



Important Dates

- Jan. 11th CWKF Board Meeting.
- Jan. 13th—Women's Self-Defence.
- Jan. 20th—Beginners' Class.
- Jan. 23rd—Karate Ontario Tournament.

Welcome to Our Newsletter!

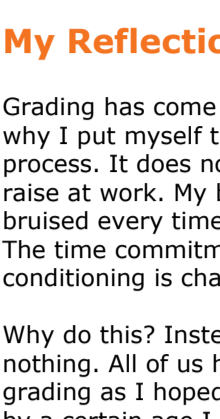
Happy New Year. This is our third and long awaited newsletter. This issue includes some interesting article and an amazing interview with Sempai Victor Myers.

We will have more issues coming this year. I hope you enjoy this one and make sure to train hard this year.

Editor: Domenic Capilongo Layout: Shima Mirkarimi

Reminder about Sensei Shiomitsu's Grading Books

Keep in mind some important points in order to get the most from these amazing books:



- 1) You cannot learn karate from a book! It is a study guide, read it to review or help your training.
- 2) You may look ahead to study your next grading but be careful you may be reading it wrong.
- 3) You may be misreading some photos by accident so learn from your teachers not the book.
- 4) Most importantly, if you are in the dojo and think you are being taught differently from the book understand that all Wado Ryu Karate techniques are not in this book. It is a grading book. Follow Sensei Alex's technical knowledge taught to him by Sensei Shiomitsu and Sensei Ohtsuka II and ask questions after class.

My Reflections on Grading and Karate

by Ian Watson

Grading has come and gone once again. During grading I always wonder why I put myself through this mentally and physically challenging process. It does not put food on my table, nor does not get me a raise at work. My body hurts after hours of practice. My ego is bruised every time I am told that I am incorrectly doing a technique. The time commitment for the many classes, club duties and physical conditioning is challenging.

Why do this? Instead I could take up a less challenging hobby, read, watch TV or do nothing. All of us have our own reasons. Am I disappointed when I do not do as well on grading as I hoped? Yes. Have I thought to myself that if I do not obtain my black belt by a certain age I will stop. Yes. Some of you may of felt this way as well. So why continue? Firstly, I like the people in our club. I find inspiration from their many physical and personal talents. Secondly, my physical ability has greatly improved. My family used to laugh at my lack of flexibility, with hard work my flexibility has improved. Thirdly, my co-ordination has improved.

Prior to karate I think I did everything only with the right side of my body. Finally, I suffer from stage fright. Grading and performing Katas is very difficult for me. However, with practice these tasks are getting easier.



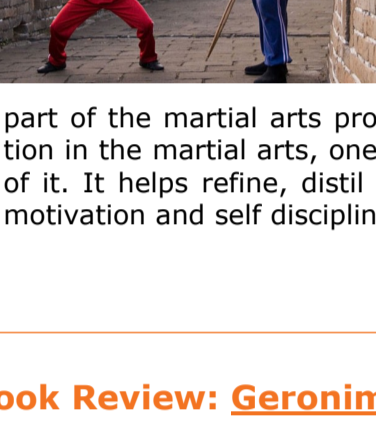
So what is my final goal? To obtain a black belt? Well I think that would be short-sited of me. I feel that I only deserve a black belt if I have the physical, technical and mental skills to achieve this level. Therefore, the goal is not the black belt but instead to improve on these three areas. My reward is the journey and not the colour of the belt. The belt will come if I deserve it. However, Karate is not the only way to obtain these goals, but presently for me it is the right way.

How do I plan on achieving these goals? Continue to attend as many classes as my schedule will allow. Start learning new material months before my next grading. Ask lots of questions. Practice on my own and continue to work on my physical conditioning. Ask other members to watch me do my Katas and basics. Try and be more accepting of corrections. Well that is my plan. It will most likely change as my Karate skills mature and as other club members pass on their ideas to me, but for now I think this will do. See you at the Y.

The Karate Kid: Movie Review

By Michael Balas

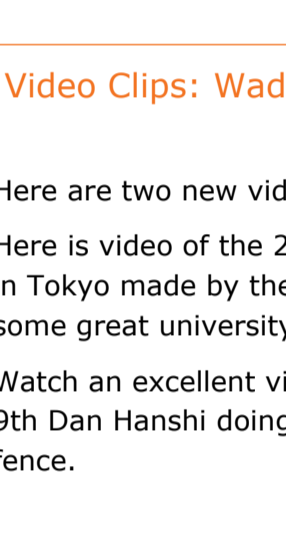
There is something astonishing and invigorating about the remake of Harold Zwart's Karate Kid movie. This film isn't just an excellent remake, it is a miraculous improvement, regardless of the fact the main character is younger and learns Kung Fu instead of Karate. The luminary actors are Jaden Smith, Jackie Chan, Tarajji Henson, and Zhenwei Wang. The action starts when Dre Parker and his mother disembark in Beijing from West Detroit to start a new life. At his new school, he develops a crush on a violinist, Mei Ying. Cheng, one of the school bullies, tries to keep them apart by beating, humiliating and harassing Dre. After one cruel beating, the inscrutable maintenance man, Mr. Han (Jackie Chan), decides to teach Dre Kung Fu.



Just like in the old Karate Kid movie, the main character who is in average physical shape needs to get to a top level of fitness and martial art proficiency sometimes by performing repetitive tasks and monotonous techniques. "Pick up your jacket. Now put it on. Take it off. Hang it up. Take it down. Now put it on." This is what Mr. Han kept telling Dre during his early martial art training. Many endeavours and boring chores that we perform as part of our day-to-day activities develop muscle groups and techniques that can be used in martial arts.

Similarly, at times we may perceive ourselves in the Dojo as performing repetitive and boring techniques and forms as part of the martial arts program. However, in order to reach perfection in the martial arts, one must train perfectly and repetition is part of it. It helps refine, distil and polish the techniques and it requires motivation and self discipline to carry out the martial arts program.

Book Review: Geronimo Stilton: The Karate Mouse



This is a children's book about the traditional ways of karate. It is a very entertaining book to give to children to introduce them to the basic philosophical ideas of karate.

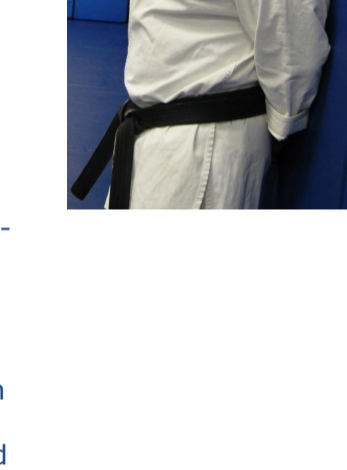
The main character, Geronimo, learns and trains traditional karate and eventually competes in the World Championships.

Reading this book will help children, and some adults, understand some important lessons that they will get from studying karate.

Video Clips: Wado Championships and Knife Defence Demo

Here are two new videos that may interest you:

Here is video of the 2009 [Wado Championships](#) in Tokyo made up by the British team. It shows some great university training footage.



Watch an excellent video of [Sensei Shiomitsu](#) 9th Dan Hanshi doing some tanto dori knife defence.

An Interview with Sempai Victor Myers 3rd Dan

By Dom Capilongo

How long have you been practicing karate?

I have been practicing karate for 17 years. I started when I was in my late thirties.

What advice do you have for adults who start karate in their 30s and beyond?

Know your body. Understand injury prevention and injury recovery. Learn to be able to train with injuries.

You are a former bodybuilding champion, how has that helped your karate training and coaching?

There are a few things I have taken from my days as a competitive body builder that I have found helpful to me in my karate training. Fundamentals of diet and exercise and the importance of diet and rest as well as, focus and discipline. Lastly, a love for training whether on my own or within a group.

At your level, how do you continue to learn about karate?

Fundamentally, I believe learning is easier when you have a passion for something. So for me it starts there. The other key is understanding and accepting I still have a long way to go in my personal karate journey. Acquiring the knowledge I need to continue to improve starts with taking in feedback and direction from Sensei and includes learning from my peers and sempai in the club. Finally, turning to sources outside the club, books, magazines and the internet helps my understanding of karate and motivates me in my training.

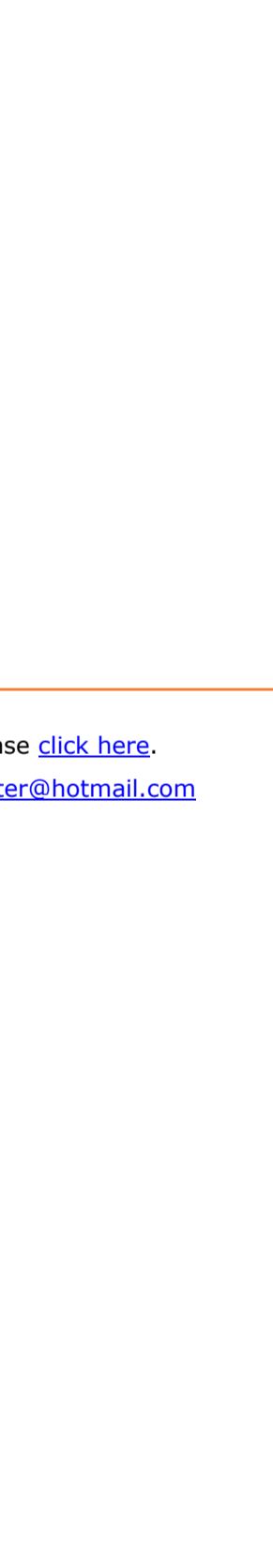
You are a fan of watching Mixed Martial Arts, is there anything for students of traditional karate to learn from this?

When I watch MMA, I do so in part for the entertainment, like everyone else. I also watch closely and try to see the application of techniques we study in class or techniques that are similar to what we study. If you look closely you will see certain MMA competitors use sweeps, sen no sen, go no sen, tai sabaki, nagashi, furi-ken and mawashi geri, just to name a few. Like anything in life, you take what is applicable to you and leave the rest.

What advice can you give to competitors striving to achieve an elite level of fighting?

Listen, watch, learn, copy and practice. Repeat until done.

Thank you.



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