

SASKATCHEWAN KARATE ASSOCIATION NEWSLETTER



FEBRUARY 2021

Message from the President

I hope this letter finds you and your family healthy and safe during these most challenging times. This past year has been a year unlike any other, but I am hopeful that 2021 will be the year that we start to see a return to normal.

I would like to take this opportunity to welcome a new club to the SKA. Grasslands Karate Club is located in Moose Jaw and instructed by Glenn McFaddin and teaches Chito Ryu style of Karate. Further information about this club can be found on the SKA website at www.saskkarate.ca.



Karate training looks quite different this year because of the pandemic, and I want to thank all our instructors/clubs for persevering through these challenging times. Our Instructors are doing everything they can to keep their students safe while training and putting in extra time cleaning and keeping up on the ever-changing government rules and regulations.

Instructors have also had to adapt to different methods of teaching and coming up with unique and safe ways for their students to be able to train. Who would have thought that one year ago today, some clubs would be teaching karate classes on-line or that we would have to wear a mask while training?

Karate teaches perseverance which is a particularly good attribute when dealing with issues that living through a pandemic bring. Our instructors are great examples of this as they are resilient and find innovative ways to keep moving forward.

I would also like to thank our members who have continued to train during this past year, whether training on-line or safely training in the dojo. We thank you for continuing to support your club during this time. Karate Clubs (as with all sports) have been impacted financially so your support during these times is greatly appreciated and we thank you.

The changes we have seen this past year have been challenging for both instructors and students, but I know that together, we will come through this stronger and more driven than ever before.

Sincerely,
Dave Smith
President
Saskatchewan Karate Association



Letter from the Editor

I hope you and your family are all staying safe and healthy. It is my hope that 2021 is a better year for us all, and that we start to see a decrease in Covid numbers so that karate classes and life in general can transition to a state of normalcy.

I want to take this opportunity to thank everyone for their support as we all deal with the challenges that go along in dealing with this pandemic.

Our individual club members, instructors and board members have shown patience and understanding as we deal with changes to rules and regulations that affect the SKA, its clubs and members.

We are communicating with Sask Sport, the Business Response Team and with other Martial Arts Organizations and working together to help and support one another.

Sask Sport hosts weekly town hall meetings where Covid updates or concerns are discussed. The Business Response Team has participated in some of these meetings to answer questions from Provincial Sport Organizations.

I read an article a while ago about the benefits of sports in helping both children and adults deal with some of the issues we are facing. Sports in general is a great way to relieve stress and karate is an exceptional sport to help a person deal with real life issues or situations.

Research has shown that karate offers many benefits for both the mind and body. While the physical aspect of karate is apparent, the mental benefits cannot be discounted.

Excelling in karate (or anything) can at times be difficult and demanding. It requires years of training and commitment, encountering numerous challenges along the way. It is these challenges that make karateka stronger, more resilient, and able to persevere through hard times.

We will persevere and together we will come through this stronger than ever.

Sincerely,
Linda Crosson
SKA Executive Director

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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.

SKA Events Information

Due to the current Covid-19 pandemic, events such as competitions, etc. are not allowed under provincial guidelines.

The Athletic Development schedule for 2021 will be determined once government regulations allow for adults to train.

Events and special training will return/resume as usual once restrictions are lifted or modified to allow us to resume these activities.

BE STRONG
because
things will get
better
It may be
STORMY
now, but it
never rains
forever

**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!



10 Things You Can Do to Stay Positive During COVID-19

Keeping Calm in The Time of Corona

By Golareh Safarian, Mindfulness Coach, Founder at The Healing Salon

Staying positive and optimistic during times of crisis can be challenging, but it's critical to your mental well-being and immune system. Today, due to the hindrances caused by the Coronavirus pandemic, even individuals with the sunniest of outlooks may be having a hard time staying positive. Remaining optimistic in the face of social distancing and isolation, dystopian and constant news about the virus, possible loss of income, communal grief, uncertainty, and gripping fear, requires conscious effort and continuous mindfulness.

Throughout the years, numerous studies and research projects have shown a correlation between overall health and optimism. Skeptics of these studies argue that it's likely someone's good health that is making them positive and optimistic, and not the optimism and positivity that is causing their good health. Regardless of these scientific studies, however, it isn't much of a stretch to say that optimists are happier than pessimists, and happiness is better for your overall mood than unhappiness.

Being vigilant of our mood in today's pandemic environment should be a priority to us all. Remaining calm and constructive at times of uncertainty can help us navigate through difficulties and find a path towards our more resilient selves. Here are ten things you can do, starting today, to improve your positive outlook:

1. Practice gratefulness. Even when life seems bleak, there are things we still have for which we should be grateful. Keep a gratefulness journal or do a quick morning gratefulness meditation. Notice both significant and small items for which you are thankful. Important things can include your home and shelter, your health, your family, your friends, your ability to put food on your table, and other essentials. Small things are more momentary pleasures, like a hot cup of coffee, a calming bath, a good book, or a funny meme. Be sure to include as much detail into your gratefulness practice as possible.

2. Start your day with a positivity routine. Morning routines are important to begin with, but even more so during times of crisis. Don't reach for your phone to check the news as soon as you wake up or while you're still in bed. Take a few minutes to find yourself – and smile. You'd be surprised at how incredibly powerful a morning smile can be in helping you start your day on a positive note. If you can, do a quick meditation practice, even if it's only a few minutes long, before you get out of bed. You can even make that gratefulness practice your morning meditation routine.

3. Slow down. Don't rush into things, including any conclusions about information you're getting from the news or things you're hearing from family and friends. There is no need

to hurry right now. One of the benefits of social isolation is your ability to pace yourself and let go of some usual anxieties. Pay attention to and enhance your awareness by practicing continuous mindfulness. You can do this by trying to remain as present as possible. Focus on the details around you, like scents, and sounds. Lower the volume of your thoughts, so you can hear your inner voice.

4. Relax your body. Check-in on your muscles regularly and if you're tensing up your jaw, or your shoulders, or if you're frowning, breathe and relax. Get into the habit of doing quick body scans throughout the day. From your scalp to your toes, be aware of your body, your muscles, and your breathing. This also helps make mindfulness an ongoing aspect of your daily life.

5. Exercise. This should be part of your daily routine already, but now even more so. If you're an active individual, odds are you've made necessary adjustments to keep exercising at home instead of at your usual gym if in lockdown right now. If you're not regularly active, make exercising a priority and incorporate it into your day. Aside from its physical benefits, exercising releases endorphins in your body which triggers feelings of positivity, so be sure to include an exercise routine into your day, even if it's only a short one.

6. Create and nurture your digital community. Just because we are all practicing social distancing, it doesn't mean we can't stay in touch with our family and friends. Thanks to all the communication technology most of us in the industrialized world have access to, doing video calls, and jumping into group chats, and even attending virtual parties and concerts, are valuable options for which we should be grateful. Check-in with your friends and reconnect with those you may not have heard from for a while. Keep in mind that your friends and family are likely suffering from the same types of anxiety and stress that you are experiencing right now, so make a mental effort to contribute positively to the conversation.

7. Practice diaphragmatic breathing. What makes diaphragmatic breathing an excellent exercise is the focus it asks you to place on your breath, making it a great relaxation practice. There are also other benefits to diaphragmatic breathing, like lowering your stress hormone levels, lowering your heart rate, helping you relax, etc. If you're interested in trying diaphragmatic breathing, check out [The Healing Salon's Breathing Exercise for Anxiety, Stress Management and Relaxation.](#)

8. Incorporate humor and laughter into your day. This is one of the most important steps you should take in improving your positivity and benefiting from a more optimistic disposition. Numerous studies have confirmed short-term and long-term benefits of laughter on the human body and mind. Everything from stimulating your organs to lowering your stress levels, improving your blood circulation, strengthening your immune system, and even relieving physical pain – laughter is the best medicine.

9. Walk away from distressful conversations and situations. In today's highly stressful pandemic environment, it is easy to get pulled into negative interactions and exchanges

that can leave us feeling distressed, frightened, insecure, and pessimistic. Recognizing these encounters early on and removing ourselves from these situations and interactions can help us manage our stress and contribute to our positivity. This also includes obsessing over constant news coverage, and updates about the spread of the virus. Staying informed and aware of what is happening locally and globally are important, and we should all make sure we are as educated and prepared as possible. But creating a healthy balance between news consumption and our daily routines is also crucial in helping us maintain a sense of normalcy and control over our mental health.

10. Have faith. I am not talking about religious faith, although if you are a religious person and can draw from your belief systems, you most definitely should! I'm talking about having faith in humanity; in science; in technology; in our health care heroes; in collaboration; in the good in people; in our resilience; in our perseverance; in our ability to overcome even the most outrageous of obstacles to grow and evolve; in our future; in our constant and mutual commitment to improve ourselves and our communities; in our kindness; in our empathy; in our desire to provide a good life for ourselves and our loved ones; in never giving up until we find the right, permanent solution to bring this virus to heel. In life after Corona and everything we will have learned after all of this is done. Believe in yourself and your endless capacity to love.

KARATE

STRENGTH

Doesn't come from what you can do

It comes from

OVERCOMING

The things you once thought you couldn't

SKA

ATHLETIC DEVELOPMENT PROGRAM

RESUMING ONCE RESTRICTIONS ALLOW

**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!!!

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 will do what others won't
so tomorrow I can do what others can't.**



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

Strategies for Staying Motivated During the Pandemic

As social distancing and other restrictions are implemented due to the fluctuation of Covid19 cases, we are all affected by the ever-changing challenges. During these times, we may become unmotivated due to more time at home, in front of the computer or television. Below are some simple tips for staying motivated during these trying times.

1. Set small daily goals

It is important to recognize that these are not normal times, and your productivity may not be at its peak right now but setting daily goals can help. Focus on small goals for each day that you can cross off your list. Setting smaller goals that can feasibly be tackled in a day can help you stay on track. Try to make a short list of manageable tasks to get through every day.

2. Carve out time in your day for work and for relaxation

If you suddenly find yourself working from home and have never done so before, you may be struggling with the change. Scheduling when you will work and when you will relax can help you to manage a healthy work-life balance at home. For some, a conventional 9 to 5 schedule with a lunch break in the middle helps them to stay focused. After 5 pm, put down the work as you would have working outside of the home. For others, their most productive times of the day may be less conventional. One advantage of working from home is that you can fully embrace when it is that you work well. If you're most productive in the early hours of the morning, get up early and work during the first half of the day. If you're someone who works best at night, then spend time relaxing in the morning before jumping into work later on. The most important thing is that you can dedicate a chunk of your day to work and then keep your work out of your relaxation time. Plan out a schedule of work and play and try to stick to this schedule, like a regular work week.

3. Do study sessions social distance style

For many students, attending school or campus provides time to socialize with others. Studying with your classmates can be very motivating and your grades may improve when you are able to brainstorm with others. Thanks to platforms like Zoom, Skype or FaceTime, you can still work with friends virtually! Try a study session with your friends via Zoom. This may help you to stay motivated and encouraged.

4. Schedule virtual get-togethers with friends.

Social distancing can be the hardest aspect of this pandemic for many people. Not getting to spend time with friends can be emotionally taxing. However, social distancing does not mean you have to totally say goodbye to a social life. Schedule virtual get-togethers with your friends and have them often! The promise of a set time and date to get together can be something to look forward to. There are also apps available that allow you to do virtual game nights.

5. Prioritize your mental health.

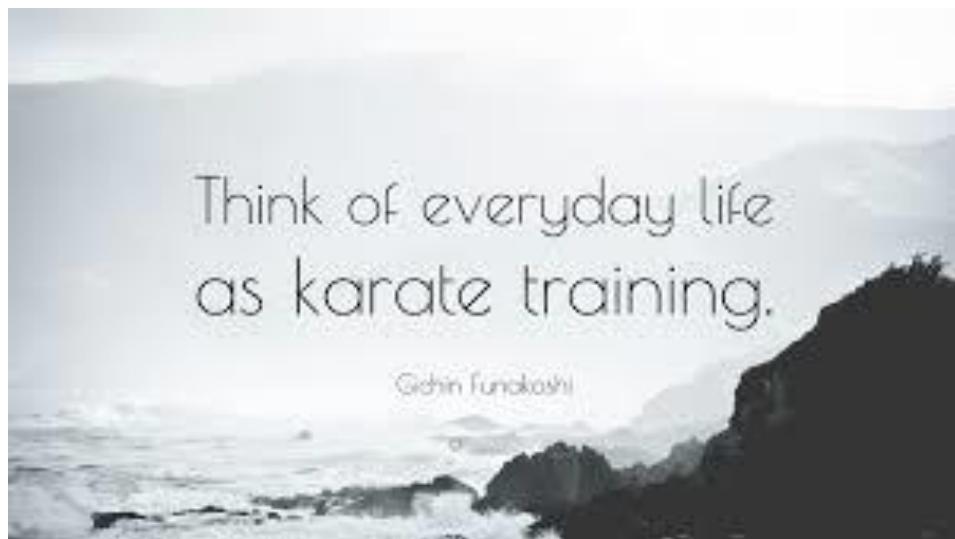
Staying motivated can be near impossible when your mind is filled with anxieties. No work technique is going to keep you motivated when stress is unmanageable. Exercise is very important during these times. Not only do you get to release tension and stress but for that time, you are able to focus on something other than the pandemic. Take time to eat balanced meals and maintain a normal sleep schedule. Allow yourself time to enjoy TV and social media but try to reduce how much time you spend listening to pandemic news. Limit yourself to reading pandemic-related news for only a short amount of time in the morning, and then leave it alone. Stay informed from reputable sources but avoid getting wrapped up in constant news coverage that will only heighten anxiety.

Please remember that if you are struggling and need to talk to someone, reach out to family, friends or co-workers.

6. Be okay with not being highly productive right now.

Some days you may not have much ability to focus with all that is going on in the world. Nobody's life is normal right now. You may find that you have good days where you're highly motivated to get through work and bad days where your motivation is lacking. To get through a rough day try to tackle high priority tasks first. And don't beat yourself up if you do not get through the entire to-do list! There is always tomorrow.

As this new normal sets in, everyone is learning how to adjust as best they can. Staying motivated can be tricky, but you can help make it a bit easier for yourself by setting realistic schedules and taking time to care for yourself. Though this pandemic can feel like it will be endless, it will eventually pass. Staying motivated can help refocus our attention away from these stressful changes and towards a more hopeful future





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 year-end Audited Financial Report at every Annual General Meeting. These meetings are typically 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

LOTTERY TICKETS

Please support Karate and other sport, culture, and recreation by purchasing lottery tickets.

There are approximately 1,200 groups which receive direct funding support from Sask Lotteries Trust Fund and through them more than 12,000 affiliated organizations benefit.

Top 10 Martial Arts Movies for Kids!

<https://kungfukingdom.com/top-10-martial-arts-movies-for-kids/>

Are you a martial movie fan AND a parent? There's nothing better than sitting down and watching a film the whole family can enjoy, right? Finding cool martial arts movies suitable for pre-teenage kids to watch can be trickier than you might think though!

I am old enough that my first exposure to the films of Bruce Lee and Jackie Chan was through VHS rentals when the ratings system was still voluntary for video releases. The era of “video nasties” changed all that, and martial arts films were more often than not rated “18” or “R” due to their adult themes and violence.

Growing up, most of the “adult” stuff in many of these films went over my head and the violence could often be as comical as a Tom and Jerry cartoon. However, I often hear parents say, “I got in trouble with my spouse the other day after I let our kids watch “Kickboxer”! I was 12 years old when I first saw “Enter the Dragon”, but as a parent myself now, I won’t allow my own children to see it until they are older.

10. “Sidekicks” (1992)

It may look a little dated and corny now, but this Chuck Norris oddity is an out-and-out family movie that delivers a heartfelt, positive message about the meaning of martial arts. Our asthmatic hero, played by Jonathan Brandis, lives with his widowed father, and has vivid daydreams in which his hero, Chuck Norris, helps him defeat his bullies!

Although it is played for laughs, there is a moral here for younger viewers that anyone can overcome their weaknesses and limitations through the discipline and determination of martial arts training. Chuck Norris is also hilarious as a caricature of himself!

9. “3 Ninjas” (1992)

Ninjas: Kick Back (1994)

Ninjas: Knuckle Up (1995)

3 Ninjas: High Noon at Mega Mountain (1998)

The original “3 Ninjas” movie was a Disney release telling the tale of three suburban Californian brothers whose grandfather teaches to become ninjas! As with “Sidekicks”, this is a light-hearted family film aimed squarely at a pre-teen audience. Its success led to three follow-ups of continually diminishing quality released by Tri Star Pictures. Not even wrestling superstar Hulk Hogan could save it by the fourth instalment! There is some fun to be had in the young kids getting one over on their various grown-up antagonists though. Taken on their merits as movies for a specifically young audience, the first couple of entries in the series will entertain the children on a rainy afternoon!

8. “The Spy Next Door” (2010)

Bear with me here! Many Jackie Chan fans have been disappointed by the films he has released since the late 1990’s, especially Western productions such as “The Medallion” and “The Tuxedo”.

Whilst I can understand their misgivings, “The Spy Next Door” is actually a great Jackie Chan film – if you’re under 10 years old. Jackie plays a mild-mannered, suburban neighbour who is really a retired secret agent. When he is left to look after his neighbour’s children, Jackie uses his usual ingenuity and some of his “spy” skills and gadgets to try to keep things under control. Throw in Magnús Scheving, whom younger kids will know as Sportacus from the popular Lazytown television show, as a crazy Russian terrorist, and hilarity ensues.

This movie wasn’t made for Jackie Chan fans, it was aimed very directly at kids. There are still some classic Jackie Chan moments such as a fight involving a ladder, and some very funny comic moments, but all at a level that children under 10 will laugh at. I’ve yet to meet a young kid who hasn’t enjoyed this film, even if the grown ups didn’t!

7. “Captain America: Civil War” (2016)

A Marvel movie in a martial arts Top 10? Take a close look at the action! From the opening sequence with Captain America, Scarlet Witch, Falcon and Black Widow taking on Crossbones and his team of henchman, through to the epic Airport Battle featuring Iron Man, Spider-man, Ant Man, Black Panther, Hawkeye, Vision, War Machine and The Winter Soldier, each action scene in the film boasts meticulously choreographed martial arts fights. John Wick: Chapter 2’s Heidi Moneymaker doubles for actress Scarlett Johansson as Black Widow, making her MMA-style takedowns flashy yet effective.

The introduction of Chadwick Boseman as Black Panther brings tricks and high kicks that make him one of the most enjoyable new characters to watch in the fight scenes. It all adds up to a Hollywood blockbuster that over 10’s can enjoy, with the addition of seeing some of the skills that they practice in their kung fu, karate or taekwondo classes, performed by some of their favourite comic book heroes!

6. “Shaolin Soccer” (2001)

Featuring kung fu, football, slapstick comedy and cartoon-like special effects all wrapped up in an underdog story, “Shaolin Soccer” has universal appeal! Starring, written and directed by Stephen Chow, this was a smash-hit with audiences around the world and one of the highest-grossing Hong Kong films of all time. Whilst the kids laugh at the comic antics of the hapless heroes, the grown ups can also enjoy all the subtle references to many kung fu movie tropes and the Bruce Lee-alike goalkeeper!

5. “First Strike” (1996)

Jackie Chan’s “First Strike” was actually the fourth entry in his Police Story series of movies. Whilst the other entries are filled with much harder-hitting cops and gangster violence, this one is actually a fun spy-movie spoof. With its international locations and mostly English-language dialogue, it’s also one of Jackie Chan’s most accessible Hong Kong movies for a Western audience.

It features numerous ingenious action sequences including an exciting James Bond-like snow scene, an hilarious chase around a hotel room, an innovative fight involving scaffolding and a step ladder, stunts

on stilts and an inventive underwater fight. It all rips along at a terrific pace and is peppered with visual comedy from the cheeky and charming superstar that is Jackie Chan! Definitely one for the whole family to enjoy!

4. “Teenage Mutant Ninja Turtles” (1990)

Teenage Mutant Ninja Turtles: The Secret of the Ooze (1991)

Teenage Mutant Ninja Turtles III: Turtles in Time (1993)

TMNT (2007)

Teenage Mutant Ninja Turtles (2014)

Teenage Mutant Ninja Turtles: Out of the Shadows (2016)

Based on the comic book characters of the same name created by Kevin Eastman and Peter Laird, the Teenage Mutant Ninja Turtles were already a worldwide hit as a cartoon series and set of best-selling toys. In 1989, the legendary Hong Kong studio Golden Harvest, famous for its many kung fu films including those of Bruce Lee and Jackie Chan, co-produced the first live-action feature of the popular cartoon characters.

The turtles Donatello, Leonardo, Michelangelo and Raphael were played by martial artists in specially made suits and voiced by regular actors. Muppets creator Jim Henson helped design and build the animatronic heads that brought the four turtles and their Master, a rat called ‘Splinter’, to life. Golden Harvest martial arts co-ordinators helped design the fight sequences, which were astonishingly good at the time for a film of this nature, especially given the restrictions of the costumes.

The film was a huge box office smash and at the time, the highest-grossing independent movie of all time. It spawned two fun sequels that did less well, but not enough to kill the franchise. The children’s television channel Nickelodeon kept the story alive with updated animated serials, and a fully CGI-animated feature-length film called TMNT. It featured the vocal talents of stars such as Nolan North, Chris Evans, Sarah Michelle Gellar, Mako, Laurence Fishburne Kevin Smith, Patrick Stewart and Zhang Ziyi.

The animators took their inspiration from Hong Kong movies for many of the fight scenes. In 2014, Michael Bay, producer of the blockbuster Transformers movies, put a new turtles movie into production. Using a mix of motion-capture suits worn by martial arts experts from 87Eleven Action Design, and photo-realistic CGI, the rebooted film was a huge success at the box office and with modern, young audiences.

A sequel was released in 2016, although it was less successful at the box office. Each of the feature length Turtles films are great fun, with plenty of action and humour for everyone to enjoy. Younger kids will probably enjoy the original movies, with slightly older children most likely preferring the Transformers style special effects and large-scale action of the most recent two films.

#3 “The Karate Kid” (1984)

The Karate Kid II (1986)

The Karate Kid III (1989)

The Next Karate Kid (1994)

The Karate Kid (2010)

The original “The Karate Kid” is possibly the ultimate movie tale of a kid facing and overcoming his bullies. (Check out this article on building strong foundations.) It became a classic eighties film with many memorable and quotable sequences. Stand in a Crane Stance or say to someone of a certain generation “Wax on, wax off”! and they will instantly know what you are referring to.

As with many film series’, its success led to a couple of inferior but still mildly entertaining sequels. In 1994 an attempt was made to re-launch the franchise with a female lead played by a young Hilary Swank, who trained with martial arts legend Pat E. Johnson for the film. In 2010, Jackie Chan took on the role of the martial arts master who helps to train the victim of bullying, played by Jaden Smith, son of actor Will Smith. The updated version should really have been called “The Kung Fu Kid” with its Beijing setting and Chinese martial arts featuring throughout. Jaden Smith proved to be adept at learning all the physical skills required and is very impressive when performing the fight sequences, which are superior to all the previous entries in the franchise.

#2 “The Forbidden Kingdom” (2008)

Something many martial arts fans had been hoping would happen for a very long time arrived bizarrely in this Chinese/American co-production – Jackie Chan fighting Jet Li! “The Forbidden Kingdom” tells the tale of an American teenager who is obsessed with martial arts movies. He ends up being magically whisked back to ancient China, where he encounters a Drunken Beggar, played by Jackie Chan, and a mysterious monk, played by Jet Li. They end up on a quest to prevent the evil Jade Warlord, played by Collin Chou, from getting his hands on a magical golden staff.

Even though this film probably came along ten years too late in their careers, there is a lot of fun to be had in seeing two of the world’s greatest martial arts movie stars playing alongside each other.

Action choreographer Yuen Woo-ping had worked extensively with both actors over the years and plays to each of their strengths. This is a fantasy film and as such features lots of wire work, but even so, it is a joy to see Jackie Chan’s Drunken Fist played out against Jet Li’s Warrior Monk. This film is a fun way to introduce the kids to a style of action that grown-up martial arts movie fans will already be very familiar with!

#1 is...“Kung Fu Panda” (2008)

Kung Fu Panda 2 (2011)

Kung Fu Panda 3 (2016)

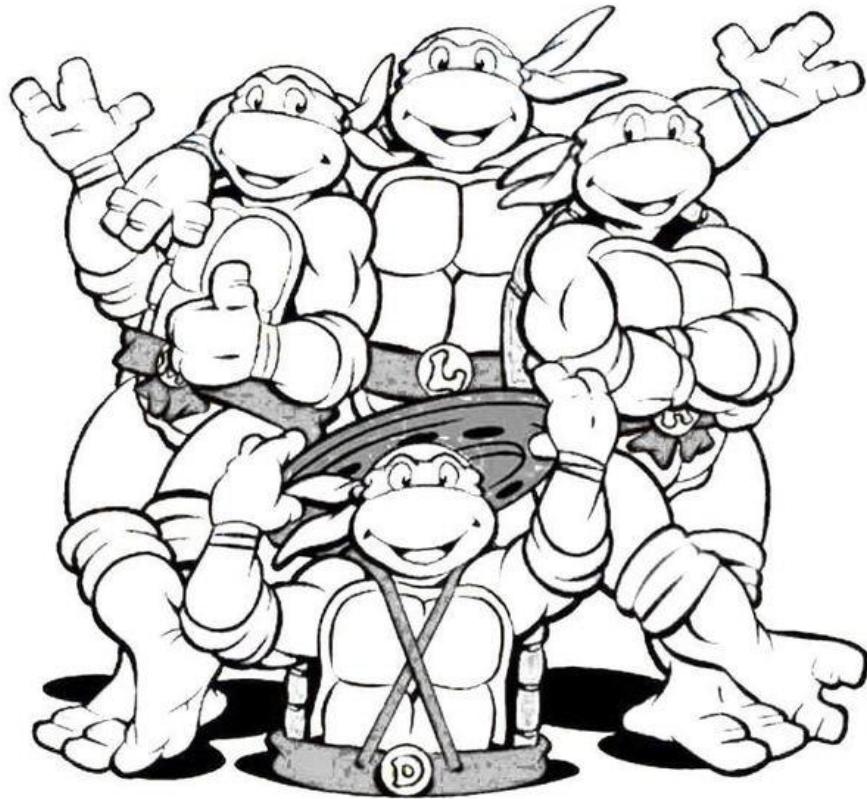
The key to a good family film is holding the attention of younger viewers without boring parents to tears. In that sense, Kung Fu Panda films are absolute masterpieces! The jokes range from the very juvenile to the subtle ones that will go way over the kid’s heads, but bring a chuckle from the adults. The stories are entertaining and the animated world is vividly brought to life, often referencing real Chinese architecture and landscapes.

The impressive voice cast includes stars such as Jack Black, Dustin Hoffman, Angelina Jolie, Lucy Liu, Jackie Chan, Seth Rogen, David Cross, and James Hong as our heroes. The three instalments also possess equally impressive guest stars in Ian McShane, Gary Oldman, Michelle Yeoh, Jean-Claude Van Damme, JK Simmons and Bryan Cranston!

Although it is a fully animated movie, martial arts fans will recognise many authentic kung fu techniques, especially in the animal styles and weapons fighting. There is also lots of fun to be had for fans of seventies kung fu movies, spotting nods to films such as “Shaolin Wooden Men” and “The 36th Chamber of Shaolin”. The animation is beautiful to look at, the score is appropriately epic, and the stories have plenty of heart, humour and action! It’s rare to find a trilogy of films that are all equally entertaining, but the Kung Fu Panda films pull it off, even giving you ‘paws for thought’!

We hope our list helps you find something that you and the children can enjoy! There are of course other films such as the slapstick action comedies “Project A” and “Chinese Zodiac” starring Jackie Chan, or Sammo Hung’s tale of friendship through martial arts, “Wushu”. Jet Li’s “Shaolin Temple 2: Kids from Shaolin” focuses much of the action on the talents of its young wushu stars.

There are also plenty of animated films in *the Avatar: The Last Airbender series*, and if your kids don’t mind subtitled movies, Donnie Yen’s “*The Monkey King*” was a Chinese box office smash.



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**

TRAINING WITH A FACE MASK

Note: Sources mentioned at the end of the article.

Health and medical experts have indicated that it is safe to wear a face mask while exercising but if you have medical concerns, it is best to consult with your physician.



Consider Using a Face Mask Designed for Exercising

A medical-grade face mask such as the N95 isn't the best choice of mask for exercising. It's better to use a mask that is lightweight or made with breathable fabric.

Perhaps even better would be a mask designed specifically for exercising, such Sports mask by Under Armour or face covers made by Adidas or Reebok.

Regardless of what kind of mask you choose, be sure to find one with a good fit (covering your nose, mouth, and chin) and always use a clean mask when beginning your workout.

Pace Yourself as You Adjust to Using a Face Mask

If exercising while wearing a face mask is new to you, be sure to go into the experience with reasonable expectations. You won't likely be able to exercise as normal right away. How our bodies adapt to wearing a mask while working out will vary.

Be sure to take care if you feel overwhelmed, have difficulty breathing, or feel you're overheating. Don't hesitate to take a break if needed. Starting slow and gradually building up intensity will help you feel more comfortable as you adjust.

Be Considerate When Training with a Partner

Whether you and a partner are doing pad drills or footwork drills, please keep in mind that people may respond differently to wearing a face mask in a new context such as when exercising.

Please be considerate by listening to your partner if they have any questions or concerns, and it would also help to occasionally communicate with them to ensure that everything is okay during your workout.

Remember to Follow Other Health Recommendations

Remember that wearing a face mask is just one of several important measures we can take to prevent virus spread.

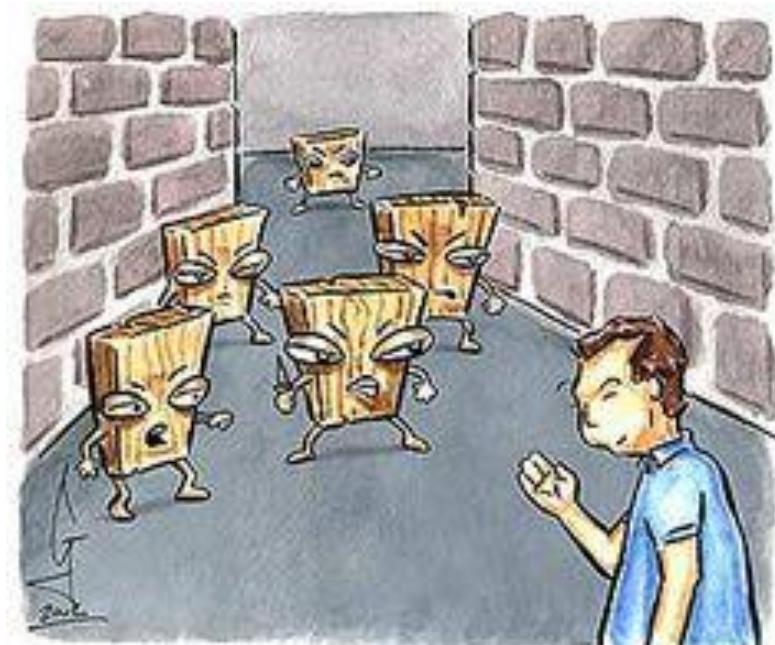
When and where possible, please also wash your hands with soap and water (or a 70% to 90% alcohol-based hand sanitizer) and practice physical/social distancing (6 feet). Avoid touching your face with unwashed hands.

It's also a good idea to clean and disinfect any equipment or surfaces used during your workout once you're finished.

Remaining aware of the issues and consistently following the recommended guidelines allows us to return to the activities we love, including fun and engaging workouts, by ensuring we stay safe and maintain peace of mind.

Sources:

- How to Safely and Effectively Work Out in a Face Mask – Pop Sugar (MSN)
- Everything you need to know about masks and working out: Your COVID-19 questions answered – CBC
- 10 breathable face masks to protect you while exercising – CNN
- COVID-19: Reduce Virus Spread – City of Toronto



Cornered by an unruly gang of pine boards,
Robert suddenly remembers his Karate training...

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!



STOP BULLYING

stopbullying.gov

What Kids Can Do

Are you being bullied? Do you see bullying at your school? There are things you can do to keep yourself and the kids you know safe from bullying.

Treat Everyone with Respect

Nobody should be mean to others.

- Stop and think before you say or do something that could hurt someone.
- If you feel like being mean to someone, find something else to do. Play a game, watch TV, or talk to a friend.
- Talk to an adult you trust. They can help you find ways to be nicer to others.
- Keep in mind that everyone is different. Not better or worse. Just different.
- If you think you have bullied someone in the past, apologize. Everyone feels better.

What to Do If You're Bullied

There are things you can do if you are being bullied:

- Look at the kid bullying you and tell him or her to stop in a calm, clear voice. You can also try to laugh it off. This works best if joking is easy for you. It could catch the kid bullying you off guard.
- If speaking up seems too hard or not safe, walk away and stay away. Don't fight back. Find an adult to stop the bullying on the spot.

There are things you can do to stay safe in the future, too.

- Talk to an adult you trust. Don't keep your feelings inside. Telling someone can help you feel less alone. They can help you make a plan to stop the bullying.
- Stay away from places where bullying happens.
- Stay near adults and other kids. Most bullying happens when adults aren't around.

Protect Yourself from Cyberbullying

Bullying does not always happen in person. Cyberbullying is a type of bullying that happens online or through text messages or emails. There are things you can do to protect yourself.

- Always think about what you post. You never know what someone will forward. Being kind to others online will help to keep you safe. Do not share anything that could hurt or embarrass anyone.

- Keep your password a secret from other kids. Even kids that seem like friends could give your password away or use it in ways you don't want. Let your parents have your passwords.
- Think about who sees what you post online. Complete strangers? Friends? Friends of friends? Privacy settings let you control who sees what.
- Keep your parents in the loop. Tell them what you're doing online and who you're doing it with. Let them friend or follow you. Listen to what they have to say about what is and isn't okay to do. They care about you and want you to be safe.
- Talk to an adult you trust about any messages you get or things you see online that make you sad or scared. If it is cyberbullying, report it.

Stand Up for Others

When you see bullying, there are safe things you can do to make it stop.

- Talk to a parent, teacher, or another adult you trust. Adults need to know when bad things happen so they can help.
- Be kind to the kid being bullied. Show them that you care by trying to include them. Sit with them at lunch or on the bus, talk to them at school, or invite them to do something. Just hanging out with them will help them know they aren't alone.

Not saying anything could make it worse for everyone. The kid who is bullying will think it is ok to keep treating others that way.

Get Involved

You can be a leader in preventing bullying in your community.

- Find out more about where and when bullying happens at your school. Think about what could help. Then, share your ideas. There is a good chance that adults don't know all of what happens. Your friends can go with you to talk to a teacher, counselor, coach, or parent and can add what they think.
- Talk to the principal about getting involved at school. Schools sometimes give students a voice in programs to stop bullying. Be on a school safety committee. Create posters for your school about bullying. Be a role model for younger kids.
- Write a blog, letter to the editor of your local newspaper, or tweet about bullying.

**BE THE
CHANGE**

KARATE JOKES

Why did the cupboard learn karate?

For shelf-defence

My wife says it's time to stop pretending to be the Karate Kid.

I had to put my foot down

I decided to teach karate to my neighbours' kid

He was enthusiastic for the first 2 days but then quit before he could finish painting the fences.

What martial art comes from Sweden?

Ikea-do

I saw my old karate instructor in his car yesterday

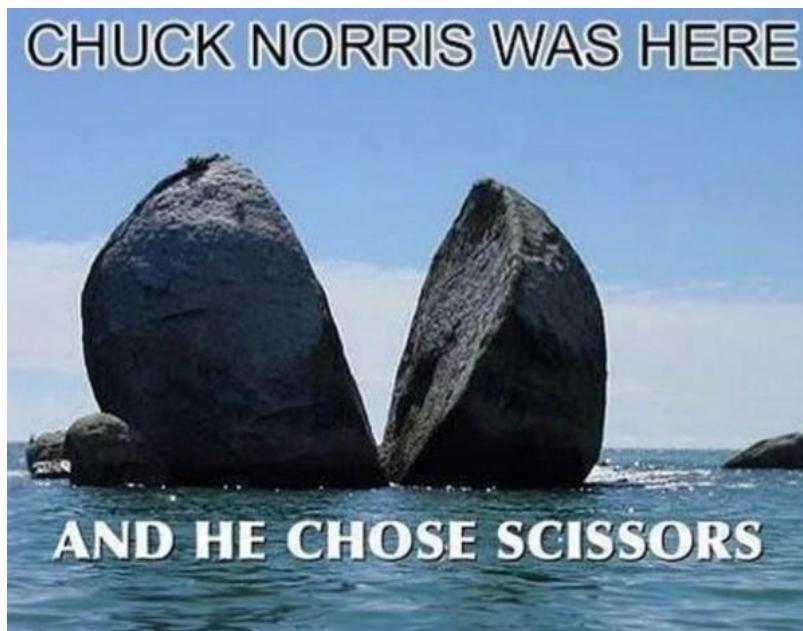
He drove a KKIIIIIAAAAAA

What do you call a lawyer with a black belt in karate?

A self-defence attorney

What is the favorite drink of martial artists?

Punch



25 Things to Do with Your Family While Stuck at Home

BY JOSHUA BECKER

As with most the world, we have been spending a lot more time at home in recent days.

It is important, in these unique times, to redeem the hours and make the most of the moments we have together. There are negative ramifications to the current state of affairs in our world—and you don't need to see them broadcast in the media, many of you are experiencing them firsthand.



But the negative effects of the Coronavirus do not need to overwhelm us. We can also choose positive effects: spending time with family, taking longer rests, finding solitude, and escaping the business of our normal lives. With that in mind, here is my list of 25 things to do while stuck at home to make the most of it.

- 1. Wake up, get dressed.** I need to include this one here because it's important to start each day with the right attitude. Every day is an opportunity to make the most of it. Don't miss a single opportunity—regardless of the circumstances around you.
- 2. Declutter.** Minimize your possessions and declutter the stuff in your home. The more we spend time in our home, the more we can recognize what can and should be removed—and the more time we have to do it. Check out [Clutterfree](#) if you're looking for steps to get started
- 3. Learn new card games.** I grew up playing cards, even as a young child. And not just Go Fish and War, but strategy games like Hearts, Spades, Rook, and Pinochle. They taught me how to think ahead, play out scenarios, and learn from others. All valuable life skills.
- 4. Make phone calls.** Safe to say the phone call is making a comeback. All those people you would usually see at work, church, or social gatherings, give them a call to say hello.
- 5. Teach your kids life skills.** My son is a junior in high school and my wife and I have a long list of life skills we want him to know before he leaves the house. We've been using these weeks to make up for lost time. If you haven't already, use the time to teach your kids cooking, laundry, cleaning, car repair, budgeting, or any other life skills that come to mind.
- 6. Go outside.** If still allowed in your local area, go on long walks or hikes. Spend time in the park or walk along the river.

- 7. Workout.** We need to be taking care of our physical bodies and taking care of our physical fitness during this time as well. Look up at-home workouts/yoga on YouTube or Google and do them together as a family.
- 8. Watch educational programs.** I see a lot of people spending time on Netflix—binging movies and television shows. And there's certainly a place for that. But you can also watch educational documentaries on Netflix and YouTube about history, science, or events in the world.
- 9. Learn a new skill.** Been wanting to pick up a hobby? Now's your chance. Learn a new language or how to code. Pick up an instrument or new artistic skill. Because of the Internet, finding a teacher (free or paid) has never been easier.
- 10. Create.** I started this blog as a hobby—somehow it grew to over 2M readers/month. Start something of your own. Create a blog or a YouTube channel. Write some stories or poetry. Or use your hands in the workshop. Create something, we need you now more than ever.
- 11. Do a Facebook Live.** Nothing to it. Just click a few buttons on your phone and suddenly all your friends can see you. It's super fun. If you haven't before, now's your time.
- 12. Write letters.** To a family member or friend you haven't seen in awhile.
- 13. Invent a game.** Looking around the room at the supplies you have, make up a game to play with your kids. Or better yet, invent an entire Family Olympics where each member of the family gets to pick 1-2 of the events. Keep a running total of the points.
- 14. Read books.** You should probably be doing that anyway.
- 15. Late night movie with the family.** Depending on your local school situation of course. But if it works, there's nothing more fun for little kids than staying up past bedtime, eating popcorn, and watching a movie with mom or dad. Make it happen.
- 16. Video chat with friends.** Whether it's on FaceTime, Skype, Facebook Messenger or Zoom, connect and hang out online for a little while.
- 17. Home repairs or a deep clean.** Make up some ground on that list of yours.
- 18. Sort through boxes of old photos.** Keep the best and put them in photo albums or digitize for future generations.
- 19. Clean up your computer digital files.** For some tips go to:
<https://www.becomingminimalist.com/downsize-your-digital-life/>
- 20. Curate and organize your recipe/cookbook stash.** I use index cards to keep all my favorites in the same place.
- 21. Make up TikTok dances with the family.** I see a lot of those short, choreographed dances being posted. Super fun for everyone.

- 22. Create games to share with family members.** Invent a Word Search or Crossword Puzzle using the members of your family and send them out for everyone else to complete during their downtime.
- 23. Take a class online.** You can find plenty of courses for kids and adults available for free online.
- 24. Order takeout and have a picnic.** If your local community still allows that, you can support local business and enjoy time outside as a family (weather-permitting of course).
- 25. Research your family tree.** You can use online tools or do it the old-fashioned way—calling family members to begin piecing it together.

There are so many options to make the most of the time now—and probably ahead of us for a little bit longer.



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?

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Publication Mail Agreement #40063014
Return Undeliverable Canadian Addresses to
Admin Centre Printing Services
111-2001 Cornwall Street
Regina, SK S4P 3X9
Email: adminprint@sasktel.net