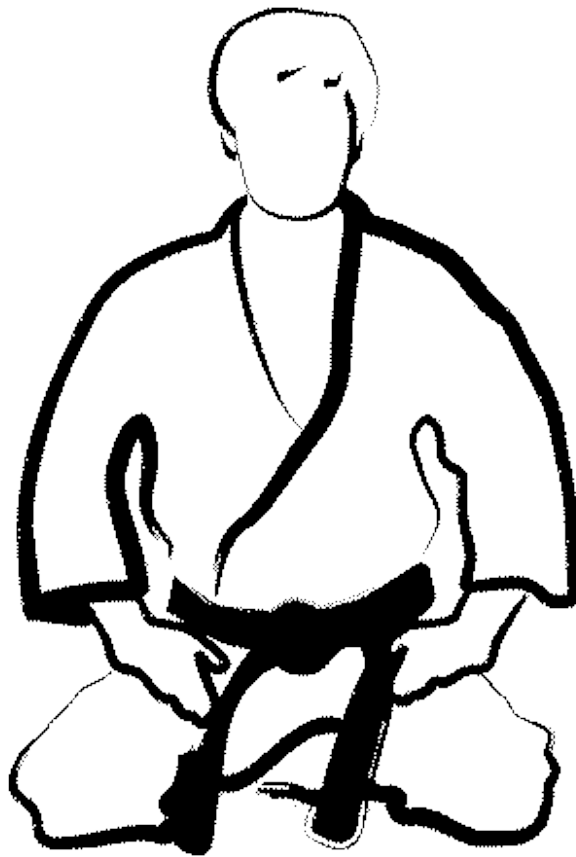


SASKATCHEWAN KARATE ASSOCIATION NEWSLETTER



JANUARY 2016

Message from the President

Best wishes to you and your Families over the Holiday Period and good luck for 2016.

The Board of the SKA has had a busy year with several meetings with Sask. Sport regarding our Umbrella Organisation. The Board feels that the SKA has been operating in this manner since its' inception once we looked at the composition of its' membership and policies for membership acceptance.



Sask. Sport is now aware that any Karate Organisation has the opportunity to apply to the SKA and if they meet our criteria, can be accepted as members on a temporary basis. Members of Sask. Sport appeared to be satisfied with our process.

This last year was another busy year with a number of Athletes successfully competing at International events. Congratulations to all competitors.

The Athletic Development programme continues to be well attended, however there is still room for any individuals that would like to attend. Persons that are interested should be at least Green Belts and 14 years of age.

A number of members upgraded for various Dan levels last year, congratulations.

I hope that 2016 will be a year of continued growth and excellence in our organisation.

Sincerely,
Dave Smith
SKA President



Letter from the Editor

I hope you all had a wonderful holiday and wish you all a healthy and prosperous 2016!

The Saskatchewan Karate Association (SKA) along with member clubs, host Provincial Tournaments twice a year. These tournaments are held in the spring and in the fall and rotate around the province.

The SKA encourages club members from around the province to co-host these tournaments. In order to host a tournament, clubs require volunteers to help run the tournament. Volunteers typically help set up the equipment the night before the tournament and help pack up equipment once the tournament is done. Volunteers are also required to help as table officials and sell t-shirts. Some clubs run concessions as a fundraiser for their club and volunteers are also required for this.

Some rural clubs may have difficulty finding sufficient manpower to host a tournament. I encourage members & parents to let their Sensei or club representative know that they would be willing to volunteer in order that their club may host a provincial tournament.

Hosting an event brings business into the community as participants and spectators may eat at restaurants, fuel up and may stay a night (or two) at the local hotels/motels.

There are benefits in competing at tournaments but some participants may be apprehensive to sign up to compete. If a tournament is held in their community, they may come out to help and/or watch and decide that they may want to compete at some point in their training.

Once again, I encourage you to think about volunteering at these events so that all karateka are able to view or participate in a competition and have the chance to compete close to home.

Sincerely,
Linda Crosson
SKA Executive Director

SKA BOARD OF DIRECTORS



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Executive Director

Linda Crosson
510 Cynthia St.
Saskatoon, SK S7L 7K7
Phone: (306) 374-7333
Fax: (306) 374-7334
E-mail: sk.karate@shaw.ca

The goal of the Saskatchewan Karate Association is to promote and facilitate the development of karate as a Martial Art and as a Sport throughout the Province by encouraging participation from as diverse an area and population as possible; standardizing and supervising the quality of karate instruction throughout the province, instruction of "karate-do" (the karate way); examination and registration of student ranking and other technical qualifications; sponsoring seminars and other events, developing qualified coaches, instructors and officials; cooperating with organizations for development of karate; such other activities as may assist in achieving the above goal.

UPCOMING EVENTS

SENSEI JORGENSEN SEMINAR

Midwest Karate Regina, 1100 Broad St.

January 29th – 31st

SEE PAGE 6 FOR DETAILS

SKA SPRING OFFICIALS CLINIC

Friday March 18

8:00 pm

Humboldt Uniplex - Humboldt, SK

SKA PROVINCIAL SPRING TOURNAMENT

Saturday March 19

9:00 am

Humboldt Uniplex

SKA ANNUAL GENERAL MEETING

Sunday March 20

Starting at 9:30 am

Canalta Hotel – Humboldt

*Watch for posters/details to be posted at
your club soon!*

Midwest Karate Saskatoon Seminar

Midwest Karate Saskatoon hosted a karate seminar
December 4 – 6, 2015 with guest instructors
Sensei Avi Rokah & Sensei Toru Shimoji.

Thank you to all who attended.



Sonya Natasha

SENSEI JORGENSEN SEMINAR

Midwest Karate Regina
1100 Broad Street

January 29-31

Friday, January 29

6:00-6:45 Youth Class

6:45 Youth Grading

Saturday, January 30

10:00 - 12:00 Adult General Class

2:00-3:30 Adult General Class

3:30 - 4:30 Adult Advanced Class

Sunday, January 31

10:00 - 12:00 Adult General Class

12:00 Adult Grading

2:00-4:00 Adult Advanced Seminar

Cost

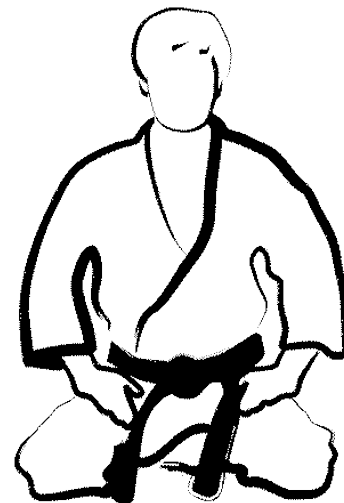
Youth Seminar - \$15

Adult General Seminar \$80

Adult Advanced Seminar \$100

One Day \$65

Grading costs are based on belt level



SKA

ATHLETIC DEVELOPMENT PROGRAM

**COME OUT AND JOIN OUR TEAM AND ENJOY HOW YOU WILL
INCREASE YOUR KARATE SKILLS**

- If you are 14 years of age or older and hold a green belt or higher in your style you are welcome to attend the team training sessions.
- Cost of the training is \$200.00 for the year or \$50 per weekend.

Enhance your current kata performance and learn kumite timing and distance strategies. Want to try team kata? Individuals wishing to compete in this event will be put on a team and taught synchronized kata and bunkai (application) for competition. What about En-Bu? This is a “demonstration of self-defense”. It is a very exciting event and can be performed as a man/woman or a man/man team. For Black belts wishing to develop themselves as a well-rounded karate-ka, fukugo is the way to go. Fukugo is a combination of kata and kumite and is a national and international event.

NOTE: Session fees must be paid in full for members to be eligible to receive travel or other reimbursements.

COACHES: Dave Smith & Graham Guthrie

To register contact: Saskatchewan Karate Association
(306) 374-7333 or E-mail: sk.karate@shaw.ca

Come out and join the team!!!

ETIQUETTE WITHIN THE DOJO

In any karate dojo, one of the most important rules of etiquette is behaviour.

Since by nature we all learn by trial and error, many things will be forgiven in a dojo, but bad behaviour is definitely not one of them. This rule applies to every student within the dojo society regardless of their rank, in fact the higher the rank, the less tolerance there is for any breach of etiquette. Starting with the "Sensei" or "Teacher" down through the "Sempai's" or "Assistants" in the black belt ranks, and then finally through the "kyu" or coloured belt ranks, known as "kohai" it is the responsibility of each student to make sure that those who follow in their footsteps, do so with the highest possible level of personal behaviour. It is very important to remember, however, that correction for acts of misbehaviour always come from the top down, not the bottom up.

Entering the dojo

The first lesson you will ever learn once you have been accepted into any karate school is how to enter and exit the "dojo" properly.

Prior to entering the dojo for the first time a senior student or "Sempai" will usually instruct you in the art of "bowing in". Every karate dojo in the world has a shrine at the designated "front" of the dojo, this is referred to as the "Shomen" and regardless of how many times you enter or leave the dojo during the course of your daily training, you must always bow to the "Shomen" first. This is done by standing at the dojo entrance and facing towards the "Shomen", be sure that your feet are together, keep your legs straight, your arms should be at your sides and touching the sides of your thighs, your hands should be open and facing downward along the seam of your gi with your fingers and thumb together. To bow, bend forward at the waist to about 45 degrees, keep your eyes looking downward and do not let your arms move or leave your side, pause for a second at the bottom of the bow then unbend. The entire bow should take only a few seconds, but it should be performed with the utmost courtesy and respect.

Remember:

**"In order to bow well physically,
you must first learn how to bow well in your mind".**

Should you ever find yourself entering or leaving the dojo with a large group of students, do not push or shove, but instead patiently wait your turn. If the opportunity presents its self always allow those senior students in the group to enter or exit the dojo first, since in a karate dojo everything is dictated by your rank within the dojo society.

Arriving late

In a karate dojo, as is it is in life, it is bad manners to be late.

Sometimes, however, this may be unavoidable, in which case you will be required to bow in quietly and then kneel in seiza just to one side of the dojo entrance. If you arrive while everyone else is also kneeling in seiza or reciting the dojo kun, do not make any noise what so ever, just wait quietly until the Sensei or Senior

Instructor acknowledges you and invites you to join the class. This may not happen right away, and it is important to remember that you must remain kneeling where you are until you are invited in.

Once you are invited to join the class, you must first bow while still kneeling, then get up quickly and join the class by finding a place in the last row unless some other space is indicated to you. This may or may not be your normal place of rank within that particular class, but as I mentioned earlier, in a karate dojo as in life, arriving late usually requires you to pay a price for your tardiness.

The line up

At the beginning of each class you will hear the Sensei call, "line up". Upon hearing this command, you must move quickly and quietly to stand in "heisoku dachi" or "informal stance" at your appropriate place of rank within that particular class. Depending on the size of the class you will often find that your place within the rank of students will vary from class to class. This is to be expected since the more senior students there are in a class, the further down the line you will be.

The line-up is done in rank order from right to left facing the "Shomen" or the "front" of the dojo. As a result unless you are actually teaching the class, you will always have a more senior student to your immediate right, this could even be a student who wears the same colour of belt as you, but who would have achieved that rank before you did. To your immediate left you will then find a student of similar or lesser rank and so on down the line until finally at the end of the line you will find the newest or most junior student in the class. If you are ever required to start a new row due to the number of students ahead of you, be sure to start the row by standing behind the student on the extreme right end of the line in front of you, be sure that the line you start is of the same width as those in front of you, and that you are lined up directly behind the student in front of you.

One day, if you train long enough and hard enough, you too may find that it is your turn to give the command, "line up".

Everyone starts at the bottom. Upon joining a karate dojo you will find that no one gets special treatment. By that I mean that even the President of a large company who may be well known and respected, or for that matter even your boss at your place of work; if he or she were to join your dojo they would find that despite their rank within the business community, even they cannot simply join a dojo and without any previous training move to the head of the line just because of their status, or wealth outside of the dojo.

Like I said, in a karate dojo everyone starts at the bottom - where you go from there is entirely up to you.

The standing bow

The bow is a very important technique in karate.

The standing bow for example, is used not only to bow into and out of the dojo at the beginning or end of each class, but it is also used for example when bowing to another student, or an instructor before performing any form of partner training. The standing bow is

also performed prior to the beginning of each kata, and at the end of each kata, and it must never be omitted or performed casually as it is extremely important that all of your karate training and all of your kata's begin and end with courtesy. Starting from a "heiko dachi" or "ready stance" bring your feet together while at the same time bringing your hands to your sides so you are now in "heisoku dachi" or "informal attention stance" remember, when bowing bend forward at the waist to about 45 degrees without letting your arms move or leave your side, pause for a second, then unbend. The entire bow should take only a few seconds, but it should always be performed with the utmost courtesy and respect.

Remember:
"In order to bow well physically,
you must first learn how to bow well in your mind".

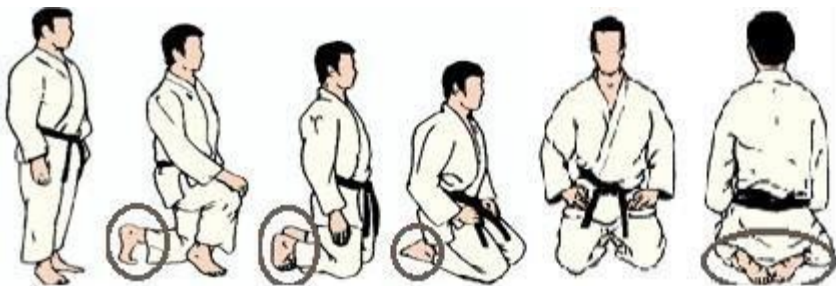
If you find yourself bowing to a partner always keep your eyes focused on theirs, however, when bowing to your Sensei or to the Shomen, always be sure that your eyes are looking downward.

Seiza

The "seiza" or "kneeling position" while a very common occurrence, is used most often at the beginning and the end of each class, or when you are instructed to sit and watch a demonstration of some kind.

To get into the seiza position from an attention stance, bend down on the balls of both feet then first place your left knee on the ground, then your right knee, then sit down and tuck your feet underneath you. Be sure and always keep your back straight and your shoulders relaxed when sitting in seiza and your knees should be aligned with, but not touching, the knees of the person on your right or your left. Rest your open hands comfortably on the upper portion of your thighs with your fingers and thumb together and pointed slightly inward.

Proper posture in seiza is very important, and for anatomical reasons male students should have about a 12 inch to 14 inch width between their knees, while female students should have their knees together.



Bowing in seiza

At the beginning of each class prior and to any form of training, the entire class will kneel in the seiza position and bow in turn to the Shomen and then to the Sensei. The first bow is to the Shomen and the shrine at the front of the dojo. This is done in rank order at the command, "Shomen ni rei" this first bow is done as a sign of deep respect to the memory of

the long line of Masters and Sensei who came before you and who in turn passed the art of Shotokan karate down to your sensei.

This second bow is to your Sensei. This is done in rank order at the command, "Sensei ni rei" this done as a sign of deep respect to your Sensei without whom there would be no dojo for you to train in and therefore no one who could pass the art of karate on to you. In return the Sensei bows to the entire class as a sign of deep respect to the students who come to train, because without students to teach there would be no one for the Sensei to pass his or her knowledge onto.

When you are bowing to either the Shomen or to your Sensei you will either remain respectfully silent, or the Sensei will instruct you on what to say.

To perform a bow from the seiza position first move your left hand from your left thigh and on to the floor about two hand lengths out in front of your left knee with your fingertips pointed inward, then, slightly behind in time, move your right hand from your right thigh and on to the floor about two hand lengths out in front of your right knee with your fingertips pointed inward so that your right hand is facing your left hand so that your index fingers are slightly touching. Now without letting your elbows touch the floor, lean forward and bow your head stopping this motion just short of touching the back of both your hands. The bow is done entirely from the waist and since it is a more formal way of bowing, you should pause for slightly longer than you do when performing a standing bow. When coming up from the bow, slide your hands back to their starting position in reverse order (right hand first followed by your left hand and then sit up straight in a relaxed posture).

Respect by all students regardless of their rank for the past, the present, and the future is the best way of assuring that the art of Shotokan karate will be spread in tact to the next generation.

Etiquette during class

Once the training starts it is very important to put aside all unrelated thoughts. You must make every effort to only concentrate on the specific task at hand and especially on improving the quality of your own techniques. On "seeing" what cannot be seen. In the beginning this will be a very hard concept for you to grasp but you must push yourself both physical as well as mentally if your karate is going to improve. In short, "always do your best". In fact to do otherwise would be disrespectful not only to yourself, but also to your classmates and your instructor who have come to train with you.

When moving from one area of the dojo to another, always do it quickly and quietly. When changing positions in line, be sure not to cut through the lines or to pass in front of anyone else. Instead go behind and around them. Whenever you watch a demonstration, do so respectfully and silently, without leaning on the walls or doing anything that would distract others. If you have a questions about any of the techniques that are being taught during class never call out, instead always raise your hand and wait to be acknowledged, then ask your question in the politest possible terms.

When training with a partner always be sure and bow properly before you begin and after you finish your training together. This applies every time you change partners regardless of their rank.

Kiai

Sooner or later you will learn to perform a "kiai".

A kiai is not unique to karate, but it is a sound that will be unique to each individual student. This sound does not come from the throat, but instead it originates deep in your abdomen or "tanden" and is usually expressed during the maximum point of attack or defence in all Shotokan katas. In the beginning most students will simply say the word "kiai" but in fact "kiai" is simply a Japanese word that when translated into English literally means, "yell".

So what is a kiai?

My personal definition of a kiai is as follows: "a kiai is a unique, personal vocalization, brought about by a strong emotional feeling ."

In karate a kiai is most often used at the moment when the students maximum physical, mental and or spiritual power is required in combination with a specific movement or technique. What you will learn to do over the course of your training, is to draw on all your mental, physical and spiritual energy and focus and release this energy for maximum power and effect at the appropriate moment in your kata or during class.

Don't be afraid to kiai loudly.

The overall tone of a class is often set by the level of spirit in the class, which can often be raised with a strong kiai on your part. So you if you have a strong kiai, it will often spur others to work harder as well. On the other hand, if your spirit is poor, or your kiai weak, you might actually bring down the class spirit, so always do your very best. In the end, your own personal kiai will be as unique as you are. Never be embarrassed by what you think it sounds like. If there is spirit and conviction in your actions, then your kiai will always be strong.

Kata

If basic techniques are the "heart" of Shotokan karate then most assuredly kata is the "soul" of Shotokan karate.

Just what is kata?

My definition of kata is as follows: "A kata is a series of **pre-determined defensive and offensive** movements and techniques that have been handed down from past masters as a means of helping a student to understand, and cope with, their personal physical limitations, while at the same time helping the student to develop a strong spirit, and a peaceful mind through the art of karate."

In the end kata is all about control - physical, mental, and spiritual control. If you do kata often enough you will finally come to understand what this means. So how often is often enough? If you need to ask you will never find the answer.

Remember:
**"In order to train successfully in the dojo,
you must first have a dojo mind".**

The end of class

Often this comes all too soon.

When your class is at an end and "Line Up!" is called once again, be sure and quickly line up in the same manner and rank order as you were at the start of your class. Finish as you started, with a positive attitude and a willing desire to always do your best no matter what lies ahead.

It is very important that the lessons you learn at each class leave the dojo with you. How you use and apply these lessons in your everyday life is up to you, but your progress depends on you remembering them and building upon them.

Upon instruction come to attention, and then bow, after the final bow to the Shomen and the Sensei, students will often say "arigato gozaimashita", which means "thank you very much" or simply say "thank you" in English in either case it is the level of gratitude is important.

In truth "class" never ends.

Exiting the dojo

When your class is finished be sure that you exit the dojo in the same manner as you entered it, with courtesy and respect.

Once again this is done by standing so you are facing the front or "Shomen". Be sure that your feet are together, keep your legs straight, keep your arms at your sides with your hands open and facing downward along the seam of your gi keeping your fingers and thumb together. To bow, bend forward at the waist to about 45 degrees, with your eyes looking downward and without letting your arms leave your side, pause for a second then unbend. The entire bow should take only a few seconds but it should be performed with the utmost courtesy and respect.

If you keep these simple rules in mind then your experiences within the dojo will be much more enjoyable and your fellow students will hold you in much higher regard for your efforts.

“ Karate begins and ends with courtesy
- Gichin Funakoshi (Founder of Shotokan Karate) ”

Midwest Karate Saskatoon

Dan Grading

*Congratulations on the achievement of your
Shodan!*



From left to right: Nelson Skura, Kelly Watts, Brent Priel, Sensei Minarik

2015 Fall Tournament Results

October 23, 2015

Saskatoon, SK

KATA

M & F 10 & Under Novice

Gold: Erin Cline (Humboldt)

Silver: Michael Volman (Rose Valley)

Bronze: Carter Nelson (Midwest Regina)

M & F 10 & Under Intermediate

Gold: Mustafa Emara (S'toon Shotokan)

Silver: Noah McGrath (S'toon Shotokan)

Bronze: Jackson Peddle (Midwest S'toon)

Male 11 – 13 Novice

Gold: Ivan Baggett (Qu'Appelle)

Silver: Tristan Schickerowski (Humboldt)

M & F 11 – 13 Intermediate

Gold: Braidie Birdsall (Midwest S'toon)

Silver: William Bath (Midwest S'toon)

Bronze: Brandon Nguyen (Midwest Regina)

Male 11 – 13 Advanced

Gold: Royce Hermanson (Midwest S'toon)

Silver: Andrew Clarke (S'toon Shotokan)

Bronze: Sebastian Bundroch (Midwest S'toon)

Male 14 – 17 Advanced / Black Belt

Gold: Andrew Fox - black belt div. (Midwest S'toon)

Gold: Dallin Yobb (Rose Valley)

Silver: Curtis Christenson (Midwest S'toon)

Bronze: Carson Bennett (Qu'Appelle)

Adult Male Novice

Gold: Neil Brown: (Midwest Regina)

Silver: Jamie Scisson (S'toon Shotokan)

Adult Male Advanced

Gold: Kelly Watts (Midwest S'toon)

Silver: Justin Priel (Midwest S'toon)

Bronze: He Tian (UR)

Adult Female Black Belt

Gold: Marina Evans (Midwest S'toon)

Silver: Heather Nelson (Midwest Regina)

Bronze: Leisl Schwab (Midwest Regina)

Adult Male Black Belt

Gold: Don Crowe (Midwest S'toon)

Silver: Bryce Nagy (Midwest S'toon)

Bronze: Basil Schmuck (UR)



KUMITE

M & F 10 & Under Novice

Gold: Erin Cline (Humboldt)

Silver: Carter Nelson (Midwest Regina)

Bronze: Tynan Clarke (Midwest Regina)

M & F 10 & Under Intermediate

Gold: Jackson Peddle (Midwest S'toon)

Silver: Ryder Komada (Midwest S'toon)

Bronze: Noah McGrath (S'toon Shotokan)

F & M 11 – 13 Intermediate

Gold: Braidy Birdsall (Midwest S'toon)

Silver: William Bath (Midwest S'toon)

Gold: Nada Emara (S'toon Shotokan)

Male 11 – 13 Advanced

Gold: Royce Hermanson (Midwest S'toon)

Silver: Sebastian Bundroch (Midwest S'toon)

Bronze: Brennan Scisson (S'toon Shotokan)

Male 14 – 17 Advanced

Gold: Evan Rowland (Midwest S'toon)

Silver: Mac Fleury (Midwest S'toon)

Bronze: Curtis Christenson (Midwest S'toon)

Adult Male Advanced

Gold: Kelly Watts (Midwest S'toon)

Silver: Justin Priel (Midwest S'toon)

Bronze: Darwyn Painchaud (Midwest S'toon)

Adult Female Black Belt

Gold: Heather Nelson (Midwest Regina)

Silver: Shelley Fitch (Rose Valley)

Bronze: Jessica Crowe (Midwest S'toon)

Adult Male Black Belt

Gold: Don Crowe (Midwest S'toon)

Silver: Bryce Nagy (Midwest S'toon)

Bronze: Garrett Lillie (Midwest Regina)

**IT'S A
WIN-WIN
SITUATION.**

Proceeds from the sale of Saskatchewan Lotteries tickets
benefit over 12,000 sport, culture, recreation and
community groups in Saskatchewan ... so **we all win!**

BUY YOUR TICKETS TODAY!



Barnsley Super-Dad Wayne Chases Down Would-be Burglar

<http://www.thestar.co.uk> April 12, 2014

Is it a bird? Is it a plane? No - it's South Yorkshire dad Wayne Davies in a Superman dressing gown.

The crime-fighting karate expert chased down a would-be burglar at his home and made a citizens arrest - wearing nothing but the novelty robe.

The 38-year-old was about to go to sleep at his family home in Monk Bretton, Barnsley, when his dogs stirred, alerting him to a potential intruder in the kitchen.



The father-of-three ran outside to try and find out what had aggravated the pets and quickly came upon the source of their fuss.

Wayne said: “I rushed out the house like a shot when I heard our Jack Russell, Lola, barking like that, but the only item of clothing to hand was my Superman dressing gown.”

His teenage son Alex also helped out as Wayne pinned down the intruder and then held him against the garden gate until police officers arrived at the scene a short time later.

“I’ve done karate for 22 years and Alex is fast – he wasn’t getting away from us that easy,” Wayne said.

“Alex managed to trip him up and then I got hold of him, grabbed him by the throat and marched him back to the house.

“I pinned him up against the garden gate until the police came to arrest him.

“When the police arrived two or three minutes later, they were having a laugh saying Superman had been running down the street trying to catch a villain.”

A black belt in karate, Wayne teaches plastering at Barnsley College. He said he was pleased to have thwarted the thief.

“It’s really nice to catch a criminal in the act and see that justice is done.”

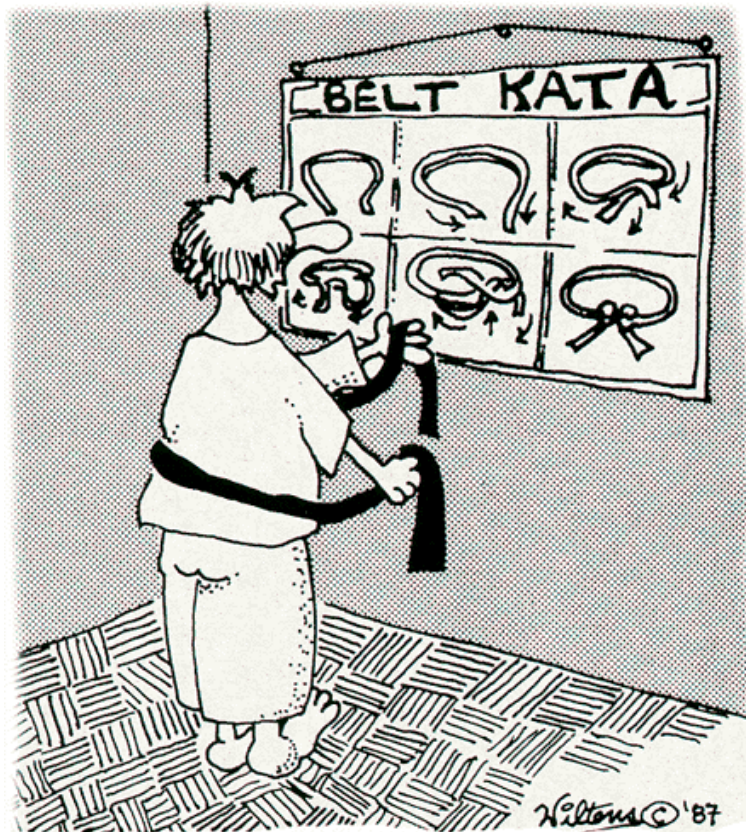
The dressing gown was a Christmas present along with a Superman DVD box set from his wife Joanne, 40, who works as a nurse at Barnsley Hospital. Besides Alex, 17, Wayne is also father to Gemma, 14, and Connor, nine.

He made light of the episode, adding: “I’ve always been a big fan of the films and when my hair was a bit darker when I was younger my wife said I used to look like Clark Kent – so it’s been a bit of a running joke of ours.

“This one will definitely keep the joke running I reckon.”

Lee Arnott, of Royston, South Yorkshire, has since appeared at court charged with two counts of burglary.

The 25-year-old was remanded in custody after his initial court appearance and is due to appear next at Sheffield Crown Court at the end of the month.



Clarence Wimple discovers that a home-study course in the martial arts is more difficult than he originally anticipated.

Knee Strengthening Exercises

<http://www.knee-pain-explained.com>

Knee strengthening exercises are one of the best ways to cure knee pain. People who do them have less pain, recover quicker from injuries, function better and have less chance of problems recurring in the future.

Knee strengthening exercises can be used to help relieve and sometimes prevent various causes of knee pain. Whenever there is weakness in the leg muscles, it means the knee joint is less well supported, resulting in more weight going through the bones, therefore making knee problems much more likely.

Where to Start

There are so many different knee strengthening exercises out there, it can be hard to know where to start. Here I share with you my favourite exercises grouped by muscle – easy to perform, quick, effective and suitable for most people.

- 1) **Quads Strengthening:** Front thigh muscles that straighten the knee
- 2) **Hamstring Strengthening:** Back thigh muscles that bend the leg
- 3) **Glutes Strengthening:** Buttock muscles play a crucial role in controlling then knee
- 4) **Calf Strengthening:** Lower leg muscles that control the foot
- 5) **Combination Strengthening:** Strengthen all the muscle groups at once
- 6) **Balance Training:** How to improve your balance

Pick and choose the ones you find challenging but not painful. If they are too easy for you, visit <http://www.knee-pain-explained.com/exercises-for-knee-pain.html> to view the **Intermediate** and **Advanced** knee strengthening exercise sections. Keep progressing until you are able to do the advanced knee exercises.

Quads Knee Strengthening Exercises

These are the muscles at the front of the thigh that straighten the knee. Weak quads is one of the most common causes of pain making quads knee strengthening exercises an important part of any rehab programme.

1) Quad Clenches

Purpose: Maintain & strengthen Quads without moving the knee, enable full straightening of the knee.

Starting position: Lying flat on your back or sitting up. Leg and knee straight.

Action: Tighten the muscle on the front of the thigh by pushing your knee down. You should feel your thigh muscles clench. Hold for 3 seconds.

Repetition: Repeat 10-20x every 3-4 hours.

Variations: If you are struggling to get your knee to straighten fully, place a rolled up towel underneath the ankle so that your leg is lifted slightly on the bed. Then do the exercise as described. Lifting the knee up slightly lets gravity help the knee to straighten.

2) Short Arcs

Purpose: Strengthen the quads muscles without much knee movement

Starting position: Lying flat on your back or sitting up with your leg horizontal on a flat surface such as a bed. Place a rolled up towel (approx 10cm diameter) under the knee.

Action: Pull your toes towards you and clench your thigh muscles. Slowly lift your foot up off the bed until your knee is straight (keep your knee resting on the towel). Hold for 3-5 secs and slowly lower.

Repetition: repeat 10-20 times, 3x daily.

PROGRESSION: 1) Increase the size of the towel under the knee 2) Add a weight e.g. by wearing a shoe, or using a light ankle weight. Progress further by using a heavier weight.



3) Straight Leg Raise

Purpose: Strengthen the Quads muscles without bending the knee NB Do not do this if you have a history of back problems.

Starting position: Lying flat on your back. Leg and knee to be worked straight, other leg bent.

Action: Pull your toes towards you and tighten/clench the muscle on the front of the thigh, locking your knee straight. Lift your foot up about 6 inches off the bed. Hold for 3-5 secs and slowly lower. Ensure your knee stays straight the whole time.

Repetition: repeat 10-20 times, 2x daily.

PROGRESSION: 1) Add a weight e.g. by wearing a shoe.

4) Long Arcs

Purpose: Strengthen quads, increase knee mobility, great to do anytime sitting for prolonged periods (30mins+) to stop the knee getting stiff.

Starting position: Sitting on a firm chair with your knee bent and your foot on the floor.

Action: Lift foot up and straighten your knee as much as possible. Hold for 3-5 secs and slowly lower.

Repetition: 5-20 times, 3xdaily.

PROGRESSION: Strengthen further by adding an ankle weight.

5) Knee Marching

Purpose: Increase quads strength without putting weight through the knee joint.

Starting Position: Sit in a chair with your feet on the floor.

Action: March your legs up and down one at a time. Lift your knee and foot up and then back down.

Repetition: Repeat for about 1 minute, 2x daily and any time you are sitting for more than 20 minutes to stop your knee getting stiff.

PROGRESSION: Add a weight.

Hamstring Strengthening Exercises

Hamstrings are the muscles on the back of the thigh that bend the knee. You need a good combination of strength and length in the muscles. These exercises are a great place to start.

1) Hamstrings Clenches

Purpose: Strengthen the hamstrings muscles without having to move the knee.

Starting Position: Sit in a chair with your heel against the leg of the chair and feet firmly on the floor.

Action: Press your heel firmly backwards into the chair leg feeling the back of your thigh tightening/clenching. Hold for 3-5 secs.

Repetition: Do 10-20x, 2x daily.

Note: The foot shouldn't move during this exercise.

2) Buttock Kicks

Purpose: Strengthen hamstrings without any weight going through the knee joint, increase knee mobility (flexion), aid circulation.

Starting position: Lie on your tummy (on the floor or bed) with your legs straight

Action: Lift your foot off the floor and bring it towards your bottom as far as you can. Slowly return to the starting position.

Repetition: Repeat 10-25x, 3x daily.

Notes: 1) You are aiming to get your heel all the way to your bottom 2) Make the exercise easier by hooking your good leg underneath the bad and using it to help lift the bad leg up.

PROGRESSION: Add a weight e.g. a shoe or ankle weight.

3) Kick Backs

Purpose: Improve the strength of hamstrings and mobility of the knee.

Starting Position: Stand up straight holding on to something stable e.g. chair or table.

Action: Lift your foot up as far as you can towards your bottom, bending the knee. Hold for 3-5 secs.

Repetition: Do 5-25 times, 2x daily.

PROGRESSION: Add a weight e.g. shoe or ankle weight.

Note: 1) Don't bend forwards - keep your body upright 2) keep your knees in line with each other - don't let your thigh come forwards.

4) The Bridge: Stage 1

Purpose: Excellent knee strengthening exercises for the hamstrings, quads and buttock muscles.

Starting Position: Lie on your back with both knees bent about 90° and your feet on the floor/bed.

Action: Clench your buttocks and lift your bottom off the bed as high as you can without arching your back. Hold for 3-5 seconds and slowly lower.

Repetitions: Repeat 10-25 times, 1-2x daily.

Note: 1) Keep your back straight – don't let it arch as you lift up, it should be your bottom doing the work 2) Don't hold your breath – keep breathing normally.

Glutes Knee Strengthening Exercises

These are the buttock muscles, vital for ensuring the forces go through the knee evenly. The glutes are often forgotten about in knee strengthening exercises. Virtually everyone who suffers from knee pain has weak glutes, so they are well worth doing.

1) Buttock Clenches

Purpose: Maintain and strengthen the Glutes without the knee moving

Starting position: Lying down or sitting up.

Action: Clench buttocks together and hold for 3 seconds. You should feel yourself rise up slightly.

Repetition: Repeat 10-20x every 3-4 hours.

2) The Clam

Purpose: Strengthen the glutes to help support the knee and prevent excessive weight going through the inner side of the knee – a must for anyone with knee pain!

Starting position: Lie on your side with your hip and knees bent approx 90°, feet together.

Action: Keeping feet together, lift the top knee up as high as you can. Hold 3 seconds & slowly lower.

Repetition: Repeat 10-25x on each side, 2x daily.

Note: Do not let your top hip roll backwards.

Calf Strengthening Exercises

The calf muscles can be found on the back of the leg between the knee and ankle. They move the foot and ankle and help support the knee so should always been included with knee strengthening exercises.

1) Heel Raises

Purpose: Strengthen the calf muscles to help support the knee.

Starting position: Stand with your feet slightly apart, weight equally distributed, holding onto something solid for balance.

Action: Rise up onto your toes lifting your heels as high as possible. Keep your body upright (don't bend forwards). Hold for 3-5 secs and slowly lower.

Repetition: Repeat 10-30 times, 2x daily.

Combination Knee Strengthening Exercises

Here you will find knee strengthening exercises that work two or three muscle groups at the same time.

1) Sit to Stand

Purpose: improve knee mobility, strengthen quads and glutes, improve general fitness.

Starting position: Sit in a firm chair, feet on the floor.

Action: Lean forwards, lift your bottom and stand up straight and then sit back down.

Repetition: Repeat 10-30x.

Notes: 1) You can make this exercise easier by pushing up through your arms too. 2) The higher the chair, the easier the exercise.

PROGRESSION: 1) Don't use your arms 2) Use a lower chair 3) Increase the speed you do the exercise at 4) Hold a heavy weight – e.g. bag of books during the exercise.

Balance Retraining

Balance / proprioception is really important to prevent knee injuries, and is often reduced with knee arthritis. As a quick test to see whether you would benefit from balance knee strengthening exercises try standing on one leg with your eyes closed. If you can't do it for one minute, you would benefit from this exercise. This exercise helps your body learn the subtle adjustments needed for good balance.

1) One Leg Standing: Stage 1

Starting position: Standing near a wall or chair for support.

Action: Lift up your good leg and stand on one leg for as long as you can. It is normal to wobble a bit.

Repetition: Spend 5 minutes doing this 2x daily e.g. when brushing your teeth.

PROGRESSION: 1) Close your eyes and perform the exercise as above - you'll be surprised how much harder it is.



What Next?

As your muscles get stronger, you will be able to increase the number of repetitions of each of these knee strengthening exercises.

You will probably need to do knee strengthening exercises at least four times a week for about a month before you notice much change in your knee pain.

When you feel ready, strengthen your muscles further by progressing on the intermediate and advanced knee strengthening exercises. - See more at: <http://www.knee-pain-explained.com/knee-strengthening-exercises.html#sthash.bQAkcVx.dpuf>

MORE KNEE EXERCISES



**1st United World Karate (UWK) World Championship
Koper, Slovenia
October 17 - 18, 2015**

The SKA would like to congratulate the following athletes who competed on behalf of Team Canada at the 1st United World Karate (UWK) World Championship in Koper, Slovenia

**Heather Nelson
Shelley Fitch**

**Michael Tchozewski
Garrett Lillie**

Congratulations to all the athletes who work hard in order to compete at this caliber of competition!

Below: team training by the Adriatic Sea



From left to right: Garrett Lillie, John Price-Katoaka, Heather Nelson, Michael Tchozewski, Shelley Fitch

Families Benefit

The Government of Saskatchewan delivered on its promise to improve the quality of life for Saskatchewan families with the introduction of the Active Families Benefit (AFB).

Since its launch in Jan. 2009, the program has been expanded and now means a parent or legal guardian of a child under 18 years old during the course of the taxation year, as well as those who turn 18 years old in the tax year, is eligible to receive an annual tax benefit of up to \$150 per child per taxation year.

The AFB helps families with the costs of their children's participation in cultural, recreational, and sports activities. This fully-refundable tax benefit of up to \$150 per child helps reduce barriers, promote access and encourage children to participate in activities that are vital to healthy, active living.

The AFB is administered through the income tax system by the Canada Revenue Agency (CRA); therefore, a parent or legal guardian of an eligible child must file his or her personal income tax return with the CRA to claim the benefit amount.

The form or schedule included with the personal income tax return package must be completed and submitted to the CRA. A parent or legal guardian is not required to submit receipts, but is expected to retain them for verification purposes by the Government of Saskatchewan or the CRA.

To qualify, children must be in a cultural, recreational, or sports program that:

- is offered by a service provider located in Saskatchewan;
- involves instruction and supervision by the service provider;
- provides proper supervision of children;
- is suitable for children;
- requires children to actively participate;
- requires registration with the service provider and the payment of a registration fee or membership fee in order for a child to participate; and
- complies with all relevant requirements and standards imposed by statute or by any other law (e.g. *The Snowmobile Act* and *The All Terrain Vehicle Act*)

Ineligible activities are:

- programs that take place in a child care facility as part of a child care program;
- school programs;
- programs that do not meet the criteria described above; or
- those provided by an applicant's spouse or common-law partner, siblings, parents and in-laws, grandparents and children.

For more information about the program, please contact:

The Ministry of Tourism, Parks, Culture and Sport
Toll-free: 1-866-951-8828
Fax: (306) 798-3177



KARATE GIFTS

The Saskatchewan Karate Association History Books - The Highest Skill - was written by D. DeRyk. This book traces the first ten years of the Saskatchewan Karate Association from its inception in 1977 until 1987. This book of memories sells for \$15.00.

The SKA Lapel Pin - the pin features the SKA logo and sells for \$5.00.

SKA Ball Caps - Black with red SKA embroidered logo and writing. \$15.00

Karate Art Print - 'Spirit of Karate', Limited Edition Print, by Saskatchewan artist Henry Ripplinger. The Spirit of Karate is a print of an original charcoal drawing. Each print is framed in a high quality silver frame, and is double matted. These framed prints sell for \$267.50 plus \$9.95 shipping and handling. The perfect gift idea for the Karate enthusiast.



Remember
A good effort is the result of
having the proper mental attitude.
Part the clouds - see the way.

WTKF XVII PAN AMERICAN CHAMPIONSHIP
Natal, Brazil
November 7 - 8, 2015

The SKA would like to congratulate the following athletes who competed on behalf of Team Canada at the World Traditional Karate-Do Federation Pan American Championship in Natal, Brazil on November 6 – 7, 2015.

Don Crowe

Jessica Crowe

Bryce Nagy

Team Kumite - Silver: Don & Bryce
Fukugo – Bronze: Don
Kogo – Bronze: Bryce

Congratulations to all the athletes who work hard in order to compete at this caliber of competition!



Team Canada starting 2nd from left: Jessica Crowe, Bryce Nagy, Don Crowe



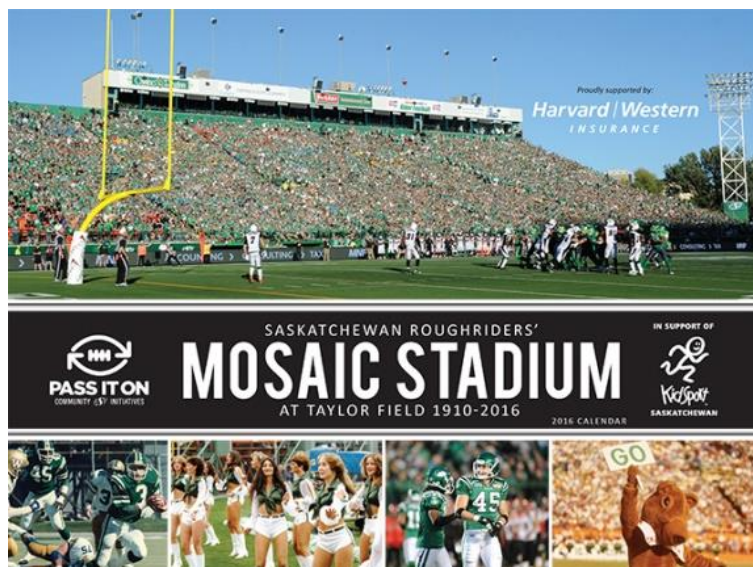
SKA AUDITED FINANCIAL REPORTS

The Saskatchewan Karate Association (SKA) presents their Audited Financial Report for their fiscal year at every Annual General Meeting (AGM). These meetings are held the day after the Provincial Spring Tournament and all SKA Members are invited to attend. As an SKA member, you are entitled to see this report. If you would like a copy, please contact the SKA Office at (306) 374-7333 or e-mail sk.karate@shaw.ca

2016 Saskatchewan Roughriders Calendar

This year's calendar is proudly supported by our title sponsor Harvard Western Insurance, our corporate partners Scotiabank, Harvard Broadcasting, The Saskatchewan Roughriders Radio Network and the tremendous support and cooperation of the Saskatchewan Roughriders. Highlights include many memorable moments from Mosaic Stadium over the years, such as the little miracle at Taylor Field, the introduction of Gainer the Gopher, and of course...winning the 2013 Grey Cup at home. Calendars cost \$20 and proceeds go to KidSport Saskatchewan, which helps children from families facing financial obstacles have an opportunity to play sport.

Get your copy of the 2016 Saskatchewan Roughriders Calendar in support of KidSport at all Rider Stores, participating Scotiabanks and local KidSport Committees. Buy one today!



Saskatchewan Karate Association Tournament Survey

To help us better serve you, please complete this survey and e-mail it to the SKA at: sk.karate@shaw.ca or fax to (306) 374-7334. You can also drop it off at your club.

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
Are venues suitable?					
Length of time for tournaments suitable?					
Events run smoothly? If no, please comment below.					
Concerns & Issues are resolved promptly & appropriately? If not, please comment below.					
Officials are fair to all participants?					
Is tournament cost (fees/travel/accommodations) a concern?					
Competition strengthens a competitors skills?					

Comments Re: above questions:

If participant numbers are low, do you think the tournament should be cancelled?

Please let us know what we are doing right and what we can improve on.

SUMMER INSTRUCTOR OPPORTUNITY

Are you a brown belt or higher interested in a summer job?

The SKA is looking to do introductory karate programs in communities around Saskatchewan for the months of July & August and are looking for instructors (paid position) who are interested in teaching these programs. Our goal is to run daytime programs for one week periods in various towns in Saskatchewan. Some locations may want evening classes. Locations to be determined.



If you are interested please contact the SKA office at Phone: (306) 374-7333 or E-mail: sk.karate@shaw.ca.

**“Don’t fear the man who does 1000 techniques.
Fear the man who does 1 technique 1000 times”.**



SKA Newsletter Submissions

The Saskatchewan Karate Association’s “Big” Newsletter is mailed out to SKA Members in January/February of each year. We are inviting you to submit any photos, stories, upcoming events, etc. We are always happy to receive letters from members sharing their personal stories of how karate has benefited them. If you would like to share your story or submit information please contact the SKA office or e-mail your submission to sk.karate@shaw.ca

Sport Science & Medicine Services

for

Saskatchewan Karate Association Elite Athletes

Sport Science & Medicine Council Services of Saskatchewan aids in supporting and optimizing competitive sport performance through the delivery of high quality and evidence based sport medicine and science services.

Financial assistance is available to Saskatchewan Karate Association (SKA) Elite Member Athletes. Some of the services offered by Sport Medicine & Science Council are massage, acupuncture, physical therapy, athletic therapy & chiropractic care.

If you have any questions relating to services offered, please contact Sport Science & Medicine Services at their toll free number: 1-888-350-5558.

You can also access information on their website at:

<http://www.smscs.ca>

Click on Programs & Services to see what services are offered.

For more information please contact the SKA office at (306) 374-7333 or
E-mail: sk.karate@shaw.ca



SASKATCHEWAN KARATE ASSOCIATION SURVEY



The SKA is asking members to take a few minutes to complete this survey in order for us to determine how to better serve the membership. Please leave the completed survey with your dojo representative or mail, e-mail or fax back to the SKA. Please see back page for address.

The goal of the SKA is to promote the development of traditional karate as a martial art and as a sport throughout Saskatchewan. The purpose of this survey is to get an overall view of your reasons for participating in Karate and your perceptions of the SKA.

Thank you for your cooperation and support.

PART 1 – Background Information

- A. Dojo location: _____
- B. Rank: _____
- C. Years training: _____
- D. Age: _____
- E. Male/Female: _____
- F. Student or Parent: _____
- G. Have you trained in any other martial art? If so, what style: _____

PART 2 – SKA Knowledge

Please answer the following questions to the best of your knowledge.

- A. Is the SKA made up of one style of Karate? _____
- B. Are you aware that the SKA sponsors Karate camps, seminars, and clinics? _____
- C. Does the SKA offer funding to individuals and clubs? _____
- D. What aspect of the SKA do you think is the most important? _____

- E. What can the SKA do to improve service to its membership? _____

Part 3 – Your Dojo

On a scale of 1 to 3 (1 = indifferent, 2 = a consideration, 3 = very important)

How important were the following when deciding to join your dojo?

- | | | | |
|---------------------------|---|---|---|
| A. Instructor | 1 | 2 | 3 |
| B. Class Schedule | 1 | 2 | 3 |
| C. Dojo Location | 1 | 2 | 3 |
| D. Membership Fees | 1 | 2 | 3 |
| E. Martial Art Style..... | 1 | 2 | 3 |

How important were the following factors in your decision to begin karate?

A. Whole body wellness	1	2	3
B. Non-gender specific	1	2	3
C. Confidence building.....	1	2	3
D. Self-defense.....	1	2	3
E. Sport	1	2	3
F. Art	1	2	3
G. Physical Fitness	1	2	3
H. Social Interaction.....	1	2	3
I. Other			

Please circle yes or no regarding the following questions.

Before deciding to join, did you first:

A. Visit the dojo	Yes	No
B. Participate in class	Yes	No
C. Talk to the instructor.....	Yes	No
D. Check out other dojos	Yes	No

As a parent or member, did/do you have any of the following anxieties or concerns? If you answer yes to any of the following questions, please provide a brief reason.

- A. Safety
- B. Discipline.....
- C. Physical Contact
- D. Poor fitness level
- E. Attitude
- F. More men than women
- G. Age (too young/old).....
- H. Other

What are your reasons for continuing to train?

A. Health/Physical fitness	1	2	3
B. Confidence/Self Esteem.....	1	2	3
C. Self-defense.....	1	2	3
D. Social Interaction.....	1	2	3
E. Stress relief	1	2	3
F. Sport	1	2	3

In your own words, what is your main reason for continuing to train?

Do you have any further questions or comments concerning your dojo or the SKA?

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