

Shindo Ready

By: Sensei Walter Greening

Yellowknife Karate

A club's simple request has given them a new opportunity and a new tool to help them with their karate. The Yellowknife karate club requested a clinic back in 2010 and after three subsequent clinics they are in a position to grade their own students to the brown stripe rank in Shindo. What does that really mean? It means they have the knowledge and skill within their club to bring students through the various levels of Shindo to prepare them for a black belt grading in Shindo. So to the Yellowknife karate club I say "CONGRATULATIONS"

Myth: There isn't enough time in class to include Shindo.

Fact: Once you have the basics in Shindo it's a tool that will only help your karate. Practicing Shindo does not take away from your karate it will add to it.

The following weekend to the Yellowknife clinic, Sensei Shelly McGregor held the Whitecourt tournament. Sensei Shelly included a Shindo division in her tournament. It was

great to see so many competitors. I saw this event as an exercise in humility, brown belts competing against orange belts. All with a variety of Shindo rank and age. For those who were new to working Shindo and competed anyways I say "Kudos" to you. You stepped into some new territory and knocked a big wall down in doing it. It was very cool to see.

Thanks goes out to Sensei Patrick Clancy, Sensei Cal



Pittet, Sensei Aidan Cartwright & Sensei Clint McCrea

P.S. If you want to introduce Shindo into your club a simple request is all that is needed.

Whitecourt Tournament

By: Sensei Duncan Osmond

Whitecourt Wado Kai

Appearing just in time to take advantage of the mild temperatures in the brief gap between Alberta's 3rd and 4th winter, in the heart of April, Whitecourt's tournament and the days surrounding it were fiery events rife with passionate karateka, interesting concepts, and intense competition. With 170+ participants, the tournament offered a fantastic display of skill from a variety of places, ranging from B.C to the Northwest Territories.

Before the tournament even began, many of those participants took part in a workshop by Guest Sensei Dan Mckee the

night before. The theme of the workshop was intensity and the benefits of its application in all parts of our Karate. Many of the drills focused on refining some of the techniques we use every class to be as real as we could make them, even in Kata. Sensei Dan's knowledgeable insight and practiced concepts



Friday Evening Clinic—Adults