



## Important Dates

- Nov. 12th— Dojo Pub night
- Nov. 19th—Board Meeting
- Dec. 5th - Club Fees and Grading forms due
- Dec. 8th, 10th, 12th 13th —Grading Dates
- Dec. 12— Dojo Year end Party.
- Jan. 24th—Tournament

## Welcome to Our Newsletter!

We have decided to start an e-newsletter as a way to keep all of you informed about important dates, events and provide you with some interesting tips and guide you as you enjoy practicing Wado-Ryu karate.

As editor, I hope you enjoy each newsletter and I encourage you to send in any ideas or feedback. I may occasionally ask some of you to write some articles in your field of expertise. I hope you enjoy the news and keep training hard.

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

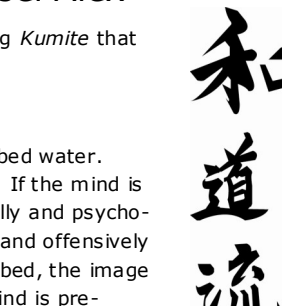
## Attention: New Grading Rules for 1st Class Pass

### Currently our grading system is as follows:

- 1) March grading, for those attempting 9th,8th,7th kyu
- 2) June grading, for all levels
- 3) Sep grading, for those attempting 9th,8th,7th kyu
- 4) Dec grading, for all levels

### NEW GRADING RULES are as follows:

- 1) grading schedule stays as is.
- 2) those grading for 9th,8th,7th kyu will see no change, as before they will be able to grade every 3 months
- 3) those grading for 6th,5th,4th,3rd kyu. Will now be able to grade in March or Sep PROVIDING they received a 1st class pass in their previous grading.
- 4) those grading for 2nd & 1st kyu, can only grade in Jun or Dec even if they received a 1st class pass in their previous grading. You must have a minimum of 4 months between brown belt gradings.



## Fighting Mind (notes from a lecture by Sensei Alex

The following are two psychological principles that can be developed during *Kumite* that have been handed down in Japanese martial arts.

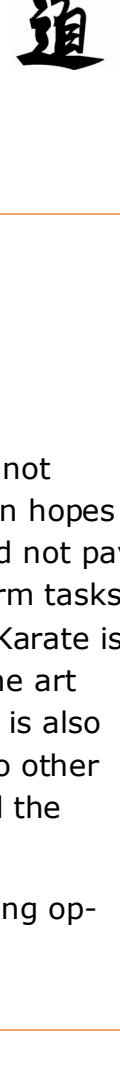
### *Mizu No Kokoro (a mind like water)*

This refers to the need to make the mind calm like the surface of undisturbed water. Smooth water reflects accurately the image of all objects within its range. If the mind is kept in this state, apprehension of the opponent's movements will physically and psychologically be immediate and accurate, and one's response both defensively and offensively will be appropriate. On the other hand, if the surface of the water is disturbed, the image it reflects will be distorted. More practically explained by analogy, if the mind is pre-occupied with thoughts of attack or defense, it will not perceive the opponent's intentions. This will create an opportunity for the opponent to attack.

### *Tsuki No Kokoro (a mind like the moon )*

This refers to the need to be constantly aware of the totality of the opponent and his movements. The analogy is that moonlight shines equally on everything within its range. With the development of this concept, the consciousness will be immediately aware of any opening in the opponent's defenses. On the other hand, clouds blocking the light of the moon is by analogy likened to nervousness or distractions, which interfere with, correct apprehension of the opponent's movements, making it impossible to find an opening and apply the appropriate techniques.

To apply the above principles, it is necessary to have unity of mind and will. If you correctly perceive the movements of your opponent and are conscious of an opening and the will to act on this knowledge is lacking, no effective technique will be forthcoming. The mind may find an opening, but the will must be activated to execute the required technique.



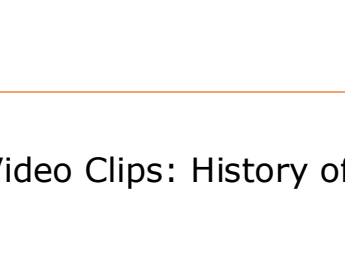
## Volunteering and the way of the Martial Arts

By Carol Cumming

Originally, when one wanted to learn martial arts, dojos were not readily available. A student would have to seek out a sensei in hopes they would be accepted as a student. Often this student could not pay for the valuable lessons they were given, so they would perform tasks in exchange for the lessons. It is a known fact that teaching Karate is NOT a lucrative endeavor, it is done for the passion to keep the art form alive by passing on the knowledge to eager students. It is also the job of a more senior student to pass on their knowledge to other students, thus the cycle of volunteering and helping has aided the preservation and growth of martial arts to what it is today.

In the coming months we will be encouraging more volunteering opportunities. Do not just train, be part of your dojo.

## Book Review In the Dojo: A Guide to the Rituals and Etiquette of the Japanese Martial Arts By Dave Lowry



If you've ever wondered why we karate people do the strange things we do this book is for you. Why do we wear these funny white pajamas? Or why do we kneel and bow?

Dave Lowry is a martial artist and writer who, in this book, has collected a number of essays to answer many questions people who practice and who want to practice Japanese martial arts such as karate, judo, aikido etc. may have.

It is a in depth look at the etiquette and rituals of what we do and a good start at any level of your karate practice. Enjoy!

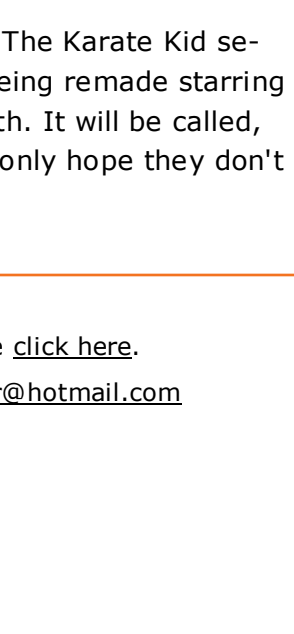
You can find this book circulating in the Toronto Public Library system as well as a book store near you.

## Video Clips: History of Wado-Ryu Karate do and WKF

Here's the section where you will be guided to view a few video clips of interest. It's hard out there in the World Wide Web of sharing to know just what to watch for your Karate. Here are two that may interest you:

Here is very rare vintage demonstration footage of Hironori Ohtsuka Sensei, the founder of Wado-Ryu Karate.

For the sports karate enthusiasts out there. Here is a video of highlights from the World Karate Federation's World Championships held in Tokyo in 2008.



## Download this interview with Sensei Shiomitsu 9th Dan Hanshi

## Film Review: Karate Kid I, II, III. The Classic Karate Series

Hollywood films are made for pure entertainment and to make money. It is rare that any film which includes martial arts can also include a positive message about building character and rising up against impossible odds.

The one, now classic, film series that comes the closest to the true spirit of what it means to practice martial arts is, "The Karate Kid". If you haven't seen them it is essential that you do. Everyone who practices karate must meet Mr. Miyagi and take into their training some of his wisdom .

It is a great time to take in The Karate Kid series because the movie is being remade starring Jackie Chan and Jaden Smith. It will be called, "Kung Fu Kid" and one can only hope they don't ruin the message.



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