

# **SASKATCHEWAN KARATE ASSOCIATION NEWSLETTER**



**JANUARY 2018**

## Message from the President

As we draw to a close of another successful year as an Association we need to reflect on our goals and achievements. Over the last couple of years, we worked with Sask Sport to develop the Karate Federation of Saskatchewan of which the SKA is a member along with one other Sport Organization. Other sports have also developed “umbrella associations” based on the Saskatchewan Lottery Trust Guidelines in order to be on the Minister’s Eligibility List to receive lottery dollars.



In regards to training, I know that many of you have had a successful year Provincially, Nationally and Internationally. It is important that you feel that you have had a successful year personally, and have met your training goals.

I would like to mention here that the SKA has a specific Training Programme in place called the Athlete Development Programme. Historically this was aimed purely at Competitive areas. The focus has since been broadened to cover all areas that Athletes may have problems with where they feel extra training may help. If you are interested speak with your Instructor who has all the details, or call the SKA office.

It is crucial that we regard our training seriously; we train in Traditional Karate, there is a major difference from Sport Karate and Traditional Karate. Sport Karate is more based on the ability to score as many times to specific targets, sometimes referred to as “tag Karate”. Traditional Karate is based on Budo, the ability to stop the opponent with one blow. This is a more serious Art, one that in years past had deadly outcomes.

When we think of Karate as self defense, we must consider that our training should be designed in regards to our utmost safety especially on the street where it may be needed. Please train with this in mind.

I would like to take this time to congratulate Sensei Guthrie from Swift Current Karate Club on his 50th year training in the sport & art of karate, and to thank him for his dedication over the years to Traditional Karate, his students and to the SKA.

In closing I wish all of you a safe and happy Holiday time and all the best for 2018.

Sincerley,  
David Smith  
President



Saskatchewan Karate Association

## **Letter from the Editor**

I hope you all had a wonderful holiday and best wishes for a healthy and prosperous 2018!

For those of you who are new members and have recently joined a Saskatchewan Karate Association (SKA) affiliated club in the province, I want to let you know that you have made a wise decision.

I have been with the SKA for some time now and over the years; the one thing that has always been consistent is how much all of our instructors care about their students, their club(s) and the sustainment and growth of the SKA.

These instructors are very dedicated to the teachings of Traditional Karate and have put in years of hard work to get where they are today. They take time out of their busy schedule to teach at nights/weekends/noon-hours and all have (at one time) or still do, teach after a long day at work or on their days off. Some of the instructors drive quite a distance to clubs (even in the middle of winter) with some teaching at more than one club and in more than one city/town.

Many of the instructors have been involved in numerous other aspects of the SKA including sitting on the Board of Directors, instructing seminars and grading's provincially, nationally & even abroad. They bring back knowledge to pass down to their students to help them grow and to help them attain their own goals.

Many of the instructors have been involved with Karate for many years and it is interesting to hear their stories. I would like to congratulate Sensei Graham Guthrie on his 50<sup>th</sup> year in karate. What a milestone! You can read his story on page 5. What a great journey he has had. The SKA thanks him for all he has done for this association over the years and as you will read, he played an integral part in developing the SKA in the early years.

I would like to take this opportunity to thank all of the SKA Instructors for their dedication and hard work in teaching and preserving the Sport & Art of Traditional Karate. Without them there would be no clubs and we want to take this opportunity to thank each and every one of them.

Arigatou Gozaimashita!

Sincerely,  
Linda Crosson  
SKA Executive Director

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## **Executive Director**

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**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***

## **SEMINAR WITH SENSEI JORGENSEN**

Midwest Karate Regina, 3<sup>rd</sup> Floor, 1100 Broad St.

January 19 – 21, 2018

Details on page 9

## **SKA SPRING OFFICIALS CLINIC**

Friday April 13, 2018

8:00 pm

Wadena, SK

## **SKA PROVINCIAL SPRING TOURNAMENT**

Saturday April 14, 2018

9:00 am

Wadena, SK

## **SKA ANNUAL GENERAL MEETING**

Sunday April 15, 2018

Starting at 9:30 am

Wadena, SK

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

# **My first 50 years in Karate**

By Sensei Graham Guthrie

From time to time I have a student ask me “how long you been doing Karate! “ Every time it conjures up old memories of my Karate training, my many instructors and fellow students. So many people that have made an impact on me, not just a front kick or reverse punch but giving me memories that will last a lifetime. I still carry many memories of my first classes in the sports Center in Norton (my home town). My instructor was a young man, Walter Seaton, who was one of the first 4 Englishmen to attain his 1<sup>st</sup> degree Black Belt in Wado-Ryu Karate in the UK. He trained hard and expected all his students to put in the same effort. Classes were twice a week, 2 hours long, sometimes seeming like 3 or 4 hours! I will always respect and consider Walter Seaton as my Karate Instructor. He instilled in me a passion and dedication to Wado-Ryu Karate that is hard to explain. I have many good memories but also some not so good. I can recall missing training seminars with excuses of having to work! Sadly the first seminar that comes to mind is when Our Grand Master – Hironori Otsuka came to our area in the fall of 1968, I had no idea at the time how important the seminar was and that the opportunity would never be offered again. I was just new to Karate and I was totally ignorant of the importance of this event, I still regret missing it today. If there is something to be learned from this it would be – don’t take anything for granted, opportunities missed may never be offered again, make the extra effort and create your own enjoyable memories.

In many ways it is true to say an individual makes their own destiny, the choices and actions they take determine the outcome. We all make choices every day, each decision creates a different scenario, with drastically different outcomes. It is only the foolish that think - and they have always made the right choices. I have made my choices, most of which I am still happy with. Some were nothing more than stupid. Anyhow. Just when I made my choice to make Karate part of my life! Honestly, I cannot remember, it just happened, not intentionally; I just realized one day I was committed.

A few years ago whilst having a discussion with Shiomitsu Sensei I asked the question – How long should a person keep training, when should they retire? He replied with a very questioning look on his face – when you die. Guess I knew the answer before I asked.

My original Instructor – Walter Seaton was dedicated to advancing his technical abilities along with his students. That made for some very intense and informative (and hard) training.

Our club would host a Japanese Instructor about every 3 to 4 months. Suzuki Sensei would come to our club approximately once every year for a 3 to 4 day seminar and grading. His classes were very hard and long, always spending the last 15 – 20 minutes doing kumite, just to make sure to use up any energy a person may have tried to hold in reserve. Some of the younger Instructors were not long out of Nihon University, a Wado-Ryu stronghold for our Style of Karate. They were stationed in England under the supervision of Suzuki Sensei to help him promote Wado-Ryu throughout the UK and Europe. The variations of their teaching styles were to say very interesting at the least, most of the newer Instructors were more interested in Kumite training,

timing and endurance seemed to be the norm for them. The more mature Instructors were, of course more refined in their training, their focus was more towards the technical aspect and spent more time focused on Kata along with Kumite and the connection between both elements. Nevertheless – whoever was Instructing was in charge and part of their mission was to see how much sweat they could produce from each of the students. With that in mind – every seminar was a success.

When I Immigrated to Canada I found myself at a loss. No karate club! It didn't take me too long before I found someone to workout with, Little John, the son of a friend. He had connections and we were able to use the Judo Club Dojo in the Sports Center a couple of times a week. Then a while later, one of my workmates asked if he could come along and it went on from there. Between the couple of friends working out with me they decided that we should try and encourage a few more to join in, just to make it more interesting with pair work and the like. So Ron (friend from work) encouraged me to place an ad in the local paper with a sign-up date and time, which I did. When the date came around Ron and I went to the allocated location only to find a line up outside the facility. Thinking I must have picked a bad day for our promotion, guessing the Sport Center must have scheduled some game or other for the same night. After pushing our way to the allocated room we came to realise the line-up was for karate!! That evening we signed up 38 people, frightened the crap out of me. Only then did I realize why my Sensei had made it a point to make all his Brown belt students and up teach some of his scheduled classes, without any notice, no preparation time, just jump right in with both feet. I remember being dropped in one time and I made a small mistake by referring to a specific technique with the wrong name, Sensei informed me I had done something wrong, and I should rethink it through. He wouldn't tell me what I had done but made sure I was up front teaching the next class. Without the experience he gave me I would have panicked and run away. As it was I had to take time off work and try to secure a School Gym. I ran into some opposition but finally acquired Oman School Gym for Monday and Wednesday evenings. The classes were split into two groups for the first 4 months or so then after losing some of the deadwood I merged both classes into one. The Monday / Wednesday evenings stuck and we still use them today. It is strange how some people view the same opportunity differently. For the first few years my club fee was \$20 for three months. Even then I remember some students pulling faces when it came to pay. In fact there was a time I forgot to collect fees for over 6 months – no one came forward to remind me! Strange.

The Club had been up and running for quite some time; I had tried to make connections with other clubs without much success until I got a call from Dr. Dick Jack. He informed me he was training in Regina and his mother had told him of some bloke running a Karate Club in Swift Current. He explained his club was in the process of creating a Provincial Association, and were looking for support from other clubs, was I interested? I said I was very interested and we made arrangements for him to view my Club – to see if it was up to the standards they were looking for. The following week he flew his private plane down to SC and dropped into a training session, bringing a younger Brown Belt along for support. That was my first meeting with two special people, Dr. Dick Jack and Rick Jorgensen, to say that meeting was enlightening would be an

understatement. We banded together along with the Yorkton and Esterhazy Clubs who were under the instruction of Tim Martin, and the Saskatchewan Karate Association was born.

Most of our first meetings were held in Hotel rooms, the position of President was given to the Instructor of the Regina Club LeRoy Krassman and the position of Secretary/Treasurer was taken by Dr. Jack. Dick was a busy man, and was the principle person to acquire funding from Sask Sport. As the story goes we were having a lot of trouble getting Sask Sport to give us any attention, couldn't get a meeting with any of their members, it was looking grim. Until Dr. Jack sat one of the Sask Sport Board members down in his office and explained our vision for Karate. We got a grant for \$500. (I believe), Oh, the reason he was able to get the guy to sit and listen to our request was Dick refused to give him his clothes back after completing his check-up, until he finished his pitch.

Dr. Dick Jack became a very close friend; he made it a point to invite me to all the weekend training sessions the Regina club was hosting, at the time Sensei Marr was the visiting Instructor, committed to converting the Freedom School of Karate into a Traditional JKA Club. We trained hard and had a lot of fun. I still maintain respect for Sensei Marr and his Karate; he worked very hard to convert the freestyle club members into dedicated Traditional JKA Karate Karate-ka. He and Dr. Jack even tried to convert me over to JKA! Didn't happen!

After a number of years Saskatchewan started to grow a close relationship with Nishiyama Sensei. I was allowed to participate in the training with Sensei on numerous long weekend clinics, every time leaving with new theories, ideas and renewed excitement.

My own Instructors came to Swift Current every year, Shiomitsu Sensei in the winter mostly and Suzuki Sensei in the Summer. I was able to share my Instructors a number of times with the SKA members on weekend seminars. I was able to arrange Team Training Sessions with Shiomitsu Sensei also Shiomitsu and Otsuka sensei a couple of times. I enjoyed sharing my Instructors with the members of the SKA. I think most of the students enjoyed the experience, but as always there are those who are born to whine! I enjoyed each and every experience myself, there again I can't remember a seminar that I didn't enjoy, learn and benefit from, regardless of the leading Instructor.

It took me a long time to really understand Wado-Ryu Karate. Being from England Suzuki Sensei was the law, what he said (in broken English) was the way it had to be. Over the years – meeting people around Canada, I misunderstood a phrase I heard a number of times from other Japanese Instructors – 'Ah Suzuki Sensei teaches hard Wado!' I thought they meant his workouts were very hard, and agreed, but that was not the case, they were referring to his adaptation of Wado-Ryu. On being sent to England to get a foothold and create a foundation for Wado-Ryu, he was himself manipulated into converting the true Wado-Ryu concept into what he wanted it to be. Looking back it was very obvious; he changed a number of our Kata to reflect his own personality. His basic training was hard but 'noisy' – a lot of foot stamping and the like. Suzuki did much for Wado-Ryu Karate with his pair-work routines and his knowledge of Kumite, but in the



same instance lost the true essence of Wado. I thank Shiomitsu Sensei for accepting the challenge to convert all us Wado-Ryu practitioners into the students that our original Grand Master Otsuka wanted us to be. Wado-Ryu is a very quiet and relaxed style when done right. Basic stepping and punching is silent except for the snap of a Gi. I once witnessed the Grand Master and his son perform our 10 Kihon Gumite in total silence, including the throwing techniques, that is when I realized I needed to rethink my training. I am still trying and acknowledge, I have so much more to learn and understand, with the Lord's help I hope to keep progressing.

To conclude this article, I find it hard to believe it is fifty years since I first set foot into a Dojo and started my training (makes me feel ancient!). There are many questions I have asked myself; should I have concentrated more on making money/ working harder, longer hours, multiple jobs and all that type of stuff. My answer is and always has been NO. I have enjoyed Karate, the people I have met and friends made, the experiences I have had, the gift of learning from many very wise men and women; the positive list goes on.

Just for your information, all the accidents damage to my knees hands elbows and back are from working as a Heavy Duty Mechanic for 50 years. Yes I did get some bruising and cuts from time to time in Karate, but that is just life's natural process. Quite a high % of my Karate accidents could have been avoided if I had only listened more, and believed my instructors advice! He was offering me his experience to allow me not to have to find out the hard way every time. It is always easy looking back and recognizing the errors one has made.

Watch – listen and accept your Instructors advice. They have already learned many lessons and are willing to share with those who are willing to accept.

**Below: One of the first Demo's in Swift Current (1978)**



**Side Kick by Sensei Graham Guthrie**



# **Midwest Karate Regina**

## **Sensei Jorgensen Seminar**

**January 19 – 21, 2018**

### **Friday, January 19**

**6:00 – 7:00** Youth Beginner Seminar

**7:00** Youth Grading

### **Saturday January 20**

**10:00 – 12:00** Adult General Seminar

**2:00 – 4:00** Adult General Seminar

**4:00 – 5:00** Adult Advanced Seminar

### **Sunday January 21**

**9:30 – 11:30** Adult and Youth Advanced General Seminar

**11:30** Adult and Youth Advanced Grading

**1:30 – 3:30** Adult Advanced Seminar

### **Cost**

General Seminar \$80

Advanced Seminar \$100

One Day \$50

Grading as per belt level

# MY PERU EXPERIENCE

Our small team consisted of myself, Natasha Hebron, Kelly Watts, and our friend Sonya Piercey, from Newfoundland. We set out to Peru on the 19th of November, allowing us some time to settle in before the big event the following weekend, the 28<sup>th</sup> Pan American championship! It was held in Lima, the capital of Peru and a very nice city to tour. We were fortunate enough to find a place to train in our hotel for the days leading up to the tournament.

The tournament, which started Friday, November 24<sup>th</sup>, was a long one. There were many competitors in the two long 12 hour days we endured there. It was exhausting, but everyone on the team did a great job representing Canada, fighting hard and showing good sportsmanship.

Kelly and I competed together in Enbu for the first time this year, finishing in second place. We were happy with the result as we had only put our sequence together about 2 months prior to the event. We hope to take it to worlds next year! Everyone on the team walked away with a little more experience and higher goals to set for ourselves in the future.

On behalf of the team, thank you to fellow students and parents from Midwest Karate Saskatoon, and everyone else for your support! It means so much to us to be able to go to these places year after year and test our skill. It is my hope that I can bring what I learn back to the clubs in Saskatchewan and share it with my fellow karateka!



# **SKA FALL TOURNAMENT RESULTS**

**November 4<sup>th</sup>, 2017, Saskatoon, SK**

## **KATA**

### **Male 10 & Under Novice**

Gold: Patrick Zaharia (M.W. S'toon)  
Silver: Jackson Crowder (M.W. S'toon)  
Bronze: Easton Gosselin (Humboldt)

### **Female 10 & Under Novice**

Gold: Danya Dickson (Qu'Appelle)  
Silver: Ayumi Sinclair (Qu'Appelle)  
Bronze: Meadow Daschuk (Martensville)

### **M & F 10 & Under Intermediate**

Gold: Matthew Cai (M.W. S'toon)  
Silver: Brenna Birdsall (M.W. S'toon)  
Bronze: Michael Volman (Rose Valley)

### **Female 11 – 13 Novice**

Gold: Emily Matisho (Swift Current)  
Silver: Danica Leonard (Humboldt)  
Bronze: Bree Schramm (Swift Current)

### **Female 11 – 13 Intermediate**

Gold: Erin Cline (Humboldt)  
Silver: Talon Manby (Qu'Appelle)  
Bronze: Sara Ens (M.W. S'toon)

### **Female 11 – 13 Advanced**

Gold: Braidy Birdsall (M.W. S'toon)  
Silver: Jada Kennon (M.W. S'toon)

### **Male 11 – 13 Novice**

Gold: Xavier Zbetnoff (M.W. S'toon)  
Silver: Volodimir Horivchuck (M.W. S'toon)

### **Male 11 – 13 Intermediate**

Gold: Konomu Sinclair (Qu'Appelle)  
Silver: Jackson Peddle (M.W. S'toon)  
Bronze: Andre Rus (M.W. S'toon)

### **Male 11 – 13 Advanced**

Gold: Ozayr Raazi (M.W. S'toon)  
Silver: Theodor Zaharia (M.W. S'toon)

### **Male 14 – 17 Novice**

Gold: Kevin Trihn (Regina)  
Silver: Connor McGettigan (M.W. S'toon)

### **Male 14 – 17 Intermediate**

Gold: Brandon Nguyen (Regina)  
Silver: Tanner Johnston (Martensville)

### **Male 14 – 17 Advanced**

Gold: Royce Hermanson (M.W. S'toon)  
Silver: Curtis Christenson (M.W. S'toon)  
Bronze: Brett Popowycz (M.W. S'toon)

### **Adult Female Novice**

Gold: Jennifer Trinh (Regina)  
Silver: Jennifer Saskiw (M.W. S'toon)

### **Adult Male & Female Intermediate**

Gold: Samir Sabri (M.W. S'toon)  
Silver: Laura Volman (Rose Valley)  
Bronze: Cameron Cline (Humboldt)

### **Adult Female Black Belt**

Gold: Natasha Hebron (M.W. S'toon)  
Silver: Shelley Fitch (Kuroki)

### **Adult Male Black Belt**

Gold: Bryce Nagy (M.W. S'toon)  
Silver: Kelly Watts (M.W. S'toon)  
Bronze: Justin Priel (M.W. S'toon)

### **Youth Team Kata (13 & Under) Intermediate**

Gold: Corwin Hartl, Tanner Housden, Michael Volman (Rose Valley)  
Silver: Lisa Nguyen, Nehel Iqbal, Madison Gray (Regina)  
Bronze: Konomu Sinclair, Ivan Baggett, Dylan Dickson (Qu'Appelle)

### **Youth Team Kata Advanced**

Gold: Braidy Birdsall, Jada Kennon, Theodor Zaharia (M.W. S'toon)

## **KUMITE**

### **Male 10 & Under Novice**

Gold: Easton Gosselin (Humboldt)  
Silver: Max Olson (Kuroki)  
Bronze: Logan Hannay (Martensville)

### **Female 10 & Under Novice**

Gold: Shreya Adapa (M.W. S'toon)  
Silver: Meadow Daschuk (Martensville)  
Bronze: Finley Szczerba (M.W. S'toon)

### **M & F 10 & Under Intermediate**

Gold: Addison MacLean (M.W. S'toon)  
Silver: Zander Rawson (Rosetown)  
Bronze: Ryder Komada (M.W. S'toon)

### **Female 11 – 13 Novice**

Gold: Brittany Pizzezy (Martensville)  
Silver: Danica Leonard (Humboldt)

### **Female 11 – 13 Intermediate**

Gold: Sara Ens (M.W. S'toon)  
Silver: Erin Cline (Humboldt)  
Bronze: Madison Gray (Regina)

### **Female 11 – 13 Advanced**

Gold: Braidy Birdsall (M.W. S'toon)  
Silver: Jada Kennon (M.W. S'toon)

### **Male 11 – 13 Novice**

Gold: Volodimir Horivchuk (M.W. S'toon)  
Silver: Xavier Zbetnoff (M.W.S'toon)

### **Male 11 – 13 Intermediate**

Gold: Jackson Peddle (M.W.S'toon)  
Silver: Andre Rus (M.W. S'toon)  
Bronze: Konomu Sinclair (Qu'Appelle)

### **Male 11 – 13 Advanced**

Gold: Theodor Zaharia (M.W S'toon)  
Silver: Ozayr Raazi (M.W. S'toon)

### **Male 14 – 17 Novice/Intermed**

Gold: Connor McGettigan (Saskatoon)  
Silver: Tanner Johnston (Martensville)

### **Male 14 – 17 Advanced**

Gold: Curtis Christenson (M.W. S'toon)  
Silver: Royce Hermanson (M.W. S'toon)  
Bronze: Brett Popowycz (M.W. S'toon)

### **Adult Male Intermediate**

Gold: Cameron Cline (Humboldt)  
Silver: Samir Sabri (M.W. S'toon)  
Bronze: Jim Turner (S'toon Shotokan)

### **Adult Male Black Belt**

Gold: Bryce Nagy (M.W. S'toon)  
Silver: Kelly Watts (M.W. S'toon)  
Bronze: Hideomi Sasagawa (M.W. S'toon)

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# How to Overcome Nerves in Karate

## (Before Grading or Competing)

By Jesse Enkamp

### **Have you ever been nervous before a Karate event?**

You are not alone! Sleepless nights, extra training sessions and negative self-talk is experienced by everyone before competing or grading.

These events trigger stress hormones and anxiety. But the problem is not that you're nervous. The problem is your approach towards it!

### **Today, I want to teach you how to overcome your nerves in Karate.**

This is important for several reasons. For example...Anxiety is a common issue for anyone having to undergo grading for their next belt. The fear is similar to that of public speaking. Besides the fear of failure, you're also afraid of disappointing your Sensei and being judged negatively by everyone watching. The butterflies in your stomach can compel you to overtrain, just so you can feel more prepared.

### **Sadly, many martial art students get injured by these paranoid overtraining sessions.**

This is one reason to keep your nerves in check. Another reason is because anxiety has been shown to negatively affect both your attention span and working memory. In other words, your nerves can undermine your performance. *Luckily, there are solutions...*

Before moving on to specific methods, acknowledge that you're nervous. Don't try to ignore it or dismiss it. You need to understand that it's normal to feel this way! Once you've accepted it, the next step is to deal with specific factors that causes (or worsens) your nerves. Here are my top 5 tips:

#### **#1 Positive Reinforcement ("I Belong Here")**

If you are competing or grading, it's for a good reason. Because you belong there! Your sensei or coach thinks you are ready for it. So, even if you don't trust your own skills, you should have faith in the judgement of the person who put you in this position.

#### **Tell yourself: "I belong here!"**

For example, almost all instructors have the policy to grade their students only if they are ready to pass the test. They would have observed the student's performance during regular training sessions and deemed the student ready for the next belt. So, if you are asked to go for the grading, you are ready. The test is often just a formality.

The same goes for tournaments. Your sensei wouldn't throw you in the ring unless you could handle it. Karate instructors are very careful about this, because they know that if you have a bad experience you might quit. So, tell yourself; "I'm here for a reason. I belong here!"

#### **#2 Overwrite Negative Self-Talk With Humor**

Negative self-talk feeds on fear. But in 9 times out of 10, your negative self-talk is silly! However, because your negative inner speech is continuous, your brain starts believing it. It becomes habitualized. That's why you need to observe your inner speech. What are you telling yourself? Make a list of those fears. Then say them out loud to yourself in a silly voice.



***Here are some examples:***

- I will lose my balance when I kick. Then my kiai will sound weird. And everyone is going to laugh at me!
- I'm going to forget to bow. Then my foot will get caught in my pants, because they are too long. Then I'll trip on my butt!
- I'm going to forget the entire sequence in my kata. Then my Sensei will pretend like he doesn't know me!

Realize how ridiculous they all sound, especially when you say them out loud in a silly voice.  
(*You might have even chuckled a little.*)

**The point of this exercise is to psychologically reframe your negative thoughts with humor.**

This will distance yourself from the anxiety, because if you're able to laugh at yourself it makes your negative narrative less compelling. As a result, you will perform better!

***#3 Use Inoculation Theory***

Inoculation Theory works in 3 steps:

1. First warn yourself that you'll feel a certain way in a particular circumstance.
2. Then, you highlight the specific concerns you might have.
3. After that, give yourself information to cope with it positively.

**In the case of pre-grading anxiety, this is what you could tell yourself using Inoculation Theory:**

1. You are going to feel excessively anxious on the day of your grading. (Forewarning)
2. You may worry about losing your balance and falling when kicking. (Specific concern)
3. But you haven't lost balance in the past two months of training. It's unlikely to happen. (Coping information)

By forewarning yourself, you allow the brain to feel prepared to deal with the onslaught of nerves. And, with specific solutions, it reduces your psychological stress and uncertainty.

That's why Inoculation Theory has proved to work better than merely telling yourself not to be anxious. Try it out!

***#4 Anxious or Excited? You decide.***

Okay, so your Sensei thinks you are qualified to grade or compete. But... you still feel nervous. Of course! That's part of the test – to perform Karate under stress!

After all, Karate is a self-defense martial art. It is meant to prepare you to deal with attackers.

Unfortunately, being attacked spikes your adrenaline. The grading or competition triggers a tiny dose of what you'd feel when being attacked in the streets.

**So, what's the key? How do you keep a level head when facing stress?**

Try to find a moment of joy. When you reframe anxiety as something “fun”, you can’t help but to relax. You see, the human body has difficulties distinguishing between positive excitement and negative anxiety. The feeling of adrenaline rush is very similar. The only difference is the story you tell yourself. It’s hard to be anxious when you’re excited.

#### **#5 Focus on Being in the Moment**

Lastly, practice your Karate techniques with this zen-like twist:

When you prepare for your performance, close your eyes and focus on doing the technique with an empty mind.

**If your inner critic starts judging the correctness of your movement, that’s a warning signal.**

The objective is to focus on your movement – without judging what you’re doing. You cannot perform a technique and judge it at the same time! You have to become “one” with your Karate.

#### **But... what if you find yourself making a mistake?**

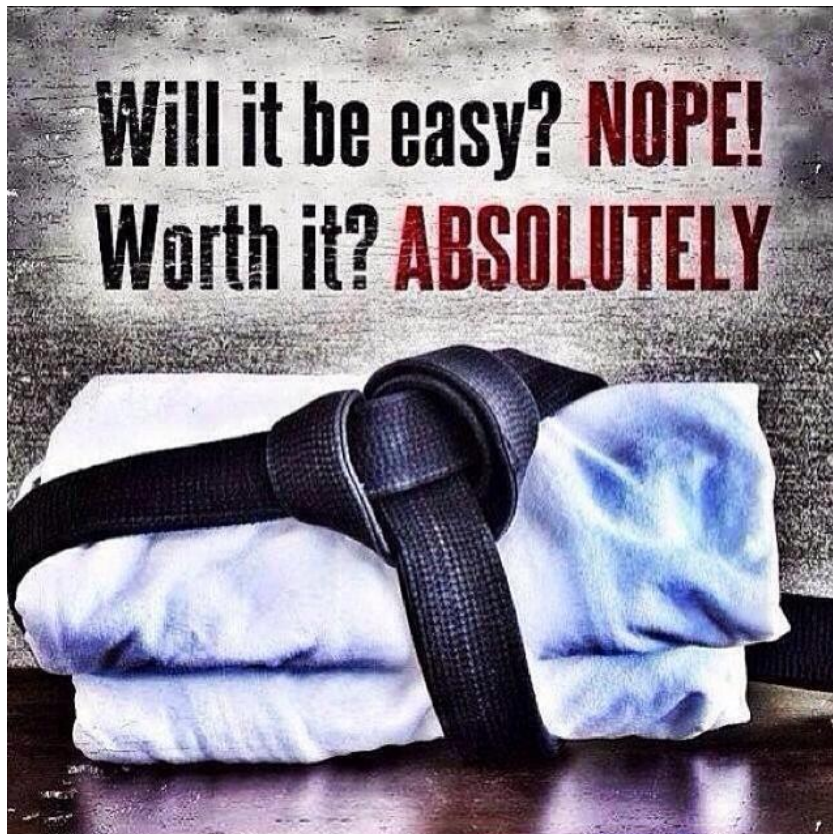
Acknowledge the mistake to yourself, then correct it. Just don’t pass any judgment.

Remember, grading or competing triggers the instincts associated with an actual attack. When you are being attacked, you simply correct yourself and keep going. It’s about survival.

Reprimanding yourself in the middle of an attack will get you injured or possibly killed. Apply this thought process if you make a wrong move.

#### **That’s it!**

These 5 tips will help you smash your next Karate competition or grading.



# **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.

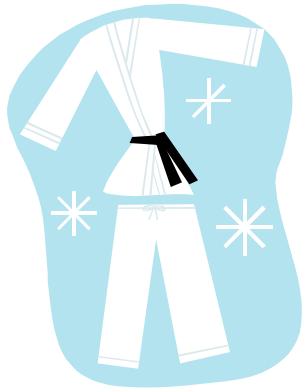
Enhance your current kata performance and learn kumite timing and distance strategies. Want to try team kata? Individuals wishing to compete in this event will be put on a team and taught synchronized kata and bunkai (application) for competition. What about En-Bu? This is a “demonstration of self-defense”. 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](mailto:sk.karate@shaw.ca)

***Come out and join the team!!!***



# Karate Uniform Tips: Washing Tips

## The Incredible Shrinking Gi

Most Karate uniforms will shrink considerably when washed in hot water, especially those made from all cotton. Although the **initial shrinking during the first wash/dry cycle is by far the greatest**, it is generally recommended to wash your uniform in cold water as this greatly reduces the shrinking. Care must also be taken during the drying step. Tumble drying can cause uniforms to shrink to a point where it will no longer fit.

TIP: After hanging your gi to dry and once completely dry, throw it in the dryer on air to soften the fabric.

## Bleaching of the Gi for the Perfect White

Be careful with the use of any type of bleach when washing your uniform. Over time, **bleaching can severely weaken the uniform material**, causing it to rip easily. Repeated bleaching may even cause small holes to appear in your uniform. Bleaching will also adversely affect any badges on the uniform.

## Ironing the Gi

Most cotton and canvas uniforms, when washed in a washing machine on the drip-dry cycle, can be hung on the line without spin drying. This may in fact make ironing unnecessary. Just flatten the wet Gi with your hands once it's on the clothes line to remove the largest folds and wrinkles and it will look very smooth when dry. If you still prefer to iron, it will iron much easier when it is still slightly wet.



That Moment when  
you walk into a spider  
web and suddenly turn  
into a karate master.



# How to Be Healthier, Stronger and More Active

Craven Sport Services

When you get right down to it, health doesn't have anything to do with looking like a supermodel; it's really about having a body whose every system is in good working order. The great news is that you have more control over everything happening in your body — from your circulation to your breathing and stress levels — than you might have imagined. Check out these steps you can take every day toward building a stronger, healthier and more active you.

## **Limit Your Sitting**

Your body wasn't made to sit — it was made to move! Taking short breaks from your desk or computer every 30 minutes can do a lot to reduce back and shoulder pain. Walk around, do a few squats, drink some water, or do a few simple stretches. The periodic movement and shifts in position reduce pressure on your spine, increase the flow of blood and lymphatic fluid, and will leave you feeling more energized all day long.

## **Get Out and Move**

A healthy exercise program doesn't have to be fancy, expensive or intimidating. Many studies have demonstrated the benefits of simple, free workouts like walking. The mere act of moving your body every day greatly reduces the risk of chronic health problems like heart disease, stroke and diabetes, and the regular movement helps keep the rest of your body functioning in tip-top form.

## **Eat Real Food**

Food is fuel for your body — so what you eat dictates your energy levels and sense of well-being for the day. Focusing on minimally processed food and lots of brightly colored fruits and vegetables is a sure way to put a little extra zip in your step. When you're eating the right fuel, you'll feel like you can do anything.

## **Drink More Water**

You wouldn't run an engine without oil in it, would you? Water fills that function and many more in your body. It's water that helps distribute nutrients, regulates body temperature, aids in digestion, stops hunger, and keeps your muscles and nerves operating in tip-top shape. Having trouble drinking enough? Put a sprig of mint or a twist of citrus — lemon, lime or orange — in your water bottle to make it more interesting.

## **Breathe!**

Deep breathing oxygenates your blood, which can leave you feeling more energized. It also helps get your lymphatic system moving, and it busts stress in just a few seconds. Here's a quick, easy way to gauge your breathing: Lie on your bed or the floor with one hand on your upper abdomen. Can you feel your abdomen gently rising as you inhale? If not, slow down and focus on your breath; it might help to imagine that you're filling yourself with air all the way down to your toes.

## **Get Enough Sleep**

Everybody's a little different, but most of us need at least seven to eight hours of uninterrupted sleep per night. It's best to get into a routine so that your body can settle into a regular cycle of sleeping and waking.



This helps regulate your endocrine system, which in turn controls the hormones that govern everything from hunger to weight loss.

### **Don't Be Afraid to Seek Out Professional Help**

Have you noticed aches and pains lingering in your body, despite your healthy routine? Your body might be telling you that it's time to consult a professional. Don't accept that those aches and pains are a natural fact of life: A good physical therapist can give you the tools to keep those minor problems from turning into something major, and maybe even stem the pain completely.

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## **SENSEI DON CROWE & HIS STUDENTS AT MARTENSVILLE KARATE CLUB**



# WHAT IS KATA?



*Kata* is a Japanese word meaning "form", "pattern", "model", or "mold" (Kodansha, 1999).

A large part of technical knowledge in Traditional Karate (Karate-do) is transmitted through KATA, (this translates as "form"). Kata contain all the necessary elements to teach Karate-do and are structured in a way that allows the correct "evolution" and growth of practioners over the years. Kata also helps to develop the practioner's co-ordination, breathing, agility, strength and kime. When examined from a purely aesthetic view point we could say that Kata is solely a combination of blocks, counter attacks and movements that are organized in a pre-set order, following an exact rhythm; simulating a fight against numerous adversaries. Another element found within Kata is undoubtedly the simplicity - superfluous movements just don't exist - every movement has been painstakingly studied by past Karate Masters. Even the idea of modifying them is like ripping a chapter out of a precious manuscript that has survived until today thanks to the dedication and care of our predecessors.

## TEN ELEMENTS WHICH BREATHE LIFE INTO KATA:

- 1) - Yio No Kisin: Correct mental attitude.
- 2) - Inyo: Active and Passive (defence and attack).
- 3) - Chikara No Kiojaku: Strength.
- 4) - Waza No Kankyu: Speed.
- 5) - Taino Shin Shoku: Concentration.
- 6) - Kokyu: Breathing.
- 7) - Tyakugan: Meaning.
- 8) - Kiai: The union of body and mind.
- 9) - Keitai No Hoji: Correct positions.
- 10) - Zanshin: The state of continuous mental awareness

*"You know your kata after you have done it one thousand times."*

**Shihan Kenneth Funakoshi**



## 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.



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## 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](mailto:sk.karate@shaw.ca)



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## SKA ADVERTISING VIDEO WANTED

The SKA did some television advertising in the 1980's and is looking for a copy of that advertisement. If you or anyone you know has a copy, please contact Linda at the SKA office. It would be greatly appreciated. Phone: (306) 374-7333 or E-mail: [sk.karate@shaw.ca](mailto:sk.karate@shaw.ca).



# **The Zen Mirror - Every Person Can Be Great**

## **Advice for Black Belts and Others**

**By Jeff Brooks**

Most of the people in our black belt group have been training for many years. Some of them - now in college or recently out - began when they were children. One young woman, 20 years old, has trained at our dojo for fourteen years.

Some of the other members, with 8 or 9 years experience, started training when they were in their forties. Others, now in their 20's or 30's, after training three times a week for many years, even with the level of novelty built in to the curriculum, wonder about progress and about the ultimate destination of their training. All have experienced their bodies changing. They wonder if they are continually getting better.

They remember how it was in the first few years that they were practicing. They can see it clearly in their students and their fellow practitioners in the classes that they are now teaching -- people in their first years of training, whose learning curve is steep and whose developmental progress is rapid.

In the first few years you can feel your body changing rapidly. Within a few months of starting training you feel different. You begin to look different to your friends and family. You can do things easily that just a few months or years before you did only with the greatest difficulty, or perhaps, could not do at all.

Now, if you put a three-year practitioner next to a ten year practitioner you will see a big difference. But not all of the difference between them is visible, especially to an untrained observer. The difference between them will not only appear as different levels of athletic ability or technical skill. Because in addition to the changes in those aspects of the person there has also been change in their lives. And it is not as easy to see those subtle changes, those changes that really are most relevant in settings outside training, outside self-defense situations, outside the dojo.

It is even more difficult to detect the changes that occur in the body and mind of an advanced practitioner when comparing one person to another, because what really would show the transformation that comes as a result of training is the person compared to him or herself five or ten years before, or better yet, the person compared to him or herself now, versus how he or she would be now without any training.

That of course is impossible. So how do you look at it? How do you assess the long-term effect of training? How do I tell the college student what her karate is all about after all these years, when the savor of daily dojo practice, the novelty of martial arts as an interesting toy, is gone? What replaces it?

She is fit, fast, powerful, and skilled. Her mind is sharp and clear. She takes those things for granted, as if they were part of her constitution, inherently in her make-up, as if these qualities were not the temporary and conditional result of her training all these years.

Beginners experience their practice as an object, with characteristics. Beginners experience practice as something special, separate from their ordinary life, something that is separate from them. They use it to hone their skills, tone their bodies, sharpen their minds; to feel how they want to feel.

For people who continue to train the "object-with-characteristics" that is the beginner's practice turns into, after all those years of effort and increasing mastery, not something "interesting out there." Your practice becomes not just a part of you, it is you -- yourself, in here, with all the compromises and limitations and familiarity that made you go in search of self-improvement to begin with. We will experience all kinds of days in practice. We will experience all phases of life.

When we enter the dojo for training each day all of us, regardless of rank or age, come in a little faded and foggy. We have been at work or school all day, and we are bringing in with us all the disturbances and distractions that have been accumulating throughout our busy, jangled modern day.

After training we feel fresher. We sense that a kind of cleanness has come over us. We feel transformed, with our bodies alive and our senses more acute and our minds more settled and clear. The experience of training is more like shedding a skin than accumulating something. It is more like being reborn in the heat and pressure of training, than as something to be measured in terms of gain and loss.

Of course we all have our limitations and our talents. They are always changing, and all of our various characteristics and abilities throughout the course of our lives will change in different ways. We will decline in some things and achieve in others. But if we focus on gain and loss we will always be disturbed by comparison to something - to someone else, to an ideal - and we will always be living in a fantasy.

Our real training will have good effects, but if we engage in training simply to receive the effects we lower our sights too much. There are two kinds of people who fall into this trap. One is the people who just get the minimum skill they need to do their job. These are not "practitioners" -- they are doing their training not for the sake of the training and the deep transformation that comes from it, but as an expedient, so they can perform their job sufficiently to earn a living and go home, or in the case of a dojo, to earn their rank and go home.

No problem, but different from the orientation of a practitioner. The other kind of person who is more concerned with gain and loss as a result of his training, rather than appreciating it for itself or focusing on simply being in a life of training, is the "Olympic type" athletes.

Being the best in that Olympic sense may be a worthy aspiration for some people sometimes, but it is a harmful way to think for almost everyone and it certainly is harmful to us as individuals and to our society as well. All people can benefit from participating in sports, not just for the purpose of being the best or being great, but as an expression of our human vitality and our shared life. All people can enjoy singing. But now, with fine recorded music available to everyone, people have become ashamed to sing in public, because they are not such good singers. Sad! Should we give up on everything because there are a few individuals with virtuoso abilities in a single area which makes us feel it's futile to participate in these human undertakings? Should we not pray because there is a virtuoso prayer out there?

The Olympic spirit - in sports, arts, culture, and so on - can suppress the human spirit as much as inspire it. Each of us can fulfill our own potential, majestically, as human beings.

So, as real practitioners, participating in vivid training day in and day out, for years, decades, a lifetime, as we strive and struggle diligently, we do not need to concern ourselves too much with gain and loss. We simply shed the old dead skin of the past, and so through training become refreshed and reborn in the daily immediacy of our own real life.

# 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](mailto: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:

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

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

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# 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](mailto:sk.karate@shaw.ca).



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**One of those lessons I learned in all those years practicing Karate  
is that progress only comes in small incremental portions.**

**Nobody becomes great overnight.**

**Georges St-Pierre**

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## 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](mailto: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:  
Phone (306) 374-7333 or E-mail: [sk.karate@shaw.ca](mailto:sk.karate@shaw.ca)

# *SUPPORT OUR SPORT*

You Can!

Each year the Saskatchewan Karate Association (SKA) receives funding from Sask Lotteries.

In fact, Sask Lotteries is the key funder of the SKA.

In turn, the SKA funds clubs, athletes, seminars, clinics, athletic development, tournaments and so much more.

Help us, help you.

Buy a Lottery Ticket today for yourself or for relatives or friends.

Who knows?

You may help yourself in more ways than one!



# DID YOU KNOW?

- Traditional Karate is one of the most practiced Martial Arts today.
- Shotokan founder Gichin Funakoshi has said that "mind and technique become one in true karate."
- Master Gichin Funakoshi was the first expert to introduce karate-do to mainland Japan, in 1916.
- During the '40s, Post-war development of karate began, with most of the input coming from the late Master's Hidetaka Nishiyama and Masatoshi Nakayama.
- On November 3, 2000, Master Hidetaka Nishiyama, Chairman of the International Traditional Karate Federation (ITKF) and President of the American Amateur Karate Federation (AAKF), was recommended by the Japanese government for his worldwide promotion of Japanese culture as a Master Instructor of Traditional Karate.
- Karate: The Art of Empty-Hand Fighting co-written with Nishiyama and published in 1960, is even today considered the definitive text book on the subject. In its 70th printing, (2, 000 copies per printing) it is believed to be the best selling karate text book in history.
- The three things that basic kumite mostly develop are distance, timing and control.
- Wado-Ryu Karate was developed by Ohtsuka Hironori and is one of the four main styles of Japanese karate.
- The aim of Wado karate is not merely perfection of the physical techniques of self-defense, but, the development of a mind that is tranquil yet alive, able to react intuitively to any situation.
- Traditional Karate includes several styles, each with some distinct differences, but all part of the broad family of karate that has its roots in the Japan of old.
- The Saskatchewan Karate Association's first Provincial Tournament was held in Regina in 1978.
- Did you know that karate kicks are almost tailor-made for women? As with punches and strikes, kicks begin in the hips. This, combined with most women's inherent flexibility, makes for high, powerful kicks that are effective against even a larger opponent.
- Karate is a great sport for children as it teaches self-discipline, builds self-esteem and teaches the meaning of commitment.





# 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?

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

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# IT'S A WIN-WIN SITUATION.

Proceeds from the sale of  
Saskatchewan Lotteries tickets  
benefit over 12,000 sport, culture,  
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