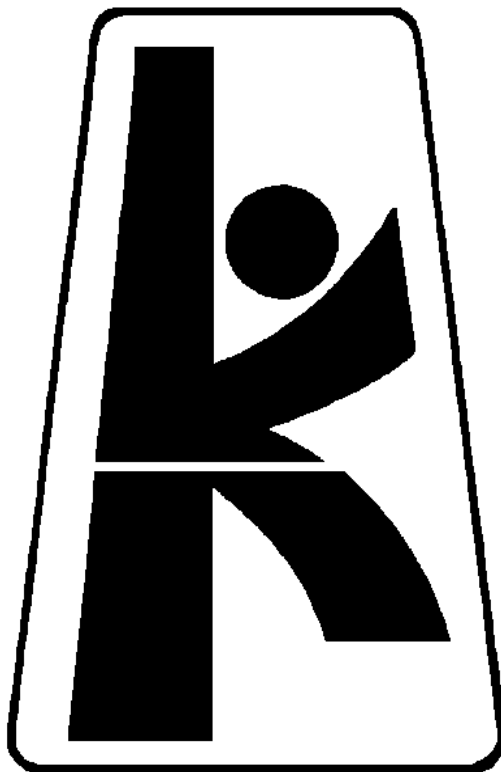


**SASKATCHEWAN
KARATE ASSOCIATION
NEWSLETTER**



JANUARY 2019

Message from the President

At the fulfillment of another successful year for the SKA, I want to congratulate all those Athletes that were successful in their various competitions and to all who advanced in their respective belt levels.

We must never forget though that in order to succeed we must constantly strive to improve in all aspects of our training which in turn will make us better individuals.

Even if we did not achieve our goals the effort of trying to get there will show an improvement in the individual.

On an administrative note we still have concerns with our partner under the Karate Federation umbrella in that the PKA appear to have many stumbling blocks. I hope that soon we will see some resolution to this.

I want to thank all Board members for their continued input and support throughout the Year and also the assistance of our excellent Office Administrator Linda Crosson.

I look forward to the New Year with anticipation of more advancement.

Sincerely,
Dave Smith
President
Saskatchewan Karate Association





Letter from the Editor

I hope you all had a wonderful holiday season and best wishes for a wonderful 2019!

I would like to take this time to thank all the volunteers who help the SKA in any way and to those who help at their respective clubs. If not for volunteers, sports organizations and grassroots clubs would struggle to exist.

Volunteers are integral to running non-profit associations and to the hosting of sporting events. For smaller organizations like the Saskatchewan Karate Association, volunteers are vital. They give their time, knowledge, skills and experience which is a great source of economic value in support of the association and its clubs.

The SKA's Board of Directors is made up of volunteers with some committing years of their time and energy to the association. Many of these individuals also volunteer in other areas of the SKA and with other organizations. Many of these directors, amongst others, volunteer their time (some for years) teaching karate and passing down valuable knowledge.

We have a wonderful Medical Doctor who for years has driven around the province and flown around the world to tend to our athletes. We see individuals volunteering at our tournaments time and time again, with some putting in long hours. Others volunteer their time at their local karate club whether they or their child are training. To all of you, we can't thank you enough.

To each and every one of you that volunteer at any capacity, we sincerely thank you for all the time and energy you put into making the Saskatchewan Karate Association a successful sport organization. We are grateful for your support!

Sincerely,
Linda Crosson
SKA Executive Director

**THANK YOU
Volunteers!**

We couldn't do it without you

SKA BOARD OF DIRECTORS



President

Dave Smith
Saskatoon, Sk.

1st Vice President

Michael Tchozweski
Regina, Sk.

2nd Vice President

Mark Minarik
Saskatoon, Sk.

Treasurer

Shelley Fitch
Wadena, Sk.

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Cameron Cline
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Dave Smith
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Doug Parker	Zone 1
Cal Straub	Zone 2
Peggy Guthrie	Zone 3
Ona Murias	Zone 4
Bryce Nagy	Zone 5
Kelly Watts	Zone 6
Don Rousson	Zone 7

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
Website: saskkarate.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

SKA SPRING OFFICIALS CLINIC

Friday April 5, 2019

8:00 pm

Humboldt Public School

830 7 Street

Humboldt, SK

SKA PROVINCIAL SPRING TOURNAMENT

Saturday April 6, 2019

9:00 am

Humboldt Public School

830 7 Street

Humboldt, SK

SKA ANNUAL GENERAL MEETING

Sunday April 7, 2019

Starting at 9:30 am

Canalta Hotel Meeting Room

Humboldt, SK

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

SKA FALL TOURNAMENT RESULTS

October 13th, Regina, SK

KATA

Male 10 & Under Novice

Gold: William Hlawn (M.W.Regina)
Silver: Ryley Bennett (Swift Current)
Bronze: Easton Gosselin (Humboldt)

Female 10 & Under Novice

Gold: J'leena Priel (M.W. S'toon)
Silver: Hiba Waheed (M.W.Regina)
Bronze: Meadow Daschuk (Martensville)

M & F 10 & Under Intermediate

Gold: Kael Zelisko (M.W. S'toon)
Silver: Brenna Birdsall (M.W. S'toon)
Bronze: Ayumi Sinclair (Qu'Appelle)

Female 11 – 13 Novice

Gold: Danica Leonard (Humboldt)
Silver: Allyson Atendido (M.W. Regina)

Female 11 – 13 Intermediate

Gold: Erin Cline (Humboldt)
Silver: Madison Gray (M.W. Regina)

Male 11 – 13 Novice

Gold: Dawson Demon-Moritz (Humboldt)
Silver: Dustin Nguyen (M.W. Regina)
Bronze: Riley Tapaquan (M.W. Regina)

Male 11 – 12 Intermediate

Gold: Carter Nelson (M.W. Regina)
Silver: Michael Volman (Rose Valley)
Bronze: Kervens Johnstone (M.W. S'toon)

Male 13-15 Intermediate

Gold: Tynan Clarke (M.W. Regina)
Silver: Kevin Trinh (M.W. Regina)
Bronze: Konomu Sinclair (Qu'Appelle)

Female 14 – 17 Intermediate

Gold: Talon Manby (Qu'Appelle)
Silver: Nehel Iqbal (M.W. Regina)
Bronze: Marin Nelson (M.W. Regina)

Female 14 – 17 Advanced

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

Male 14 – 17 Advanced

Gold: Theodor Zaharia (M.W. S'toon)
Silver: Royce Hermanson (M.W. S'toon)
Bronze: Sebastian Bundrock (M.W. S'toon)

15 & Up/Adult Female Novice/Intermed

Gold: Jennifer Trinh (M.W. Regina)
Silver: Joyee Fairouz (M.W. Regina)

Adult Female Intermed/Advanced

Gold: Kristen Fitch (Kuroki)
Silver: Laura Murray (Rose Valley)
Bronze: Nancy Graham-Fiss (Qu'Appelle)

Adult Male Intermediate

Gold: Cameron Cline (Humboldt)
Silver: Jeremy Andreas (Kuroki)
Bronze: Devon Sears (M.W. S'toon)

Adult Female Black Belt

Gold: Shelley Fitch (Kuroki)
Silver: Ona Murias (Kuroki)

Adult Male Black Belt

Gold: Bryce Nagy (M.W. S'toon)
Silver: Kelly Watts (M. W. S'toon)
Bronze: Henry Tian (UR Regina)

Youth Team Kata (13 & Under) Novice

Gold: Cashus Bird, Jeh Aquinde, William Hlawn (M.W. Regina)
Silver: Easton Gosselin, Dawson DeMong-Moritz, Danica Leonard (Humboldt)
Bronze: Fardina Islam, Aisha Gondal, Hiba Waheed (M.W. Regina)

KUMITE

Male 10 & Under Novice

Gold: Easton Gosselin (Humboldt)
Silver: Dexter Daschuk (Martensville)
Bronze: Judah Velecky (M.W. Regina)

Female 10 & Under Novice

Gold: Meadow Daschuk (Martensville)
Silver: Ryder Anne Rusaw (Martensville)
Bronze: J'leena Priel (M.W. S'toon)

M & F 10 & Under Intermediate

Gold: Brenna Birdsall (M.W. S'toon)
Silver: Shanara Johnstone (M.W. S'toon)
Bronze: Kael Zelisko (M.W. S'toon)

Female 11 – 13 Novice

Gold: Danica Leonard (Humboldt)
Silver: Allyson Atendido (M.W. Regina)

Female 11 – 13 Intermediate

Gold: Erin Cline (Humboldt)
Silver: Madison Gray (M.W. Regina)

Male 11 – 12 Intermediate

Gold: Carter Nelson (M.W. Regina)
Silver: Marek Velecky (M.W. Regina)
Bronze: Kervens Johnstone (M.W. S'toon)

Male 13-15 Intermediate

Gold: Kevin Trinh (M.W. Regina)
Silver: Tynan Clarke (M.W. Regina)
Bronze: Konomu Sinclair (Qu'Appelle)

Female 14 – 17 Intermediate

Gold: Nehel Iqbal (M.W. Regina)
Silver: Marin Nelson (M.W. Regina)

Female 14 – 17 Advanced

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

Male 14 – 17 Advanced

Gold: Sebastian Bundrock (M.W. S'toon)
Silver: Royce Hermanson (M.W. S'toon)

Adult Male Intermediate

Gold: Cameron Cline (Humboldt)
Silver: Devon Sears (M.W. S'toon)
Bronze: Jeremy Andreas (Kuroki)

Adult Male Black Belt

Gold: Bryce Nagy (M.W. S'toon)
Silver: Kelly Watts (M.W. S'toon)
Bronze: Henry Tian (UR 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!

649 649 SUPER 7 EXTRA KENO

Saskatchewan LOTTERIES

The graphic features a black background on the left with the text 'IT'S A WIN-WIN SITUATION.' in white. To the right, on a white background, is the text 'Proceeds from the sale of Saskatchewan Lotteries tickets benefit over 12,000 sport, culture, recreation and community groups in Saskatchewan ... so we all win!' followed by 'BUY YOUR TICKETS TODAY!' in bold. Below this are logos for 649, SUPER 7, EXTRA, and KENO. At the bottom is the 'Saskatchewan LOTTERIES' logo with a small 'SASKATCHEWAN' logo to its right.

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!!!

2018 World Traditional Karate-Do Championships

October 28 – 29, 2018

St. John's, Newfoundland

The SKA would like to congratulate the following athletes who competed on behalf of Team Canada at the World Traditional Karate-Do Championships in St. John's Newfoundland.

ADULTS

Natasha Hebron

Bryce Nagy

Kelly Watts

YOUTH

Braidy Birdsall

Royce Hermanson

Theodor Zaharia

Brenna Birdsall

Jada Kennon

Kael Zelisko

Sebastian Bundrock

Jackson Peddle

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

Black Belt Male Enbu

Bryce Nagy/Kelly Watts: Bronze

Black Belt Female Team Kumite

Natasha Hebron/Sonya

Piercey/Kaylee Wilson: Bronze

Youth Events

Female Kata (6 - 5 kyu)

Brenna Birdsall: Bronze

Male Kata (6 - 5 kyu)

Kael Zelisko: Bronze

Female Kata (3 - 1 kyu)

Braidy Birdsall: Gold

Mixed Kata (4 - 1 kyu)

Theodor Zaharia: Gold

Jada Kennon: Silver

Male Kata (3 - 1 kyu)

Sebastian Bundrock: Bronze

Female Kumite (4 - 1 kyu)

Jada Kennon: Gold

Male Kumite (4 - 1 kyu)

Sebastian Bundrock: Bronze

Enbu (group A)

Brenna Birdsall/Kael Zelisko: Silver

Enbu (group E-F)

Jada Kennon/Theodore Zaharia: Gold

TEAM SASK



Back Row (Rt to Lt): Sensei Minarik, Royce Hermanson, Natasha Hebron, Kelly Watts,
Bryce Nagy

Middle Row (Rt to Lt): Braidy Birdsall, Jada Kennon, Theodor Zaharia

Bottom Row (Rt to Lt): Jackson Peddle, Brenna Birdsall



TEAM CANADA



5 Japanese Words Misunderstood in Karate

Karate can be tricky, especially when we use Japanese terms. Just like Medicine has Latin, and Mathematics has numbers, Karate has Japanese. Here are some common misunderstood words.

#1: Ki

Misunderstood meaning: *“Magic super power.”*

Real meaning: *“Energy.”*

Explanation: The concept of “*ki*” (spelled “*chi*” or “*qi*” in Chinese) now has a bad reputation since McDojo charlatans started using it as an excuse to brainwash students into believing they had supernatural martial abilities. But it’s really nothing new. “*Ki*” – or “*energy*” as we call it in English – is what life is made up of. It constantly flows through your body, your surroundings, the wind, water, earth and sun.

According to the laws of physics, you cannot create it or destroy it, only transferred to other objects or convert into different forms (*kinetic energy, potential energy, thermal energy, electrical energy etc...*). Humans have been cultivating it for as long as we have been on earth.

“*Ki*” is a beautiful thing – especially when you manifest it using the body mechanics of Karate. After all, Karate is all about efficient energy management.

#2: Sensei

Misunderstood meaning: *“Karate instructor.”*

Real meaning: *“One who has come before in life.”*

Explanation: The word “*sensei*” consists of two parts:

- The first is “*sen*”, which means “*before*”.
- The second is “*sei*”, which means “*life*”.

In other words, a “*sensei*” is someone who is ahead of you in the journey of life. That’s why a sensei is not just a person who instructs Karate techniques.

A sensei is your mentor and your life coach. Your sensei can help you bridge the gap between self-protection and self-perfection. Because ultimately, the *Way of Karate* is the *Way of Life*. Your sensei knows this, because he/she has walked the path himself and is ready to guide you on the journey.

#3: Bunkai

Misunderstood meaning: *“Practical application of kata.”*

Real meaning: *“To break down.”*

Explanation: Many Karate people like to use kata techniques for self-defense.

We usually call this aspect of Karate training “*bunkai*”. But in reality, “*bunkai*” means to “*to break down*” – not “*practical application of kata*”.

“*Bunkai*” is actually just the first step of applying kata for practical self-defense. After you “*break down*” the kata, you need to analyze the pieces and put it back together in the right context. For most people, it seems the word “*bunkai*” represents this whole process though.

#4: Dojo

Misunderstood meaning: “*Karate studio.*”

Real meaning: “*The place of the Way.*”

Explanation: Many instructors teach Karate in gyms, dance studios, community centers or other venues not dedicated solely to Karate. But... no matter where you teach/learn Karate, that place is your “*dojo*”. This holds true for all traditional Japanese martial arts and the word “*dojo*” is deeper than most people think:

- “*Do*” means “*Way*”
- “*Jo*” means “*Place*”.

In other words, a “*dojo*” is a place where you embark on the journey to self-discovery – through the means of Karate training. The “*dojo*” is a Place where you are guided on the Way, by someone who has “*come before*” (= “*sensei*”), using Karate as tool for transmitting the knowledge necessary to spark personal progress.

#5: Kiai

Misunderstood meaning: “*Battle scream.*”

Real meaning: “*Unified energy.*”

Explanation: Sometimes it seems people scream “*kiai*” for the sake of screaming but “*kiai*” is not about screaming. It’s not about exercising your vocal chords.

- “*Ki*” literally means “*energy*” (like discussed in #2).
- “*Ai*” literally means to “*unify*”.

This helps explains what the purpose of kiai truly is: Unifying the total energy of your mind, body and technique (“*shin-gi-tai*”), in a split-second moment of intense culmination. To some people, kiai is just a “*battle scream*” but “*kiai*” is really an essential expression of your unification within your Self.



CONGRATULATIONS!

Congratulations to the following athletes from Midwest Karate Saskatoon on their Dan Gradings:

BRAIDY BIRDSALL - Shodan

NATASHA HEBRON - Sandan

BRYCE NAGY- Sandan

KELLY WATTS – Nidan



Karate Belts

Karate belts do much more than hold the uniform in place. The colors denote a ranking system with symbolic meaning. While different schools have variations on the scheme, the basics remain the same: Belts get darker as you progress, with white at the bottom of the scale and black at the top.

The Significance

In addition to signifying the level you're at, the belt colors have symbolic meanings. White is a sign of innocence. Yellow signifies the Earth, as students are getting a foundation, and orange is autumn, reflecting the student's change. The green belt means growth, blue denotes the heavens as students grasp for the sky and purple symbolizes the sky's transition to dawn and further advancement. Brown is for the ripening process and black belt is a sign of dignity and maturity.



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.



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

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



TIPS FOR RELIEVING NECK STRAIN

By Craven Sports

Do you find yourself with a nagging neck or headache, especially after a long day or stressful event? The American Academy of Pain Medicine reports that neck pain and severe headaches or migraines make up about 30% of all commonly reported pain conditions. There are many reasons for neck pain, but the majority of episodes are caused by the following:

- Poor posture
- Weak shoulder and neck muscles
- Stress
- Injury
- Arthritis

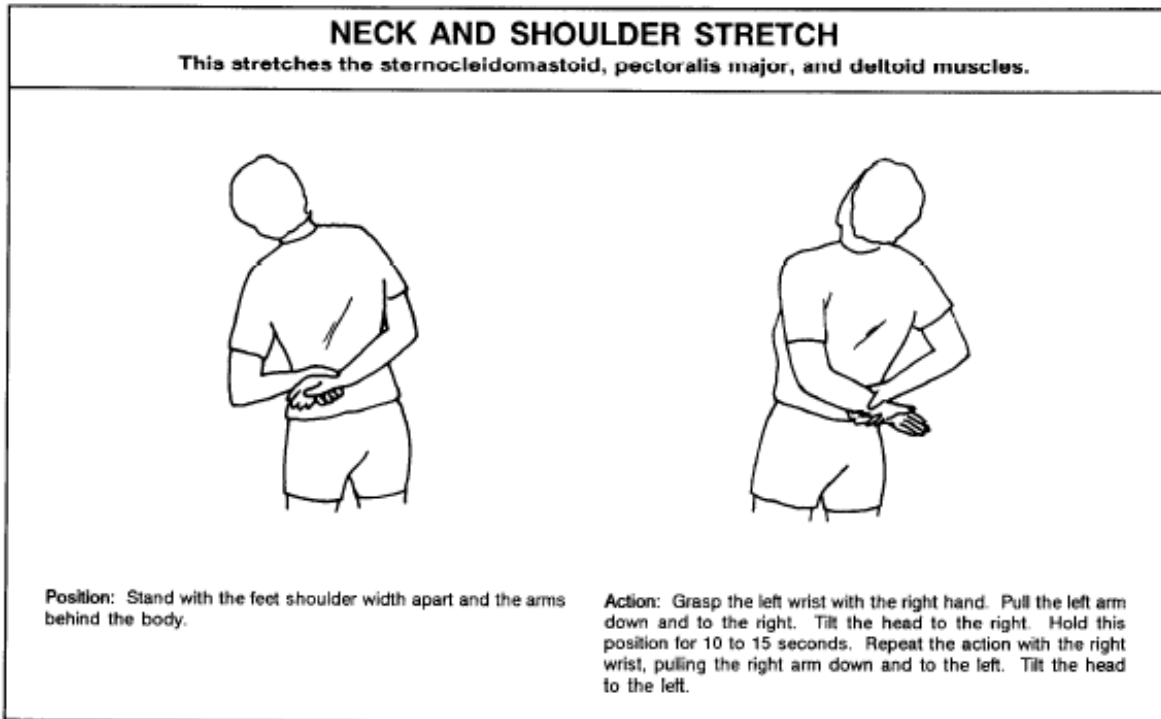
While many of us will take over the counter medication, such as Advil, to numb the pain, the main source of the problem is still present. This will cause repeating episodes that can become worse and worse with time. If you have to take medication more than 2-3 times a week for neck pain or headaches, then you need to do something about it.

Here are simple solutions to nagging neck pain or headache problems:

1. **Increase your shoulder strength.** Focus on increasing the strength in the muscles of the middle back. Typically the lower and middle trapezius muscles become weak, making the upper trapezius muscles overwork and become very tight.
2. **Improve your posture.** The center of gravity through your body actually starts at the upper part of your neck. If you sit slouched at a computer during the day or hunched over a desk, your neck muscles have to hold the weight of your head up for extended periods. Overtime, the muscles in the middle back become stretched out and weak, making the muscles of the neck overwork. This causes the neck muscles to become tight and irritated.
3. **Improve your flexibility.** Over 60% of the ability to turn your head comes from the upper neck. This is an area that becomes tight with poor posture, thus losing mobility and flexibility. Perform gentle stretching exercises throughout the day. Our physical therapy experts can show you the right exercises to help you.
4. **Drink enough water.** Many headaches are actually triggered by dehydration. Even though you may drink coffee, sodas or energy drinks, these types of drinks actually cause you to lose water throughout the day. Water is needed to keep muscles well hydrated and your brain functioning normally. Keep water within reach throughout the day and sip away.
5. **Get professional help.** If you find yourself with an aching neck or upper back on a frequent basis, you should seek the help of a physical therapist. Aches and pains are your body's way of telling you of an underlying problem. Dealing with chronic neck pain can

lead to chronic changes in your bones and muscles over time, making the problem much worse. Our medical experts examine your posture, alignment, stability, flexibility and strength to find the cause of your neck pain or headache. Our soothing physical therapy treatments then help quickly relieve your pain, restore your flexibility, posture and strength.

There is much that can be done to relieve your neck pain, headache or migraine. Physical therapy is the first line of natural treatment to a successful recovery. Discover how our back and neck program can give you the relief you deserve without the need for pills. Call Craven Sport Services today to speak with one of our specialists about your pain.



Above diagram from: Counting my Spoons



Karate Makes You Smarter- It's a scientific fact!

By Jim Bouchard

The ancient masters taught that martial arts practice was the key to expanding the mind as well as strengthening the body. Now scientists are starting to understand why.

It seems that consistent practice actually creates significant changes in the brain.

Claudio Del Percio of Sapienza University in Rome and his colleagues reported the results of a study in which they measured the brain waves of karate champions and ordinary people, at rest with their eyes closed, and compared them. The athletes emitted stronger alpha waves, which indicate a restful state. This finding suggests that an athlete's brain is like a race car idling in neutral, ready to spring into action." (Carl Zimmer, "The Genius of the Jock," *Discover Magazine Presents the Brain*, spring 2011)

Of course martial artists identified this phenomenon hundreds of years ago. The Japanese call it "mushin," the Chinese call it "wu shen." Both these terms translate roughly to "empty" or quiet "mind." It's no coincidence that some of the traditional forms practiced at the Black Belt Mindset Institute are called, from the Okinawan dialect: "Pinan," a word that means "peaceful mind forms."

The ancient masters knew that practice quieted the mind. Practice reduces the conscious effort needed to perform a technique and allows room in the processing regions of the brain to handle and process more data quickly.

"Even as practice changes the brain's anatomy, it also helps different regions of the brain to talk to one another" the Discover article continues. "With practice, the prefrontal cortex grows quiet. Our predictions (about a task) get faster and more accurate, so we don't need so much careful oversight about how to respond."

Every moment you spend in practice strengthens your brains ability to process information quickly and more accurately! This is the natural progression of novice to master; from **Think Like a Black Belt...**

"...Practice. That's the "secret" if you're looking for one, and it works as well in business and real life as it does in martial arts.

"A few years ago I was at a martial arts convention. One of the sessions featured Master Yamazaki, a renowned master of Japanese sword craft. In fact, his family was part of an unbroken line of instructors to the Imperial Family of Japan. Master Yamazaki taught most of the session through an interpreter, but he mustered enough English to tell this story, which I'll remember for the rest of my life. I'll do my best to share it as accurately as my concussion damaged memory will allow:

A young swordsman asks the Master to teach him how to become a great sword master.

"Simple," says the Master, "you only need to follow three simple rules."

"What's the first rule?" asks the student.

“Rule number one” the Master continues; “Basic practice!”

“OK, rule number two?” The Master answers again, “Basic practice!”

Rule number three?

“MORE basic practice!”

“A huge grin spread across Master Yamazaki’s face and in his thick Japanese accent he boomed out...

“Like-a-Nike! Just do it!”

As it turns out, this story that has been handed down for generations, albeit with Master Yamazaki’s addition of the Nike reference, has a sound scientific foundation. Maybe the most valuable part of martial arts practice is the particular attention we pay to the value and benefit of the process of practice itself.

Zimmer also notes: “...even the most genetically well-endowed prodigy clearly needs practice - lots of it- to develop the brain of an athlete. As soon as someone starts to practice a new sport, his brain begins to change, and the changes continue for years.”

The act of practicing has long lasting effects and any martial artist will tell you those benefits extend well beyond the constraints of the mat! Whatever you want to achieve in life, the secret is practice.

“That’s it! The same secret works if you want to become a doctor, actor, lawyer, or janitor in your local high school. All professions are admirable, provided you treat your job as a profession. That means taking meaningful action and practicing your trade as an art. *Practice* is really the ultimate action; it’s the beginning, the middle, and the end. Practice is what transforms any action into artistry. It is the trademark of the Master.” (*From **Think Like a Black Belt.***)

That mastery can be applied in any area of your life including work and school.

The evidence is now clear! Science proves that every time you practice your technique you’re tuning your mind for high-performance! Martial arts training does strengthen the mind as well as the body!

**The Battle is easy,
Warriors don’t wait until fight day to start training.
TRAIN EVERYDAY!**

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.

Today I went on thesaurus.com and searched “Ninjas”. The computer told me “Ninjas cannot be found”. Well played Ninjas, well played.



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

10 Benefits for Children Training in Karate

Social Skills and Friendship

This may not be the first thing one thinks about when enrolling your child in karate but it can play a major role in how your child develops social skills & friendships. Some children have a natural ability to make friends at school or on sports teams but many struggle with this for years. Those who are shy, scared or for children with confidence issues, karate can help them build their confidence which in turn helps them deal with other issues in their life. Karate does teach self-defense but it also teaches children patience and how to deal with conflict in a non-violent manner.

Discipline

Karate instructors are masters at being able to make classes for children fun but at the same time teach them discipline. Instructors do not tolerate goofing around in class or being disruptive. The discipline taught in martial arts also teaches how to control anger, how to diffuse situations without fighting and how to be self-accountable.

Studies have shown that martial arts such as karate is more effective at teaching children how to behave properly than traditional physical education. Improvements have been seen in levels of concentration, physical behavior and mood. In one study children who were taught martial arts for 3 months showed significant improvements in their behavior and were more sociable and attentive in class. The study was published in the Journal of Applied Developmental Psychology (Volume 25, Issue 3, May-June 2004).

Respect

Along with discipline, respect is taught to students of all ages. Children are taught to respect their instructors, other students, opponents and themselves. Respect is deeply engrained in karate. The respect associated with martial arts partially comes from the close interaction students have with their teachers. Naturally, as the student learns more from their instructor, they begin to increase in belt ranks, which also facilitates respect for the instructors' techniques, knowledge and abilities.

Confidence

Learning new skills, self-defense techniques acquiring higher level belts all contribute to increased confidence in children. Because karate is a competitive sport, the ability to face an opponent who may be larger in size also helps a child's self-confidence to grow. Because it is a one-on-one sport, the child learns to have confidence in himself without the support of a group or team. This in itself is very important as some children only feel confident when surrounded by others.

Awareness of Personal Safety

Martial arts provide children with the ability to be self-accountable in an adult world. This dynamic not only makes a child more confident, but more aware of their personal environment as well. For children, many dojos will teach about stranger awareness and what to do when encountering a stranger. While parents also teach these rules to their children, their martial arts instructor also reinforce that from different angles as well. Ultimately, children taught about stranger awareness and personal safety in dojos can come away learning better decision-making methods.

Physical Fitness

Physical fitness is a growing concern these days when it comes to children. Because of technology, downgraded quality of food and busier parental schedules, children are becoming more sedentary. Martial arts provide an avenue for children to work on their balance, posture, coordination and an understanding about the importance of health and fitness from an early age. Studies have shown that physical activity is incredibly helpful to a healthy mind.

Focus

A child with a strong attention span is one that will do better in school, have more discipline and have the ability to better handle situations without feeling overwhelmed. Martial Arts teaches children how to focus on a particular task, set of moves and reactions to an opponent's moves. This also goes together with the discipline built through martial arts.

Responsibility

In many dojos, children are required to maintain the cleanliness of their uniforms, the dojo and to be punctual. Along with the personal responsibility children have in memorizing moves, these elements impact their ability to achieve higher belts. Ultimately, that system of personal responsibility is important in the independence felt by a growing child.

Listening

Listening to instructions from martial arts instructors is a vital aspect of the success a child will have in their martial arts program. Because children need to listen to their instructors, clear lines of authority and respect are drawn. By listening to their instructors, children are taught that following directions, accountability and focus are important to success.

Attention to Detail

Martial arts are all about details. When children learn moves, they will learn how important every little movement needs to be and how it can impact outcomes. This emphasis on attention to detail helps a child increase their focus, concentration and memorization.

Martial arts are great for boosting a child's physical and mental health. Many of the positive aspects of healthy mental health are incorporated within the martial arts system of respect, rewards, accountability and confidence.



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 competitor's 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.

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

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.

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 BUSHIDO
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 HONOR
 INTEGRITY
 JUJUTSU

KARATE
 KOBUDO
 PERSEVERANCE
 RESPECT
 SAN BUDO
 SELF DEFENSE
 SENSEI
 SWORD

REASONS TO ENROLL YOUR GIRLS IN KARATE

1) Karate is Unisex

There are no 'girl's pushups.' It isn't girl's hockey or a dance class where there's usually one boy who plays the boys roles. There's a right way to kick and a wrong way and it has no bearing on if the student is a boy or girl. While she may be the only girl in the class, it doesn't change the way karate is taught.

2) She is using her Power

This wee child is standing in a room of her peers and putting forth all her effort. She is punching the heavy bag. She is screaming (Kia!) She is being her strongest and fiercest self. Participating in a karate class normalizes this display of power. She isn't on stage performing an act, she isn't playing as part of a team to win a game, she is using her body and her mind to be powerful. End of story. While she might be shy to sing clearly in a recital or may pass the soccer ball to a player with better skill – in Karate, there's nobody to count on but herself. Everyone else in the class is showing power and so is she. It's normal. Being powerful is normal and celebrated.

3) She knows it's Okay to be Physical

When I was a little girl and a boy pulled my hair or tackled me on the playground I laughed nervously and waited for him to stop. I didn't know that I could push him off of me. I didn't know that I could fend for myself in a physical way. I had no brothers to tumble with. Karate teaches little girls that being physical is okay and that if the situation calls for it, a girl can kick and punch just the same way that boys can.

4) She knows she is in Control

Because Karate is an individual sport, she knows that she is in control of how she performs. If she gives it her all and works hard and listens to the instructor then she knows she will progress. There is nothing holding her back and her success does not rely on a team or partner. The only head games here are the ones she plays on herself.

5) She will set goals – and Reach Them

There's no motivation for self-control, discipline and correct execution of skills like moving up in belt level. Kids in karate line up in order of skill level so they immediately know who is ahead of them and they want that for themselves too. I heard a child from Hannah's class say to his mom "She's so good, she even has two black stripes on her belt." This boy wants that too and he knows how to work for it.

6) **She will Defend Herself**

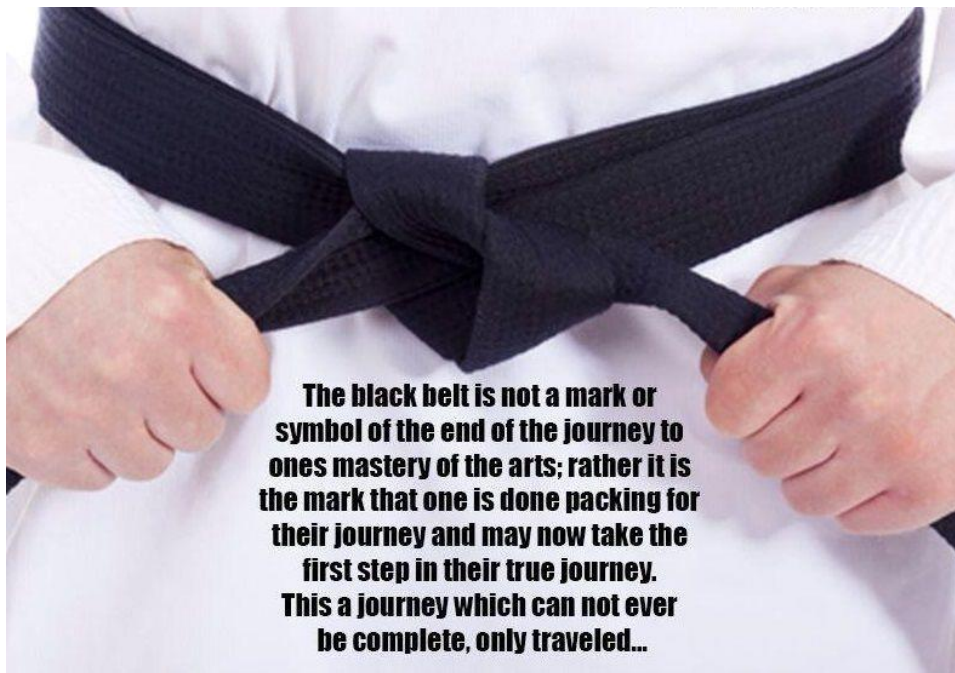
Part of the teachings of Karate is defense. Getting out of someone's grip, being aware of your surroundings, blocking, and staying balanced are all part of each class. Karate teaches children that they aren't to freeze if another has their hands on them. My daughter is learning that she is to respond with action, she's learning to be vocal about it, she's learning that she does not need to submit, instead, she has choices.

7) **She will Learn to Respect Superiors**

Karate begins with all the students bowing. They learn that while their instructor is there to help, he is also in charge and they learn to respect their fellow students too. A student with a greater skill level should be celebrated and if one student wins a contest of skill, he or she is bowed down to.

8) **She will Learn she is to be Respected too**

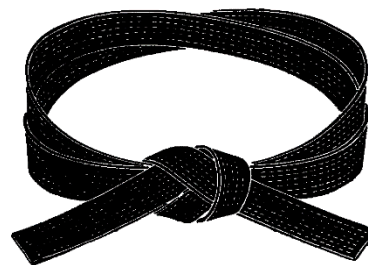
When she is that student the others are bowing to, she will feel their respect. It has happened a few times already. She stood in front of them all and they bowed down to her. She loved it (how could she not?) She stood there with her little hands on her little hips, full of confidence and pride. In this instance she's not just a little girl – she's the best in the class. That's something to hold onto and carry into the future. When she reaches her goals and is rewarded with the next level belt and gains the respect of her fellow students she will know it and she will learn what it feels like to be respected. The best part about this? Earning respect in Karate has nothing to do with tight costumes, make-up or popularity.



The black belt is not a mark or symbol of the end of the journey to ones mastery of the arts; rather it is the mark that one is done packing for their journey and may now take the first step in their true journey. This a journey which can not ever be complete, only traveled...

GRADING TIPS

The fear of grading for your next level in karate is real but remember it is just a test. Everyone moves up the ranks at different speeds and failing a grading does not mean that you are not good at karate. Here are some simple tips for dealing with the pressure and anxiety.



Tip #1: Put things into perspective

If you look at your progression from white to black belt as a journey, then your individual belt tests are simply checkpoints. These checkpoints give you a chance to see how far you've come, how far you still have to go and to allow yourself the chance to enjoy the fact that you've gotten this far. It's really that simple. Don't make your belt test more than it is. Nobody will ask you how you did on your yellow belt test once you are a black belt!

Tip #2: Find out what you will be tested on

You must know what you will be tested on. Knowing what the required content is for the next belt is like buying a map and planning your route from one destination to the next.

Tip #3: Prepare for your test in advance

Do not leave preparation to the last minute. Give yourself the best chance possible by practicing the things that you will be graded on.

Tip #4: Get a good night's sleep and relax on test day

Get a good night's sleep and do whatever it is that calms you down and helps you to focus your mind the day of the grading. If you have a stressful day, set aside time after you finish work or school to sit quietly and regroup before you go home and put on your karate uniform.

Tip #5: Don't take yourself too seriously

You are taking your yellow belt test (or orange or green..., or black belt.) Whatever belt you are testing for, you want to pass. But if you do not pass, do not think of it as failure. Find out why you did not pass and make every effort to do better on the next grading.

REMEMBER: How we handle failure is more important than how we handle success. We are all going to experience failure at some point in our lives, and our attitude about that failure is what determines whether we bounce back or fall hard.

Good luck and best wishes on your journey in karate!



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. Instructor1 2 3
- B. Class Schedule1 2 3
- C. Dojo Location1 2 3
- D. Membership Fees1 2 3
- E. Martial Art Style.....1 2 3

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

- A. Whole body wellness1 2 3
 - B. Non-gender specific1 2 3
 - C. Confidence building.....1 2 3
 - D. Self-defense.....1 2 3
 - E. Sport1 2 3
 - F. Art1 2 3
 - G. Physical Fitness1 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 dojo..... 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 fitness1 2 3
- B. Confidence/Self Esteem.....1 2 3
- C. Self-defense.....1 2 3
- D. Social Interaction.....1 2 3
- E. Stress relief1 2 3
- F. Sport1 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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