



Black Belt Journal

Winter '03

Official Publication of Karate Ontario – e-mail: info@karateontario.org

The Black Belt Journal is a publication for Karate Ontario membership and will cover stories about all our member, their involvement and achievements in karate-do. Achievements not only on the competition floor but also within the Karate Ontario organization itself.

In this edition you see Ontario Karate's outstanding results from the 2002 National Championships held last June in Toronto at the Regal Constellation Hotel.

You will also read about Karate Ontario's annual Awards Banquet to honour those who have made outstanding contributions and achieved great success over the last year.

There is a great untapped wealth of knowledge and experience in Karate Ontario and the BBJ hopes to tap into this. It is our goal to provide informative and thoughtful articles that will help all our members achieve their goals.

Many of you have karate experiences and memories that you may take for granted but which our membership will find interesting, maybe even inspirational. You are encouraged to take the opportunity to share these memories with the rest of us.

We hope you enjoy this edition of the Black Belt Journal and you are encouraged to e-mail any comments, questions or suggestions.

A colour version of the Black Belt Journal is posted on the KOA website.

EDITOR - Mike Romanchuk

Karate Ontario Service Award Presentation

Karate Ontario's Grand Prix Tournaments provide an opportunity for karateka to display their talents and test their skills. These tournaments showcase not only the best Black Belt athletes in the Province but also some of the Best in the Country.

The same could be said for the Officials and Referees at these tournaments. Many of which are highly regarded both nationally and internationally as top Officials. It should also be noted that many are past National and International tournament champions.

Just as it takes many years of practice and study to become a Black Belt champion, the same dedication and commitment is required to become an Official of the quality that Ontario enjoys.

The third Grand Prix tournament, held this past January, provided Karate Ontario the opportunity to recognize a few such individuals for "Over 20 Years of Officiating at Karate Ontario Events".

Congratulations to (L to R) Sam Moledzki, Alex Waith, Emilio Franch, Suenori Tominaga, and Bill Carr.



KARATE ONTARIO ON THE WEB

For the latest information on:

- Special Events
- Grand Prix Tournaments
- Black Belt Journal and Photo Gallery

Please visit – www.karateontario.org

2002 National Championships Ontario Team Results

The Annual National Championships were held in Toronto from June 2nd thru June 9 2002 at the Regal Constellation Hotel. These events were an exciting look at Canada's elite karateka; and with the new WKF rules in effect, these championships were action packed. As the hosting province for this year's National Championships, Karate Ontario would like to extend there thanks to everyone who made the Nationals the great success they where. This would include all of the competitors, coaches, referees, officials and volunteers from across Canada who attended this year's spectacular event.

	Women	Men
Junior		
Team Kata	Bronze Elizabeth Midolo Brienne Burosch Emily Clair	Silver Arjun Yogeswarren Thomas Kirk Philipe Jose
Team Kumite	Silver Lauren MacDonald, MaryAnn Elmi, Jelena Miljkovic & Ada Bratic	Silver Milad Mohammadi, Ehsan Di Baji, Aradallan Ghassemi & Chris De Sousa Costa
Individual Kata Age: 14 - 15	Bronze: Ada Bratic	Bronze: Andrew Kikuta
Age: 16 - 17		Bronze: Thomas Kirk & Kian Marandi
Age: 18 - 20	Silver: Azucena Rocha	
Individual Kumite Age: 14 - 15	Under 45 kg Gold: Erica Mackay Under 55 kg Silver: Shannon Medeiros Over 55 kg Gold: Ada Bratic Silver: Goli Khalili	Under 50 kg Gold: Justin Rosa Over 60 kg Silver: Chris DeSousaCosta Bronze: Gianfranco Romanino
Age: 16- 17	Under 53 kg Silver: Alana Marzouka Bronze: Elizabeth Midolo Under 60 kg Silver: Maryann Elmi Bronze: Rokhsaren Khosroshahi Over 60 kg Gold: Lauren MacDonald	Under 60 kg Bronze: Omid Fatahi Under 70 kg Gold: Ehsan Di Baji Bronze: Aslan Fazeli Over 70 kg Bronze: Aradallan Ghassemi
Age: 18 - 20	Under 53 kg Silver: Sandra Matijastic Under 60 kg Gold: Nassim Varasteh Bronze: Patty Patten Over 60 kg Silver: Azucena Rocha Bronze: Natalie Yip	Under 65 kg Gold: Saeed Baghbani Silver: Mohammad Fazeli Under 75 kg Bronze Stefan Ivic Over 75 kg Bronze: James Ferri
Adult		
Team Kata	Silver Dorothy Yu, Tonija Skuja & Lisa Siroki	Bronze Ignacio Gamsawen, Stan Tio & Ray Tio
Team Kumite	Silver Liberata Perri, Alana Wlch, Nassim Varasteh & Niloofar Dehghan	Gold Don Ritter, Titi Divito, Stan Tio Kal Sutton-Herbert, Saeed Baghbani, Mohammad Fazili & Erik Brandt
Individual Kumite	Under 60 kg Gold: Nassim Varasteh Bronze: Niloofar Dehgan Over 60 kg Silver: Alana Welch Bronze: Margaret Brimpang	Under 60 kg Gold: Andrew Carr-Locke Bronze: Clarence Borja Under 65 kg Gold: Saeed Baghbani Silver: Mohammad Fazeli Under 70 kg Gold: Don Ritter Bronze: Erik Brandt Under 75 kg Bronze: Dominic Capilongo Under 80 kg Silver: David osbourne Over 80 kg Gold: Karl Sutton-Herbert Openweight Gold: Saeed Baghbani



14-17 TEAM KUMITE SILVER MEDALISTS - MILAD MOHAMMADI, EHSAN DI BAJI, CHRIS DE SOUSA COSTA, ARADALLAN GHASSEMI

WATER WORKS

Water is the most critical nutrient for athletic performance. Most nutrients - even essential ones - can be absent from your diet for days even weeks without causing really serious problems. But your body's water supply must be replenished frequently.

Think about it. You are about 66% water by weight. So if you weight 80 kgs that is 53 kgs or approximately 53 liters of water.

Water performs a number of vitally important functions such as the transportation of nutrients and the clearing of wastes throughout your body. But water's most important function for athletes is to regulate body temperature through the process of sweating. Exercise generates heat and this heat must be eliminated for exercise to continue. Your body's ability to get rid of this heat depends on the formation and evaporation of sweat to cool the body.

During exercise you lose a lot of water and if you lose enough water without replacing it then you will be compromising your performance not only in the dojo but also in all your daily activities. A reduction of 3% of your body weight due to water loss will reduce muscle endurance and begin to effect your

ability to concentrate. A reduction of 4% to 6% reduces both muscle endurance and muscle strength and also may effect judgment. A reduction of more than 6% may cause severe heat cramps, heat exhaustion and heat stroke.

I can hear the question now ... If water replenishment is good then drinking one of those sports drinks would be even better. Not necessarily, the main goal of sports drinks is to replace water lost during exercise and the secondary goal is to replace lost electrolytes such as sodium, and also to provide an additional energy source of carbohydrate, usually in the form of glucose. Studies have shown that for continuous exercise over 4 hours such as a marathon, then a need for electrolyte replacement is justified. But for exercise such as the type that we experience in the dojo, our primary need is water. This is due to the fact that although nutrients such as sodium are lost in significant amounts when sweating, this loss is not proportional to water loss, therefore an increased concentration of sodium in your body water can result. In order to correct this what you need to replace is plain old inexpensive water. Potassium, magnesium, iron, and other minerals are also lost in sweat, but not in quantities sufficient to require replacement during exercise. These are easily replaced by a light, carbohydrate rich, post-exercise meal.

2002 KARATE ONTARIO AWARDS BANQUET

Each year Karate Ontario hosts an awards banquet that honors both the athletes who enjoyed great success during the year and those members who made outstanding contributions towards furthering the ideals of Karate in Ontario. Both these groups share one thing in common and that is a love of Karate-do. This year's event was held at the Regal Constellation Hotel and was well represented by past, present and future champions.

This year's Award winners:

<u>MALE ATHLETE OF THE YEAR</u> Saeed Baghban, Don Ritter's Karate & Fitness	<u>FEMALE ATHLETE OF THE YEAR</u> Nassim Varasteh, Kan-Zen-Kai Karate-do
<u>ONTARIO CHAMPION OF THE YEAR</u> JUNIOR MALE - Justin Rosa , ISK International Shotokan Karate JUNIOR FEMALE - Ada Bratic , Sherway Shotokan ADULT MALE - Karl Sutton-Herbert , Don Ritter's Karate & Fitness ADULT FEMALE – Azucena Rocha , Shito-Kai (Murayama) Toronto Dojo	<u>CLUBS OF THE YEAR</u> CLUBS WITH >100 KARATE ONTARIO MEMBERS: 1. University of Toronto Karate Club 2. Higashi School of Karate 3. ISK International Shotokan Karate MOST ATHLETES PER TOURNAMENT - Go Ju Do Karate KARATE ONTARIO TEAM CONTRIBUTOR - Kan-Zen-Kai Karate-do
<u>COACH OF THE YEAR</u> Stan Bradley, Progressive Martial Arts	<u>OFFICIAL OF THE YEAR</u> Antonio Terra, S.K.I.F. Toronto Karate & Fitness Institute
<u>VOLUNTEER OF THE YEAR</u> Mike Romanchuk Shito-Kai (Murayama) Toronto Dojo	<u>OUTSTANDING CONTRIBUTION AS AN OFFICIAL TO KARATE ONTARIO</u> David Chong, Guildwood Chito Kai
<u>OUTSTANDING CONTRIBUTION TO KARATE ONTARIO</u> Suenori Tominaga, University of Toronto Karate Club	
<u>HALL OF FAME INDUCTEES</u>	
<u>BUILDERS DIVISION</u> Bill Carr, United Shotokan Karate-do Sam Moledzki, Shito-kai (Murayama) Toronto Dojo Fred Simonaitis, Hoku Shin/Hachi-O-Kai	<u>ATHLETES DIVISION</u> Ron Tkacz, ISK International Shotokan Karate Peter Giffen, Barrie Ryusei Karate-do



HALL OF FAME INDUCTEES

L-R: Fred Simonaitis, Bill Carr, Sam Moledzki

KOA CALENDER

May 4th, 2003

3rd Annual Iwata Cup Canada Invitational

Etobicoke Olympium - 590 Rathburn Road
Etobicoke

Canadian and International Shito-Ryu Karate
Resource Centre

June 1st, 2003 - Annual General Meeting

Sports Alliance of Ontario

July 10th to 13th, 2003

11th Kubota World Cup Championships

Humber College – 205 Humber Colleg Blvd
Toronto

International Karate Association of Canada