

# ZANSHIN



THE OFFICIAL NEWSLETTER OF THE YOSHUKAN KARATE ASSOCIATION

Spring 2022

## CAMP IS BACK!

Very pleased to report that the YOSHUKAN KARATE-DO SUMMER CAMP is back! Running August 26-28, 2022 in Grafton, Ontario (see flyer on page 6 of this newsletter). So happy to get back to life!

### Camp Agenda

#### Friday, August 26

Arrival & check-in Noon-5:00 pm  
Examinations 12:30-3:00 pm  
Kanchō from 3:00-5:00 pm  
Group Dinner in Grafton 6:00 pm

#### Saturday, August 27

Karate-do with Kanchō 9:00 am - Noon  
Market! Bring your dojo merchandise 12:30-1:30 pm  
Yoshukan with Renshi Provencher 2:00-3:30 pm  
Kobudo Exams with Dometrich Sensei 3:30-4:30 pm  
Group Dinner at Robertson Farm (included in fee) 6:00 pm

#### Sunday, August 28

Judo with Kanchō 9:00-11:00 am



Yoshukan Summer Camp 2019

The weekend will be action-packed with training; group dinners (please let us know of any dietary preferences); market; karate and kobudo examinations.

Please RSVP as soon as possible and book your accommodation as soon as possible! We have space at the farm but you need to book right away. Please also note that early bookings save \$30!

Hope to see you all at the camp!

### KANCHŌ CORNER



## REFLECTIONS

Our world is reopening! Two years of pandemic isolation are giving way to our rejoining our friends and family. Naturally we need to temper our excitement about 'getting back to normal' with recurring waves of COVID variants.

Some new habits (masks, hand sanitizing) will likely stay with most of us. My good friend, **Annalisa Larocca** (Crash) has used hand sanitizers over our 25-year friendship. I used to tease her until I realized she was never sick!

On reflection, although we mourn the loss of many friends and colleagues from this disease, there were some positive outcomes realized. Most will tell you that they gained a

heightened appreciation of what was important in their lives: family; simple living; outdoor experiences; and more 'quiet' time.

During the pandemic, we pivoted to 'virtual learning' and many of our students joined us for online classes. In many cases, they continued to advance in both skill and grade. Gadbois Dojo consolidated students from other dojo shut downs and the students truly benefited from exposure to our top teachers.

I attended the Yoshukan Tournament in November, 2021 and was genuinely impressed at how **Renshi Louise Provencher** had coordinated so many students, teachers and

*Continued on Page 2*



### New Kobudo Graduates with Hanshi Dometrich

guests into a smooth-running tournament experience.

Which brings me to my personal reflections. Over the last 10 years, we have lost many of our beloved teachers.

**Kancho Mike Foster** (Yoshukai International); **Kaicho Mamoru Yamamoto** (Yoshukai); **Kaicho Masami Tsuruoka** (Tsuruoka Ryu); **Sensei Fern Cleroux**; (Canadian Chito Ryu) and **Sensei Jim Martin** (Judo). Each passing brings back memories of learning from each teacher and recognizing what unique people each one was.

In addition, our main lineage teacher, **Kaicho Masaru Inomoto** has been debilitated by stroke. We send him love and ki with hopes for his recovery. A truly good person whose kindness is a model for all.

As has happened with each of these teachers, our association has decided to grade me to 8th Dan, Hanshi this coming May 13, 2022 in Montreal. My last promotion was to 7th Dan, Kyoshi grade in Japan in 2012. Each association faces a time when our most senior teachers have passed and the association then promotes from within. Typically, senior teachers move up a dan on their passing (as happened with my iaido/judo **Sensei Fred Okimura**) or are promoted during their lifetime to ensure the association can create opportunities for advancement to their middle level teachers. I accept this promotion with humility.

However, learning is not over! I have organized a Kyoshi-Kai (7th Dan and up group) that meets monthly to share our perspectives on Chito Ryu/Yoshukai/Tsuruoka Ryu/Ryusei waza. A very distinguished group of outstanding teachers! I will share details/photos in an upcoming ZANSHIN.

On a personal level...its been quite a ride since walking into the NDG Dojo in 1969! My Budo travels have taken me: Across Canada; USA; Norway; Iceland; El Salvador, Chile and Japan (many times!). As a competitor I made many friendships that endure until today. As a teacher, I have met thousands of

extraordinary people that wanted Budo to be part of their lifestyle. As an educator, Budo brought me onto television (our 20-part series COMMUNITY SELF DEFENCE) and as an author of: Contemporary Campus Security and Advanced Kumite. I also had the opportunity to contribute/create Technical Manuals for the Canadian Chito Ryu, Yoshukai International and Yoshukan Karate associations. Finally, kudos to the Black Belts of our Yoshukan Association in helping me create our DVD/Memory Stick tools of our complete Yoshukan library of waza. A very special thank you to **Sensei Steve Dreschel** for these videos!

Finally, every step I took had support from some truly exceptional people. **Renshi Louise Provencher** has been a role model for perseverance; passion; loyalty and her dedication to technical excellence. I truly believe that the vast majority of senior teachers in our country could not carry her belt! My wife and budo partner, **Sensei Betty Gormley** was one of

our original satellite teachers (Willingdon Elementary) and one of the first of our Black Belts to travel to Japan to learn in 1994. She and I still do our kata together outside! **Shihan Robert Kalinowicz** has steadfastly helped Sensei Provencher lead our Quebec group of Black Belts. The overwhelming positive response to his advancement to Shihan showed how much he is appreciated and respected by his students.

Sensei Peter Bakimohalis joined us at 11 years old and 'walked the walk' with us through Chito Ryu, Yoshukai International and Yoshukan. A much loved teacher, he truly is the iron hand in a velvet glove! Peter has exceptional inner strength as those close to him have learned. **Shihan Charles Mayer** is another senior teacher of our system who is a role model to others. Calm, dedicated, affable, Shihan Mayer has expanded his understanding of budo by travelling to Okinawa and continuing his personal development. Our two senior Ontario teachers, **Shihan Zeljko Violoni** and **Shihan Omer Gojak** have learned/taught Yoshukan Karate-Do at various dojos and at our summer camps. Hoping to see them again this year!

Of course there are many more to recognize! Space limits my writing about each, but my heart holds a spot for every Black Belt we have produced and everyone of our teachers I have had the privilege to work with.

I will hope to see many of you at the May 13, 2022 ceremony...or at our August 25-27, 2022 Summer Camp. All are welcome!

**Kancho Earl Robertson**

# YOSHUKAN QUEBEC DOJOS

**1** Kancho in Mtl last november / Seminar and Yoshukan tournament | *Kancho à Mtl en novembre 2021 / Séminaire et tournoi Yoshukan*

**2** Senior provincial selection : Aida Van Mierlo Roy will be competing at Nationals this summer (Both U21 and 18+ -55kg division for the first time). Coming from Goju-ryu, she's been training with Yoshukan for many years and this year will test Shodan. *Sélection provinciale pour les seniors 18 ans +: Aida Van Mierlo Roy compétitionnera au championnat canadien (2 catégories ; U21 et 18+ chez les -55kg). Venue du Goju-ryu, Aida s'entraîne en Yoshukan depuis plusieurs années et testera pour son shodan cet été.*

**3** On March 13th, 15 Yoshukan students competed at Coupe Quebec (a first provincial tournament since 2020). Very proud of our young students. The medal results placed ASM 4th overall in Qc. *Le 13 mars dernier, 15 élèves Yoshukan ont compétitionné à la Coupe Québec (un premier tournoi provincial depuis 2020). Nous sommes très fiers d'eux. Nos résultats en médaille nous ont valu un 4 rang au niveau provincial.*

**4** On March 26th 2022, ASM hosted a tournament for the development of our young karatékas. This served as a preparation activity for our juniors competing at the junior provincial selection April 3rd. Again I would like to thank all who contributed to make this event a success: Parents, referees, volunteers. *Le 26 mars dernier, ASM a présenté un tournoi pour le développement de nos jeunes et a servi d'événement préparatoire aux participants de la sélection provinciale junior ayant eu lieu le 3 avril dernier. Encore une fois, je tiens à tous vous remercier pour votre contribution. Parents, arbitres, bénévoles: grâce à vous, ce fût un événement réussi en tout point.*

**5** All Yoshukan competitors who competed at the junior selections on April 3rd obtained a medal. *Bravo à nos jeunes qui ont chacun décroché une médaille en combat lors de la sélection provinciale: OR Mélody Monfiston Argent Zia Perrée Argent, Yasmine Aouchice et Aida Van Mierlo Roy, Bronze Iman Ziani, Jessy Monfiston, Samy Ziani, Amira Aouchiche*



**Selection sr Aida avec 3 entraîneurs**



**Selection jr avril 2022**



Malek



Olivier et Vincent



Group pic Yoshukan



# KOBUDO TRAINING WITH SENSEI DOMETRICH

One of the benefits of the pandemic has been the rise of online training. We used to train with our Kobudo teacher, **Sensei Devorah Dometrich, 9th Dan, Hanshi** 1-2 times a year. Via virtual training, we can now train with Sensei 1-2 times/week!

Sensei runs classes during the week (typically Monday and Thursday) and each Saturday morning from 10:00 am to noon. The link to her classes is: [Launch Meeting - Zoom](#) should you like to join us. All you need do is be a member of our organization – Ryu Kyu Kobudo Hozon Shinkokai (\$20 USD/year – sent to Kancho Robertson) and send Sensei online payments (via PayPal) for number of classes taken. Naturally, Sensei Dometrich doesn't make a big deal about the payments, but it is her time and we shouldn't take it for granted!

The complete gamut of weapons lend themselves to online training (Sai; Bo; Nunchaku; Tekko; Tonfa; Tinbe; Eku) and older martial artists, in particular, appreciate how the stances and waza are more body-friendly as they age! Sensei Dometrich is truly world class and we are fortunate to have her teach us the system learned under, **Sensei Eisuke Akamine's, 10th Dan, Hanshi!**



**Sensei Dometrich has a strong online following!**



**Kobudo training can happen in any space**



**Virtual SAI training**



**Sensei Dometrich and Kancho Robertson at online training**



# YOSHUKAN BLACK BELT CAMP!

## August 26-28, 2022

### Kancho Earl Robertson

7th Dan - Karate, 5th Dan - Kobudo, 1st Dan - Iaido, 1st Kyu Judo

### Renshi Louise Provencher

6th Dan - Karate, 2nd Dan - Kobudo, 1st Kyu Iaido

The YOSHUKAN KARATE ASSOCIATION is pleased to invite you to join us and train at our annual Black Belt camp. Special Guest, **Sensei Devorah Dometrich, 9th Dan** will be conducting kobudo exams for existing and new kobudo students in our association via ZOOM.

**Renshi Louise Provencher** will be providing advanced training in Yoshukan Karate-do.

**Kancho Robertson**, will be teaching advanced Yoshukan waza (Kake-te Ho, Taiho Jutsu, Kusanku & Sanchin Kata) from the 4th-6th dan Yoshukan curriculum and basic Judo.

### Camp Schedule

#### Friday, August 26

- Arrival & check-in Noon-5:00 pm
- Examinations 12:30-3:00 pm
- Kancho from 3:00-5:00 pm
- Group Dinner in Grafton 6:00 pm

**NEW!! MEAL PLAN**  
\$55 per person =  
Friday Dinner,  
Breakfast: Sat & Sun  
Lunch: Saturday

#### Saturday, August 27

- Karate-do with Kancho 9:00 am - Noon
- Market! Bring you dojo merchandise 12:30-1:30 pm
- Yoshukan with Renshi Provencher 2:00-3:30 pm
- Kobudo exams with Dometrich Sensei 3:30-4:30 pm
- Group Dinner at Robertson Farm (included in fee) 6:00 pm

#### Sunday: August 28

- Judo with Kancho 9:00-11:00 am



**Camp Fees:** \$219 if staying at the farm (2 nights). \$159 if self-accommodated\*. Dinner Saturday evening included. Meal Plan: \$55 (Friday Dinner, Saturday Breakfast, Lunch, Sunday Breakfast)

**EARLY BIRD DISCOUNT!:** \$30 DEDUCTION if booking both training and meal plan by June 1, 2022\*  
Self-accommodation.....must bring your own tent or stay in local motels.

**To Register: Contact Kancho Robertson at: [iaito1@me.com](mailto:iaito1@me.com) or (905) 601-2880**  
**Camp Location: Grafton, ON (between Toronto, Montreal and Ottawa)**



### 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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