

January 2009

# ZANSHIN



*ZANSHIN is the official newsletter of the Yoshukan Karate Association*



## THE PURSUIT OF EXCELLENCE

**Yo (Continuous Improvement) Shu (Pursuit of) Kan (House or School of Thought)**

*"There is no growth without crisis" - Kancho Robertson*

*2009 brings our association to a crossroads. We have carried the banner for traditional budo (martial arts) now for over 40 years. Over this period of time, we have seen extraordinary changes in how our art is taught, practiced and utilized.*

*Most of the changes have been positive as new methodologies of training, competing and combining techniques have created a new, dynamic hybrid. This evolution was predictable and inevitable.*

*Our association has kept pace with these changes. We are blending the training methodologies of the past with modern physiology to create stronger and skilled Yoshukan yudansha (Black Belts). This new issue of Zanshin reflects a new outlook and direction for our association. We hope you like it!*

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# 2009 PLUS



## Who Are Our Members?

The Yoshukan Karate Association is comprised of a variety of members: children; teenagers; adults; weekend warriors; competitors; hobbyists; dedicated practitioners and avid enthusiasts. We are the Yoshukan Karate Association and there is a place for all

## The Complete Warrior

The only constant in life is change. So, it won't come as a huge surprise to any of our long-term students that we are continuing to evolve our art and our training methods.

Over the past 40 years a variety of arts and training methodologies have had their day in the sun: Judo; Karate; Kung Fu; Jui Jitsu; Ninjutsu; Aikido; Yoga ; Boxing; Wrestling to name a few.

Each of these arts have taught us further insights into techniques and philosophies that are practical and effective.

We have also been exposed to modern physical and mental training techniques that have taught us bio-mechanical science

and the correct (and incorrect!) methods we use to train our bodies. To that end, we will be upgrading and updating our Yoshukan training methods moving into 2009.

The Complete Warrior Training (CWT) incorporates techniques from: Karate-do; Judo; Jui Jitsu; Yoga; and Zen meditation.

The CWT will follow a regimen of scientific warm-up/warm-down; cardiovascular exercise; yoga stretching; nutrition; boxing mitt & bag training; and overall health management.

We will have weekly training in sweats and shoes to keep the curriculum focused on reality.

Our revolution has begun! We hope you will be part of it!



**Hanshi  
Masaru  
Inomoto**



## WHATS HAPPENING!

The Yoshukan Karate Association has an active membership of 65 Black Belts and hundreds of members. A modest association by most standards but one we are extremely proud of.

Yoshukan Black Belts have distinguished themselves in competition, teaching circles and contributions to our art's development.

Currently represented in 5 dojo across Quebec and Ontario, the association believes it is well established to take a leadership position in representing karate-do in the coming years.

## DEMONSTRATION TEAM

The Academy in Mississauga is interested in starting up a Demonstration Team (2nd Friday of each month).

Interested students are invited to contact Kancho Robertson at:

[iaito@sympatico.ca](mailto:iaito@sympatico.ca)



## YOSHUKAN DVD

Interested students can purchase Kancho Robertson's DVD series: Mudansha - White Belt to 1st Dan Black Belt; and Yudansha (Black Belt 1st to 5th Dan) through the Academy in Mississauga.

DVD Prices are: \$45 each or both sets (8 hours of instruction) for \$80.

Please see Sensei Gormley to purchase or contact her at:

[bgormley@cpfont.on.ca](mailto:bgormley@cpfont.on.ca)



Chris de  
Sousa Costa at  
the 2007  
Nationals

# YOSHUKAN



## What is Yoshukan Karate?

Yoshukan Karate-do is a perspective. All martial systems are ultimately a viewpoint based on their chief instructor's combined experiences.

In our case, Yoshukan Karate-do is an amalgamation of two traditional systems (Chito Ryu Karate & Yoshukai Karate) infused with techniques from Kobudo; Iaido; Judo, Taiho Jutsu and modern boxing and wrestling.



## COMPETITION TEAM

### Academy Competition Team

The Academy in Mississauga provides competition team training to interested students.

Run by Sempai Renée Robertson, the team brings in Canada's top competitors each month to train our Academy competitors.



## Canada's Top Competitors At Mississauga Academy Each Month

**Renée Robertson** runs the Academy of Yoahukan Karate Competition Team the 1st Friday of each month from 6:00 to 7:30 PM. As a member of Canada's national team and an international competitor, Renée has had the good fortune to work with Canada's top coaches and athletes. Each month brings in a visiting coach or athlete to provide private instruction to our Competition Team.

Past Coaches and Athletes include: **Nassim Varasteh** (2nd in World Championships); **Pat Grant** (National Champion); **Trevor Shepard** (National Kata


Champion); **Sarmen Sinani** (National Kumite Champion); **Karl Sutton** (National Champion and Coach); and **Louise Provencher** (Quebec Team Coach)

Upcoming sessions are scheduled with:

- **Nataliya Muntyanova** (Kata & Kumite Champion) Jan 9th
- **Chris De Sousa Costa** (International Champion) Feb 6th
- **Rebecca Khoury** (President NKA) March 6th
- **Bill Carr** (International Competitor and Coach) April 3rd
- **Goli Kahlili** (National Champion) May 1st

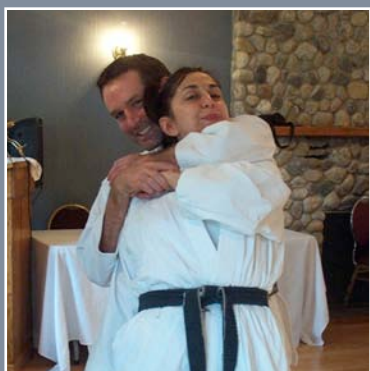
To Join the Competition Team, please see Sempai Robertson or Kancho Robertson to register. \$120/year for classes September to June each year. Register anytime: (905) 919-1919

Academy student  
have won over 100  
medals in provincial  
competition in the past  
2 years!

FAMILY	DID YOU KNOW?	FAMILY DISCOUNT	40 YEARS OF INSTRUCTION	GLOBAL
	Over 75% of Academy students have family members training with them.	The Academy provides a 25% discount for any subsequent family member that joins.	Kancho Robertson has taught 10,000 students over his 40-year martial arts career	Karate is the most prolific martial art in the world today with practitioners in over 140 countries globally



## SPOTLIGHT ON....



### Khoury Photo Gallery

Top: Sensei Khoury

Middle: Sensei Khoury and Sensei Gerard Lauziere

Bottom: Sensei Khoury unexpectedly practicing self-defence against a way too happy Sensei Sean Donahue!

## Rebecca Khoury Named National Karate Association President

Rebecca Khoury walked into NDG Dojo over two decades ago and she and the karate world haven't been the same since.

Rebecca quickly rose up the competitive ranks and eventually represented Canada as a 5-time National Champion in multiple international and world championships.

As a powerful advocate for karate athletes and coaches in Québec, Rebecca fought for, and won, government financial assistance for each group. She then went on to become President of Karaté Québec and lead her team to the

creation of the flagship karate provincial association in the country.

A 4th Dan, Shidoin in Yoshukan karate-do, Rebecca is an outstanding teacher and sits on the Board of Examiners for our Yudansha (Black Belt) examinations.

The Yoshukan Karate Association is pleased to congratulate Rebecca on her recent election as President of the 14,000 member National Karate Association.

Rebecca has assembled a top-tier National Executive and will, no doubt, significantly contribute to all NKA members across Canada. Attago Rebecca!



**Sensei Khoury was a 5-time National Champion**

## WAZA REVIEW

Blending the old with the new. As the Yoshukan Karate Association embarks on implementing the Complete Warrior Training (CWT) program, we need to keep the roots of our art while adding in methods of training.

The CWT focus is to modernize our training practice by utilizing the latest research in bio-mechanical science.

We will also be adding in techniques to our curriculum that borrow heavily from other martial arts: flexibility and breathing from Yoga; weapon use from Kobudo; posture and mental training from laido; grappling and takedowns from Judo and Jiu Jitsu; restraint techniques from Taiho Jutsu and striking and footwork from boxing.

What the Yoshukan student may not know is that Kancho Robertson holds Black Belts in Karate; laido; Kobudo and rank in Judo. Kancho also has his level 1 NCCP (National Coaching Certification Program) in Boxing under Dr. Adrian Teodorescu (Lennox Lewis' Coach).

"We are updating and modernizing our training to emphasize physical fitness; flexibility and mental focus" says Kancho Robertson. We are also sensitive to the various ages of our members and are tailoring the CWT to meet all ages and interests.

"We believe combining these physical attributes with our well-established waza (technique) curriculum will create an extremely comprehensive curriculum.



YOSHUKAN QUEBEC  
STUDENTS TRAINING WITH  
KANCHO ROBERTSON

## CAUGHT IN ACTION



### PHOTO GALLERY

*Top:* Sempai Raluca Stanescu demonstrating Mae-Geri

*Middle:* Shihan Provencher doing admin work

*Bottom:* Sempai Renée Robertson with Provincial Team Coach: Jim Jennings



## YOSHUKAN QUEBEC

Lead by Shihan Louise Provencher, Yoshukan Québec has shown consistent growth under her leadership since 1995.

A level 4 NCCP Instructor (the 2nd Woman in Canada to achieve this senior level!), Shihan has had a stellar career as a

competitor (Chito Ryu World Champion; NKA Senior Champion in both Kata & Kumite; Provincial Team Member) and as a Coach (Karaté Québec).

Admired and respected by her students and peer group, Shihan Provencher embodies passion, heart and leadership!



**Shihan Louise Provencher is the Senior Yoshukan Teacher in Quebec**

### Yoshukan Québec Instructors

Yoshukan Quebec instructors are lead by Shihan Louise Provencher.

*Front Row:* Robert Kalinowicz; Shihan Provencher; Sensei Khoury; Calin Boca  
*Second Row:* Charles Mayer; Sebastian Calistru; Simon Mercier-Ng; Sarah Perez; Henri Tchibozo; Constantin Calistru

*Missing:* Sensei Peter Bakomihalis; David Francis; Malcolm Mazumdar



## SHIHAN PROVENCHER BUILDS YKA QUEBEC



### Lights! Camera! Action!

*Top Photo:* Shihan Provencher in training

*Middle Photo:* Gadbois dojo training with Shihan and Miki

*Bottom Photo:* Shihan Training Sempai Stanescu in the finer points of kata

# 2009 SUMMER CAMP!

## BLACK BELT EXAMS

A new crop of students are in process of preparing for their Black Belt exams (Feb 21, 2009 at the Academy and August 21st, 2009 at the camp).

## GUEST INSTRUCTORS

In order to make this camp our best ever, the Yoshukan Karate Association has invited 4 world-class instructors to teach: Hanshi **Kenzo Dozono**, Hanshi **Masaru Inomoto**, Kyoshi **Devorah Dometrich** and Sensei **Karl Sutton**. This will be an unprecedented Board of Examiners and instructors for our association.

Dozono-Sensei is an 8th Dan in Karate-do and also has his 4th Dan in Chito Ryu Karate-do. A frequent guest at our summer camps, Dozono-Sensei was formerly the Chairman of the Provincial Technical Committee (Kanchi Robertson was Vice-Chair) and sits in on advanced examinations for our association.

Invitations have also been sent to Hanshi **Masaru Inomoto** 9th Dan,

Kyoshi **Devorah Dometrich** 8th Dan and Sensei **Karl Sutton**, 3rd Dan to sit on our Board of Examiners and provide instruction at the camp.

Any students planning on challenging for dan grade need to contact either Kanchi Robertson or Shihan Provencher (in Québec) to notify of your intentions.

## 2009 SUMMER CAMP REGISTRATION

Our summer camp will be held August 21-23, 2009 at the Holiday Inn Kingston Waterfront 2 Princess Street Kingston,

[www.hikingstonwaterfront.com](http://www.hikingstonwaterfront.com)

Camp fees will include all: accommodation; training; meals; activities. (details to follow). As the site is downtown Kingston, family members can also attend with you and enjoy the downtown area and tours while you train!

Training activities will include karate-do; kobudo; iaido; goshin jitsu (self-defence); meditation and early morning runs for interested parties.

Hanshi  
**Masaru Inomoto, Hanshi  
Kenzo Dozono, Kyoshi Devorah  
Dometrich, Sensei Karl  
Sutton**



## UPCOMING EVENTS

Yoshukan Student in Quebec, Ontario and Florida will be hosting a variety of training and development events in the coming months.

To advertise your event, please email: [iaito@sympatico.ca](mailto:iaito@sympatico.ca) with photos; article or photo and we will put in the next issue of ZANSHIN

## COMPETITIONS

- Karate Ontario: Jan 25., Mar 29, 2009
- National Championships: July, 2009 in Calgary, Alberta

## SEMINARS

Kanchi Robertson will be visiting Montreal to deliver a seminar on March 17, 2009.

## ZANSHIN

2355 Royal Windsor Drive, Unit 9

Mississauga, ON, L5H 3S2

Phone: (905) 919-1919

Email: [iaito@sympatico.ca](mailto:iaito@sympatico.ca)

Website: [www.yoshukankarate.com](http://www.yoshukankarate.com)