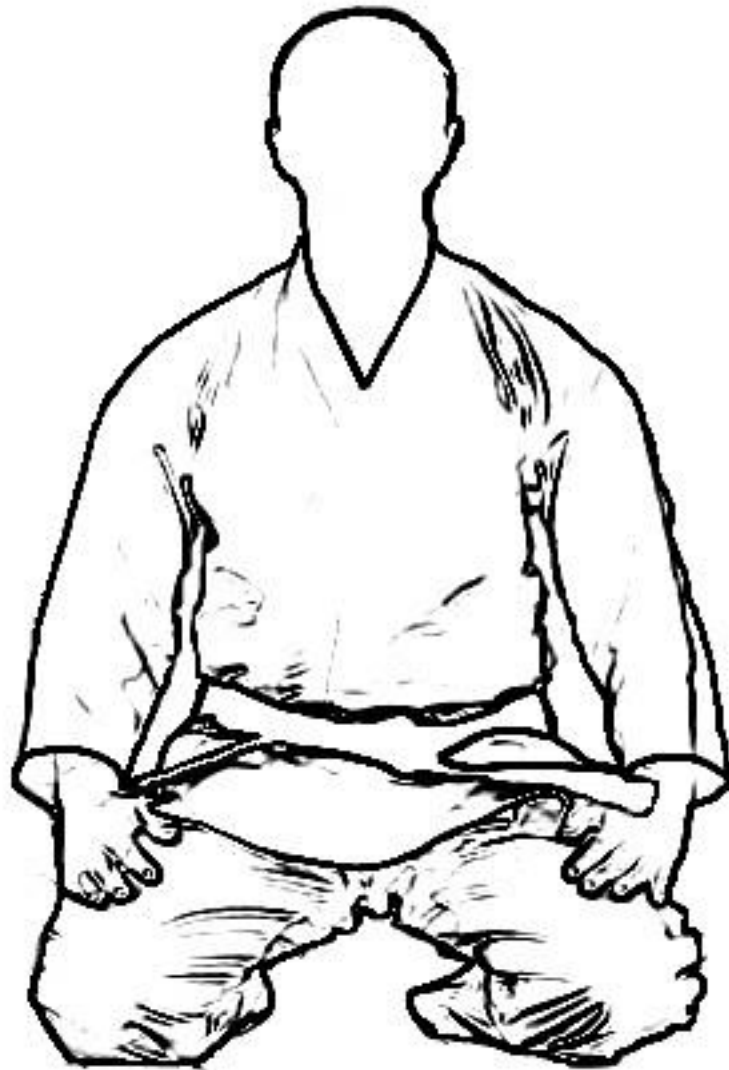


# **SASKATCHEWAN KARATE ASSOCIATION NEWSLETTER**



**FEBRUARY 2023**

## Message from the President

I hope you all had a restful holiday and wishing you all a healthy and prosperous New Year!

I would like to take this time to welcome R.H.S Karate Club into the SKA. R.H.S. Karate is located in Regina and instructed by Mohammed Alaa Salah. Further information about this club can be found on the SKA website at [www.saskkarate.ca](http://www.saskkarate.ca).



2022 proved to be a good year for the SKA as we were able to resume with our Provincial Spring and Fall Tournaments, and our Athletic Development Program.

It may be difficult for some athletes to return to competition after not competing for some time, but I encourage you to come out and participate at our Provincial Tournaments. There is an informative article on page 22 of this newsletter about calming your nerves before competition. You may find this information helpful in preparation for your next tournament.

Competition may benefit athletes in many ways. It can help them to become more focused, more determined, and provides motivation to sharpen their techniques. Competition also gives athletes the opportunity to observe karate students from other clubs and learn valuable methods to achieve their own goals. While an athlete may not realize it at the time, each competition can provide a valuable lesson, whether it be insight or a new technique that will shape his or her progress in the future.

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 SKA Athletic Development Program. This program is beneficial for many, but especially to those who would like extra training in preparation for competition. Please see page 11 for more information about our Athletic Development Program.

Sincerely,  
Dave Smith  
President  
Saskatchewan Karate Association

## Letter from the Editor



I hope 2023 is treating you all good so far and best wishes for a wonderful year ahead.

The SKA returned to competition in 2022 after a two-year hiatus due to the pandemic. It was nice to see both seasoned and new competitors at our 2022 provincial spring and fall tournaments.

Our 2023 Spring Provincial Tournament will take place in Wadena, SK on April 29<sup>th</sup>. I encourage you to come out and participate.

For some athletes, the thought of competing after not doing so for some time can make them nervous. For those who are apprehensive about returning to competition, there are some things you can do to make you feel more comfortable. Start by talking to your instructor and letting him/her know your concerns about returning to competition. Mental preparation is also a great way to feel more confident. There is a good article on page 7 titled "VISUALIZATION AND IMAGERY: TRAINING TOOL FOR THE MARTIAL ARTISTS".

While on the topic of SKA tournaments, I would like to take this opportunity to thank our volunteers. Without you, the athletes would not be able to compete. Your commitment to helping out at our tournaments is appreciated so much.

The Saskatchewan Karate Association would like to thank each and every volunteer who puts time and energy into helping out at our tournaments.

Sincerely,  
Linda Crosson  
SKA Executive Director

*A Heartfelt Thank you*

**TO ALL OF OUR  
AMAZING VOLUNTEERS**

**We couldn't do it without you!**

## **SKA BOARD OF DIRECTORS**



### **President**

Dave Smith  
Saskatoon, Sk.

### **1st Vice President**

Mark Minarik  
Saskatoon, Sk.

### **2nd Vice President**

Michael Tchozewski  
Regina, Sk.

### **Treasurer**

Shelley Fitch  
Wadena, Sk.

### **Secretary**

Cameron Cline  
Humboldt, Sk.

### **Technical Committee**

Graham Guthrie  
Dave Smith  
Mark Minarik

### **Zone Representatives**

Heather Nelson	Zone 2
Peggy Guthrie	Zone 3
Ona Murias	Zone 4
Bryce Nagy	Zone 5
Kelly Watts	Zone 6
Randy McIntyre	Zone 7

### **Executive Director**

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

## **SKA Events**

The SKA has set dates for the following events.

Information will be posted at your club closer to the date  
including venue locations

### **SKA SPRING OFFICIALS CLINIC**

Friday April 28, 2023

8:00 pm

Wadena, SK

### **SKA PROVINCIAL SPRING TOURNAMENT**

Saturday April 29, 2023

9:00 am

Wadena, SK

### **SKA ANNUAL GENERAL MEETING**

Sunday April 30, 2023

9:30 am

Wadena, SK



## **NEW CLUB ANNOUNCEMENT**

**The SKA would like to welcome RHS Karate Club**

RHS Karate Club is located in Regina  
and is instructed by Sensei Mohammed Alaa Salah

For more information:

Email: [rhskarate@gmail.com](mailto:rhskarate@gmail.com)

SKA Website: [saskkarate.ca](http://saskkarate.ca)  
or check them out on Facebook

### **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!

## **SKA Kellie Bennett Memorial Scholarship**

Keyanna Bindig from Wadena Karate Club was awarded the 2022 Sask Karate Association Kellie Bennett Scholarship for her enthusiasm and dedication to the Sport and Art of Karate.

She has been training with her Sensei's for a little over a year and has advanced to earn a purple belt.

Congratulations Keyanna!

From left to right: Sensei Shelley Fitch, Keyanna Bindig & Sensei Ona Murias. Missing from photo Senpai Laura Murray.



# **VISUALIZATION AND IMAGERY**

## **TRAINING TOOL FOR THE MARTIAL ARTISTS**

By: Perry Mallari and Marilitz Dizon

It has been said that the strongest weapon in a martial artists' arsenal is the mind that mastery of the martial arts is just mastery of the mind after all. With this premise, the fighter must not only strive to concentrate on physical aspect of his training but also on the integration of his mind component as well.

Visualization and imagery are powerful tools a martial artist can add to his/her training regimen to achieve maximum performance. But what are the qualities behind this tools that make them so effective?

According to researchers, the pictures we “see” in our mind’s eye, the inner “pictures” we feel or hear through our subconscious and conscious state have a real lasting power. They dictate and determine our reality. Theoretical antecedents of this theory are traceable to the late nineteen century, when W.B. Carpenter, author of the “Principles of Mental Physiology” postulated what we called an “ideo-motor principle.” According to this principle, whatever idea occupies our minds finds expression in our muscles.

Contemporary research further confirms this early finding. In their book, “The Mental Athlete”, Kay Porter and Judy Foster states: “Each time you ‘see’ yourself performing exactly the way you want with perfect form, you physically create neural patterns in your brain.” These patterns are like small tracks permanently engrave on the brain cell. It is the brain that gives the signal to the muscles to move. It tells each muscle to move, when to move, and how much power. “Numerous studies have confirmed the fact that vividly experienced imagery, imagery that is both seen and felt, can substantially affect brain waves, blood flow, heart rate, skin temperature, gastric secretion and immune response...in fact the total physiology.” (Houston, The Possible Human, 1982)

Physical performance improves because the mind cannot distinguish between mental and physical experience. To your brain, a neural pattern is a neural pattern, whether it is created by a physical act or mental act. Your brain sends messages to the muscles and the muscles react. Visualization and imagery can be visual, auditory or kinesthetic. Some athletes have a strong physical “feeling”. They are more aware of how it “feels” that what it looks like. When they visualize, they really don’t have a picture. They have a feeling, a gut reaction, a physical response or memory. This is what works for them and they find it hard to “see” anyway though they may be using the term “visualization”. These hold true for those athletes who experience their performance by how it sounds – the crowd, the voices within, the words from support from their teammates, the music and rhythm they perform to or hear during the game and so on. For them also there may be no real picture but rather a sound or rhythm in their mind that guides them in their performance.

Experts have found that visualization and imagery are most effective when used at least once a day at a time when a person is relaxed and undisturbed for at least 20 minutes.



Porter and Foster further recommends the following to enhance the process: "You must know what you want and what results you are aiming for a particular visualization. It is good to have the knowledge of the 'language' of your event, the terms and idioms of your sport. Along with this, you should have a clear picture of how it looks to perform your event perfectly. This you can get by watching the best athletes in your sport in person, on television or looking at pictures in magazines or at posters. We suggest that you hand pictures of athletes performing your event to perfection where you can see them as often as possible. This will continually create the perfect picture in your mind, a feeling in your body, or important sounds or words and will keep you connected with what it will take for you to be the best you can be."

Another important thing that researchers have discovered was the fact that when practice occurs solely on the mind, it is more effective in at least some respect than when it takes place on the playing field. A martial art legend, the late Floro Villabrille, *Kali's master of death match* uses visualization and imagery as a major part of his *pre-fight* preparation. In the book "The Filipino Martial Arts", he quoted saying, "Before a fight, I go to the mountains alone, I pretend my enemy is there. Imagine being attacked and in imagination I fight for real. I keep this up until my mind is ready for the kill. I can't lose. When I enter the ring, nobody can beat me, I already know that man is beaten." Even karate champion and film star Chuck Norris reveals that in his tournament days, he uses visualization prior to his actual matches. It has also been demonstrated that athletes who have never performed certain feats before can, after several specific visualization experiences over a period of weeks or months, perform that event very skillfully.

James W. De Mike, a first-generation Bruce Lee student and practicing hypnotherapy, uses visualization extensively in his teachings; according to him, "Katas (forms) or a particular technique may be practiced. You can add speed to your motion once the moves and principles are learned. Practice simple techniques first. Spend time being an observer and then switch to participant role.

More concentration and clarity will be developed as you practice imagery. In time, the body will actually be able to learn the action as if you were physically doing it.

Through the positive evidence regarding the value of visualization and imagery is overwhelming, the fighter must not see it as a panacea for his total development. One of the highest goals of martial arts is the unification of the body and mind. Mental training is the yin to perfectly compliment physical training which is the yang. It is something that any serious practitioner of the martial arts or physical culture cannot do without.

***The use of mental imagery is one of the strongest and most effective strategies for making something happen for you.***

*Wayne Dyer*



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

---

### Concussion Education

If you are an SKA member and are interested in Free On-line Concussion Education Training, please contact the SKA Office at Phone: (306) 374-7333 or E-mail: [sk.karate@shaw.ca](mailto:sk.karate@shaw.ca)

Training is available for Coaches, Athletes, Parents/Caregivers and Medical Personnel

**Get Concussion Smart Today!**

# Karate

S M M C F A W E Z R W S S O R C L F A J G S W J  
 X E I X V K C I K E D I S O V N N F L B K C G G  
 U A R V R I E S N E S L H E S A D G O U M F I T  
 X E T P T L J X Q O G G J C V X V K M X X E G S  
 W J L F U C C E A U D S M Y U S Y D Y V H G X I  
 E Q A F B N U X C L P I A Q T P N M I X K W M J  
 F D F X M W C E K W W A X G B Q F T O T Z R R M  
 A O P O T D B H M I S X A L L K L P N E P E Y K  
 Q N J T H G A K I F P T B M T C S H G E S Z Q P  
 K C B Y G E Z T P H P Y B W N A D Q N P D T I O  
 I P U Z L S S I L K C B H M F O N D E D N U U T  
 D G Q V L X Q G C E V R K Z V N R C H K B L T L  
 X X E P F F C J E U B W V O I Q T O R L F K T S  
 M X S Y B U Q P T M R K T S I I O J P M P L K E  
 A I Z V P F Z Q A K D U C G G K T S D K T Z S P  
 J A B E A U R C R W I H X A M B B U M S V U V L  
 W W W Q Y V Z Q A K W G M Y L O Z R O N O H X B  
 Z C G L Z P D L K Q F U P U J B X P O H K K I B  
 D B F G I L G K C I K T N O R F V O D O K X E Z  
 S N B M H E U Y M V Z W O T T M B N L B J D W E  
 O G L O N Z L T N Y O V R R L K U Q J I S O E G  
 K N O O A A B S C B N N N R O O P F I Z W A D Q  
 L Q C E X K S Z R F B T Y I R B O O E Y R B F E  
 L P K K R Y V G A X U S S A S D E I J R B Z Z U

Hook	Cross	Jab	Punch
Dojo	Roundhouse	Student	Black Belt
Bow	Respect	Honor	Sensei
Block	Side Kick	Front Kick	Karate

# **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 \$25 per session.

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 karateka, 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](mailto:sk.karate@shaw.ca)

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

## Sport Science & Medicine Services for SKA Elite Athletes

Sport Science & Medicine Council Services of Saskatchewan (SMSCS) 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 Elite Member Athletes. Some of the services offered by Sport Medicine & Science Council are massage, acupuncture, physical therapy, athletic therapy & chiropractic care.

If you are an SKA elite athlete and would like more information, please contact the SKA office at: Phone (306) 374-7333 or E-mail: [sk.karate@shaw.ca](mailto:sk.karate@shaw.ca)

If you have any questions relating to SMSCS 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.

---

## Sleep & Performance: An Integrated Perspective

The Sport Medicine & Science Council of Saskatchewan has recently developed a 1-hour educational presentation on the Topic of **SLEEP & PERFORMANCE**. The presentation is targeted towards athletes, coaches and parents with an emphasis on “How Sleep is affected by Sport Science and Sport Medicine”.

The session looks at *“getting the athlete ready”* and takes into consideration;

- Sleep Quality and Quantity
- Sleep Deprivation
- Travel and Sleep
- Nutrition and the effect on Sleep
- Mental Preparation and Sleep
- Exercise, Conditioning and Sleep
- Sleep and Medical Considerations
- How to Sleep Better and Assess your Sleep

For more information contact the SKA Office at Phone: (306) 374-7333 or Email: [sk.karate@shaw.ca](mailto:sk.karate@shaw.ca) or contact Sport Medicine & Science Council of Saskatchewan at: [travis.laycock@sasktel.net](mailto:travis.laycock@sasktel.net) or [s.jule@sasktel.net](mailto:s.jule@sasktel.net)

# 2023 SKA Provincial Fall Tournament Results

## KATA

### Male 10 & Under Novice

Gold: Nixon Newhouse (Grasslands M.J.)  
Silver: Nicholas Gobeil (Martensville)  
Bronze: Callum MacLean (Martensville)

### Female 10 & Under Novice

Gold: Victoria Gieni (Midwest S'toon)  
Silver: Hunter Fitzsimmons (Humboldt)  
Bronze: Isabella Gieni (Midwest S'toon)

### M & F 10 & Under Intermediate

Gold: Lily Finch (Rose Valley)  
Silver: Grayson Labanowich (Rose Valley)  
Bronze: Christian Desiatnyk (Midwest S'toon)

### Female 11 – 13 Novice

Gold: Caley McFaddin (Grasslands M.J.)  
Silver: Keyanna Bindig (Kuroki)  
Bronze: Alayna Ell (Humboldt)

### Male 11 – 13 Novice

Gold: Shi Qiu (UR Regina)  
Silver: Parker Drake-Adrian (Five Hills M.J.)  
Bronze: Dexter Daschuk (Midwest S'toon)

### Male 11 – 13 Intermediate

Gold: Karsten Leonard (Humboldt)  
Silver: Caden Leonard (Humboldt)

### Male 14 - 17 Intermediate

Gold: Blair Kerr (Five Hills M.J.)  
Silver: Daniel McFaddin (Grasslands M.J.)

### Female 14 – 17 Advanced

Gold: Keanna Ngyuen (Midwest S'toon)  
Silver: Nasya Zimmer (Midwest S'toon)  
Bronze: Danica Leonard (Humboldt)

### Male 14 – 17 Advanced

Gold: Kervens Johnstone (Midwest S'toon)  
Silver: Kael Zelisko (Midwest S'toon)  
Bronze: Patrick Zaharia (Midwest S'toon)

### Adult Male Advanced

Gold: Samir Sabri (Midwest S'toon)  
Silver: Darnell Weiman (Humboldt)  
Bronze: Nathan Harder (Midwest S'toon)

### Adult Male Black Belt

Gold: Bryce Nagy (Midwest S'toon)  
Silver: Logan Meijer (Midwest S'toon)  
Bronze: Basil Schmuck (UR Regina)

### Youth Team Kata (13 & Under) Novice

Gold: Parker Drake-Adrian, Blair Kerr, Abby Meszaros (Five Hills M.J.)  
Silver: Nixon Newhouse, Daniel McFaddin, Caley McFaddin (Team Cornered Badgers – Grasslands M.J.)



## **KUMITE**

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

Gold: Nixon Newhouse (Grasslands M.J.)  
Silver: Brett MacLean (Martensville)  
Bronze: Tomo Maiga (M.W. Regina)

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

Gold: Isabella Gieni (Midwest S'toon)  
Silver: Victoria Gieni (Midwest S'toon)  
Bronze: Hunter Fitzsimmons (Humboldt)

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

Gold: Grayson Labanowich (Rose Valley)  
Silver: Christian Desiatnyk (Midwest S'toon)  
Bronze: Lily Finch (Rose Valley)

### **Female 11 – 13 Novice**

Gold: Talaya Atamanchuk (Midwest S'toon)  
Silver: Keyanna Bindig (Kuroki)  
Bronze: Alayna Ell (Humboldt)

### **Male 11 – 13 Novice**

Gold: Dexter Daschuk (Midwest S'toon)  
Silver: Arthur Foster (Midwest S'toon)  
Bronze: Parker Drake–Adrian (Five Hills M.J.)

### **Male 11 – 13 Intermediate**

Gold: Karsten Leonard (Humboldt)  
Silver: Caden Leonard (Humboldt)

### **Male 14 – 17 Intermediate**

Gold: Blair Kerr (Five Hills M.J.)  
Silver: Daniel McFaddin (Grasslands M.J.)

### **Female 14 – 17 Advanced**

Gold: Keanna Nguyen (Midwest S'toon)  
Silver: Danica Leonard (Humboldt)  
Bronze: Shanara Johnstone (Midwest S'toon)

### **Male 14 – 17 Advanced**

Gold: Kervens Johnstone (Midwest S'toon)  
Silver: Kael Zelisko (Midwest S'toon)  
Bronze: Patrick Zaharia (Midwest S'toon)

### **Adult Male Advanced**

Gold: Darnell Weiman (Humboldt)  
Silver: Joseph Zimmer (Midwest S'toon)  
Bronze: Samir Sabri (Midwest S'toon)

### **Adult Male Black Belt**

Gold: Bryce Nagy (Midwest S'toon)  
Silver: Kelly Watts (Midwest S'toon)  
Bronze: Logan Meijer (Midwest S'toon)

**BE BRAVE AND TAKE RISKS**  
**NOTHING CAN SUBSTITUTE EXPERIENCE**









# **Karate: The Big Picture**

By John Hackett

Just as a painting or a jigsaw puzzle picture is made up of hundreds of individual small brush strokes or pieces, so to your karate techniques are made up of a large number of small seemingly insignificant things. But leave any of these seemingly insignificant things out and your karate technique will suffer.

It is the little things that make all the difference to the big picture. Just like baking a cake, leave something out and it is not as good.

Each and every technique you may perform contains things like:

- Knee over toe and keeping your heel on the floor.
- Maintain your height and do not go up and down like a cork in water when moving.
- Supporting foot flat on the floor when kicking, always centre your attack, looking forward when blocking.
- Correct use of hips, hanmi when blocking and shomen when attacking.
- Spirit.
- Strong kiai, kime.
- Focus.
- Good reach out when blocking, always be shoulder wide in your stance, in and out when stepping both forward and backward.
- Rotation on the end of each blocking movement, correct breathing.
- Correct stance, feet pointing in the correct direction.
- Never give up attitude no matter the odds, do your best.

And many, many more.

This is all hard work. As a new student there is much to think about at first. It is a constant battle to check yourself to make sure you are doing everything correctly. That is why training in the dojo with your instructor is so important. So you can be corrected. Personal training at home should also be done, but it cannot replace training with your instructor.

If a student feels bored when doing a basic drill, eg. step forward age uke (rising block), then he/she is obviously not trying to improve themselves. Age-uke for example, just to name any technique, should be performed better when we are 9th kyu than when we were 10th kyu, white belt. Any particular technique should be better again when we are 8th, 7th, 6th, 5th, 4th, 3rd, 2nd and 1st kyu than it was when the student was the grade lower.

A much higher level again is expected when we reach black belt level.

Shodan, that is black belt, is not the end of the road. It is the beginning. Our journey in karate is a constant battle within ourselves to improve. Your toughest opponent must always be yourself.

Perseverance gives us what we need to paint the big picture.

If you meet a karate person or an instructor who tells you that he/she knows everything about karate, this person is wrong. Even the highest-ranking instructors are constantly learning.

The term karate-do means the way of the empty hand. (Kara = empty, Te = hand, Do = way).

The “way” is a personal journey. This journey has a starting point but no finishing point. We commence the journey when we take up karate.

The words empty hand has an immediately obvious meaning, that we are able to defend ourselves with just our empty hands.

There is also a deeper meaning to “kara” and that is to empty ourselves of selfishness and all other things that prevent us from becoming the best people we can be. It is very important for karateka to understand this interpretation. You and your art must be one in the big picture. You must never be shallow and insincere.

Funakoshi Sensei said this in his book Karate-Do Kyohan (the master text):

“True karate-do is this: that in daily life, one's own mind and body be trained and developed in a spirit of humility; and that in critical times, one be devoted utterly to the cause of justice”.

As I said at the start, the big karate picture is made up of many small seemingly insignificant things. All of these things are important. Attention must be paid to detail so that these little things are a part of your individual technique. This is essential if you want to have good karate.

There are no short cuts. No magic wands. Just hard work.

Good basics (kihon) are the foundation of good karate at any level.

Good basics are achieved through thoughtful repetition of techniques and correction by your instructor.

“A Master is one who returns day after day to the basic techniques and fundamentals. Mastery is a matter of the daily struggle to perfect the simplest of techniques and ideas”.

We all have different levels of skill and ability. The important thing is that we persevere to perfect our art and continue the journey of karate-do so when others look at us, they will be able to see the big picture in everything we do.

## **Remember**

**Karate is for a lifetime - it is not a race  
and your personal progress  
should never be treated as such**

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

**- GICHIN FUNAKOSHI -**

LIBQUOTES.COM



The SKA is looking to do introductory karate programs in communities around Saskatchewan for the months of July & August. We are looking for advanced belts (16 years or older) who are interested in teaching these programs (paid position). Our goal is to run daytime programs for one-week periods in various towns in Saskatchewan. Some locations may want evening classes. Locations to be determined.

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



## SKA Newsletter Submissions



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

## Saskatchewan Karate Association Tournament Survey

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

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

---



---



---



---

# **How Do you Control your Nerves Before a Grading or Competition?**

By: Natalie Williams

## **Learn how to control your nerves before they control you**

### **How does adrenaline affect us?**

This is it. You are standing at the edge of the mat or grading area. Your heart's pounding in your ears. You're sweating, breathing hard and struggling to stand still. You look up and your eyes focus, taking in all the tiny details in front of you; the expressions on the umpires or examiners faces or the bottles of water on the table which suddenly, you could really use as your mouth has become desert dry.

That flood of adrenaline is a familiar feeling to many of us: our fight or flight response.

In evolutionary terms, the fight or flight stress response was used when faced with the possibility of real physical harm. As the name suggests, it maximises our ability to either confront the danger head on and defend ourselves or run from the fight to live another day. Whilst this was of great use when faced with a hungry tiger, today the most dangerous situations many of us face is crossing a busy road.

This fight or flight response is ultimately a stress response that manifests itself whenever we feel anxious or under pressure and can be more debilitating than helpful when we need to perform. The stress we feel when we're about to step onto the floor at competition or in front of the grading panel at a belt test is universal to us all. Anyone who claims not to feel nervous in these situations is not being totally honest with themselves. However, we all experience this stress response to different extents. Sometimes we allow this stress to get the better of us and this can lead to problems with performing as we struggle to think tactically or concentrate on the techniques we are performing. Ultimately, this can lead to losses in competition or sub-par performance at gradings. If we can learn to control this response, we should be able to perform with a clear mind and therefore produce our best.

Some level of the stress response is needed when performing; the release of adrenaline and the increased flow of blood and oxygen to muscles can help us move faster, kick harder and jump higher. However if we cannot control this flow of adrenaline, we can experience an "adrenaline dump".

Adrenaline is not supposed to be released for long periods of time; seconds at the most, but unfortunately most sparring bouts and most gradings continue for minutes. The release of adrenaline and its effects require a tremendous amount of energy and, as a consequence, the dump can leave us feeling drained and sluggish.

This is bad enough if it occurs part way through a spar but can be devastating if the stress response causes an adrenaline dump before we even get onto the floor. By learning to control the stress response, we can ensure that when we step out onto the floor, we are ready and able to put our training to good use.

### **How can you combat an adrenaline dump?**

Knowing what we have to do and actually being able to control the stress response are worlds apart. However, there are techniques we can use to manage our responses.

The first stage is to recognise when the stress response begins. This requires experience. In the moments leading up to a bout or an exam, take a moment to take stock of yourself and feel when that fight or flight sensation begins. By understanding the processes your body goes through, you can begin to understand when and how you should respond. For most people, the more they experience the adrenaline dump and their stress response, the easier it becomes to recognise the warning signs. It's the same as when learning a new technique, it feels uncomfortable and often difficult, but the more you have to do it the more easily and natural it becomes.

Once you've identified when the stress response begins and which signs are more prominent, it's time to start neutralizing them.

As stated previously, some people find that repeated exposure to these stresses causes them to diminish over time. However for others, the stress response never decreases and can be overwhelming. For these people, learning how to control their emotions can be critical in their performance. Many athletes choose to incorporate a relaxing routine before they have to perform. Routines such as a series of exercises, stretches or rituals can help put the mind at ease and relax before the big moment. Finding your own routine to help relieve the stress response is really important and may take a few attempts to get right.

### **Develop a routine**

There's no correct way to prepare for a grading or competition, everyone will have their own methods. However, these are some of the things you can incorporate into your routine:

Listen to music - choose your favourite music, put your headphones on and shut off the world. Music can have a huge impact on how we feel so choose something you know is going to put you in a good mood and fire you up.

Practice your favourite drill - remind yourself that you've trained hard for this and you are good enough to succeed. Run through drills you have learned in training to remind your body how you are going to move.



Visualise yourself succeeding - visualising the end goal will make you more likely to achieve it as you open up your mind to the possibility of success.

Talk to someone you trust - talk to a coach or trusted training partner. They know you and know how well you can perform, and they will be able to remind you exactly why you can achieve.

Remember to breathe! - when we're nervous our breathing may speed up or we may hold our breathe instead, focus on slow and steady breaths to bring your heart rate under control.

One really critical component to a calming routine is to include aspect of meditation. By mediation, we don't mean sitting in the lotus position for hours on end. Real meditation is a lot simpler and can be done by anyone. The goal of meditation is to clear the mind and focus, to allow full relaxation. When feeling the pressure of an upcoming bout or grading, focusing on a singular point such as the end result you hope to get can help calm the mind and quiet the negative voices we hear when we're stressed.

The most important point to remember is that we all feel nervous, it's what we allow the nerves do to us that is important.

**THE GREATEST WEAPON AGAINST STRESS  
IS THE ABILITY TO CHOOSE  
ONE THOUGHT OVER ANOTHER**



# 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?

---



---

# 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 Karate Association**  
510 Cynthia Street  
Saskatoon, SK S7L 7K7  
T. 306.374.7333 F.374.7334  
sk.karate@shaw.ca  
saskkarate.ca

**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