

ZANSHIN



THE OFFICIAL NEWSLETTER OF THE YOSHUKAN KARATE ASSOCIATION

Summer 2021

YOSHUKAN GRAFTON VIRTUAL DOJO LAUNCHED!

The Yoshukan Karate Association is pleased to announce a new dojo in our association – YOSHUKAN GRAFTON!. The new virtual dojo has been built to accommodate virtual classes (and the occasional visitor) and come complete with: rubber flooring; throwing mats; weapons; katana; kick bags and a 65" television/webcam/pot lights set up to see each student as they practice their Yoshukan Waza (technique).

Kancho Robertson will be providing Yoshukan classes twice/month for intermediate (Green-Brown Belt) and advanced (Black Belt) students. The course curriculum will focus on technical advancement and exam preparation. Kancho is also beginning a 'Master Class' for Black Belts from any other association that would like to brush up on their technique and teaching skills. We expect some of these new teachers may choose to join our association at a later date.

The teaching program begins September 1, 2021 on the following schedule:

Budo Master Class Schedule (1st & 3rd Week of Each Month)							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 - 11:00 am							Yoshukan Advanced
11:00 am - Noon							Master Class
6:00 - 7:00 pm		Yoshukan Intermediate					
7:00 - 8:00 pm		Master Class					

The fee structure (paid via PayPal or transfer) is:

Fee Structure	No. Classes/Month	Fee/class	Monthly Fees
Intermediate (Green-Brown Belt)	2	\$ 20.00	\$ 40.00
Advanced (Black Belt)	2	\$ 25.00	\$ 50.00
Master Class	2	\$ 40.00	\$ 80.00

To join our programs simply contact Kancho Robertson at: iaito1@me.com and we will arrange your registration.

KANCHO CORNER



Life seems to be returning to normal. Most of us have been (thankfully) vaccinated and no longer live in fear of ventilators and hospitalization. Naturally we continue to exercise caution as vaccination is not a barrier to infection. However, recreation facilities are returning to life and we are venturing out, and back, to our regular activities.

Which brings us to Yoshukan.

We have used the pandemic to continue our research and update our curriculum and introduce the NI-JU-KU-KO (29 Movements). Students that have continued their virtual training are now testing for their next grade examinations and teacher's licences.

The pandemic has also taught us that virtual training works

and that it is possible to continue to learn and grow. It has also removed the 'geography' boundary created a global market for our teaching programs. To this end we are planning on introducing our programs (Yoshukan Waza; Technical Manuals; Memory Sticks; etc.) to a new group of interested budoka from anywhere in the world.

As a Yoshukan student (Green Belt and up) you are invited to join our virtual training and exam preparation (see cover article for times/fees). As a Black Belt from any other system, you are invited to join our Master Class and get feedback on both your technical development and teaching pedagogy and delivery. To join our programs simply contact Kancho Robertson at: iaito1@me.com and we will arrange your registration. Either way – We look forward to the post-COVID world and building into the future!

Kancho Robertson

GADBOIS DOJO



Académie de karaté Yoshukan Gadbois

Compétition and Boxing : ASM Académie sportive de Montréal

- We will have Dina Agnessi-Lorenzetti teach the 50 years + on Wednesday 10 to 11 am starting September 22nd.
- BBB every 2nd week on Fridays.
- Hopefully NDG will reopen in September.
- For Boxing, Peter Abecassis (who has his NCCP in boxing - Louis and Sammy's Dad from NDG) started teaching on zoom for ASM last spring. I believe and hope he will continue in September.

- For competition karate, Patrice Boily-Martineau and Marianne Boulé (getting married 21st of August) have taught on zoom for ASM. They and Guy and myself shall continue to teach in September.
- Teaching Yoshukan at ASM: Matthaeus Bauernberger and Louise Provencher. Since NDG closure, Rob Kalinowicz has taught Yoshukan karate and physical preparation. We will probably continue physical preparation on Wednesday in September if available.

Prix selon nombre de fois par SEMAINE FORFAIT septembre à décembre 2021 15 semaines		PRIX
1x	Karaté débutant-avancé	150\$
2x	Karaté débutant-avancé	200\$
3+	Karaté MIX Boxe Débutant Avancé Combat Libre	225\$
	Examen de grades kyu	50\$
	Frais d'association kyu karaté	50\$
	Frais annuel d'association karaté Dan	150\$
1x	Karaté Élites	150\$
2+	Karaté Élites	200\$
1x	BOXE Mise en Forme dirigée	150\$
2x	BOXE Mise en Forme dirigée	200\$
	Frais annuel BOXE participative	20\$
10x	Parent-Enfant	150\$
	Minimum 6 P/E	
1x	1 cours au choix à la carte	20 \$
Vente d'équipements de karaté et boxe		
Abonnement annuel sur demande et rabais		
5% sur 2 ^e membre de la famille – cours régulier 2+		
10% sur 3 ^e membre de la famille – cours régulier 2+		
5485, Chemin de la Côte-Saint-Paul, Montréal (Québec) H4C 1X3 Centre: (514) 872-2786 Contact: (514) 935-8592 info@academiesportivemontreal.ca www.academiesportivemontreal.ca		

 Le Sud-Ouest Montréal  ACADÉMIE SPORTIVE DE MONTRÉAL					
SEMAINE	18h00 à 19h00	18h30 à 19h30	19h00 à 20h00	19h30 à 21h00	20h00 à 21h00
LUNDI	Karaté Débutant		Karaté Avancé		Préparation Physique Sport combat
MARDI		Boxe mise en forme		Karaté Élites	
MERCREDI	Karaté Débutant		Karaté Avancé		Préparation physique & Kobudo
JEUDI		Boxe mise en forme		Karaté Élites	
VENDREDI		Combat Avancé Élites Mise en situation			BBB Yoshukan Salle de judo Libre KARATÉ BOXE
FIN DE SEMAINE	9h00 à 9h30	9h45 à 10h45	10h55 à midi	12h à 14h	
SAMEDI	Karaté Parents Enfants	Karaté Débutant	Karaté Avancé	Instructeurs Compétiteurs Avancé Élites LIBRE KARATÉ BOXE	
DIMANCHE			Boxe adaptée	INSTRUCTEURS COMPÉTITEURS	

Programme avec les aînés : Mercredi 10h à 11h | participants 50 ans +



Louise with assistant instructors Aida and Zia



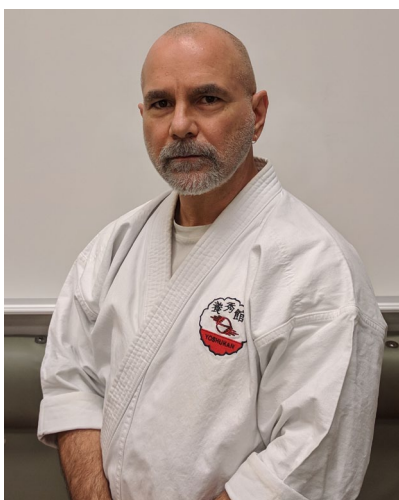
Group photo pre pandemic



Karate outdoors



Louise



Rob



Charles

NDG DOJO

I would like to take this opportunity to thank all of my Yoshukan NDG students for your continued support during these difficult times. The online and outdoor training has been instrumental in maintaining your interest and progress in karate.

The situation with the return to the NDG Y this fall is still undetermined as the renovations are still in progress and subsequently the administration has not confirmed the reopening date and the fall class schedule. If this situation persists into the new year, I will look into alternative locations in NDG.

Pending the return to the Y, I encourage my students to register with Renshi Provencher at Centre Gadbois for the Fall Session. Please be aware, that her returning students will have priority.

This Fall, I will be taking on some teaching responsibilities at Gadbois. Furthermore, should there be demand, I will be available to schedule advanced training sessions for small groups in my garden terrace.

I look forward to seeing you in the dojo!

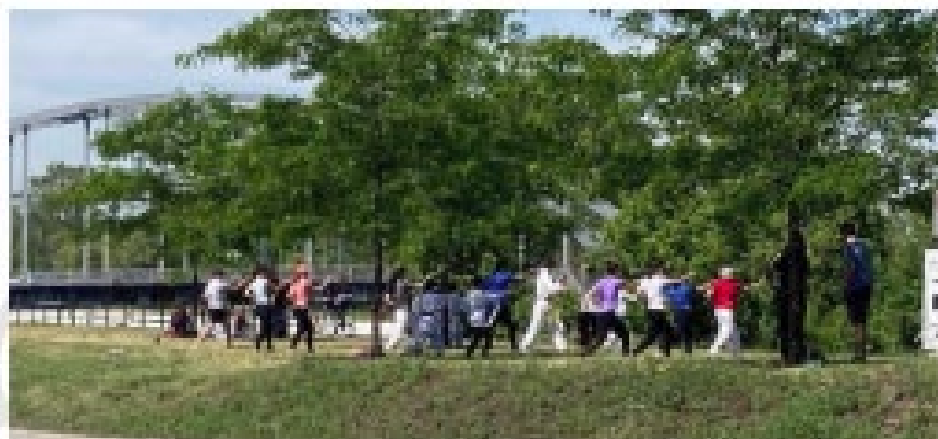
Shihan Robert Kalinowicz





Karaté Yoshukan karate
SÉMINAIRE 2021 GADBOIS
2021 SEMINAR @ Gadbois
Kancho ROBERTSON, 7^e Dan

Vendredi & Samedi
27 - 28 août



Friday & Saturday
August 27 - 28

VENDREDI 27 août | Friday August 27th

13h30 EXAMEN | 1:30 pm TEST

18h-19h30 888 bleue | orange | noire | 6-7:30 pm 888 Blue | Brown | Black

SAMEDI 28 août | SATURDAY August 28th

9h15-10h15 junior blanche & jaune | 9:15-10:15 am Junior White & Yellow

10h30-11h30 tous orange à brune | 10:30-11:30 am Orange to Brown

11h45-13h Noires seulement | 11:45am-1 pm Black Belts only

Frais de Participation au séminaire

Participation Fee of Seminar

30\$ Ceintures noires | Black Belts \$30

20\$ ceintures couleurs | Coloured Belts \$20

Pour plus d'informations | For more information

Renshi Louise Provencher

514-935-8592 info@academiesportivemontreal.ca

<https://www.facebook.com/YoshukanKarateAssociation/>





NI JU KU KO (29 Movements) - UKE & TORI

	Tori - Defender	Uke - Attacker
1	Morote Jodan Uke	Rt. Hand Head Hook punch
2	Left Hand Head Hook punch	Morote Jodan Uke
3	Morote Chudan Soto Uke	Rt. Mawashi Empi
4	Left Mawashi Empi	Morote Chudan Soto Uke
5	Morote Chudan Uchi Uke	Rt. Hand Body Straight punch
6	Left Hand Body Straight punch	Morote Chudan Uchi Uke
7	Morote Gedan Nagashi Uke	Rt. Hiza Geri
8	Left Hiza Geri	Morote Gedan Nagashi Uke
9	Jodan Tate Zuki	Two Hands High Fighting Position
10	Two Hands High Fighting Position	Jodan Tate Zuki
11	Ura Zuki	Rt. Choku Zuki
12	Two Hchoku Zuki	Ura Zuki
13	Nakadaka Ippon Ken Zuki	Left Hand Hook Punch
14	Rt. Hand Head Hook punch	Nakadaka Ippon Ken Zuki
15	Hidari Shuto, Migi Soto Shuto Uchi	Rt. Hand Lapel Grab
16	Left Hand Lapel Grab	Migi Shuto, Hidari Soto Shuto Uchi
17	Nagashi Nukite	Right Hand Head Nukite
18	Left Hand Head Nukite	Nagashi Nukite
19	Toho Uchi	Two Hands High Fighting Position
20	Two Hands High Fighting Position	Toho Uchi
21	Jodan Uraken (Vertical)	Right Hand Body Tate Zuki
22	Left Hand Body Tate Zuki	Jodan Uraken (Vertical)
23	Morote Jodan Uraken (Horizontal)	Right Hand Body Choku Zuki
24	Choku Zuki	Morote Jodan Uraken (Horizontal)
25	Morote Haito Uchi	Rt. Hand Head Haito Uchi
26	Left Hand Head Haito Uchi	Morote Haito Uchi
27	Morote Gedan Tettsui Uchi	Two hand choke
28	Two hand choke	Morote Gedan Tettsui Uchi
29	Morote Nukite	Double Lapel Grab



Yoshukan DVDs – White Belt to 5th Dan

All kata; Bunkai; Kumite; Ukemi; Kobudo and Gosin Jutsu demonstrated by Kancho Robertson and Yoshukan Instructors. DVDs show complete system from White Belt to 6th Dan Black Belt levels in the Yoshukan System.

\$25 Each or \$45 for 2 or \$60 for all three. Please add \$15 for shipping & handling charges. Payments can be made by credit card or check made out to: Yoshukan Inc.

ZANSHIN

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