



BRAD BERT JOURNAL

SUMMER '05

Annual General Meeting

Sport Alliance Building

1185 EGLINTON AVENUE EAST
TORONTO, ONTARIO
M3C 3C6

for Sunday June 19, 2005
From 8:00 a.m. to 5:00 p.m.

The actual AGM should be from 10:00 a.m. to 5:00 p.m.
Proxy validation should be from 9:00 a.m. to 10:00 a.m.

KAO CALENDAR

JULY 10TH – NKA dan testing in Ontario

AUG 7TH – Style Clinic - Goju, Shito

SHOTOKAN KATA – FORMAL DIFFICULTY EVALUATION

By Dragan Kljenak

Karate sport development is obviously bringing our sport closer to the family of all other widely accepted sports. Part of Karate sport, Kata Competition, is already showing great improvement and progresses rapidly in the direction of very interesting and spectator “friendly” event. Competitors exhibit performances and ability that is comparable to any other sport forms. Since the other sports usually have their own forms ranked by difficulty level, most of the times with clear numerical value associated with the certain form, there well could be appropriate time now to attempt similar evaluation of our formal exercises.

This article will attempt to present numerically based evaluation for Shotokan Kata.

Since inception of Karate sport in late fifties, there has been a clearly expressed need for precise evaluation of Kata performance. Rules for competition were introduced with, at that time, best possible system of point criteria that were created to judge Kata performance. It must be said that judging came long way since those times: today’s WKF Judges (and most of the National ones) are qualified and well trained to officiate and choose, with great confidence, best competitors as winners. Rules for Kata competition also evolved to better accept different styles of Kata performed and compared.

With all standard criteria that cover evaluation of Kata performance¹, there is also acceptance of **different difficulty** of Kata being performed. It is important for Kata Judge to accept and fully utilize understanding of this fact: not all the forms are equally complex and hard to execute. However, appropriate attention must be paid to **all other criteria** before this one is used. In my opinion, this evaluation may assist Judge in training, when comparing Kata of the same style (Shotokan in our case). Similar evaluation of Katas performed by other major styles must be undertaken and then compared to establish, if possible, a universal scale of difficulty that may help demystify judging in general.

EDITOR’s NOTE: Sensei Kljenak provided a detailed evaluation of Jion, Kanku Dai, Empi, Kanku Sho, Bassai Dai, Jitte,

Hangentsu and Gankaku that we were unable to include due to space limitations. If you wish to obtain a copy of this, please contact the editor or Sensei Kljenak

BOOK REVIEW

“DECIDE to WIN”

A Total approach to winning in Sport and Life

By Rex Johnson and David Swinley

If you are an athlete, coach or just want to make some positive changes in your life then this book is a must read. It is clearly written and the concepts are easy to apply to everyday life.

Some of the topics covered in “Decide to Win” include:

- *Building the qualities of a winner in yourself*
- *Developing mental toughness and a winning attitude*
- *Eat, Drink, Sleep and train for peak performance*
- *Creating dynamic individual and team motivation*
- *Various training programs to prepare for big events*

Rex Johnson and David Swinley did an incredible amount of research before the production of this book. Included in the text are mental and physical training routines of Olympic teams from the USA, Western Europe, South Africa, Australia and many more. They have spent decades researching physical and mental habits of recreational athletes up to Olympic gold medalists. Both authors are motivational consultants, psychotherapists and health practitioners.

Although this entire book is excellent I would like to highlight chapter 8 entitled “Taking charge of your attitudes and beliefs.” I found this portion especially helpful and easy to apply. The following is a summary of the key points in this chapter. The outline of how to have a successful attitude is in bold, followed by an example of an affirmation which may be used. Some affirmations are examples from the book, some are my own. When using this list you may choose to add or delete as much as you like.

10 EMPOWERING ATTITUDES OF A WINNER:

1. I HAVE A POSITIVE ATTITUDE.

"I automatically focus on the positive. I am positive about life. I am influenced only by positive thoughts and positive people."

2. I CAN DO IT.

"I am equal to any challenge. I have faith in myself. I have confidence in my abilities."

3. I ACCEPT RESPONSIBILITY FOR MYSELF AND MY PERFORMANCE.

"Success is not a matter of luck. I will do the very best I can without blaming other if I don't do as well as I would like. I am in control of my own destiny."

4. I'M IN COMPETITION WITH MYSELF.

"I always give my best shot. Every day, in every way, I'm getting better and better. I improve a little each day. I am good enough to win and I will."

5. I LIVE IN THE PRESENT MOMENT.

"This is the only moment over which I have any control. I don't allow my mind to drift to regrets from the past and never put off until tomorrow that which can be done today. An opportunity missed today is gone forever."

6. I AM FEARLESS BOLD AND COURAGEOUS.

"I have nothing to fear but fear itself. I will feel the fear, push through it and succeed."

7. I DESERVE TO BE SUCCESSFUL.

"Nobody is more deserving than I. I've worked for it. I want, believe and expect to win."

8. FAILURE IS NOT DEFEAT.

"Defeat is the decision to stop trying or give up. There is no such thing as failure, only results. I learn from everything that happens to me, whether I succeed not. In this way I constantly improve."

9. I SHALL PERSIST UNTIL I

SUCCEED. I'll never give up. I know where I am going and, if I keep going long enough, I am certain to get there."

10. I ENJOY WHAT I AM DOING.

"Life is full of joy and happiness. My enthusiasm knows no bounds. I am passionate about my sport, passionate about winning."

"Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men and women of talent. Genius will not; unrewarded genius is almost a proverb.

Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent."

Submitted by: Trevor Sheppard, Sensei

The KOA Technical Committee

Is comprised of senior instructors from the 5 recognized major karate styles in Canada (Chito, Shoto, Wado, Goju, Shito). The Technical Committee is Kenzo Dozono (Chair), David Chong (Chito), Suenori Tominaga (Shoto), Alex Waith (Wado), Isao Yabunaka (Goju) and Sam Moledzki (Shito). The KOA Technical Committee has the responsibility to provide learning and instructional opportunities regarding karate styles and provides style seminars of the 5 major NKA karate styles to our membership on a regular basis as a service to official's, coaches, competitors and instructors. They also evaluate and make recommendations to the Board on all new club applications. This committee is also responsible in providing inputs and responses to the KOA Board for any technical matters that has arisen during the year. New applicants should visit our web-site for information regarding how to apply for membership with Karate Ontario.



TC Goju style head Isao Yabunaka conducting a clinic at Northern Martial Arts (Sensei Mike Laschi) in Sudbury in May.

National Karate Championships 2005

This past April, Ontario sent 75 athletes to Halifax Nova Scotia for the 2005 National championships, held at St. Mary's University Sport Centre. Arriving on a Tuesday, the team and its five coaches settled in and prepared for three days of exciting competition.



The Coaching staff

Training sessions were held every day and twice on Wednesday. The team was focused, determined, and united. The support of fellow competitors in training, and at the tournament site was constantly evident. Friday's training session was fun for everyone and proved to be an effective stress release for those who had to compete in the finals the next day. Following training, the team enjoyed the traditional "team dinner" which included great food, short speeches, and a very entertaining joke contest.

For the readers who are not aware of the process, the junior eliminations are held on the Thursday, and senior eliminations are held on the Friday. At the finals on the Saturday, it seemed to be Ontario in almost every category. Once again Ontario demonstrated its prowess in kumite, and this year turned many heads with outstanding performances in both individual and team kata.



Following the finals, the tournament director tallies the results to determine which province wins the overall championships. Once again the National Championships plaque was won by Quebec, but Ontario is hungry and determined to take it away from them next year. We closed the gap this year in the juniors where in 2004 Quebec led the way with a score of 115 to Ontario's 71, whereas this year Ontario was second to Quebec with an improved result of 113 to 89. In the adult scores, compared to 2004, Ontario rose from 51 to 54, but Quebec also gained some ground rising from 72 to 85 points. We lost some ground in the team events, but made some gains in the kata categories. This year is only the beginning!

Ontario's coaching committee is busy preparing a plan for the next twelve months that will involve monthly training sessions, guest instructors, and input from the technical and referee committees.

Ontario is proud of this year's team for its outstanding effort and performance. Our medal results are 20 Gold, 13 silver, and 20 bronze medals, a total of 53 medals. This is a notable improvement to last years medal count of 49, which included 18 gold, 7 silver and 24 bronzes. More detailed results are available on Ontario's website at www.karateontario.org

