

ZANSHIN



THE OFFICIAL NEWSLETTER OF THE YOSHUKAN KARATE ASSOCIATION

Spring 2010

Kancho Corner



The theme of this issue of ZANSHIN is 'Living Budo'. In some ways, the real challenge in budo (martial arts) is not about how we fight, but how we live. Teachers of budo have

known for centuries that training in the 'way' (known as 'do') is not only about learning to defend ourselves (which is a rare and sporadic occasion) but really about polishing our characters.

The discipline of coming to the dojo, training, facing adversity and developing our minds & bodies has benefits that carry over into our everyday lives. Outcomes students of budo should expect are: better emotional control; improved insight into human nature; increased flexibility dealing with events and stronger commitment to ideals and values. In other words, as students of the martial arts mature in their studies, it is equally expected that they mature as human beings.

Living Budo refers to how live our lives both inside and outside the dojo. Students that show respect to their dojo mates and teachers inside the dojo are expected to show respect to their classmates and teachers outside the dojo as well. Humility and politeness inside the dojo should not be discarded when the student leaves the dojo.

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Yoshukan Summer Camp 2009



▲ *Successful Examination Candidates: Charles Mayer (2nd Dan); Sarah Perez (2nd Dan); Diane Kewley (2nd Dan); Constantin Calistru (2nd Dan); Robert Kalinowicz (3rd Dan); Louise Provencher (5th Dan)*



◀ *Visiting Instructor Roch with Yoshukan Instructor Dave Francis*

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Our Yoshukan teachers are also expected to 'live budo' by modeling for their students their own control over their emotions and respect for others. Our association has always, and will always, promote on merit. Merit is not just about technical skill and knowledge but also about an individual's character and spirit.

The Yoshukan Karate Association recognizes these traits and capabilities by awarding Shidoin (Senior Teacher) and Shihan (Master Instructor) diplomas. Each teacher that receives these diplomas should feel a sense of pride and humility as they are being recognized... and burdened... with the honour.

Ultimately, the way of the warrior (budo) is not about fighting... but about living. The challenge for each of us is to live a life of continuous polishing and improvement to our character and ability to interact with others.

Kancho



▲ Examination Board and Candidates at 2009 Summer Camp. Examination Board comprised of Sean Donahue (4th Dan); Peter Giffen (6th Dan); Kancho Robertson (6th Dan); Kenzo Dozono (8th Dan); Devorah Dometrich (8th Dan); Karl Sutton (3rd Dan)



▲ Summer Camp Guest Instructors Kenzo Dozono, Hanshi and Peter Giffen, Renshi with Yoshukan Instructors Diane Kewley, Omer Gojak and Constantin Calistru



▲ Shihan Provencher with Sensei Robert Kalinowicz (courtesy of Ian Barrett)



▲ Shihan Provencher receiving her 5th Dan from Kancho Robertson at the 2009 Summer Camp



Yoshukan students and their instructors from Gadbois, YMCA St.Laurent and YMCA NDG, in competition at the biggest provincial event for young karateka, under the age of 15: "La Coupe Jeunesse".

La plus grande compétition provinciale "Coup Jeunesse", réservée aux jeunes karatekas ages de 15 ans et moins, et une occasion de se mettre à l'épreuve pour ceux et celles qui rêvent devenir des futurs grands champions!

National Championships 2010



▲ This year, the National Championships, held in Ontario, was a bright moment for Provincial Team Trainer and Yoshukan teacher, Sihan Provencher. Her students brought back lots of medals to Montreal.



▲ The "Gold Rush". Sorin Alexandru with an uramawashi geri, facing the champion Saeed Baghbani at the 2010 Nationals.

"La chasse a l'or". Sorin Alexandru et son uramawashi geri, cette fois contre le champion Canadien, Saeed Baghbani.

European Karate Championship 2010



▲ Montreal instructor, Sorin Alexandru on the highest step of the podium at the 2010 European Championship in Santarem, Portugal, where he participated for the Romanian team. Sorin brought back his 2 gold medals to Montreal. Congratulations Sorin!

Yoshukan Ontario



▲ Sempai Kewley leading juniors through Kihon Kata Ichi



▲ Academy juniors performing Gega Sai



▲ Advanced juniors performing Seisan

(Photos courtesy of Harpreet Sachdev)



▲ Kancho Robertson with recent Brown Belt Graduates:
B. Reeves, A. Siggurdson, C. Jackes and Blue Belt Graduate:
N. Sachdev

Yoshukan Québec



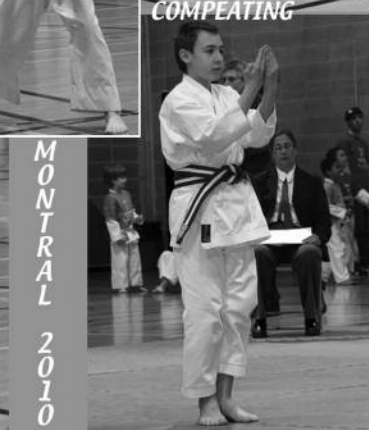
(Photos courtesy of Constantin Calistru)



*"Jeux de Montreal 2010".
Preparing for competition.*



*Montreal Yoshukan students,
enjoying
the moments
after competition.*



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Jeux de sud-ouest 2010

Les Jeux de sud-ouest, à Montréal, réunissent annuellement les trios-écoles de karaté Yoshukan, Gadbois, NDG et ST. Laurent dans un événement réservé aux jeunes karatekas, ages de 13 ans et moins. Organisé à Gadbois, l'envenement vise à encourager et initier à la compétition tous nos jeunes. C'est à cette occasion que,

depuis 4 ans, nous voyons en action la « pépinière » Yoshukan et également leurs invites. Cette compétition représente une première essai pour les nouveaux venus et un moment de joie pour tous. Les voici réunis en compagnie de la mascotte régionale, Sudo.



An Interpretation of Seisan Bunkai

as presented by Kancho Robertson - Montreal Training Seminar April 2010

Series

Set-up

1 - 3	Attacker:	Kamae	Chudan Oi Zuki	
	Defender:	Yoi	LT Zenkutsu Dachii + Uchi Uke	
1		LT Uchi Uke + RT Gyaku Zuki		
		RT Chudan Gyaku Zuki	RT Uchi Uke, torque & Step Fwd	
2		RT Uchi Uke + LT Gyaku Zuki		
		LT Chudan Gyaku Zuki	LT Uchi Uke, torque & Step Fwd	
3		LT Uchi Uke + RT Gyaku Zuki		
		RT Chudan Gyaku Zuki	RT Uchi Uke, torque & Step Fwd	
4	Attacker:	Jodan Zuki		
	Defender:	Jodan Age Uke Shiko Dachii (under elbow), expose armpit + Zuki to nerves, or hard into pit to break bones into lung, RT teisho to chin as step in takedown		
5	Attacker:	Attempt Choke		
	Defender:	Double raising block, grab attacker's wrists, pull down as (a) hiza geri to crack sternum or, (b) zu Uchi (head butt)		
6	Attacker:	RT Oi Zuki Chudan		
	Defender:	RT Tekube kake Uke + follow through w/ kokken to nose		
7	Attacker:	RT Oi Zuki Chudan		
	Defender:	LT Tekube Kake Uke + Ode Kote Gaeshi takedown		
8	Attacker:	RT Oi Zuki Chudan		
	Defender:	RT Palm Up Shuto to carotid artery, Grab Hair, Pull head down as hiza geri to face		
9	Attacker:	RT Oi Zuki Chudan	At Same	LT Jodan Gyaku Zuki
	Defender:	Turn to LT w/LT Ouchy Uke	Time	RT Jodan Gyaku Zuki + Shiko Zuki to ribs + Kick to groin (toes in/ Back of foot) + Gyaku Zuki to face
10	Attacker:	LT Oi Zuki Chudan	At Same	RT Jodan Gyaku Zuki
	Defender:	Cross/Turn to RT w/RT Uchi Uke	Time	LT Jodan Gyaku Suki + Shiko Zuki low + grab arm + Ashii Barai + Ode Kote Gaeshi
11	Attacker:	RT Oi Zuki Chudan	At Same	LT Jodan Gyaku Zuki
	Defender:	Pivot to LT w/LT Uchi Uke	Time	RT Jodan Gyaku Zuki + Grab hair, Pull down + side Zuki to Carotid + Kick to groin + punch to face
12	Attacker:	Yokko Geri to back leg	Chudan Zuki	
	Defender:	RT Evade kick - Step into atacker + uraken to head	Uchi Uke, Grab arm, step back to Nakko Dachii, Kosa foot Stomp, RT Mae Geri Armpit, Gedan barai etc.	
13	Attacker:	Yokko Geri to back leg	Mae Geri	
	Defender:	LT Evade kick - Step into atacker + uraken to head	Step back Nekko, catch foot RT hand, LT empi to foot, Ura Zuki to kneecap, Geri to groin, gedan leg break	
14	Attacker:	Punch low/kick		Block Gyaku + Chudan Zuki
	Defender:	Turn to RT Shiko tetsui to ribs	RT Gedan Barai + LT Gyaku Zuki	Uchi Uke, Trap wrist & Pull as Step Back + Mae Geri Groin + Zuki to face
15	Attacker:	RT Yoko geri		
	Defender:	Shuffle back, Trap foot, Torque foot to break tibia		

Compiled by Robert Kalinowicz
30-Apr-10



FINALES REGIONALES 2010 MONTREAL



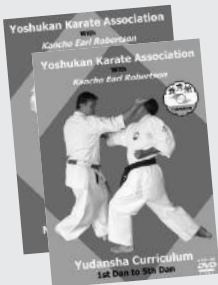
NDG TEAM & SENSEI



GADBOIS TEAM



YMCA ST-LAURENT TEAM



Yoshukan DVDs – White Belt to 5th Dan

All Kata; Bunkai; Kumite; Ukemi; Kobudo and Goshin Jutsu demonstrated by Kancho Robertson from beginner to 5th Degree Black Belt in the Yoshukan System.

\$29.95 each or both for \$49.95. Please add \$15 for shipping & handling charges. Payments can be made by credit card or check at the Mississauga dojo.

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