



Important Dates

- Mar. 19th—21st National Karate Championships Toronto
- Mar. 27th—Adult & Youth Grading 2—5:30pm DS
- April 6th - Women's Self-Defence. Invite your friends.
- April 13th—Beg's Class.

Welcome to Our Newsletter!

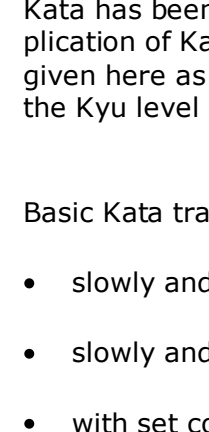
This is our second and much anticipated newsletter. I am trying to keep most of the sections and have added a few, such as an interview with our very own Riadh Matti and a training section written by Coach Victor Myers.

I hope you enjoy this issue and if you have any ideas please let me know.

Editor: Domenic Capilongo **Layout: Shima Mirkarimi**

How to Read Sensei Shiomitsu's Grading Books

Sensei Masafumi Shiomitsu has written three wonderful grading books. They are filled with amazing and detailed photos as well as in-depth descriptions of technique. However, you must keep in mind some important points in order to get the most from the books:



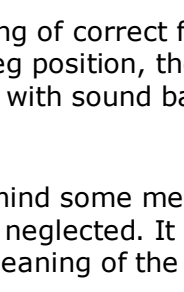
- 1) You cannot learn karate from a book! It is a study guide, read it to review or help your training.
- 2) You may look ahead to study your next grading but be careful you may be reading it wrong.
- 3) You may be misreading some photos by accident so learn from your teachers not the book.
- 4) Most 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.

The Practice and Application of Kata by Sensei Alex

Kata has been called by some, the "Soul of Karate". The practice and application of Kata movement is very deep and involved. These notes are given here as basic guidelines for practising Kata. They are written with the Kyu level Karateka in mind but will be also useful to higher grades.

Basic Kata training can be done utilizing different methods:

- slowly and only individual movements.
- slowly and flowing or continuous movements.
- with set combination patterns.
- with the same above methods but adding speed and relaxation.
- only stances with your hands on your hips.
- one handed, keeping the other hand behind the back.
- standing in *jigotai* stance with arms and body movements only (this calls for some imagination and experimentation if you have not been taught a specific pattern of movement).



Try to concentrate on learning and understanding one Kata at a time thoroughly. Quality is more important than quantity when practising and studying Kata.

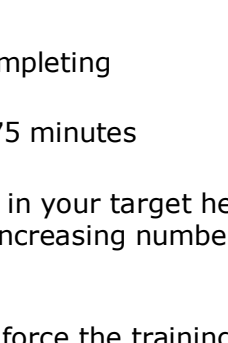
You may study and practice from the bottom up thinking of correct foot position of stances, then correct knee alignment and leg position, then posture and hip position. However, remember starting with sound basic stances and posture this is the best way.

Kata must be practised in a lively manner keeping in mind some meaning of the movement. This is very important and often neglected. It is usually best to first understand, in the least, a basic meaning of the movements.

There are many possibilities and sometimes "hidden movements" or meaning for training in the application of Kata techniques.

Cross Training, My Way of Life By Victor Myers

My focus when doing cross training is to build endurance and strength without adding bulk. For my body type, age and weight increasing my anaerobic capacity is important for me. The core principle is to understand the difference between and importance of aerobic and anaerobic training. Each person needs to know what their weakness are and then place the emphasis there. This is my latest workout. Try it and let me know how it feels for you.



Perform any of the following: (aerobic)

1. Run - min. 2 miles or 25 minutes non stop.
2. Elliptical Machine - 45 minutes, high intensity.
3. Cycling – 45 minutes, high intensity.
4. Stationary rowing - 30 minutes, high intensity.

Then immediately perform the following: (anaerobic)

1. push-ups, sit-ups, lunges, triceps dips, leg raises, burpees – 15- 20 reps each, done in succession, no rest between exercises, no rest between sets. Min. 5 sets.
2. Stretch as part of the cool down after completing

Total routine should take no more than 60-75 minutes

For all of the above, increase the intensity by working in your target heart rate for longer periods, increasing reps per exercise, increasing number of sets, poundage, duration etc.

I have not included any specific karate movement to force the training of muscles not normally used with karate, therefore getting maximum advantage of cross training. This is just my personal view. You may add karate movements i.e. do all 5 pinan katas fast or do a high number of kicks in succession etc. Enjoy.

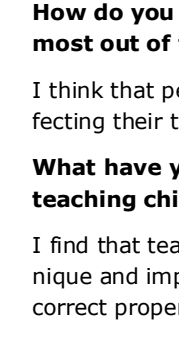
Visit these interesting links on aerobic vs. anaerobic.

http://www.myfooddiary.com/resources/ask_the_expert/aerobic_vs_anaerobic.asp

<http://www.1speedtraining.com/aerobic-anaerobic-training.html>

http://www.mensfitness.co.uk/exercise/exercise_tips/2156/

Book Review Karate-Do: My Way of Life By Gichin Funakoshi



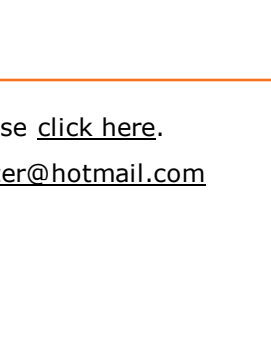
Ohtsuka Sensei, the founder of Wado-ryu Karate, was a master of Jujitsu before he met Funakoshi Sensei and became his top student.

Read this book and find out the story behind Funakoshi Sensei's life and adventures. Learn some deep philosophy of the true nature of the Way of the Empty Hand and get insight into your own training. Enjoy!

Video Clips: Grandmaster Ohtsuka II Demo and Kihon Kumite

Here are two new videos that may interest you:

Here is new demonstration footage of Hironori Ohtsuka II Sensei, the son founder of Wado-Ryu Karate and present grandmaster.



Watch an excellent video of all ten Kihon Kumite partnerwork demonstrated by Sensei George Grimes 7th Dan Kyoshi.

An Interview with Sempai Riadh Matti 3rd Dan

By Dom Capilongo

When did you start Karate?

1990-91

You were a member of the Ontario Karate twice. What do you think students can gain from competing?

Students can get a chance to use what they learn in a semi-realistic situation.

After all the years of training how has your karate changed?

I feel more comfortable and I am beginning to understand it on a deeper level.

How do you think someone should practice to get the most out of their training?

I think that people should be practicing and thinking about perfecting their techniques all the time, constantly.

What have you learned about karate in all your years of teaching children and adults?

I find that teaching is tough. You have to focus on your technique and improving your technique in order to demonstrate and correct properly.

Our dojo has been growing over the years, what would you like to see in the future?

I would like see more people helping and volunteering and giving their time. This will improve the club and all the members while also helping to improve their own technique and time here.

Any final comments?

Yes, continue training hard and give back to the club as people give to you, you should give back to the next generation.



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Questions or comments? E-mail us at wadonewsletter@hotmail.com