

# ❖ 養秀館 Zanshin ❖

Volume 11 Issue 1

Newsletter of the Yoshukan Karate Association

February 2008

## YOSHUKAN QUEBEC TRAINING



**Front Row: Andrei Roman, Henri Tchibozo; Sarah Perez, Simon Nguyen-Mercier; Sebastian Calistru, Kancho**  
**2nd Row: Balgovind Pande; Constantin Calistru; Raluca Stanescu; David Titleman; Mohammed Baki; Alain Denis,**  
**Charles Mayer, Jacques Chaurrette; Robert Kalinowicz; David Francis; Donald Heath; Shihan Provencher**

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Yoshukan Quebec recently sponsored a seminar with **Kancho Earl Robertson** at two of the Yoshukan Dojos in Montreal. The day started with junior training at NDG dojo, now in it's 40th year of existence! Juniors from white to green belt trained with Kancho and assistant instructors: **Sempai Robert Kalinowicz** and **Sempai Malcolm Mazumdar**.

Training then shifted over to the adults at Gadbois Dojo. Students were exposed to the updated Tai Sabaki and Goshin Jitsu waza. Advanced students reviewed San Shi Ryu kata and Ju Ni Ko bunkai

Kancho Robertson was especially pleased with the turnout and the development of the Black Belts. "Our Yoshukan Quebec students and teachers are really growing by leaps and bounds. I am also thrilled to see how such a diverse group in age and backgrounds is continuing to improve each time I come to town."

Special congratulations to **Shihan Provencher**, **Sensei Bakimohalis** and **Sensei Khoury** for their continued leadership and guidance of Yoshukan in Quebec.

## SEMPAI OMER GOJAK GRAPPLING CLASS AT ACADEMY



Sempai Omer Gojak



**Sempai Omer Gojak** has begun teaching Academy members essential grappling techniques. A long-time Judoka (Judo Student), Sempai instructs Academy members the second Saturday of each month. Pictured at a recent class (clockwise from top) are: **Hannah Golighly** and **Sempai Renée** doing Ne-waza (groundwork); Sempai Gojak instructing **Daniel Domijan** (with **Sempai Andrew** looking on); **Tom Snopek** learning footsweeps and **Sempai Gojak** instructing **Daniel Domijan** and **Sempai Jake** on proper kuzushi (unbalancing your opponent). Interested students are welcome to join at any time.



### YOSHUKAN SAFETY TIP

Most of us carry our mobile phones with names & numbers stored in its memory but nobody, other than ourselves, knows which of these numbers belong to our closest family or friends. If we were to be involved in an accident or were taken ill, the people attending us would have our mobile phone but wouldn't know who to call. Yes, there are hundreds of numbers stored but which one is the contact person in case of an emergency? Hence this '**ICE**' (In Case of Emergency) Campaign

The concept of '**ICE**' is catching on quickly. It is a method of contact during emergency situations. As cell phones are carried by the majority of the population, all you need to do is store the number of a contact person or persons who should be contacted during emergency under the name '**ICE**' ( **In Case Of Emergency**).

The idea was thought up by a paramedic who found that when he went to the scenes of accidents, there were always mobile phones with patients, but they didn't know which number to call. He therefore thought that it would be a good idea if there was a nationally recognized name for this purpose. In an emergency situation, Emergency Service personnel and hospital Staff would be able to quickly contact the right person by simply dialing the number you have stored as '**ICE**.' For more than one contact name simply enter **ICE1**, **ICE2** and **ICE3** etc. A great idea that will make a difference!

Let's spread the concept of **ICE** by storing an **ICE** number in our Mobile phones today! **ICE will speak for you when you are not able to.**

# 養秀館

## NEW YOSHUKAN 2nd DAN BLACK BELTS



**Annalisa Larocca**  
2nd Dan

The Yoshukan Karate Association is proud to recognize two new Nidan (2nd Degree Black Belts) students.

**Annalisa 'Crash' Larocca** and **Zeljko Violoni** endured an examination testing their kata (forms) ; kobudo (weapons) ; kihon (basics) ; goshin-jitsu (self-defence), Bunkai (applications) and tameshiwari (breaking). The examination board was composed of Kancho Robertson, Sensei Gormley and Sensei Dreschel.

A new element to the examination was the group self-defence demonstration. Each student was placed between three attackers and had to randomly defend against club, knife, gun and physical assaults.

Congratulations to each student for their perseverance, dedication and continued pursuit of excellence.



**Zeljko Violoni**  
2nd Dan

**Sempai Annalisa 'Crash' Larocca** has been one of Yoshukan Ontario's most dedicated students. After Kancho Robertson relocated to Ontario from Quebec, he opened up the first Yoshukan dojo in Ontario in 1997. The original class had three students.....one of whom was Ms. Larocca.

Affectionately called 'Crash' by her colleagues (another story), Crash has seen the local dojo grow from the original 3 students to it's present Headquarters for the Yoshukan system.

Crash has been instrumental in helping the dojo get recognition and manages the Academy marketing and publicity campaigns. Well-known at Rogers Television and the Mississauga News, Annalisa has helped spread the dojo philosophy through multiple meetings and interviews.

A dedicated martial artist, she has set up her own home dojo/gym and assiduously studied the Yoshukan system for 11 years. She has trained with **Kaicho Mike Foster, 9th Dan** and attended the Yoshukai International summer training camp in St. Leo's, Florida. She has also traveled to Japan and trained with **Kaicho Masaru Inomoto, 9th Dan** at his home dojo in Kumamoto.

As she has told prospective students, she can't believe how quickly 11 years has passed. Crash also mentions she had never stuck with another activity like she has karate.

What we know is that the warrior spirit has always been inside of her!

**Sempai Zeljko Violoni** has risen to become one of the Academy's premier teachers. A dedicated and superlative athlete, Sempai Violoni relocated to Canada from his native Yugoslavia with wife Biliana and daughter, Lea at the outbreak of the Serbian conflict.

It was the Academy's good fortune to have Zeljko and his family join our dojo. His wife Biliana achieved a green belt while daughter Lea has her brown belt and 2nd daughter, Sanda has also achieved her brown belt. A former national-level basketball player, Zeljko has discovered his inner 'samurai' with budo training.

Zeljko found early success as a competitor at Karate Ontario tournaments before turning his focus on coaching our juniors to tournament success. Both his daughters have won gold at KO tournaments and he has helped many other aspiring juniors see success in their competitive endeavors.

Sempai Violoni has a great team of upcoming competitors currently benefiting from his tutelage:

**Daniel Domijan;**  
**Alex Domijan;**  
**Alex Domijan;**  
**Cole Jackes;**  
**Peter Galler;**  
**Johnathan Galler;**  
**Shelley Brand;**  
**Emily Johnson;**  
**Andrew Johnson;**  
**Thaksayan Ramanan;**  
**Adrian Pouris;**  
**Christian Martyn** and **Julian Diver** to name a few.



## SEMPAI PAT GRANT AT ACADEMY

*Photos by Dick Grant*

**Pat Grant**, Canadian National Champion in Woman's Kumite (18-20 years) recently taught a Competition Team class at the Academy. Sempai Grant is one of Canada's top karate athletes and has competed successfully in both national and international competition. Pat received her Black Belt at 12 years of age from **Wally Slocki**, one of Canada's best known karate competitors. When Sensei Slocki retired from teaching, Pat continued her training with **Sensei Don Ritter** and eventually joined the Kan Zen Kai dojo under **Shinan Farhad Varasteh**.

Pat is extremely well-respected on the competition circuit due to her dedication and positive outlook. She is a guide to many young competitors and the unofficial 'Dear Abbey' for her karate and non-karate colleagues.

The Academy's Competition Team has had some outstanding visiting instructors this past year including: **Sensei Trevor Sheppard**, one of Canada's top kata competitors; **Ms. Ada Bratic**, a Pan-Am gold medalist & **Shihan Louise Provencher**.



Sempai Grant with Academy Competition Team

# ACADEMY XMAS PARTY PHOTOS



**Sensei and Sempai Dreschel**



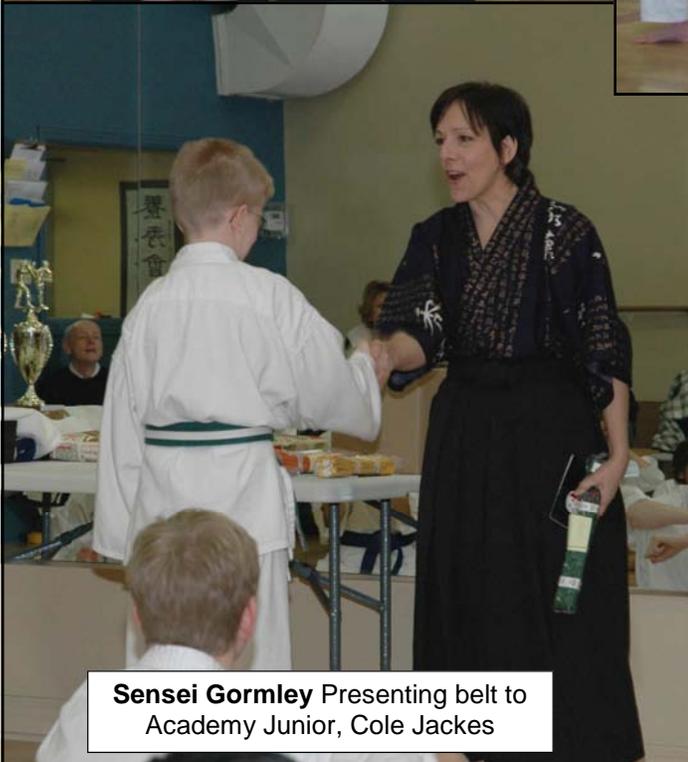
**Out of town guest:  
Asami Furutachi**



**Academy Black Belts: Nicole Wolfe and Diane Kewley**



**Academy Students Jake Robertson, Cyrus Symoom, Colby Taylor and Andrew Johnson demonstrating Chinto Kata**



**Sensei Gormley Presenting belt to Academy Junior, Cole Jackes**



**Dojo Kohai, Jordan Neil and A.J. sharing a Laugh**

## TOURNAMENT RESULTS—ONTARIO

Academy students continued their winning performance at a recent Karate Ontario championship. Dojo competitors included: **Julian Diver**; **Rachel 'Simba' Crowther**; **Thaksayan Ramanan**; **Peter Galler**; **Steven Kerrison**; **Sanda Violoni**; **Emily Johnson**; **Daniel Domijan**; **Shelley Brand**; **Andrew Johnson**; **Gillian Hinton**; **Renée Robertson**.

Special congratulations to both Renée and Gillian for their YTD performances (and we believe, making the provincial team again!) Renée was undefeated in provincial competition in both kata and kumite this past season and Gillian is second place in girls, 16-17, under 53 kg. As such, they are the No. 1 & 2 competitors in the province in this category and will again be representing Ontario at the National Championships this coming July 3-6, 2008 in St. John, NB



**Sempai Renée Robertson and Sempai Gillian Hinton at the 2007 National Championships in Richmond, BC**

Other outstanding performances (and future provincial team competitors are: **Emily Johnson** with Silver in both Kata & Kumite; **Shelly Brand** with Gold in Kata; **Sanda Violoni** with Gold in Kumite; **Daniel Domijan** with Gold in Kumite and Silver in Kata.

## KILLER GREEN BAND PLAYS AT ACADEMY



Mississauga's Killer Green band played at the Academy XMAS party on Dec 21, 2007. The popular band is comprised of: **Jake Robertson** (Academy Black Belt); **Riley Bell**; **Sam Morton** and **Cobey Adams**.

The band has had recent success in the popular Supernova 'Out of the Garage' contests and has performed at a number of downtown Toronto venues including: El Mocambo; Rileys' and the Reverb.

Academy members (young and old!) danced to the band's hits: 'My Mistake'; 'Hitting Again' and 'Until We're There'. They also 'skanked' (ska dancing) and had the thrill of sending other dancers flying! Just like a regular rugged Yoshukan class!

## YOSHUKAN QUEBEC UPDATE

Yoshukan Quebec continued its winning ways with some outstanding results in recent tournaments: **Sorin** took 2nd place in -80kg and open division and **Henri Tchibozo** took 2nd place in 16-17 -76kg div. After the 16th February, there are regional finals that lead to the Quebec games.

Yoshukan Quebec instructors (**Shihan Louise Provencher**; **Sensei Rebecca Khoury**; **Sempai Charles Mayer**; **Mrs. Sylvie Mercier** and **Sempai Constantin Calistru**) are recertifying themselves in CPR and First Aid



Lots going on at NDG Dojo reports **Sempai Malcolm Mazumdar**. **Alexandra** and **Francesca Durand** are showing great perseverance. **Catherine Fralich**, **Matthew Siegel**, **Gregory Farias** are training hard. **Merrick** is also showing great persistence in learning Yoshukan in Karate-do.



Top Left: **Yoshukan Instructor—Raluca Stanescu** demonstrates her winning form in waza.  
Bottom: **Yoshukan juniors** at the Southwest Games. Instructors: **Raluca Stanescu**; **Sebastian Calistru**; **Robert Kalinowicz** and **Shihan Provencher** Judging.

## KANCHO 'CORNER'



As many of my students know, I have been on a bit of soap box lately (they will likely tell you it's the 'norm' and not the exception!). However, I have been concerned about a growing trend I have seen in the martial arts and would like to share some perspective.

A recent Saturday Night Live news skit highlighted how a 6-year old in the UK recently received his Black Belt. The announcer went on to say that this was a great opportunity to 'kick a Black Belt's butt!'. Naturally the audience, and I, had a laugh.

However, there is a deeper, sadness I feel when I see the media portray an aberration in the arts. Clearly, no one at 6 years old can demonstrate the requisite maturity or ability most schools expect from their Black Belts. In fact, it typically takes a child 8-10 years before they are ready to test for 1st Dan Black Belt at our dojo. This is a common standard amongst qualified dojo.

Unfortunately, parents are sometimes more concerned with their child having a Black Belt vs. earning a Black Belt. For this reason, there are numerous schools that will promote children to Black Belt rank in 2-3 years or ages 7-10. We are not one of them.

More importantly, parents and guardians need to revisit why they put their child into martial arts in the first place. No doubt their reasons fall into one of the following categories: Build my child's self-confidence and self-esteem; Teach them how to defend themselves; Improve their academic and athletic standing; Teach them self-respect and discipline and Have them participate in a healthy activity.

Each of these attributes are reasonable and achievable ambitions. I have personally seen thousands of children achieve these goals and beyond after qualified training. What I haven't seen, is a child achieve these standards within 2-3 years and at ages 7-10. Anything worth achieving takes dedication, perseverance and fortitude. It is the very act of perseverance that builds the character we are describing. Failing an examination, losing at a tournament or in a dojo match are all necessary and essential experiences that teach our children how to achieve in the face of adversity. Remove these elements from a dojo and you remove the very tools required to build self-esteem.

The 'do' in Karate-do and Bu-do refers to the 'way'. Essentially, all Japanese/okinawan martial arts (Kenjitsu; Aikijitsu; Ju-Jitsu; Karate-Jitsu) have evolved into: Kendo; Aikido; Judo and Karate-do. This means the purpose of the arts is no longer just the science of fighting but now serves a higher purpose: the development of character using martial arts training as a tool to discover inner strength.

We have a number of teenage students that have recently achieved their Black Belts and are now challenging the world: **Bryan Dreschel; Samantha Lacktin; Samantha Lee; Michelle Lee; Peter Furlan; Natasha Campbell; Marcus Derrick-Huie; Sebastian Calistru; Henri Tchibozo; Sarah Perez; Gillian Hinton; Renée Robertson; Simon Nguyen-Mercier; Colby Taylor; Andrew Johnson; Max Klambauer; Ishan Kelkar; and Jake Robertson** to name a few. Each student gives us a sense of pride and accomplishment as we see these young people take the skills and traits they have developed in the dojo and go out into the world. Not a single student listed earned their Black Belts in 2-3 years. However, every student will tell you the path they followed, plus their parent's support, were essential to their sense of accomplishment and self-esteem.

Our mission at the Academy is to 'Build Life Champions'. This mission supersedes our business interests and market place image. Our primary goal is to provide the support and development that will grow our young people into productive members of our society. Like any other worthwhile pursuit...growth is not without sacrifice and dedication. The Academy has over 35 years experience creating the environment that leads to well-respected graduates of our process.

Ultimately, we are all on the same mountain, some a little further along than others. This doesn't mean anyone is 'better' than anyone else, only that they are a little further along the trail. It has always been so. It is only when the trail is occasionally littered with challenges to overcome that we eventually appreciate the air, the view and the exhilaration from achieving new heights. A trail without obstacles is a flat surface and may get you to a new destination....but not a new level of understanding. And it always takes more than a few years to get there.....

# ACADEMY HOSTS KARL SUTTON—BEGINS DAYTIME CLASSES



## The Academy of Yoshukan Karate

is pleased to host Former  
Canadian Karate Champion

**Karl Sutton**

Saturday, February 23, 2008  
10 AM to Noon



**\$20 per student**  
**\$35 for 2 (family)**  
**\$45 for 3 (family)**  
Juniors/Adults Together  
Classes cancelled for seminar

The Academy of Yoshukan Karate is pleased to host **Sensei Karl Sutton** on Saturday, February 23, 2008 from 10 AM to Noon. Sensei Sutton is one of Canada's top instructors and a former 3-time Canadian Heavy-weight Karate Champion.

Sensei Sutton is well-known to our Academy students as he has been a guest fighter at our Black Belt examinations and a number of our aspiring competitors take his Friday evening competition classes at his dojo in northern Mississauga.

Sensei's class is open to all Academy students of Yellow Belt rank and above (all ages) and will cover essential fighting techniques and footwork. The fee for the 2-hour seminar is \$20, with special discounts for multiple family members (\$35 for 2 and \$45 for a family of 3 or more).

Registration at the door or contact Kancho at: [iaito@sympatico.ca](mailto:iaito@sympatico.ca) to reserve your space.



The Academy is pleased to announce:

## DAYTIME CLASSES!



With  
**Sempai Devon Taylor**  
Monday, Thursday  
Noon to 1:00 PM



Sempai Taylor is host of Cogeco TV's local aerobics television show and holds a 1st Dan Black Belt in Yoshukan karate-do.

Sempai's noon time classes will focus on cardio, karate basics, flexibility and self-defence in our state-of-the-art dojo.

Whether a practicing student or new member, this introduction class is a great opportunity for a noon-time workout, stretch and rejuvenation.

Classes Begin: Monday, March 17, 2008

**10 week session (2 classes/wk.) - \$149**

Please see Kancho Robertson to register for this new Academy Program at: (905) 601-2880 or [iaito@sympatico.ca](mailto:iaito@sympatico.ca)

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W. [www.yoshukankarate.com](http://www.yoshukankarate.com)



**Sempai Devon Taylor**, Yoshukan Black Belt will be providing daytime classes in KARATE-FIT starting this coming March 17, 2008.

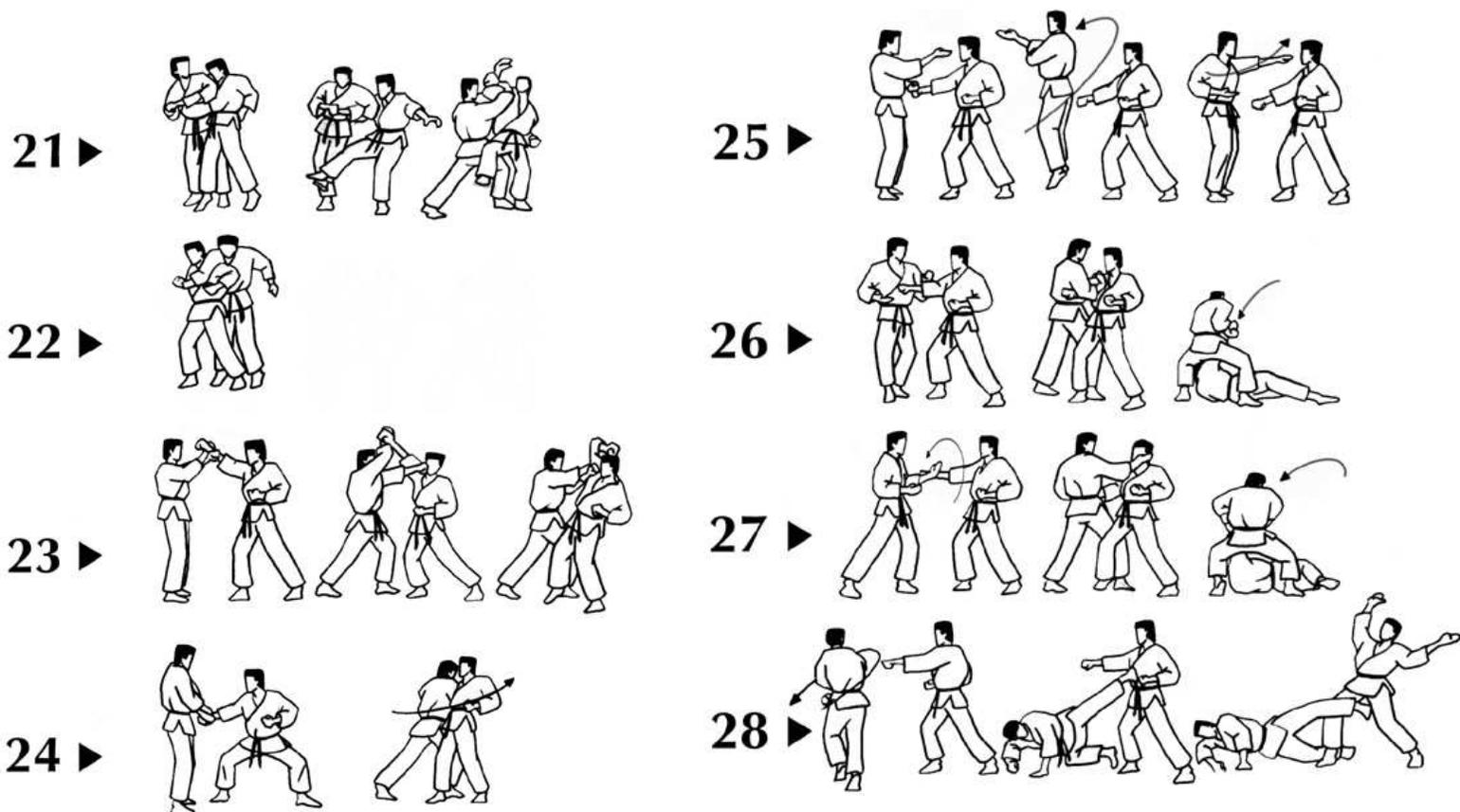
Sempai Taylor is well-known from her Television Show on Aerobic Fitness on Cogeco Television and her instruction in fitness and aerobics locally. She is certified by CAN-FIT Pro and has achieved a National Coaching Certification Program (NCCP), Level 1 in karate.

Sempai will be teaching Monday and Thursday from noon to 1 PM for a 10-week session. Interested members (and parents and non-members) are welcome to come by and enjoy a great workout focusing on cardio, flexibility and karate basics/self-defence.

Members are also encouraged to let their friends/family know about this new, daytime, program.

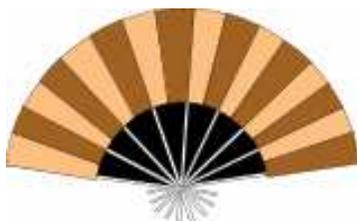
Fee for the program is \$149 and can be registered/paid at the dojo.

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



## 2008 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     |
| Black Belt Exams            | - Saturday, February 16, 12:30-3:00 PM (private) |
| Karl Sutton Kumite Seminar  | - Saturday, February 23, 2008 10 AM to Noon      |
| Easter Egg Tournament       | - Saturday, March 22, 2008 — Honbu Dojo          |
| 7th Annual Dojo Olympics    | - Saturday, November 10 9:00-11:00 AM            |
| Karate Ontario              | - Sunday, March 30, 2008                         |
| National Championships      | - July 3-6, 2008 St. John, New Brunswick         |
| Black Belt Exams            | - Saturday, August 23, 2008 — Honbu Dojo         |



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