養秀館 Zanshin

Volume 10 Issue 2 Newsletter of the Yoshukan Karate Association April 2007

YOSHUKAN STUDENTS MAKE PROVINCIAL TEAMS

The Yoshukan Karate Association is pleased to recognize 3 outstanding members of our association that have earned their way onto their respective provincial teams. One of the students (**Gillian Hinton**) is a first-time member of her provincial team while Renée Robertson and Raluca Stanescu will be representing their Provinces for the third time and second time respectively. All students will be competing at the National Championships in Vancouver, BC this July.

Raluca Stanescu
Quebec

Each student has dedicated themselves to the challenge of making their team. 4 provincial tournaments are held each year with points being awarded for Gold, Silver and Bronze medals. Cumulative points from the 4 tournaments determine who joins the team. Special commendation to: **Sarah Perez**, **Sebastian Calistru** and **Henri Tchibozo** from Quebec who came very close to making their provincial team. Shihan Provencher is very proud of her young warriors and sees a great future for each of them.

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Provincial team members enjoy the opportunity to train with other provincial team members that often include national and international champions. Should a student win Gold or Silver at the national championships, they are then placed on Canada's national team and represent our country at the Pan Am Games and World Championships.

Students receive association subsidies to travel to the national championship and proudly wear their provincial track suits. It's great fun and highly motivating to watch the provincial teams, in their respective track suits, cheer on their competitors!

Two of our students have already won medals at National Championships. **Sempai Raluca Stanescu** won Gold in 2006 for individual master's (over 40) kumite and **Renée Robertson** (3-time Provincial Champion) has won Gold in 2005 and Bronze in 2006 in Team Kumite.

Congratulations to our champions for their hard work and perseverance. They are role models for other Yoshukan students on the benefits of dedication to personal goals.

YOSHUKAN QUEBEC PHOTOS

Yoshukan Quebec Coaches: Shihan Provencher; Sempai Raluca Stanescu and Sempai Sebastian Calistru (Coach Constantin Calistru is the photographer) with their 9 yrs. And under competitors at the Montreal Games 2007

110 Karatekas competed from all Montreal regions. Yoshukan competitors won 2 Gold, 3 Silver and 5 Bronze medals. Congratulations to all competitors for their spirit, enthusiasm and participation. Well done!!

養秀館 YOSHUKAN ADDS GRAPPLING TO CURRICULUM

The Yoshukan Karate Association is dedicated to continual improvement and refinement of our art and training. In order to provide complete training to our students, Kancho Robertson has added a complete series of grappling waza (techniques) to our Yoshukan curriculum

Originally a judo and Greco-Roman wrestling student, Kancho taught Judo at the NDG YMCA and studied under Kevin Jones (student of Canadian Judo pioneer, Frank Hatashita), Serge Ménard and Don Niiya. The core waza added to our Yoshukan curriculum will provide Yoshukan students with a comprehensive library of throwing; hold-down; arm-bar and choking techniques. Kancho has also added the Renzoku-waza (combinations) of these techniques and basic grappling techniques such as the 'sprawl' and defence against the 'guard'.

The grappling techniques will replace the Taiho-Jutsu (Arrest & Restraint Techniques) taught at the Sandan (3rd degree Black Belt) level. Students will be exposed to the grappling techniques from green belt and up...but only examined on them at the Sandan level. The Taiho-Jutsu will become a 'specialty' subject available to students with a particular interest in this facet of martial arts training (police, security and corrections personnel).

The Yoshukan Karate Association has always trained and fought with an appreciation of long to close-range combat. The recent success of fight ing expositions such as the UFC and Pride further demonstrate the im portance of being an all-around fighter.

Kancho Robertson further states: "Yoshukan has always been about being trained/prepared for combat in any situation. Our art needs to continue to evolve and incorporate techniques that keep our training contemporary and comprehensive".

Although the new curriculum is only changing at a senior level (3rd Dan), students are expected become familiar with basic grappling from green belt and up.
The new curriculum is:

Pinning Techniques

Kesa Gatame
Kata Gatame
Ushiro Kesa Gatame
Kami Shiho Gatame
Kuzure Yoko Shiho Gatame
Yoko Shiho Gatame
Tate Shiho Gatame

Throwing Techniques

Ashi Barai
Sasae Tsurikomi Ashi
O Uchi Gari
O Soto Gari
Tai Otoshi
Seoi Otoshi
Tsurikomi Goshi
Seoi Nage
Harai Goshi
Uchi Mata

Strangle Techniques

Hadaka Jime
Kata Ha Jime
Okuri Eri Jime
Gyaku Juji Shime
Kata Juji Shime
Name Juji Shime
Sankaku Jime (Triangle)

Grappling Defences

Sprawl
Defending against the Guard
Defending against the Half-Guard
Defence against a Triangle Choke
Defence against an Arm Bar
Defence against a Guillotine Choke

Arm Bars

Ude Garami (Kimura)
Ude Gatame
Waki Gatame
Juji Gatame
Hiza Gatame
Ashi Gatame

Renzoku-Waza

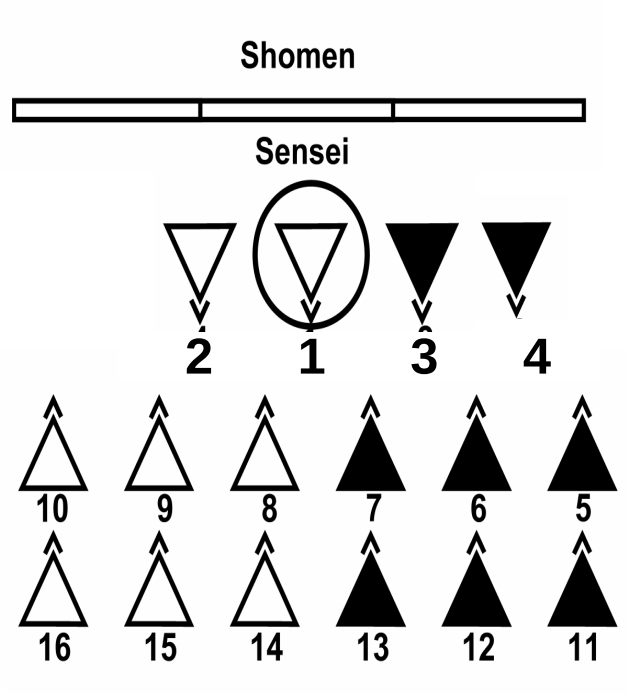
30 combinations of each category

YOSHUKAN HALL OF FAME

Pleased to present some of our Yoshukan students who have successfully competed in recent tournaments in Quebec and Ontario. While competition is a personal choice and not necessary to advance in karate-do, we do applaud our young warriors for their courage and dedication. Well done young Samurai!

YOSHUKAN HALL OF FAME

DOJO ETIQUETTE: SHUGO AND BELT TYING



"Why and when do we bow in the dojo?" The practice of martial arts requires a strict adherence to protecting the safety of all students. By practicing etiquette in the dojo, the students ensure that respect is always shown to each member and that self-control and discipline are ingrained in all members.

The bow is an asian expression of salutation, much like our own handshake. The basics of the *rei* (bow) require bending from the waist, letting your hands slide down the front of your thighs, and maintaining a safe distance between you and your partner (not fun to bump heads!).

In the Academy we only bow when we enter and leave the dojo (accompanied by the salutation, *Ouss*) to the teacher and *Shomen* (place of honour) at the beginning and end of class and when we practice with a partner. Superfluous bowing is not considered an indication of practicality.

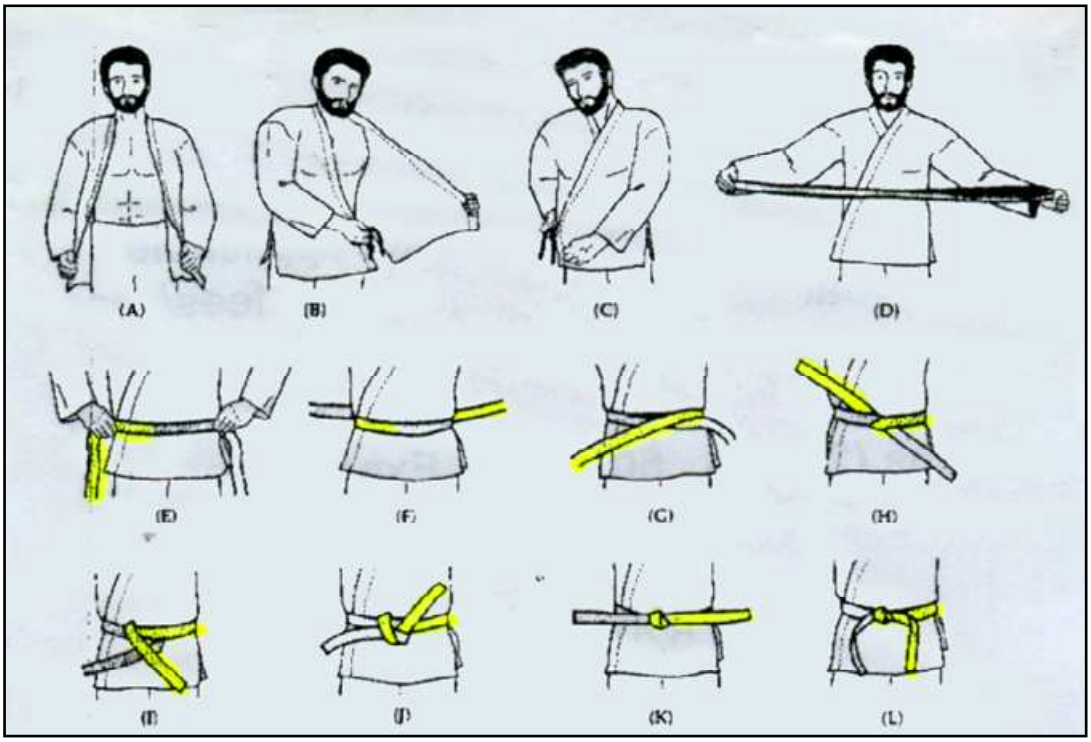
"Where do I line up in the class?"

Rule of thumb is that the senior student lines up to the far left facing *Shomen* (Place of Honour) and all students then line up in descending rank across and behind. The lines always have even numbers so that students can bow to each other at the end of class.

"How do I tie my belt?"

Parents and new students like often struggle with the karate belt. How to tie it and ensure the lengths are the same can sometimes seem a lesson in physics. However, the dedicated karate student knows that their appearance reflects on themselves and their dojo.

For your edification below is a simple diagram that will provide you and your child with a basic formula for tying their belt in a knot that will stay tied the entire class. And...if still struggling...don't be shy to ask your sempai or sensei for help!



PARENT SYMPOSIUM & SELF DEFENCE SEMINARS

PARENT SYMPOSIUM

The Academy of Yoshukan Karate in Mississauga, ON are offering two free seminars to local families and members. A PARENTS SYMPOSIUM will be held on April 21, 2007 from 10:00 - 11:00 AM in the Academy kitchen. All parents are welcome to attend and participate in discussion on how to support your child's budo growth. Topics include:

1. History of Karate
2. Karate-do vs. Karate-jutsu
3. Teaching philosophy and pedagogy
4. Blending of Asian and North American approaches
5. Use of Technical Manual
6. Tips & Techniques for Parents
7. Expectations and Outcomes
8. Communication Pipeline
9. Q&A

PUBLIC SELF-DEFENCE SEMINAR

Offered by **Kancho Earl Robertson and Sensei Betty Gormley.** Kancho (Director) Robertson is a 6th Degree Black Belt and Founder of the Yoshukan system of Karate and Self-Defence. Kancho Robertson is a former Professor in continuing education for Police and Correctional Technology and has trained thousands of students & police recruits in self-protection techniques. He has lectured and taught at: McGill, Concordia and Bergen Univerities and Humber, Dawson and Vanier Colleges on Self-Defence.

Kancho was also the creator/host of Community Self-Defence, a 20 series television show produced by CF Cable in Montreal. Kancho Robertson has also written two books on self-defence/martial arts and produced a DVD series on self-defence and his system of karate-do. Sensei Gormley is a 3rd Degree Black Belt and Chief Instructor of the Academy of Yoshukan Karate. Sensei Gormley has trained in Japan and taught karate and self-defence programs at: various schools in both Quebec and Ontario. **The seminar will be delivered on Saturday, April 21 from 12:30 to 2:00 PM. All are welcome.**

If interested in attending either of these no-charge seminars, please sign the registration sheet in the Academy Kitchen or email **Kancho at: iaito@sympatico.ca or (905) 601-2880.**

Academy of Yoshukan Karate

Building Life Champions

Parent Symposium

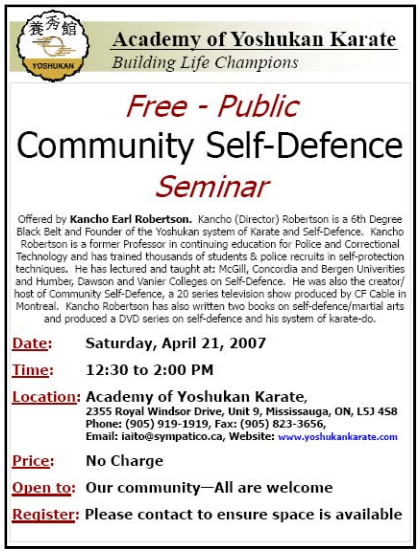
The Academy welcomes all junior student parents to a free seminar on 'Helping Your Child Learn Karate-do'. The seminar will be held on Saturday, April 21st, 2007 at 10:00-11:00 AM (during class time) and address the following topics:

1. History of Karate
2. Karate-do vs. Karate-jutsu
3. Teaching philosophy and pedagogy
4. Blending of Asian and North American approaches
5. Use of Technical Manual
6. Tips & Techniques for Parents
7. Expectations and Outcomes
8. Communication Pipeline
9. Q&A

If interested in attending, please sign the registration sheet (below) or email Kancho Robertson at: iaito@sympatico.ca or call at: (905) 601-2880

	NAME (Print)		NAME (Print)
1.		2.	
3.		4.	
5.		6.	
7.		8.	
9.		10.	
11.		12.	
13.		14.	

Sensei Gormley, 3rd Dan, CAN-FIT Pro Trainer and Kancho Robertson, 6th Dan will provide Self-Defence and Parent Symposium Seminars on April 21, 2007 at the Academy



Academy of Yoshukan Karate

Building Life Champions

Free - Public

Community Self-Defence

Seminar

Offered by **Kancho Earl Robertson.** Kancho (Director) Robertson is a 6th Degree Black Belt and Founder of the Yoshukan system of Karate and Self-Defence. Kancho Robertson is a former Professor in continuing education for Police and Correctional Technology and has trained thousands of students & police recruits in self-protection techniques. He has lectured and taught at: McGill, Concordia and Bergen Univerities and Humber, Dawson and Vanier Colleges on Self-Defence. He was also the creator/host of Community Self-Defence, a 20 series television show produced by CF Cable in Montreal. Kancho Robertson has also written two books on self-defence/martial arts and produced a DVD series on self-defence and his system of karate-do.

Date: Saturday, April 21, 2007

Time: 12:30 to 2:00 PM

Location: Academy of Yoshukan Karate, 2355 Royal Windsor Drive, Unit 9, Mississauga, ON, L5J 4S8 Phone: (905) 919-1919, Fax: (905) 823-3656, Email: iaito@sympatico.ca, Website: www.yoshukankarate.com

Price: No Charge

Open to: Our community—All are welcome

Register: Please contact to ensure space is available

YOSHUKAN SUMMER CAMP 2007

YKA Camp 2006 photos:
Clockwise from upper left corner:

Exam Candidates

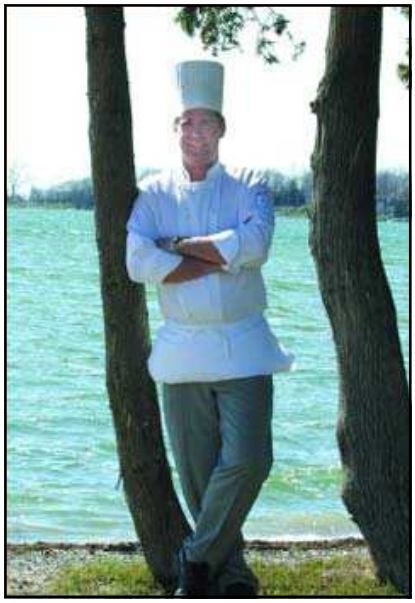
Guest Instructor Hanshi Kenzo Dozono 8th Dan

Academy Juniors in Resort Hot tub

Resort Chef

Yoshukan Students training

Beautiful Camp Sunset



To register for Summer Camp 2007, please contact Kancho Robertson at: iaito@sympatico.ca or (905) 601-2880

SENSEI KARL SUTTON GUEST INSTRUCTOR AT SUMMER CAMP 2007

The Yoshukan Karate Association is pleased to host Summer Camp 2007 Guest Instructor—Sensei Karl Sutton.

Sensei Sutton is one of Canada's most respected karate competitors and is a 3-time Canadian Heavy-weight Champion. Sensei Sutton has competed around the world representing Canada in international competitions.

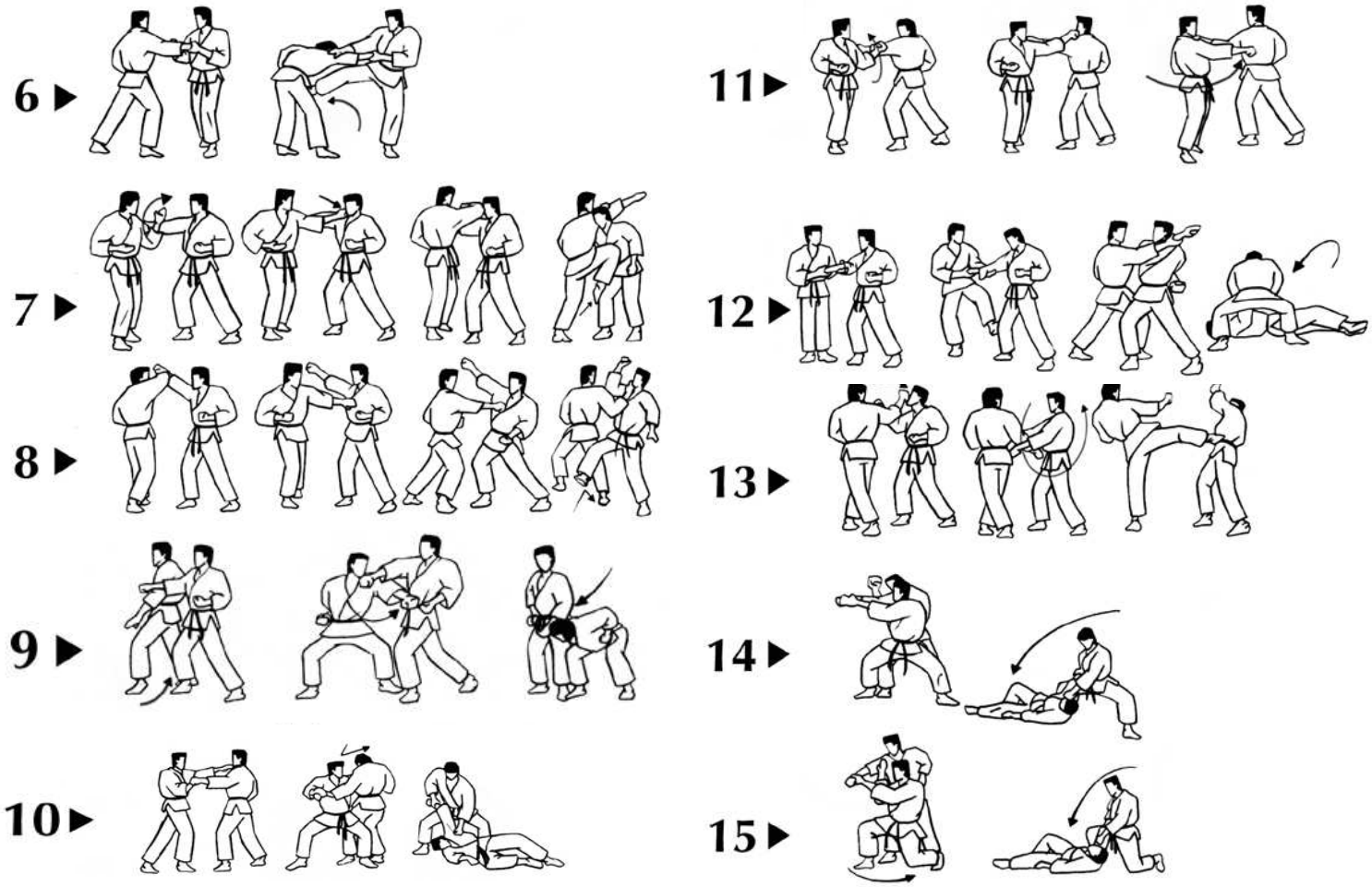
A great coach, as well as competitor, Sensei Sutton has taught at the Academy in Mississauga and at our summer camp in 2006.

Sensei Sutton will be teaching our Brown/Black Belts on Friday, August 23rd and all belts on Saturday and Sunday, August 24-25. He will also participate in our Brown-Black Belt examinations on Friday, August 23rd.

For more information on the Yoshukan Summer Camp 2007 and to register (all students-all grades welcome), please contact Kancho Robertson directly at: iaito@sympatico.ca or (905) 601-2880.

Sensei Sutton at the YKA summer camp 2006

Hen Shu Ho (cont'd from last issue of ZANSHIN)



2007 Upcoming Events

Competition Team Practice:	- 1st Friday of each month 6:00-7:30 PM
Kobudo Training:	- 2nd Wednesday of each month 6:00 to 7:30 PM
Brown/Black Belt Practices:	- All Wednesdays of every month 6:30-8:00 PM
Easter Egg Tournament	- Saturday, April 7th —Honbu Dojo
Self-Defence Class	- Saturday, April 21st, 12:30—2:00 PM All welcome—Free!
Parent Symposium	- Saturday, April 21st, 10:00—11:00 AM All welcome-Free!
IWATA Cup	- April 29, 2007
Instructor's Meeting	- Saturday, May 5, 2007 1:00 PM to 3:00 PM
Karate Ontario Tournament:	- May 6, 2007
Academy Closed (Summer Break)	- July 9-23, 2007 **NEW!**
National Championships	- July 10-14, Vancouver, BC
Brown-Black Belt Exams	- August 24th, 2007—Summer Camp
Summer Camp	- August 23-26th, 2007—Isaiah Tubbs Resort
Dojo Exams	- Last Saturday of each month during class times

ZANSHIN is published quarterly by the Yoshukan Karate Association
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