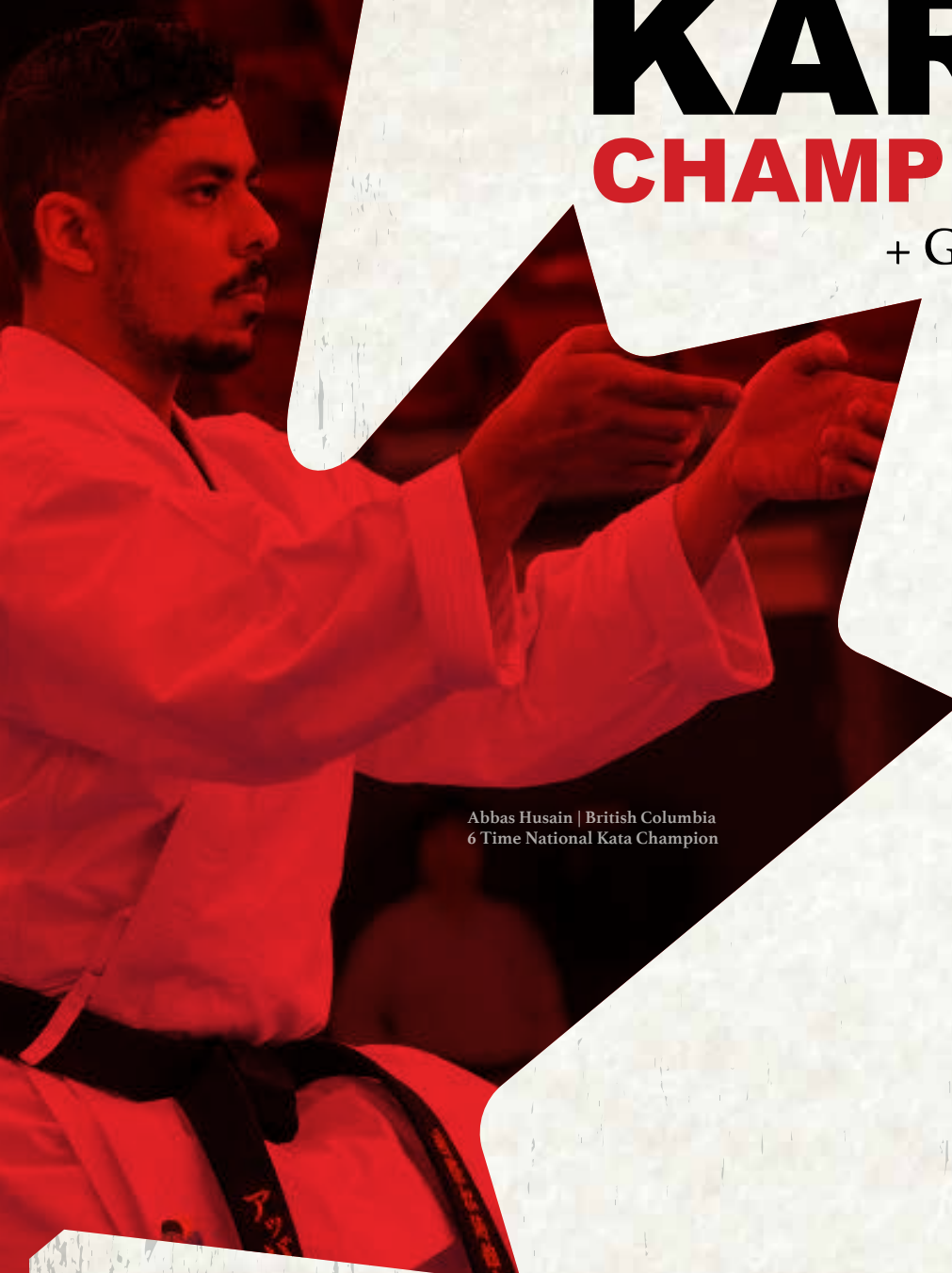


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## International Shotokan Karate Federation of Canada

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Calgary, Alberta T1Y 5Y9  
Chairman: David Jones, 8th Dan

May 1, 2019

On behalf of the International Shotokan Karate Federation of Canada, I would like to extend my warmest welcome to each of you involved in our 38th Annual ISKF Canada National Championships. Every participant, official and particularly the tournament organizers have worked diligently in preparation for this occasion. I congratulate and thank you for your contribution.

ISKF Alberta is profoundly honoured to host this annual event. I am thrilled that we are able to accommodate you at the fine facilities here at the University of Calgary.

ISKF Canada is truly a world class organization. We have a roster of experienced instructors from all across the country. This year marks the first time that we are able to offer extended training opportunities to all our valued ISKF members.

In closing, I would like to thank all volunteers and sponsors for their efforts in making this weekend possible. In particular, my appreciation goes out to Laurie Jones, Natasha Landra, Robert Morgan, Kenji Doshida and Crystal Schatz for applying their time and talents in all aspects of the event's organization. My thanks as well, must be extended to Alberta Sport and Tourism Calgary, whose generosity and support is very much appreciated.

Travel safely, and see you all again next year in Nova Scotia.

All the best,

David Jones,  
Chairman, ISKF Canada



Welcome to Calgary!

On behalf of our city, we're thrilled that you're here for the 2019 ISKF Canada National Karate Championship.

Calgarians are Ultimate Hosts, and Calgary is the Ultimate Host City. Throughout 2019, we will proudly host many national and international events, including the Canadian Country Music Awards, 107<sup>th</sup> Grey Cup Festival and championship game and the PGA TOUR Champions Shaw Charity Classic. In 2018, we supported a record 89 events. We love to host, and it shows.

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We wish you the best of luck during your competition and hope your time in Calgary will inspire many more visits to come.

Sincerely,

Cindy Ady  
Tourism Calgary CEO

# M. NAKAYAMA

## WHAT KARATE-DO IS

### DECIDING WHO IS THE LOSER IS NOT THE ULTIMATE OBJECTIVE.

**K**arate-do is a martial art for the development of character through training, so that the karateka can surmount any obstacle, tangible or intangible.

Karate-do is an empty-handed art of self-defense in which the arms and legs are systematically trained and an enemy attacking by surprise can be controlled by a demonstration of strength like that of using actual weapons.

Karate-do is exercise through which the karateka masters all body movements, such as bending, jumping and balancing, by learning to move limbs and body backward and forward, left and right, up and down, freely and uniformly.

The techniques of karate-do are well controlled according to the karateka's will power and are directed at the target accurately and spontaneously.

The essence of karate techniques is kime. The meaning of kime is an explosive attack to the target using the appropriate technique and maximum power in the shortest time possible. (Long ago, there was the expression ikken hissatsu, meaning "to kill with one blow," but to assume from this that killing is the objective is dangerous and incorrect. It should be remembered that the karateka of old were able to practice kime daily and in dead seriousness by using the makiwara.)



Kime may be accomplished by striking, punching or kicking, but also by blocking. A technique lacking kime can never be regarded as true karate, no matter how great the resemblance to karate. A contest is no exception; however, it is against the rules to make contact because of the danger involved.

Sun-dome means to arrest a technique just before contact with the target (one sun, about three centimeters). But not carrying a technique through to kime is not true karate, so the question is how to reconcile the contradiction between kime and sun-dome. The answer is this: establish the target slightly in front of the opponent's vital point. It can then be hit in a controlled way with maximum power, without making contact.

Training transforms various parts of the body into weapons to be used freely and effectively. The quality necessary to accomplish this is self-control. To become a victor, one must first overcome his own self. ■

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Good luck to all in the 2019 ISKF Canadian National Karate Championships!



# ASK ME ANYTHING!

## SENSEI DAVID JONES



Sensei David Jones, Chief Instructor for ISKF Alberta and Chairman of ISKF Canada, makes many trips around Alberta every year passing on his karate knowledge. While punching, kicking and lots of sweating we've learned a lot about karate but we've also wondered about Sensei Jones the person and his history. Karateka from all over Alberta wrote in for a special AMA (Ask Me Anything), read below for some highlights!

### BRAYDON | AGE 9 | PURPLE BELT

#### How old were you when you started karate?

I embarked on my karate journey in 1973 when I was fifteen years old.

### KENSINGTON DOJO KARATE-KA Why did you start karate?

This was the era of the television series Kung Fu and the advent of Bruce Lee movies. There was something of a craze about karate and I got caught up in it.

### SKC CALGARY NW DOJO KARATE-KA What promoted you to take your first karate class?

I happened to find a karate school nearby and was fortunate that it was an excellent shotokan school in Reading, England.

### MITCHELL | AGE 13 | BLACK BELT

**Have you ever done a different martial art? If so which one?** I have dabbled with judo and jujitsu but essentially have focused all my attention on shotokan karate.

### ALEXANDER | AGE 10 | 6TH KYU

#### How long have you been doing karate? How do you become a sensei?

I started teaching karate in 1978 at a small dojo in Newbury. I started with one student but built the dojo up to about 60 students in three years. I emigrated to Canada in 1982 and founded ISKF Calgary shortly thereafter.

### SKC CALGARY NW DOJO KARATE-KA When and why did you start your own dojo?

Part of

the reason for starting my dojo was the desire to enhance my karate experience to the fullest. I thought that taking responsibility for the technical aspects of a group of students would ultimately enrich and improve my own karate. Part of the reason was my belief in the value of karate as a path to personal development. I felt an obligation to share what I had gained through its practice with others.

### SHARMELLE | AGE 16 | 5TH KYU

#### What was your toughest challenge you had to overcome

**in your karate journey?** I think my toughest challenge was to build our dojo. I was working full time at the University of Calgary, teaching my 8 classes a week and renovating a new building into the dojo we have today. Those were 18 hour days for three months straight. Some





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nights I was there until 4:00 am preparing for a building inspection the following morning. Although it was difficult it was immensely satisfying.

### AMELIA | AGE 9 | 8TH KYU

#### How long has karate [been] known to people?

Karate was formally introduced to Japan in 1922 though martial arts of some sort have been practiced throughout history.

### KENSINGTON DOJO KARATE-KA Who is your karate mentor/role model?

My role model has always been Yaguchi Sensei but I have had strong influence from Kanazawa Sensei and Osaka Sensei.

### ALEX | AGE 11 | 4TH KYU

#### Who is your sensei/grader?

Yaguchi Sensei came to Calgary 3 times a year for nearly 35 years. I traveled to many camps and seminars all over north America to train with him during that time. Yaguchi Sensei promoted me to a position on the ISKF Technical Committee in 2005. It was a tremendous honor and privilege to work with my seniors and help further develop the ISKF.

### MATHEW | AGE 16 | BLACK BELT

#### Which kata is your favourite and least favourite kata?

My favorite kata are sochin, nijushiho and jutte. Much of my self training has been spent upon the heian kata of which I have always found heian yondan the most difficult and challenging.

### KENSINGTON DOJO KARATE-KA Which do you prefer, kata or kumite?

Sometimes my focus was spent attempting to perfect kata and sometimes it was kumite oriented. I firmly believe that the balance of kihon, kata and kumite are the secret to longevity and success in karate.

### SKC CALGARY NW DOJO KARATE-KA

**How often do you train?** My own personal training consisted of daily dojo practice, working out at the gym and teaching 4 or 5 days a week. I probably spent 4 hours a day, six days a week training.

### SKC CALGARY NW DOJO KARATE-KA

**Besides the physical aspect, where in your personal life have you found karate helpful?** I do remember, a number of years ago, I was home by myself and just about to leave for the dojo. I had made myself a rather large cheese and pickle sandwich and was in a bit of a rush. Unfortunately the combination of bread, cheese and time constraints caused me to choke. It was wholly unpleasant and I honestly thought I might expire. A calmness came over me and I relaxed and stopped breathing. I was thinking that karate is self defense in many forms and I was not going to be beaten by a sandwich. It took about 30 seconds but my clogged throat cleared and I could breathe again. I even got to class on time.

### ANDREA | AGE 47 | 6TH KYU

#### What is your biggest interest outside the dojo?

Apart from karate, I still enjoy going to the gym, traveling and playing golf. My focus at the gym though is to keep relatively youthful and minimize the chance of injury. My travel is almost always associated with the various karate events that I attend. In fact, I have traveled all over the world and met some fine people who also happen to share this passion. My golf (which is hugely challenging), is perhaps more mental than physical. Apart from being outside (as opposed to being in the dojo), the calmness and focus of playing golf is similar to the mental state one tries to obtain in the practice of karate. In a way, I suppose, karate is my life in every way. ■



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# SCHEDULE OF EVENTS



## Thursday May 16th, 2019

**CHECK IN**  
5:00-7:00 PM at Gold Gym U of C  
Check in and registration confirmation.

**WHITE TO BROWN BELT TRAINING SEMINAR**  
6:00-7:00 PM at Gold Gym U of C

**BLACK BELT TRAINING SEMINAR**  
7:00-8:00 PM at Gold Gym U of C



## Friday May 17th, 2019

**ANNUAL GENERAL MEETING**  
7:30-10:00 AM at Hotel  
ISKF Canada Board of Directors

**CHECK IN**  
9:00-11:00 AM at Gold Gym U of C  
Check in and registration confirmation.

**WHITE TO PURPLE TRAINING SEMINAR**  
9:30-10:30 AM at Gold Gym U of C

**BROWN AND BLACK BELT TRAINING SEMINAR**  
10:30-11:30 AM at Gold Gym U of C

**JUDGES SEMINAR**  
11:30-12:30 PM at Gold Gym U of C  
All judges MUST attend.

**JUDGES PRACTICAL AND WRITTEN EXAMINATION**  
12:30-2:00 PM at Gold Gym U of C

**BROWN AND BLACK BELT TRAINING SEMINAR**  
3:00-4:00 PM at Gold Gym U of C

**INSTRUCTOR TRAINEE CLASS**  
4:00-5:00 PM at Gold Gym U of C

**DAN EXAMINATIONS**  
5:00-7:00 PM at Gold Gym U of C



## Saturday May 18th, 2019

**TOURNAMENT DAY ONE**  
8:00 AM-6:00 PM at MacEwan Hall Ballroom U of C  
Official Opening Ceremonies - All competitors in their Gi  
Individual and Team Events  
National Junior Tournament (8 to 17 years)  
National Adult Kyu Tournament (18 to 44 years)  
National Senior Tournament (45 years and above)



## Sunday May 19th, 2019

**TOURNAMENT DAY TWO**  
8:00 AM-6:00 PM at MacEwan Hall Ballroom U of C  
Individual and Team Events  
National Black Belt Adult Eliminations (18-44 years)  
National Black Belt Adult Finals (18-44 years)

**BANQUET AND ISKF GENERAL ANNUAL MEETING**  
6:30 PM at Gold Gym U of C  
6:30 Reception  
7:00 Dinner  
ISKF General Annual Meeting  
Goodwill Party



# INFORMATION

Seminars: Gold Gym (located in the Kinesiology Building)  
Tournament: MacEwan Conference & Event Centre

Parking: Parking is available in Lot 11 & 12 for \$8/day

Transit: The University of Calgary facilities can be easily accessed by public transit from the Best Western Village Park Inn.

C-Train:

- Hotel to Banff Trail CTrain Station: 7 min walk
- Banff Trail Station to University Station: 2 min
- University Station to MacEwan Conference & Event Centre: 7 min walk

C-train cost is \$3.40 for 90 min pass | \$10.75 for Day Pass

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- Reserved until 15:30 then Public Flat Rate
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**Building Abbreviations:**

A	Administration	GS	General Service Warehouse	MSC	MacEwan Student Centre
AB	Art Building	HP	Central Heating and Cooling Plant	OL	Olympus Hall
AU	Aurora Hall	ICT	Information and Communications Technologies	OO	Olympic Oval
BI	Biological Sciences	IH	International House (Hotel Alma)	OVC	Olympic Volunteer Centre
CC	Child Care Centre	ITL	Taylor Institute for Teaching and Learning	PF	Professional Faculties
CCIT	Calgary Centre for Innovative Technology	KA	Kananaskis Hall	PP	Physical Plant
CD	Cascade Hall	KNB	Kinesiology B	RC	Rozsa Centre
CDC	Child Development Centre	MEB	Mechanical Engineering	RT	Reeve Theatre
CH	Craigie Hall	MFH	Murray Fraser Hall	RU	Rundle Hall
CR	Crowsnest Hall	MH	MacEwan Hall - TOURNAMENT	SA	Science A
DC	Dining Centre	MLB	MacKimmie Library Block	SB	Science B
EDC	Education Classroom Block	MLT	MacKimmie Library Tower	SFH	Student Family Housing
EEEL	Energy Environment Experiential Learning	MS	Math Science	SH	Scurfield Hall
EN	Schulich School of Engineering			SS	Social Science
ES	Earth Science			ST	Science Theatres
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				YA	Yamnuska Hall

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# KARATE COMPETITION

## KUMITE

Kumite, or free sparring, consists of a match between two persons. A point is awarded when, in the opinion of the judges, one of the contestants has executed an effective punch, strike or kick against the opponent. However, an actual blow is prohibited in the contest. The attack must be stopped just before the target area, usually within two inches. Acceptable targets are head, face, neck or midsection.

The rules of this tournament require that contestants must have attained a certain rank and have had a certain period of training before they can participate in free sparring. This ensures that contestants have developed complete control of their minds and bodies, and thus their techniques, as well as a mutual trust and respect for their opponent. Contestants without this level of training participate in a more basic form of kumite called ippon, or one-step sparring.

**Judges:** The contest is judged by one chief judge and four assistant judges.



### Duration of Matches:

Each match lasts two minutes, during which time each contestant tries to earn one point.

**One Point or Ippon:** When it is determined by the chief judge that a well-timed, focused punch, strike or kick was executed by one contestant, the judge will stop the contest, and both contestants will return at once to their starting positions. The chief judge will then raise his hand to indicate the winner announcing ippon. However strong a given technique may appear, if it lacks correct distance or if it is executed from a poor posture, then ippon, or one full point, cannot be given. Even if the distance and posture were correct, if the punch strike or kick lacks strong focus, a full point cannot be given. However, if a contestant executes a blow that beats the opponent to the attack, attacks in a series of continuous techniques, delivers a blow after unbalancing the opponent, or strikes when the opponent is defenseless, it may be counted as a full point.

**One Half Point or Waza-Ari:** A half-point is awarded when the technique is executed with some imperfection or is not strong enough for a full point. If a contestant is awarded two half points during the match, they are added together, resulting in ippon or one full point, and the contestant is the winner of the match.

**Decision or Hantei:** If no point is scored by either contestant, the judges are asked to make a decision as to the winner. If one of the contestants has scored a half point during the match, or fought with good technique, a winner may be declared. However, if, in the opinion of the judges, the contestants are equal in performance, they may declare a draw, then a two-minute overtime match is fought.



## KATA

Kata, or form, is a systematically organized series of defensive and offensive techniques. The performance describes a battle against multiple opponents each movement must be executed with full awareness of its meaning. At the same time, each technique must be part of the flow and unity of the kata as a whole.

Kata is judged on the three fundamental facets of performance: the correct application of body strength, the correct application of principles of expansion and contraction of body muscles, and the proper application of speed. In addition, the vigor, attitude, deportment, and self-control displayed by the performer are considered in the judgment.

Since it is a competition, a mistake in the order of performance, losing of one's balance, or not returning to the original position (each form has an established line of movement which, when executed properly, returns the performer to the original starting position), will lead to a reduction in points. A contestant who discontinues the form or forgets the sequence automatically loses.

In the final round of competition, each contestant performs his/her chosen favourite kata. There are seven judges, including one chief judge. The highest and the lowest points awarded are discarded, then the remaining five are totaled for points scored. ■

# A BRIEF HISTORY OF ISKF ALBERTA

The International Shotokan Karate Federation of Alberta was formally created in the mid-1980s. It's founding members consisted of four instructors from various backgrounds. Sensei David Jones had moved to Canada from England in 1982 as a nidan in the SKIF organization lead by Hirokazu Kanazawa Sensei. In similar fashion Sensei Vic Charlton had also moved to Canada in the mid-1970s, also with a background in the English karate scene. Sensei Kurt Taylor and Sensei Rob Connolly from Alberta had been teaching Shotokan locally but were looking for a reputable organization to affiliate with.

In 1983, Sensei Jones invited Master Yutaka Yaguchi to teach in Calgary and immediately a bond was formed. Master Yaguchi was the Vice Chief Instructor of the International Shotokan Karate Federation (ISKF) and visited the province of Alberta 3 times a year until his retirement some 35 years later. In addition, Master Teruyuki Okazaki, the Chief Instructor of ISKF, often visited here as well.

It took many years and substantial efforts to build a karate

organization. Pushing for technical excellence, Sensei Jones traveled extensively around the world to seminars, camps and tournaments. That knowledge and experience was brought back to Alberta and as a consequence, ISKF Alberta has a reputation for the quality of karate it offers. We have produced countless national and international champions in both individual and team events. As we move to the future, a new generation of highly capable instructors are ready to take the helm – Robert Morgan, Crystal Schatz, Kenji Doshida and Joseph LaCoste, to name a few, will be the successors of ISKF Alberta.

Today, ISKF Alberta is represented by more than 600 members and 9 dojo. We are proud to be part of the ISKF Canada national organization with over 2000 members and more than 50 dojo spread across the country. ISKF Alberta and ISKF Canada have a bright future and will continue to strive to further build the values of traditional Shotokan karate. ■



# DOJOS IN ALBERTA



1

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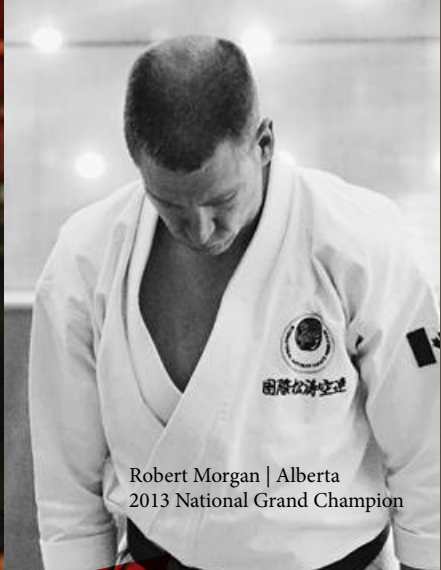
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2018 Team Kumite Champion



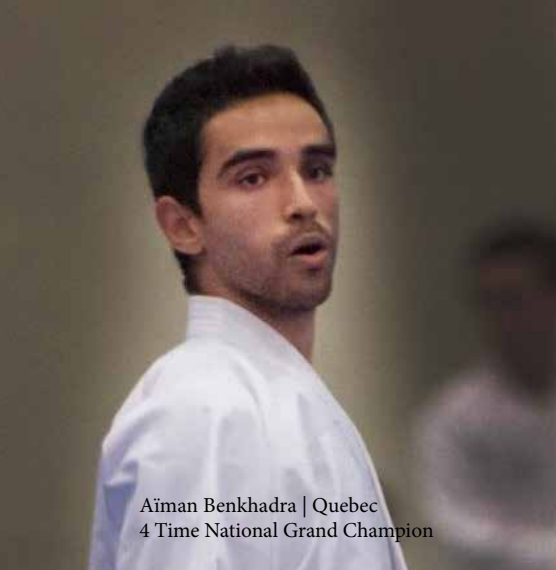
Andy Allen | Nova Scotia  
3 time Senior Kata Champion



Abbas Husain | British Columbia  
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Robert Morgan | Alberta  
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- Gichin Funakoshi

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- Masatoshi Nakayama

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- Teruyuki Okazaki

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**SHOTOKAN KARATE CLUB OF RED DEER**

**Good luck to all the Competitors!**

**Shotokan Karate Club of Red Deer**  
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Facebook: ISKF Shotokan Karate Club of Red Deer

# 訓

一人格完成

一誠の道を行

一努力の精神

一礼儀を重んずること

一血気の勇を戒むること

根柢を愛せし輔

養うこと

Kimchi Nguyen | Alberta  
4 Time National Kata Champion

for more information visit:  
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