

ZANSHIN



THE OFFICIAL NEWSLETTER OF THE YOSHUKAN KARATE ASSOCIATION

Fall 2022



2022 YOSHUKAN CAMP PARTICIPANTS!

KANCHO CORNER



Our recovery is on the way! Like most programs, COVID significantly reduced our membership and we are only now rebuilding. QUALITY has always been more important to us than QUANTITY so there is no stress involved for our association or our instructors. After 50 years of teaching, I am equally happy training a group of 3 as I am training a group of 30.

In fact, the group of Shodan candidates at our 2022 Summer Camp exams were the best to date! Equally competent at: kumite; shiai; kata and bunkai, they were a

great representation of the outstanding work of our Gadbois dojo teachers! Many of our teachers have maintained their drive towards excellence through online learning (weekly) and a number of our senior teachers were recognized with advanced grades at our summer camp. Graded to 1st dan in Yoshukan were: **Sami Ziani, Aida roy Van Der Mierlo, Louis Abecassis and Zia Perrée**. Also graded to 3rd Dan and JYUN SHIDOIN was Sensei **Dina Agnessi**. Sensei Agnessi has been an important contributor to our Gadbois Dojo and has diligently studied what makes our Yoshukan system unique!

Also promoted to Shodan (1st Dan) in Ryu Kyu Kobudo Bozon Shinkokai was **Sensei Charles Mayer! Sensei Devorah**

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RENSHI ROB KALINOWICZ, 6th DAN!



KYOSHI LOUISE PROVENCHER, 7th DAN

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Dometrich, 9th Dan provided Bo instruction to all our Yoshukan students and conducted Charle's exam virtually.

Which brings me to **Sensei Louise Provencher** and **Sensei Rob Kalinowicz**. Rob was promoted to Renshi, 6th Dan at the camp and now places him as the number three teacher in our system. Rob has an extensive career in Yoshukan Budo* and has been a significant leader for our Yoshukan Quebec group. He has been 100% consistent in his attendance, learning and support of our organization. Leadership by example is Rob's mantra. He has pursued his own development relentlessly... and is always there to help others grow. An excellent teacher that gives me great comfort that the future of Yoshukan Budo is sound.

What can you say about Sensei Louise Provencher? Graded to Kyoshi, 7th Dan level in our system, Louise has done it all. A Soke Cup champion (Chito Ryu); National Karate Association Senior Champion (Gold medals in both kata and kumite), Canadian Woman's Boxing Champion, National Coaching Certification Program (NCCP) Level 4 instructor (the first in karate in Canada), 2019 Black Belt Hall of Fame inductee. Recognized by the Quebec government for her contribution to the growth of karate in Quebec and Yoshukan Karate Association Technical Director. Besides these accolades, Louise is widely respected and loved by her teacher, her students and her competitors. She is passionate, hard working, smart, courageous and loyal. A huge heart (which she wears on her sleeve!) and decades of coaching & teaching experience. You will find it an impossible challenge to find another 7th dan in Canada with as impressive a resumé!

Congratulations to all these Yoshukan students and teachers!

Kancho Earl Robertson



NEW YOSHUKAN SENSEI – DINA AGNESSI!



NEW YOSHUKAN BLACK BELTS!



**DINING OUTDOOR AT THE FARM!
IN THE FOREGROUND!**



**ZELJKO AND LOUISE TAKING A BREAK! (WITH DINA
IN THE BACKGROUND)**



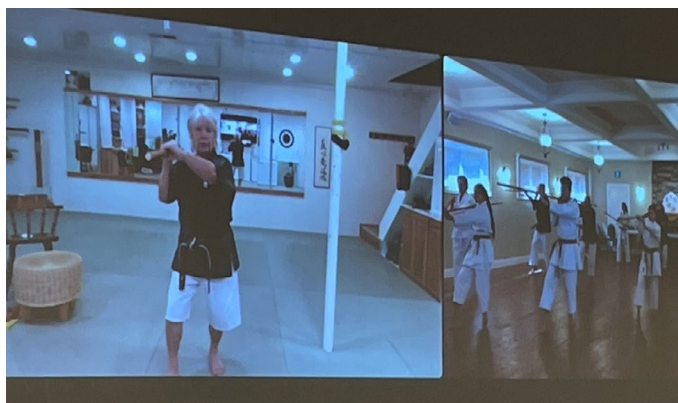
**SENSEI CHARLES MAYER DOING HIS SHODAN EXAM
WITH UKE, SENSEI PROVENCHER**



**SHIHAN CHARLES MAYER AVOIDS SHIHAN ZELJKO
VIOLONI'S PUNCH!**



**KYOSHI LOUISE PROVENCHER AND RENSHI
ROB KALINOWICZ SHOWING THE WAY!**



SENSEI DEVORAH DOMETRICH TEACHING BO VIA ZOOM!



YOSHUKAN STUDENTS LEARNING BO FROM SENSEI DEVORAH DOMETRICH

MONTREAL SEMINAR – OCTOBER, 2022

Gadbois Dojo hosted KANCHO Earl Robertson on October 21-22, 2022. Friday night advanced class had a strong turnout and the students reviewed core waza (technique) and then the intricacies of SHIME NO KATA. Saturday morning began with a junior white belt class and the usual (sit and chat) at class end on what their life aspirations might be. White belt student, **Shye Vo-Quang** replied 'How would I know...I'm just a kid!' The following class (coloured belts) had a strong turnout and

we studied how to have stronger arms (lots of push ups!) and SHI HO HAI kata and bunkai.

The final class was an extension of SHI HO HAI bunkai and then SHUJI NO KUN SHO kata. Of special note was a visit from Senior Montreal Chito Ryu teacher, **Sensei Thierry Debeur** 5th Dan, Renshi grade (a former student of Kancho Robertson), who presented Kancho with a delightful letter of congratulations on his recent promotion.



FRIDAY NIGHT ADVANCED CLASS



SENSEI THIERRY DEBEUR VISIT



KANCHO 'SIT AND CHAT' WITH YOSHUKAN JUNIOR WHITE BELTS



SATURDAY COLOURED AND BLACK BELT CLASS

GADBOIS DOJO

We're sad that all of Quebec dojos remain indefinitely closed, except Gadbois. Finally we're happy to have the older crowd of people returning and new comers registering to our multiple programs.

Je suis triste de constater qu'aucun club de karaté Yoshukan ait survécu suite de la Covid, sauf pour l'Académie de karaté Yoshukan Gadbois. Enfin, nous constatons un retour à la pratique du Yoshukan de nos anciens membres, ainsi que l'inscription de nouveaux adeptes à nos divers programmes.

So proud of our newest black belts : Louis, Zia, Samy and Aida. And Dina who is always ready to assist in teaching as our newest San Dan.

Tellement fière de nos jeunes ceintures noires: Louis, Zia, Samy et Aida, ainsi que Dina qui a obtenu son San Dan, signe de persévérance.

Mentionnons Charles Mayer, 2e Dan en Kobudo - Let's mention Charles Mayer, 2nd Dan in Kobudo. Rob Kalinowicz, Renshi 6th Dan - Rob....

We started the session with a full week as an Open doors concept. Nous avons démarré la session d'automne avec tous les cours offerts de manière Portes ouvertes.

Aida is an excellent teacher for the Parent-Child program. Aida est la meilleure enseignante que je connaisse pour les tout petits 3-4 ans inscrits au programme du parent-enfant. Aida et Samy forment un super duo d'enseignants pour les cours traditionnels du weekend. Aida and Samy form a super teaching duo for the Yoshukan classes. Henry Tchibozo is back on Saturdays with his daughter Anastesia. Tellement heureuse avec le retour d'Henry avec sa fille les samedis. He's passing on his tricks to Aida and Samy. Henry transmet ses connaissances en matière d'enseignement à Aida et Samy.

Charles dirige maintenant les cours de kobudo, tandis que Rob et moi-même offrons les cours BBB. Charles is now leading the kobudo classes, while Rob and I offer the BBB classes.

Le groupe de compétiteurs me surprend par son grand sens d'appartenance et son haut niveau d'esprit d'équipe. De plus, il est super bien encadré par Patrice Boily Martineau, Marianne Boulé, Guy Viau ainsi que Vincent Bondoux. Le groupe évolue constamment par l'ajout de services (préparation physique, préparation mentale, visionnement de vidéos) et soutenu par une équipe d'entraîneurs qui fonctionne en symbiose.

I'm so thrilled by the sense

of belonging and great team spirit the group of competitors has developed. Furthermore, the team is well supported by Patrice Boily-Martineau, Marianne Boulé, Guy Viau and Vincent Bondoux. The group is constantly evolving because of the added services (Physical preparation, mental preparation, video analysis) and because of our coaches' team cohesiveness.

As proof, Mélody Monfiston is at the World Junior karate Championships as I write to you. Mélody Monfiston is now at the Junior World Karate Championships is proof of our success.

Finally, ASM should deliver a new Web site by Year End ... stay tuned. Enfin, l'ASM devrait afficher un nouveau site Web d'ici la fin de l'année.

Sensei Peter Giffen came to Montreal at the beginning of October and introduced some of us seniors to Khin Bu. A terrific yet different learning experience in tai chi training. As Always Kancho Robertson's seminar last weekend (Oct. 21-22) was fantastic. We learn something new each of his Visits. This time mainly with Kata bunkais Shimeno dosa and Shi Ho Hai. It was a pleasure to have Renshi Terry Debeur come to honor Kancho Robertson's 8th Dan and Hanshi title while he trained karate with our group.

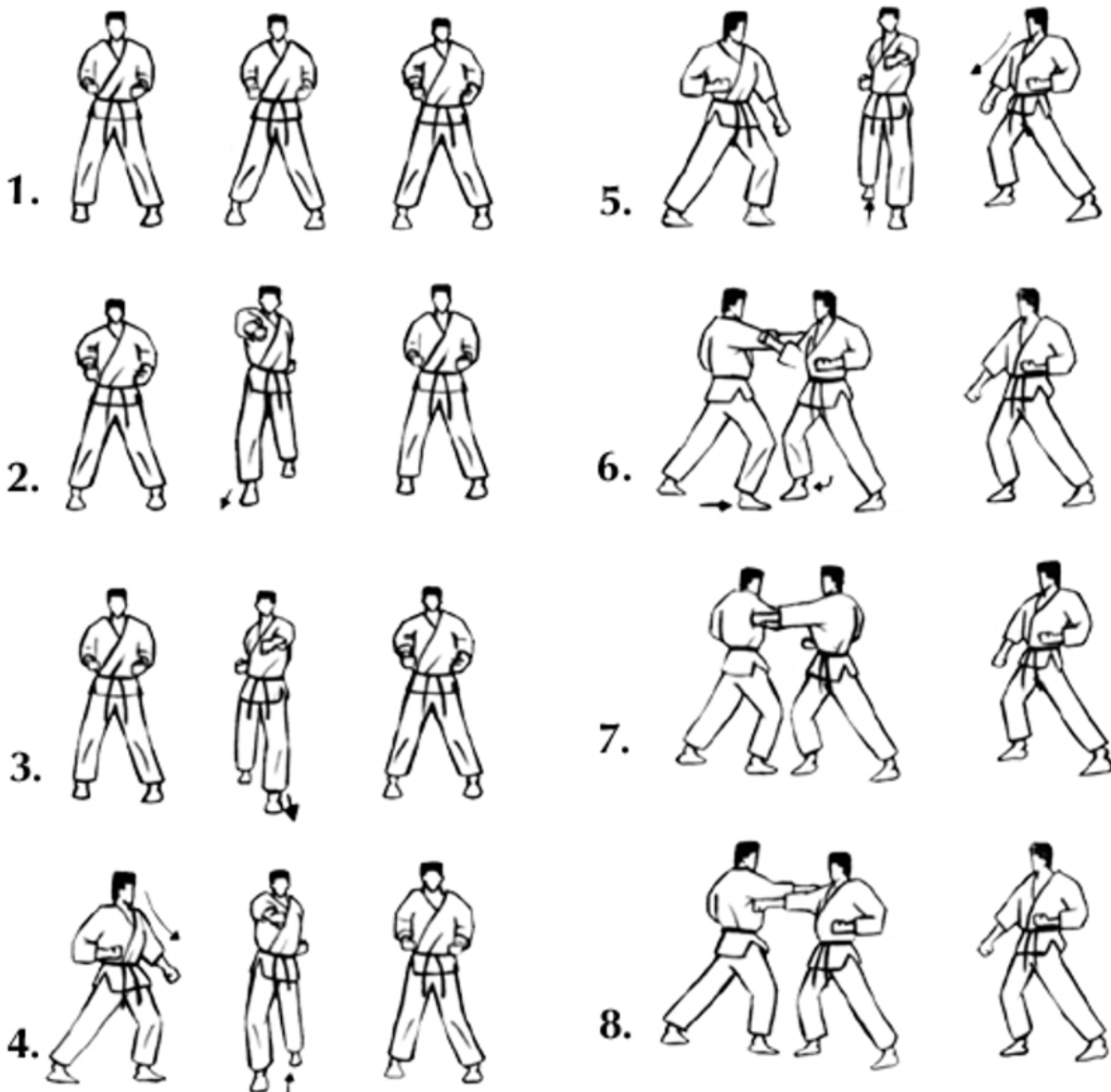
En octobre, Sensei Peter Giffen came to Montreal and introduced us to Khin Bu, un grand maître de tai chi. Ce fût une belle expérience très différente et enrichissante. Comme toujours, nous avons beaucoup appris lors du séminaire de Kancho Robertson. Cette fois, il nous a spécialement enseigné les bunkais des katas Shimeno dosa et Shi Ho Hai. Renshi Thierry Debeur est venu saluer le passage du 8e Dan et titre de Hanshi de Kancho Robertson étant son premier Sensei et s'est aussi joint à l'entraînement de groupe de ceintures noires.

Voici notre calendrier d'événements attaché | find our events calendar attached.

Calendrier d'événements automne 2022

15-16 octobre	Coupe Québec et Qualif Jeux du Canada	Centre Claude Robillard
21-22 octobre	Kancho Robertson à Montréal	Gadbois
19 novembre	Tournoi ASM -18ans	Gadbois
27 novembre	1 ^e Sélection Équipe du Québec	Centre Pierre Charbonneau
3 décembre	Examen passage grade	Gadbois
17 décembre	Portes ouvertes Célébration fin d'année	Gadbois

Zen Shin Kotai Bunkai



Yoshukan DVDs and USB memory sticks – White Belt to 5th Dan

All kata; Bunkai; Kumite; Ukemi; Kobudo and Gosin Jutsu demonstrated by Kancho Robertson and Yoshukan Instructors. DVDs and USB memory sticks 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

436 Eddystone Road
Grafton, ON K0K 2G0
Phone: 905.601.2880
Email: : iaito1@me.com
Website: www.yoshukankarate.com