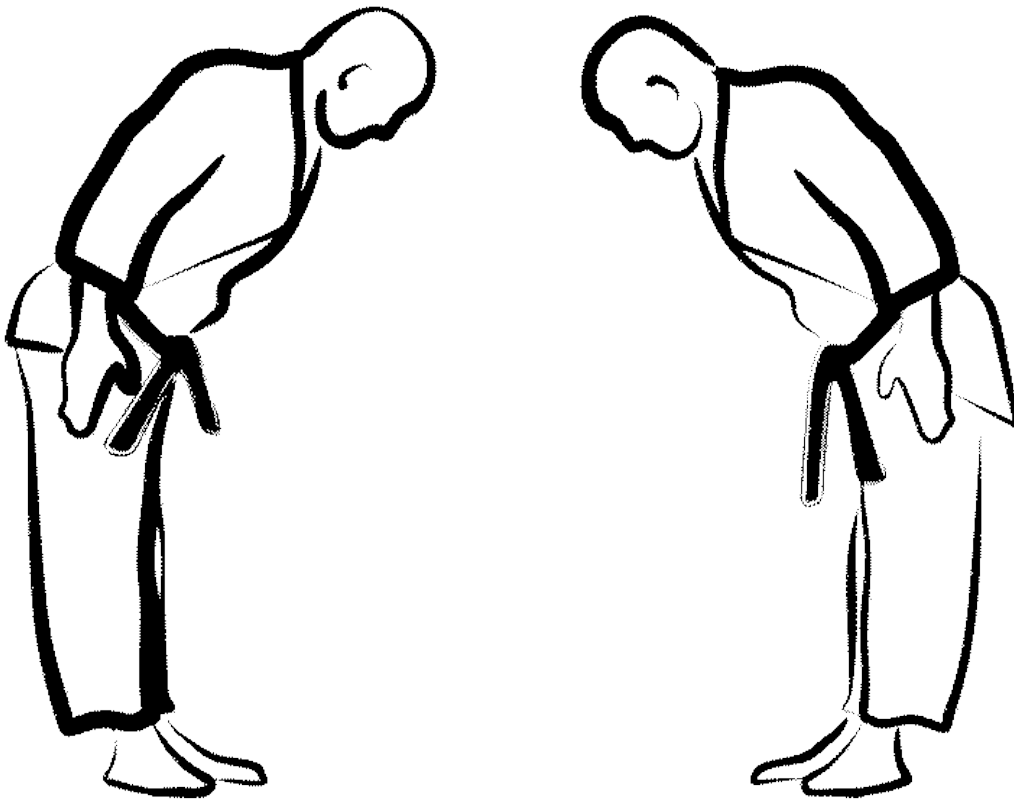


**SASKATCHEWAN
KARATE ASSOCIATION
NEWSLETTER**



JANUARY 2020

Message from the President

Hello and Happy New Year! I hope everyone had a restful holiday and is ready for 2020. The start of a new year is always an exciting one as we face the year ahead with a positive outlook.

The SKA Board of Directors has had a very busy year with several meetings related to the Karate Federation of Saskatchewan. As mentioned previously, Sask Sport requested that the SKA work collaboratively with another karate organization to allow both organizations access to Sask Lotteries Trust Funding in order to provide opportunities to all karate participants in Saskatchewan.

After meetings with an independent facilitator, it was agreed that a Federation would be formed with both the Saskatchewan Karate Association (SKA) and Prairie Karate Association (PKA) being members of that Federation.

The Karate Federation of Saskatchewan became an active organization on March 8, 2017 and was named the active Provincial Sport Governing Body (PSGB) for the province of Saskatchewan.

In the two years that the Federation was active, PKA developed issues within their organization that could not be resolved amongst themselves and thus was no longer recognized or funded by Sask Sport/Sask Lotteries Trust Fund. Due to these issues, the Karate Federation of Saskatchewan was dissolved, and the SKA regained the status of PSGB in the province of Saskatchewan on September 9, 2019.

With this now behind us, the SKA would like to welcome back Five Hills Chito Ryu Karate Club located in Moose Jaw. Five Hills Karate Club is operated by husband and wife team, Colin & Nancy Rosnes and teaches Chito Ryu style of Karate. Further information about this club can be found on the SKA website at www.saskkarate.ca.

I would like to take this opportunity to thank the SKA Board of Directors for all their extra time and effort these past few years as we moved through the above process and for maintaining their integrity throughout.

The SKA continues to strive for the benefit & growth of our athletes and affiliated clubs. As an association, we are determined to see continued growth in the sport & art of karate.

May 2020 be a year of continued growth and excellence in our organization.

Sincerely,
Dave Smith
President
Saskatchewan Karate Association





Letter from the Editor

I hope you all had a relaxing Christmas and best wishes for a happy, healthy and prosperous new year!

With various sport organizations promoting different aspects of Karate, I want to take this opportunity to talk a bit about Traditional Karate vs Sport Karate. With so many different martial arts schools and forms of training, it is important to know the difference.

Both types involve learning fighting techniques, but they differ in many other aspects. Traditional karate emphasizes self-defense and self-development (Budo). Sport Karate has some traditional background to their training, but choose to focus on the competitive or sport side of the martial art.

Traditional Karate is the original karate and came into existence as a fighting art in Okinawa, Japan. The original karate has its roots in 'Tode', a weaponless self-defense system. It is influenced by Chinese martial arts and has a history that is over two thousand years old. On the other hand, sport karate descended from traditional karate. The techniques of sport karate are based on the stances and punches and kicks of Japanese karate but have been adapted to be more competitive.

The objective behind traditional karate is self-defense and survival. It is based on the concept of the 'finishing blow', meaning the last blow of the fight that renders the attacking opponent unable to fight. Sport karate is more about competition and scoring points. The points are awarded to the fastest and the most precise hit on the target with a foot or fist, so there is no need for the finishing blow.

Though competition is part of both Traditional and Sport Karate, Sport Karate focuses heavily on it.

The other benefit of Traditional Karate is "mind training". Modern life has made it easy to ignore the importance of this training, but it is essential in everyday life, whether it be related to school, your job or when confronted with any type of stressful situation. We all need discipline to reach our goals and Traditional Karate teaches this very important life skill.

Sincerely,
Linda Crosson
SKA Executive Director

SKA BOARD OF DIRECTORS



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Executive Director

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

The goal of the Saskatchewan Karate Association is to promote and facilitate the development of Traditional 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 3, 2020

8:00 pm

F.W. Johnson Collegiate

400 Fines Dr.

Regina, SK

SKA PROVINCIAL SPRING TOURNAMENT

Saturday April 4, 2020

9:00 am

F.W. Johnson Collegiate

400 Fines Dr.

Regina, SK

SKA ANNUAL GENERAL MEETING

Sunday April 5, 2020

Starting at 9:30 am

Location TBA

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

SKA FALL TOURNAMENT RESULTS

November 2, 2019 Wadena, SK

KATA

Male 10 & Under Novice

Gold: Nathan Nguyen (Regina)
Silver: Baden Gilbertson (Humboldt)
Bronze: Harvey Hoang (S'toon)

Female 10 & Under Novice

Gold: J'Leena Priel (S'toon)
Silver: Ayla Maylo (Martensville)
Bronze: Kaitlyn Volman (Rose Valley)

Female 10 & Under Intermediate

Gold: Ayumi Sinclair (Qu'Appelle)
Silver: Eliot Cline (Humboldt)
Bronze: Brenna Birdsall (S'toon)

Male 10 & Under Intermediate

Gold: Aspen Hoang (M.W. S'toon)
Silver: E.J. Claveria (Rosetown)
Bronze: Lucas Liu (Regina)

Male 10 & Under Advanced

Gold: Omar Mohamed (S'toon)
Silver: Kael Zelisko (Martensville)
Bronze: Patrick Zaharia (S'toon)

Female 11 – 13 Novice

Gold: Meadow Daschuk (Martensville)
Silver: Sophia Jankowski (Rose Valley)

Female 11 – 13 Intermediate

Gold: Emily Matisho (Swift Current)
Silver: Shreya Adapa (S'toon)
Bronze: Onyx Finch (Rose Valley)

Female 11 – 13 Advanced

Gold: Braidy Birdsall (S'toon)
Silver: Erin Cline (Humboldt)
Bronze: Jada Kennon (S'toon)

Male 11 – 13 Intermediate

Gold: Michael Volman (Rose Valley)
Silver: Addison MacLean (S'toon)
Bronze: Volodymyr Horivchuk (S'toon)

Male 11 – 13 Advanced

Gold: Ahmed Mohamed (S'toon)
Silver: Kervens Johnstone (S'toon)
Bronze: Jackson Peddle (S'toon)

Male 14 – 17 Intermediate

Gold: Ivan Baggett (Qu'Appelle)
Silver: Tynan Clarke (Regina)
Bronze: Theodore Zaharia (S'toon)

Adult Female Novice

Gold: Leane Harasymchuk (Humboldt)
Silver: Amelia Bandet (Rose Valley)

Adult Male Beginner

Gold: Ethan Harasymchuk (Humboldt)

Adult Male Advanced

Gold: Sebastian Bundrock (S'toon)
Silver: Devon Sears (S'toon)
Bronze: Jeremy Andreas (Kuroki)

Adult Male Black Belt

Gold: Bryce Nagy (S'toon)
Silver: Garrett Lillie (Regina)
Bronze: Michael Tchozewski (Regina)

Youth Team Kata Intermediate/Advanced

Gold: Braidy Birdsall, Jada Kennon, Theodore Zaharia (S'toon)
Silver: Luke Stevens, Ahmed Mohamed, Omar Mohamed (S'toon)

KUMITE

Male 10 & Under Novice

Gold: Dexter Daschuk (Martensville)
Silver: Baden Gilbertson (Humboldt)
Bronze: Caden Leonard (Humboldt)

Female 10 & Under Novice

Gold: Meadow Daschuk (Martensville)
Silver: J'leena Priel (S'toon)
Bronze: Ayla Malo (Martensville)

Female 10 & Under Intermediate

Gold: Brenna Birdsall (S'toon)
Silver: Ayumi Sinclair (Qu'Appelle)
Bronze: Eliot Cline (Humboldt)

Male 10 & Under Intermediate

Gold: Aspen Hoang (S'toon)
Silver: Grayson Peddle (S'toon)
Bronze: Max Olson (Kuroki)

Male 10 & Under Advanced

Gold: Luka Filipovic (S'toon)
Silver: Luke Stevens (S'toon)
Bronze: Omar Mohamad (S'toon)

Female 11 – 13 Intermediate

Gold: Shreya Adapa (S'toon)
Silver: Danica Leonard (Humboldt)
Bronze: Ryder Anne Rusaw (Martensville)

Female 11 – 13 Advanced

Gold: Jada Kennon (S'toon)
Silver: Braidy Birdsall (S'toon)
Bronze: Erin Cline (Humboldt)

Male 11 – 13 Intermediate

Gold: Easton Gosselin (Humboldt)
Silver: Volodymyr Horivchuk (S'toon)
Bronze: Addison MacLean (S'toon)

Male 11 – 13 Advanced

Gold: Jackson Peddle (S'toon)
Silver: Kervens Johnstone (S'toon)
Bronze: Ahmed Mohamed (S'toon)

Male 14 – 17 Intermediate

Gold: Theodore Zaharia (S'toon)
Silver: Ivan Baggett (Qu'Appelle)

Adult Male Advanced

Gold: Jeremy Andreas (Kuroki)
Silver: Sebastian Bundrock (S'toon)
Bronze: Devon Sears (S'toon)

Adult Male Black Belt

Gold: Bryce Nagy (S'toon)
Silver: Michael Tchozewski (Regina)
Bronze: Garrett Lillie (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!

**Saskatchewan
LOTTERIES**

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: Sensei Dave Smith & Sensei Graham Guthrie

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

Come out and join the team!!!



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



Martial arts can improve your attention span and alertness long term

<http://theconversation.com> - February 20, 2018

Martial arts require a good level of physical strength, but those who take up training need to develop an incredible amount of mental acuity, too.

Mental strength is so important to martial arts that researchers have found karate experts' stronger punching force may be down to a better control of muscle movement in the brain, rather than increased muscular strength. Other studies have also found that children who practice martial arts improved in math test scores and behavior.

Which leads to an interesting question – does taking part in martial arts cause the brain to develop better control, or do people with these brain characteristics choose to do martial arts? It is something that our team has been researching, with interesting results.

Martial attention

We've been specifically measuring attention to assess mental control, as previous research has suggested that mindfulness and exercise can both have beneficial effects on attention. You could argue that martial arts are a combination of both – active sports that involve aspects of meditation and mindfulness.

In our recently published study, we recruited 21 amateur adults who practice martial arts (karate, judo and taekwondo, among others) and 27 adults with no experience in the sports, to take part in an attention network test. This test assesses three different types of attention: alerting (maintaining a sense of alertness), orienting (the shifting of attention), and executive (involved in choosing the correct response when there's conflicting information).

We were particularly interested in the alert network, which can reveal how vigilant a person is. If a person has a high alert score on this test, it would suggest that they are better able to respond to unpredictably timed targets than those with a low score.

While there are differences across each martial art in terms of their core philosophies, whether they're more of a "fighting" martial art or more "meditative", and their intensity, we did not discriminate about the type our participants took part in. Future research could compare the different types, but for this study we were more interested in general martial artists' attention compared to non-martial artists'.

Sparring tests

We invited the participants to our lab, and recorded details of their martial arts experience (including the type, how often they practice, and how many years they've been involved in the sport) before asking them to take part in the computer-based task. This involved participants seeing a row of five arrows and having to respond to the direction of the central arrow by pressing a letter button on a

keyboard (“c” for left-facing arrows, and “m” for right) as quickly as possible. In some trials, they were given a warning cue that told them the arrows would appear soon, and in others they weren’t. Typically, in most martial arts training, there’s an element of sparring, which is a form of simulated fighting with a partner. One of the aims of this is that the partners will be attempting to remain focused and avoid their partner making contact. After all, nobody *wants* to be punched in the face. It is rare for a sparring opponent to give a clear warning of the exact timing of a punch so the defending partner needs to stay alert, or vigilant, at all times so that they are ready to dodge the hit.

During our research, the martial arts participants produced higher alert scores than our non-martial artists. This means that the martial artists responded to the arrows fastest, especially when they were not given a warning. This signifies that they have a greater level of vigilance, which could reflect stronger cognitive control.

We also looked at the effects of long-term martial arts practice and found that alertness was better in the martial artists with the most amount of experience. Several of our participants who had more than nine years’ experience in the sport, showed the best alertness in our tests. This suggests that the longer a person sticks at martial arts, the bigger their reward. Taking this a step further, it appears that the effects of improved attention may be long lasting, rather than just a short boost after training.

While it could be argued that martial arts simply are among many activities that can lead to better health, what we and other researchers have found is that their practice is one of those rare crossovers that helps significantly improve the brain just as much as the body.



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.



**Apply the Way of Karate to All Things
Therein Lies its Beauty!**
Gichin Funakoshi



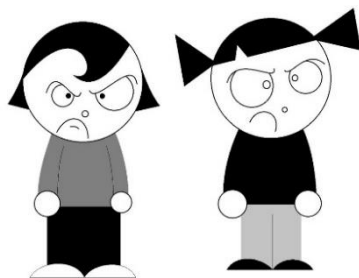
SKA Newsletter Submissions

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

What to Do When Your Child Doesn't Want to Go to Class

Classes are an investment in time, energy and money. Also, regular attendance is important to attain advanced level skills. Consider these 5 tips if your child is reluctant to attend classes.

1. Be mindful of your child's activities before class. Are they having fun playing with toys? If so, that can wait until after class. If you still have trouble, assign them a chore or no-fun task 10 – 15 minutes before they need to get ready. Then they'll be glad to stop working and go to class.
2. Be mindful you don't advertently project the wrong attitude. If you're aggravated, rushed or stressed when your getting your child ready for class, they may reflect your emotions. Be upbeat and positive when you get them ready, and they're more likely to look forward to the activity.
3. Be careful how you respond to your child's performance. If after class ends you emphasize all the things they did wrong during class, those negative feelings may carry over. Limit criticism, or focus on constructive ways to help your child do better or interact more easily with their classmates.
4. Communicate with your child's instructor. The goal is to foster motivation. Let the instructors know about your struggles so they can help to motivate your child before, during and after class. It takes a village, so don't be afraid to ask for support.
5. To motivate your child, consider a reward. Your child's brain is still growing. Most of their development comes from positive stimulation and experiences. Set expectations before class for their behavior during class. For example, attend and behave well at the next three classes, and we'll stop for your favorite ice cream on the way home.
6. As parents, we can easily get caught up in the daily grind. We forget that situations like this require attentive and intentional planning. Being a bit more thoughtful can enhance the Draco experience for you and for your child. Good luck!



MATCH THE KARATE MEANING TO THE WORD

ANSWERS on page 28

DAN:	Karate belt
GI (gee):	Focus of power
KARATEKA:	Bow to the teacher
KI (kee):	Respect / acknowledgement
KIME (kee-may):	Karate uniform
KYU (kee-u):	A senior student
OBI (o-bee):	Black-belt grades
SEMPAI (sem-pai):	Any grade below a black belt
SHOMEN-NI-REI: (sho-men-nee-ray)	Bow to each other
Sensei-ni-Rei: (sen-say nee ray)	The practitioner of Karate
Otagai-ni-Rei:	Bow to the front of the dojo
HAJIME (hajee-may):	Stop
YAME (ya-may):	Begin
OSU (oss):	Mind /Spirit / Energy



Cops say a would-be kidnapper chased a woman into a Karate studio - that was a bad move -

By Gianluca Mezzofiore, CNN - Updated 5:11 AM ET, Sat January 5, 2019

(CNN) A man tries to kidnap a woman by forcing her into his car, in north Charlotte, North Carolina. She breaks free and runs into a nearby karate studio pleading for help.

You can already see how these ends: with the suspect being carried out on a stretcher after a fight with a karate head instructor.

The incident happened at 9 p.m. Thursday outside Bushiken Karate Charlotte Dojo, according to CNN affiliate WSOC and the head instructor, Randall Ephraim.

WSOC reported that cops said the man tried to force the woman in his vehicle near the karate school.

Ephraim told CNN he was straightening up when the woman rushed inside the studio.

"There were still some kids in the dojo being picked up by parents and a couple of adult students cleaning up when a young lady came through our doors and stated that someone was trying to harm her," he told CNN.

"Shortly afterward, a big male entered the building," he said. "Not knowing what he wanted, I assumed he was inquiring about classes.

"I asked how I could assist him and he stated that he was there for the lady. She insisted that she did not know him and tried to kidnap her."

Ephraim said he asked the man to leave, but he stated he was not going anywhere. "He then tried to force himself further into the dojo, aggressively pushing and swinging," the instructor said.

"I then went into action defending myself and got him out of the dojo. Once outside he attempted to attack again and was dealt with accordingly."

The suspect also tried to assault police officers before he was arrested, WSOC reports. He was taken to the hospital with injuries. There's no word on his condition at this point.

IT WAS ONE OF THOSE RIGHT PLACE RIGHT TIME THINGS



51 Awesome Ways to Practice Kata

By Jesse Enkamp

Do you like *kumite*? **You're in luck, my friend!** A quick internet search will give you thousands of ways to practice and improve your sparring skills. *But...* **What about kata?**

What about the millions of Karate people all over the world, looking for advice on how to improve their kata, only to end up finding – *nothing*? Dude. **I used to be one of those desperate people! Until I decided to take matters into my own hands...**

Today I've compiled 51 of my personal favorite crazy ways to practice kata into one super killer article for you, applicable to all styles of Karate.

Because kata is much more than what meets the eye!

1. **Do the kata mirrored.** Research shows that doing something on the 'opposite' side improves the 'regular' side too, by greasing neurological pathways in your brain associated with the kata's movement pattern (known as the contralateral training effect). So, flip it over!
2. **Do the kata backwards.** Start with the last movement and end with the first movement. This is similar to doing the kata mirrored, but a little bit harder.
3. **Do the kata mirrored and backwards.** This is the ultimate brain twister. The goal is to do it with full power and speed, of course. *Good luck!*
4. **Do the kata with your eyes closed (or blindfolded).** Shutting off a sense (in this case, your visual sense) will significantly increase the awareness and focus of your other senses (i.e. balance, proprioception, hearing).
5. **Do the fast movements slow.** Your body and mind was designed to take the path of least resistance. That's how humans work. Unfortunately, this often means that you'll have automated habits of 'cheating' through hard parts of kata by using the momentum gained from fast techniques. *This could fix that.*
6. **Do the slow movements fast.** Even the slower movements should have a correct line of power transmission and sequential timing of body movements – which is exactly what doing them fast will teach you.
7. **Do the fast movements slow and the slow movements fast.** This is the combination of the above two exercises. The balance and contrast between hard and soft ("*go*" and "*ju*" in Japanese) is the key takeaway here. Oh, and did I mention that 3-times kata world champion Luca Valdesi does this exercise almost every time I see him prepare for finals?
8. **Do the kata just using your upper body.** Because when you immobilize your lower body, you truly appreciate where power originates.
9. **Do the kata with just your lower body.** Anyone can do this exercise. But few can do it well; using kime, speed and power. Pay special attention to your *posterior chain*.

10. **Do the kata in your head (visualize).** Our brains are surprisingly bad at discerning whether something happens in real life or “just” in our imagination. Use this to your advantage to practice your kata on the bus, at the grocery store, in the shower, at work, in bed or wherever. Research shows that first-person perspective works better than third-person perspective though.
11. **Visualize and time the kata. Then do the kata physically.** It should take the exact same time. That’s when your mind and body are in complete harmony.
12. **Do the kata in your everyday clothes.** Shoes too. Are your movements suddenly becoming impractical? *Why?* That’s just silly. Make them practical.
13. **Do the kata outside.** The woods. The beach. The mountains. The desert. Choose a scenic spot and tap into the cosmic power of Mother Nature.
14. **Do the kata as fast as you can.** The whole thing. No cheating. Each technique completely done before the next one. Full speed. This requires a laser-like mental focus and discipline. Don’t worry about power or strength. It’s all about *speed* now.
15. **Do the kata as slowly as you can.** This, on the other hand, is 100% mental torture. You can compete with a friend to make it more motivating. The slowest kata wins. Mental fatigue = you lose.
16. **Have friends surround you with focus pads and kick shields.** As you perform the kata; strike, kick, punch and block with full force into the high impact gear, to make sure your techniques are battle ready.
17. **Do the bunkai.** Because that’s why the kata was m-a-d-e.
18. **Wear a weighted vest.** This will add resistance to most of your movements, directional shifts and jumps. Try not to make your stance higher though (you will certainly want to).
19. **Wear ankle/wrist weights.** This will add more resistance to your limbs, in all movements. But for your joint health, no fast movements!
20. **Practice smaller sequences of the kata.** Narrow it down and just practice specific sequences in order to improve the whole.
21. **Practice single movements from the kata.** Narrow it down even further and pinpoint specific techniques, to improve the whole.
22. **Do the kata 100 times in a row.** *Just because.*
23. **Roll a dice. Do the kata as many times as the dice shows.** Choose another kata. Roll the dice again. Et cetera. Repeat for a set amount of time.
24. **Do the whole kata using just one stance.** Same directions and techniques as usual, just changed stance.
25. **Do the whole kata with one arm tied behind your back.** You never fully appreciate the importance of “*hiki-te*” (the withdrawing hand) until you take it away.
26. **Do the kata in water.** But not above shoulder height. Water adds a unique kind of resistance, which provides a stimulating challenge for kata practice. Great for physical rehab too, as it eases the stress of your joints.

27. **Do the kata and pretend you're "angry".** You'll eventually dip into the limbic system (lizard brain) and actually become angry. That's when things happen. You might cry. *That's okay.* Nobody needs to see. It's all about learning to ride your emotions, channeling them through the kata, eventually getting into the flow. With practice, you will be able to flip this switch instantly.
28. **Do the kata on ice.** Balance is your body's primary priority. And if you can balance on ice, you can balance on anything, bro.
29. **Do the kata while sitting on a friend's shoulders.** He/she performs the lower body movements (steps, stances and kicks), while you do the arm movements (punches, blocks, strikes, salutations etc.) Try to synch with each other. Then switch places. Both positions provide interesting challenges.
30. **Practice kihon.** There's a handful of common techniques found in every kata. By practicing these basic techniques (known as "*kihon waza*"), you will magically improve every single kata you know. Sounds like a no-brainer to me.
31. **Do the kata in front of an audience.** There's a common pressure associated with doing kata in front of an audience. That stress, or performance anxiety, is interpreted by your body like an actual situation of physical danger (cortisol levels rise, palms start to sweat, muscles tense up, adrenaline is released etc.).
32. **Film your kata.** Because a mirror only reveals so much. And your sensei might be subject to repetition blindness. But remember to use various angles.
33. **Do your kata to music.** Not because you dig Justin Bieber, but because the rhythm of certain music sparks a primal flame in our brains related to instinct. Try heavy bass drums. Try Japanese taiko. Whatever floats your boat and gets you going.
34. **Watch somebody else do kata.** Either in real life or video. Preferably someone better than you. Research tells us that your brain's mirror neurons will light up as if you were physically performing the kata yourself. *The best part?* You won't have to wash your gi afterwards! (But sadly, you won't really need that post-workout strawberry chocolate protein shake either...)
35. **Do the kata with a snorkel (or high-altitude simulation mask).** There's a reason many Olympic champions go to Africa for training. They have a lot of mountains over there. And high altitudes makes it heavier to breathe. When it's heavy to breathe, your body needs to push harder. Gradually your VO2 max, lung capacity and fatigue threshold (not to mention mental toughness) improves. That's awesome. Famous MMA fighters do this.
36. **Lift heavy weights explosively, then do the kata.** Explosive weight lifting (85% RM >) ignites your fast-twitch muscle fibers, which you should take advantage of by immediately practicing kata afterwards. In the world of sports science, this is known as "complex training", and is generally done with plyometric exercises.
37. **Have people surround you. Tell them to attack you at random.** You can only defend yourself using techniques from the kata. But keep it simple. Basic punches, kicks and blocks. Some grabs. Start slowly and gradually increase power and speed. Feel free to use protective gear.

38. **Do the kata with a partner who tests all your strikes/kicks by blocking them, and tests all your blocks by striking/kicking at them.** This is a dynamic form of “*kote kitae*” (conditioning) and works surprisingly well with kids too.
39. **Do the kata at half speed.** Snap each technique lightly. This is the #1 method for warming up, since it prepares your central nervous system for higher speed and power without risking injury. Keep strict technique, focus and kime however – just like at full speed.
40. **Do the kata with extra big movements.** When things get serious, we tend to tense up and shrink our techniques’ range of motion (ROM). So practice with extra big movements in order to prevent that. We did this all the time with the female Japanese national team when I lived in Okinawa. Just remember to keep your elbows in, armpits closed and shoulders down.
41. **Do the kata without mirrors.** Because sometimes we get caught up in staring at our own handsome faces a bit too much. (*Or is that just me?*)
42. **Do the kata with one leg fixed in the same spot.** You can only move your other (free) leg around. You still need to perform all the correct stances, directions and techniques. *Get it?* Great for when the dojo is crowded.
43. **Spin around several times really fast, then do the kata while dizzy.** Less painful than having somebody get you punch drunk, but gives you the same effect. Kids love this one too.
44. **Do the kata without a gi top.** Have a friend check every movement for correct breathing, muscle and joint alignment. This is known as “*shime*”, and is what Goju-ryu stylists do with Sanchin kata and Shorin-ryu stylists do with Naihanchin kata. But the general concept applies to all kata, of course. Your friend can push you, pull you, pat you or even slap you.
45. **Do the kata while a friend counts (or claps).** The crucial, and hard, thing is to never think about the next movement here. Be fully present in each technique. Just relax, and then “*bam!*”, explode each time you hear a count or clap. Can be done with various rhythm in counts/claps.
46. **Do the kata in extreme weather conditions.** Heat, cold, rain, hail, sleet or snow. Not only will this test your spirit, but could effectively serve as a mental anchor for the rest of your life. This was the case with European and world team kata champion Lucio Maurino, when he was instructed by his mentor to perform kata Sochin under the moon in the snowy mountains of Italy, as revealed to me in one of our epic interviews.
47. **Do the kata uphill/downhill.** This totally throws off your feeling and balance, since some movements will suddenly become harder and slower (uphill) while other will be easier and faster (downhill). The goal is to act as if the ground is level.
48. **Do the kata while a friend uses gestures or taunts to make you lose focus.** Your friend can do anything (verbal or visual), but cannot touch you or hinder your movement. If you laugh/smile or lose focus in any way, you’ve failed.
49. **Do the kata while balancing a hardcover book on your head.** The key lies in keeping a straight centerline. Try to gradually increase speed and power.

50. **Do the kata while standing on a balance board/swiss ball (or one leg).** Similar to performing the kata on ice, except your lower body is now immobilized (you can't change stances or move around), yet you are in constant struggle for balance.
51. **Lastly, just do the whole kata as if your life depended on it.** No second thoughts. No looking back. No retreat. No surrender. Take no prisoners. If your gi isn't totally messed up, and your belt isn't on the ground next to a pool of sweat, then well, you probably just didn't try hard enough. Try again. *Refocus.*



**SINCE KARATE IS A MARTIAL ART, YOU
MUST PRACTICE WITH THE UTMOST
SERIOUSNESS FROM THE VERY BEGINNING.**

- GICHIN FUNAKOSHI -

Martial Arts: An Unexpectedly Great Activity for Seniors

Bruce Lee, one of the world's most beloved martial artists, is full of wise quotes. One of my favorites is this old gem: "Notice that the stiffest tree is most easily cracked, while the bamboo or willow survives by bending with the wind." While we might not immediately think of martial arts as a sport for older adults, there are many ways in which martial arts and aging are a perfect match: Both are a combination of strength, experience, and wisdom. With facets of community building, mindfulness, and physical strength, martial arts can offer older adults an opportunity to tap into their deeper inner power.

Founded upon forging an unbreakable connection between one's mind and body, it's no coincidence that movies about martial arts almost always feature a revered older master whose skills exceed that of their younger students: to excel at this sport, life experience is paramount. And though forms like Mixed Martial Arts (MMA) definitely require a young body that has a quick recovery speed, other types are more well-suited to the physique of older adults. The benefits that your aging loved one might gain from engaging in martial arts are profound: increased balance, strength, and concentration are just some of the effects they'll experience from this ancient practice.

Why Martial Arts Is Worth Exploring for Older Adults

Doing martial arts regularly can help your aging loved one remain independent while aging in place. Especially for older adults who are easily bored or dislike mundane routine, martial arts offers an exciting way to stay in shape. It's a great cardio workout that exercises the entire body from head to toe, builds muscle without needing to lift weights, and improves coordination. These challenging classes will also help your loved one gain flexibility, range of motion, and overall stamina. Meanwhile, they'll be training their mind the whole time: all forms of martial arts combine aspects of meditation, mindfulness, and deep concentration. How's that for a well-rounded exercise routine?

Martial arts isn't just a fitness class — it's a culture. Students are encouraged to focus on bettering themselves each day, whether through friendly competition or going after a

prestigious belt. Ongoing training can boost your aging loved one's confidence and self-esteem; learning how to defend themselves is very empowering. And if your loved one chooses to try martial arts; they'll no doubt be in good company. More and more older adults these days are taking up this fascinating sport to sharpen their mind and body.

Helping Your Loved One Get Started

Begin slowly with a relaxed schedule until their skill level and health are built up adequately, slowly increasing attendance as comfortable. Some older adults enjoy going to class upwards of 5 times a week, but your loved one will need to work up to this level.

Many older adults who engage in this ancient practice notice a significant change in how they relate to their bodies, as well as the world around them. By focusing on the mental and spiritual aspects, martial arts can help your aging loved one exceed their own expectations of what they're physical body is capable of. More than just a fun hobby, martial arts offers a way of life in which your loved one is constantly encouraged to bring together body, mind, and spirit.



“We don’t stop playing because we grow old; we grow old because we stop playing.”

~ Free Spirited ~

“ Aging is not lost youth but a new stage of opportunity and strength”

-Betty Friedman

HOW TO MENTALLY FOCUS IN MARTIAL ARS TRAINING

Nov. 29, 2012 By: Chris Filed in: Psychology & Success

While everyone loves to think that getting into the mindset to train is as simple as entering the dojo, the fact is we live busy lives. We're constantly thinking of this or that, trying to juggle school, work, kids, relationships, etc. Our minds are a jumble of thoughts and emotions, and training without mental focus is likely going to get you punched in the head. So here is a list of steps you can take to help clear your mind:

Focus on Preparation. Every little task you do as you get ready to train should be treated as an unrushed ritual. When you enter the dojo, focus on making a crisp bow. As you put on your uniform, make sure you look as good as possible, pay attention to tying your belt knot correctly, with the ends the right length.

Ritualization. This is part of the previous point, but the more you make everything a series of actions that require focus, you're centring your brain on the activity at hand. As you bow to get onto the mats, this represents your mind and body becoming ready to the upcoming training. When you bow to your partner, it should be a wake up call that you need to be on guard, and that unexpected things may happen, in addition to showing respect for your partner.

Focused Breathing. Some martial arts schools have meditation at the beginning of class (like we do) during which you can focus on your breathing and forget your everyday worries. But it can be hard to eliminate all the little thoughts, and that time of silence can occasionally bring back all your worries. If that's the case, try to focus on your breathing while stretching, which brings us to the next point...

Focused Stretching. Stretching and the warm-up can become a practiced rote where your mind has an opportunity to wander. Fight the urge, and try and feel your body. Focus on your movements, on how your body contacts the mats and how your movements are connected.

Focused Training. If you have the option, choose really technical techniques and work on them as slowly as possible. Choose something that will undoubtedly fail without your complete concentration, but won't injure anyone in the process. If you don't have the option, really focus on the feeling of the technique. How your grip your partner, how it feels to shift your hips, or if applying a lock, the connection of their limbs.

Get Hit. This generally isn't so much a choice, but the result of failing in your previous attempts. This tends to focus the mind quite quickly. You're probably better off asking your partner to tap your head, etc, if you drop your guard, or a poke to the solar plexus if they're forgetting their body. You want to do something that might help shock you mentally without actually getting injured.

At the end of the day, if you're really out to lunch and can't focus, this might be a good day to take a mental holiday and do something else entirely. Safety comes first and you don't want to injure yourself or someone else because you just can't keep your mind on things. But if you follow some of these suggestions, chances are you can make the dojo a mental retreat from the daily grind, a chance to take a break from all that stresses you, and relax a bit.

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!



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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

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.



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

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

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

ANSWERS TO WORD MATCH (from page 13)

DAN:	Black-belt grades
GI (gee):	Karate uniform
KARATEKA:	The practitioner of Karate
KI (kee):	Mind /Spirit / Energy
KIME (kee-may):	Focus of power
KYU (kee-u):	Any grade below a black belt
OBI (o-bee):	Karate belt
SEMPAI (sem-pai):	A senior student
SHOMEN-NI-REI: (sho-men-nee-ray)	Bow to the front of the dojo
Sensei-ni-Rei: (sen-say nee ray)	Bow to the teacher
Otagai-ni-Rei:	Bow to each other
HAJIME (hajee-may):	Begin
YAME (ya-may):	Stop
OSU (oss):	Respect / acknowledgement

“When it comes to self-defense, it is better to have the power and not need it than to need it and not have it”.

KIDS COLORING CONTEST

KIDS – Color the picture on the next page to win a prize.

Rules: must be an active SKA member and age 14 or under.

A random draw will be held on **February 24, 2020** and the winner will receive a
SKA t-shirt and SKA karate bag.

Please send your submission via:

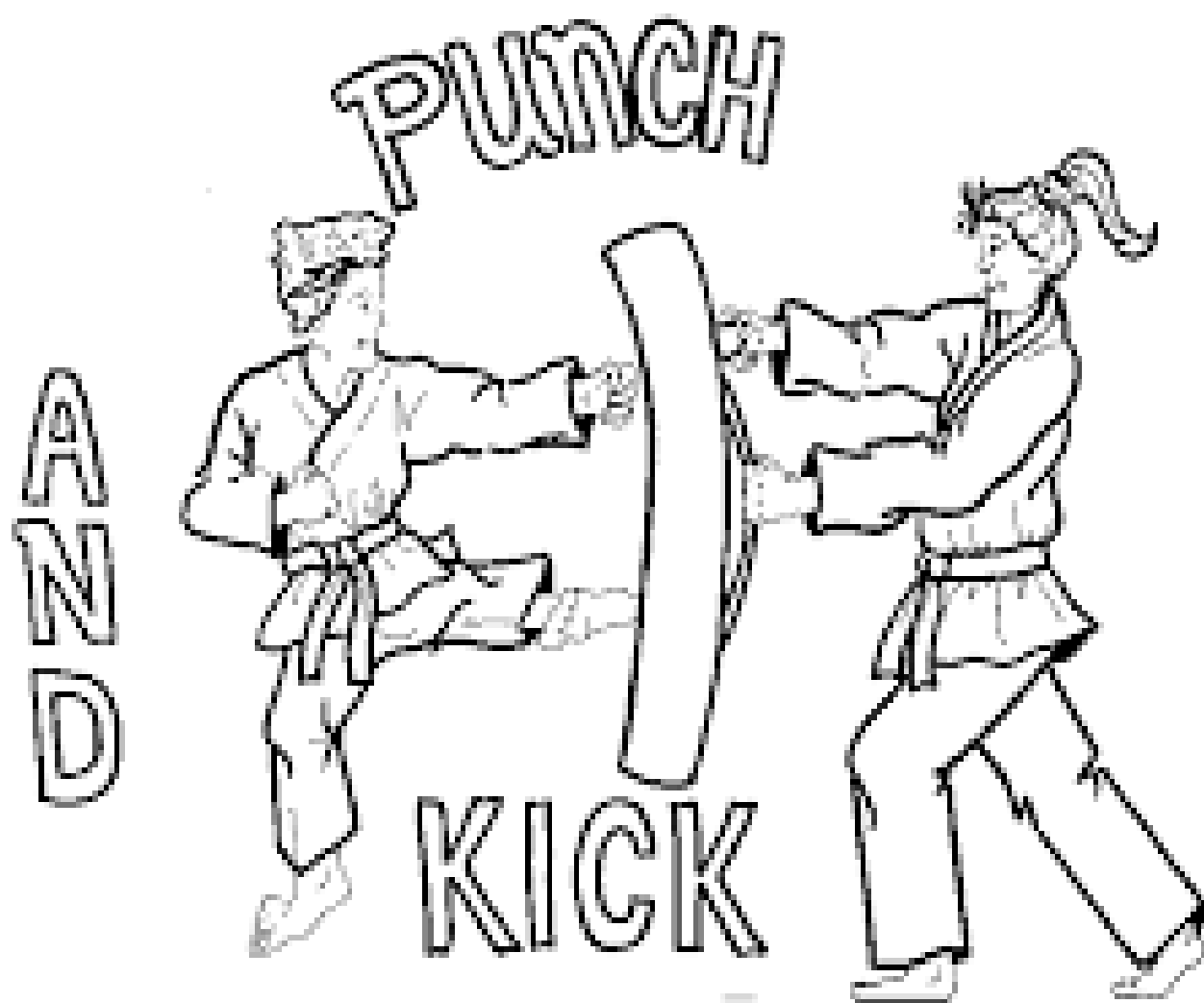
Mail: SKA, 510 Cynthia St. Saskatoon, SK. S7L 7K7

Email: sk.karate@shaw.ca

Fax: (306) 374-7334

**Courage is not the absence of fear,
*but the Triumph over it.***

**Waiting to start karate until you are in “better shape”
is like a child not going to school until they are
“smart enough”.**



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