. They're also more disciplined.

### Grading is an important part of karate. What helped you be successful in your gradings?

Practice, practice, practice. Also, I couldn't have been successful without all the higher belts that took the time to help, correct and partner up with me.

### How has karate helped you in your life?

I've made many lifelong personal connections in the club that have made me be a better person.

### You were part of championship kata team, how was that experience?

Karate is normally an individual sport, but with team kata you have to work as a group. You don't want to be the one that's holding the group back. It really made me work harder to be as good as my teammates - Sanaz and Niloo far.

### Do you have any advice for competitors?

Find a good partner and push each other. Do your drills together. Have them watch you do your kata, Motive each other. If you have a steady partner, it's hard to skip out on training or not give it 100% effort.

### Thank you.

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