

UNIVERSITY OF TORONTO KARATE CLUB NEWSLETTER

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President's Report

By Brenda Coles

Welcome to the University of Toronto Karate Club, and welcome back to all of our returning members. This is a time of change and frustration for the world, and on a smaller scale, for our club. The events of September 11th have put life back into perspective for many of us as we realize what is important to us. For me, the Club is extremely important because it is a place where I can focus and relieve the stresses of my job and external events that are beyond my control. An important fact is that we have survived the Athletic Centre's strict guidelines for clubs; consequently, we still have space in which to train, and we even have an extra day to help cope with the split in classes. We have been a club at the university for over thirty years, and we plan to be here for the next thirty years and beyond. The Karate Club is and always will be a place where you can shed the stress of life through hard training and the many social events that we host throughout the year.

The Club has evolved over the years. This year the returning members have come back to a changed club with the classes split on the basis of rank, a result of the class size restrictions in the Fencing Salle. It is the first time in the Karate Club's history that the beginners and the advanced black belts do not train together at every workout. This is very new to us and we are doing our best to continue to provide a high level of training for all of our Karate-ka. You may have also noticed that our classes are much later, which has been good for some people (fewer conflicts with class schedules) and bad for others (especially those students and alumni who commute), but we are still here and are as dedicated as ever. I hope that you will all train hard and enjoy the upcoming year!

Brenda Coles (Shodan 2000) is the President of the University of Toronto Karate Club.

Tominaga Sensei's 60th Birthday

By Kaerynne Nakamura

On Sunday June 17th many Karate Club members, old and new, joined in celebrating Tominaga Sensei's 60th birthday. This was an especially auspicious birthday as, in the Japanese tradition, 60 years represents one full rotation around the sexagenary cycle of the Chinese and Japanese astrological calendar. At the age of 61 the cycle begins again (Honke-gaeri) and it is viewed as a re-birth or a return to the original cycle.

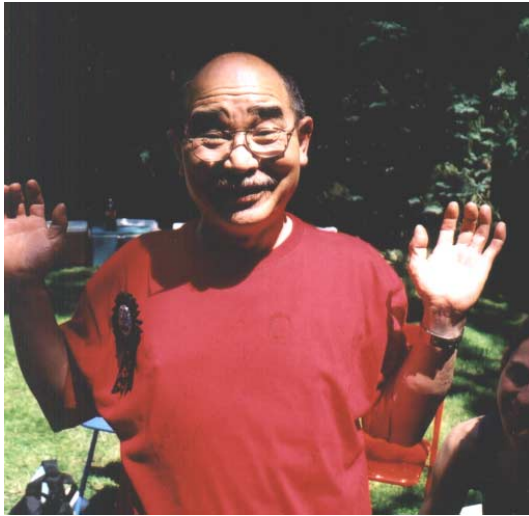


Tominaga Sensei at his Kanreki celebration. Standing at the right are **Jim Pfister** (Nidan 1997) and **Christopher Achong** (Sandan 2000).

It was a fantastic day for the festivities and many people were able to attend including some old-timers like **Louis Molot, Bryan** and **Anne Lo, Dale Simmons**, and **Lee St. Aubin**, who drove in from Renfrew (north of Ottawa) just to be there. It was especially nice to see so many little ones – and I don't just mean the white belts – enjoying the party and helping Tominaga Sensei ease into his second childhood.

There was a lot of reminiscing, and many happy memories were shared. Sensei looked

great in his red T-shirt signed by many of the Karate Club members.



Thanks to **Joy Ang** (Sandan 1993) and **Kevin Northrup** (Sandan 1996) for offering their lovely home for the event and thanks also to all those people who demonstrated their stellar culinary ability, or at the very least an amazing knack for finding great take-out. Thanks again to everyone for making Tominaga Sensei's 60th birthday such a memorable event.

Kaerynne Nakamura (Nidan 1997) and **Mary Young** (5th kyu) organized Tominaga Sensei's Kanreki celebration.

Natsu Gasshuku 2001

By Lynlee Spencer

Ask yourself: What does Summer Camp mean to me? This article represents my attempts at answering this question, but not by simply recounting the details of our most recent Natsu Gasshuku, held this past August long weekend at Hart House Farm in the Caledon Hills. The moments are meaningless to anyone who did not attend, and will remain enjoyable memories for the participants. Instead, my aim here is to show that Natsu Gasshuku is a worthwhile experience that benefits all who attend.

At a physical level, the nine Karate workouts over 2 ½ days are exhilarating and a good way to get into shape. At first, your body will protest at the hardship it must endure.

Running the final stretch, doing the last push-up, or throwing the last punch seem to be unattainable goals. How can mere flesh and blood achieve these impossible feats? Eventually, you come to understand that unlike other machines, our bodies become stronger the more they are used. Finding a reserve of energy you never realized you possessed, anything becomes possible. Your thumping heart, labouring lungs and strained muscles carry you to the highest level of physical triumph.

As you push yourself through the physical rigors, your mind is also pushed to an extreme level. Athletes often talk about a certain kind of detachment - almost as if you are on the outside looking in. These moments allow for a state of self-reflection that is not granted in daily life. We become aware of the difference between what is real in life, compared to the excuses we use to stay mired in mediocrity. For a brief period we can see the path we must follow to reach enlightenment, and know that following it requires determination and discipline.

During this intense personal experience there is also an equally important social element. While you help others and they help you, while you eat together, communicate with one another, and share the hardships and glories, you realize a strong bond is being forged. Your fellow members have a chance to see who you are and what you are made of - a lesson they are not soon to forget. After the long days you are able to offer each other comfort and support. Soon a metamorphosis takes place - those who were once just fellow members are now trusted friends and confidantes.

As a paramount reward, you come to understand the central figure who makes this experience possible - Tominaga Sensei. During classes in Toronto, you only receive a partial picture of who this man is and what he offers to those around him. You find him to be a natural teacher and leader - a man who guides his students towards a high level of achievement. At Natsu Gasshuku, you have a chance to see his incredibly deep and wise character. Sensei has the ability to inspire with both words and actions. Like a gardener nurturing his plants to flourish through all elements and seasons, Sensei administers the right mixture of attention and instruction. At the end of the day, his reward

is to see you grow healthy and strong.
Knowing how much time and energy he
devotes to his students makes you want to
perform at your best.

Sensei, my Sensei
Your Karate is good
When ours is not
You whack us with wood

We like you a lot
We think you are cute
Those who do not
We'll give 'em the boot

Sensei, my Sensei
Shotokan is your path
And when you tell stories
You make us all laugh.

Lynlee Spencer (7th kyu) and Brian Mariampillai (5th kyu) organized this year's Natsu Gasshuku.

Two Chinees and a Coolie at a TT Wedding

By Shazam Williams

*Christopher Achong (Sandan 2000) and Ingrid MacSween (Nidan 2000) were married this summer in Trinidad. Travelling to the wedding were **Shazam Williams** (Shodan 1999), **Teresa Lee** (Shodan 2000), and **Shotaro Ozawa** (2nd kyu).*



It's Wednesday July 11th at 9 o'clock in the evening. I'm standing beside the empty BWIA check-in queue holding a case of sparkling wine and looking for Sho. Where is everybody? Why did Chris tell us to get to the airport so early, three hours before departure? My own experience travelling with BWIA (bwee) is many people checking in a lot of cardboard boxes. Is this lack of travellers a good omen of the trip to come? Sho eventually found me – he had already checked-in and was drinking a beer. It was such a great idea that I checked-in and joined him.

The flight left a half-hour late, but was relatively comfortable and we arrived in Trinidad at 6 o'clock in the morning. Chris and Ingrid were there to meet us. Ingrid looked very chipper, but Chris looked like he had just been given a sound thrashing. His Trinidadian phada's (partners, friends) held a stag for him the previous night. He didn't have any sleep and his friends had had a good time inflicting joy, embarrassment, and pain on him. If you're ever feeling particularly brave, ask Chris about his nipples. The minivan (also known as the "bus") was waiting for us with Ingrid's brother's family, and one of Chris' in-laws at the wheel.

Our first exposure to the local cuisine was "doubles" in St. James that morning. Doubles are a traditional Trinidadian meal and are unique to this island in the Caribbean. It consists of cooked chickpeas and fried bread called "bake"; you can have no peppa (pepper), a little peppa (known as slight), or a lot of peppa (hot). I strongly recommended hot, although I think Sho would disagree (he is more of a slight man). We dropped off our luggage at Chris' parents' house and headed to the beach.

Maracas is a beautiful beach with some pretty big waves. Part of the experience is the car ride along a winding and sometimes terrifying road through scenic mountains. At the beach, a ten-year-old boy was selling some fruit. Sho, being the inquisitive tourist, asked him what type of fruit. A minute later, the kid's friend asked the kid, "What did Chinees want?" The kid responded, "Chinees want to know what I selling." Sho overheard this and said, "I'm Japanese, not Chinese." In Trinidad, one of the original melting pots, it is quite normal to use these types of words to describe people. It is not seen as derogatory

or racist to call all persons of east-Asian descent a "Chinee" and people of Indian descent a "Coolie", thus the title of this tale: "Two Chinee and a Coolie at a TT (Trinidad and Tobago) Wedding".

That evening we met Teresa and her boyfriend Tom. Before the evening was over, we'd set off the hotel safe alarm, had dinner at the post-rehearsal dinner, and experienced a flat tire and coconut water on the savannah. The flat tire happened along a dark stretch of highway; fortunately, the police pulled up and helped light up the situation. What a great sequence of events to complete an exciting first day in Trinidad.

Friday was even more exciting. Some of Chris' friends, showing typical Trinidadian good hospitality, took us out for the evening. We got to party Trinidadian-style with some girls, all of whom at one time or another had a crush on Chris...white lie...umm...maybe? The evening consisted of a three-hour party boat cruise around the Trinidadian prison island, dancing, free drinks, Teresa feeling ill, and jerk chicken. We got back to the hotel around 3 a.m.

Saturday, the big wedding day. Ingrid was gorgeous, stunning, dazzling, striking in her wedding dress and Chris was...like Chris in a tuxedo (but seriously, the man looked goood). I think Chris broke many hearts that day. Good catch, Ingrid. Chris, an even better catch. The church was packed and the ceremony was beautiful. Glen, Ingrid's father, singing in his rich, deep bass voice brought everyone to tears, especially Uncle William, Chris' dad. Ingrid's mother, Judy, and Chris' mother, Auntie Carol, both looked delighted. Perhaps that was because they got their kids married off?

The reception was one big party, lots of food, drinks, and dancing. **Brian Achong** (Shodan 1997), the best man, filled us in on some details of Chris growing up. We learned about a smashed toilet and a chap named Piggy. For some reason, there were no juicy details about Ingrid. Ruth, Ingrid's maid-of-honour and sister, said some really nice things about Ingrid - was she really that good growing up?

All of us would like to thank everyone in Trinidad for showing us a great time. Congratulations to the MacSween and

Achong families. Ingrid and Chris Achong (or is that MacChong?), you make a wonderful couple. On behalf of Sensei, I have only one question: "No baby yet?"

Tournament Results

Jinbukai Tournament

June 16, 2001

Women's Novice Kata

Mily Van 1st

Cecilia Dong 2nd

Charlotte Morrison-Reed 3rd

Christine Jayarajah 4th

Women's Novice Kumite

Charlotte Morrison-Reed 1st

Andrea Cheung 2nd

Tharshini Parmesivaran 3rd

Men's Novice Kata

Jacob Stegenga 1st

Jonathan Sy 2nd

Sam Hasinoff 3rd

Scott Culley 4th

Men's Novice Kumite

Jacob Stegenga 1st

Jonathan Sy 2nd

Sam Hasinoff 3rd

Selby Mong 4th

Women's Intermediate Kata

Elizabeth Cowper 1st

Thivya Ponnampalam 2nd

Yolanda Chong 3rd

Michelle Wendt 4th



Krista Power (3rd kyu) demonstrates bunkai for Bassai-dai on **Tony Mittermaier** (1st kyu) at the Jinbukai tournament. **Sushant Verman** (3rd kyu) picks himself up off the mat.

Women's Intermediate Kumite

Krista Power 1st

Beth Ryan 2nd

Men's Intermediate Kata

Timothy Chan 1st

Tony Mittermaier 2nd

Sushant Verman 3rd

Brian Mariampillai 4th

Men's Intermediate Kumite

Brian Mariampillai 1st

Timothy Chan 2nd

Tony Mittermaier 3rd

Vala Mehdi-Nejad 4th

Kyu Belt Team Kata

Gary Chan, Thivya Ponnampalam,

Michelle Wendt 1st

Brian Mariampillai, Chris Sanford,

Andrew Shipilov 2nd

Scott Culley, Sam Hasinoff

Jacob Stegenga 3rd

Andrea Cheung, Selby Mong, Mily Van 4th

Black Belt Kata

Steven Watanabe 1st

Melissa Watanabe 2nd

Andrew Miller 3rd

Christopher Achong 4th



*Another picture from the birthday party: Isabel and Elayne, daughters of Bryan Lo and his wife Anne, blow bubbles with Zak, the eldest son of **Steven Yap** (Yodan 1999) and **Wanda Georgis**. Steven and Wanda's youngest son Jonah sleeps in the background.*

Mouth Guards: A Must for Kumite

By Cecilia Dong

What inspired me to search the dental literature and write about mouth guards? Firstly, I have seen some things that made me cringe. Do you have a loose mouth guard? Did you forget to insert your mouth guard before Kumite? If this sounds familiar to you, then perhaps this article will be of interest to you. Secondly, I have learned so much from Tominaga Sensei and my fellow Karate-ka that I would like to share some of my own experience. Graduate school has trained me to think critically and to base any prescription for treatment on evidence.

A mouth guard is a resilient intraoral device useful in reducing mouth injuries and protecting the teeth and surrounding structures from injury (1). With this definition in mind, a mouth guard can only absorb and dissipate forces effectively if it is adapted well to the teeth and surrounding structures. The mouth guard should not fall away from the upper teeth or be dislodged by movement of the cheeks, lips, or tongue. Wearing a mouth guard greatly reduces the risk and severity of injury (2).

There are three types of mouth guards: ready-made, boil & bite, and custom-fitted. The shape and size of each individual's dental arches are unique; therefore, a ready-made mouth guard cannot overcome this problem. The custom-fitted mouth guard provides superior fit because the thermoplastic material is adapted to the dental model under vacuum. This requires two dental appointments, and the cost reflects the time of the dentist and the dental laboratory as well as material costs. When boil & bite mouth guards and custom-fitted mouth guards were compared in a laboratory research study, the boil & bite mouth guards performed more poorly than the custom-fitted mouth guards (3-4). The custom-fabricated mouth guard is superior to ready-made and boil & bite mouth guards (5) because the dentist can optimize fit, comfort, speech, and tend to control any form of the special dental requirements of the athlete (6). In addition, a greater thickness of mouth guard material provides more potential to absorb energy. The custom-made mouth guard material

stretches when it is adapted to the teeth and thins out about 25-50%. All other types of mouth guards became 70-99% thinner once they were adapted to teeth (7). The evidence clearly supports the use of mouth guards that are custom-made to fit the teeth and surrounding structures.

With a well-fitting mouth guard in place and an effective jodan age uke, you should be able to prevent any unnecessary pain, inconvenience, and prosthodontic treatment due to trauma.

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Cecilia Dong (8th kyu) was in graduate school in the Faculty of Dentistry. She has since started a faculty position at the University of Manitoba.

Who's Doing What

Congratulations to **Tammy Hennessy** and Fernando Borckardt on the birth of their first child, Kayley RYanne Borckardt Hennessy.



In July, Tammy wrote:

Kayley was born on June 15th, weighed 8 lbs, 4 ozs and was 50 cm long. Fernando and I were both so happy and relieved after four days of induction. She was two weeks late and was finally delivered by Caesarean section. Everyone says that she looks like both of us.

In Japan at the general hospitals it is normal procedure for women to stay eight days after giving birth and since I had a C-section, they kept us for two weeks, actually 17 days, as I checked in on June 12th. I must say, it is nice to be home! It was hard to get any sleep at the hospital due to the regimented schedule and three roommates with babies on different schedules. We are getting up for breastfeeding at least twice during the night now, or every 2-3 hours.

We are already looking into daycare, as I must return to work for the second semester at the beginning of September. I will miss being at home with Kayley - I actually really like being a homemaker Mom, I just wish it could be for a little bit longer.

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In June, **Tom Klein** (Shodan 1997) wrote:

I'm now teaching at Idaho State University in Pocatello – English, as always. I love my new city (South Carolina was in some ways a drag), my colleagues, and my job. That's not to say I'm not glad it's summer time! In fact, this very afternoon I'm getting into my car and driving to the godforsaken city of Rock Springs, Wyoming, where I have a government job fighting wildfires for the summer. It should be lots of fun and, I hope, moneymaking. I haven't been doing Karate, alas, but I am staying in decent shape - trail running is now my passion. Last weekend, my running partner and I finished out the running season with a 50+ km run. Wow!

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Congratulations (somewhat belatedly) to **Simeon Wong** (1st kyu) who graduated in August 2000 from the M.Sc. program in Physiology at the University of Toronto. He worked with a team at the Hospital for Sick Children studying the mechanisms of various proteins involved in cystic fibrosis. After

completing his dissertation, he was admitted into the MBA program at McMaster University, specializing in Health Services Management and Finance. He is currently on a work term at Sunnybrook & Women's Hospital, and will be back in classes in January 2002. If all goes well, he hopes to be graduating in December of next year.

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Good luck to **Teresa Lee**, who has accepted a position as a Senior Securities Analyst with the Jim Pattison Group. Previously a Portfolio Manager, Equities with Royal & SunAlliance, Teresa is returning to Vancouver after six years in Toronto. She says the Karate Club helped her to adjust to being away from home and that she will miss all of the good friends that she made here.

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Steven Watanabe (Sandan 1999) was elected as a Director of Karate Ontario at the annual general meeting in June. Previous Karate Club members who have served on the board of Karate Ontario include **Joy Ang** and **Peter Chackeris** (Shodan 1991).

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Welcome to **Jennifer Lee** (Sandan 1997), who has started training with the Karate Club. Jen has a Bachelor of Applied Studies in International Political Economy (specializing in International Trade and Management) from the University of Waterloo. She moved to Toronto in August 2000 to work as an Analyst for Deloitte Consulting in the Enterprise Strategy Group.

Jen, who has been training in Karate since she was five years old, is an experienced competitor in both Kata and Kumite who has been to the Nationals six times. She has also represented Canada internationally six times, including gold medals in both Junior Women's Kata and Kumite at the 1992 North American Cup, a bronze medal in Junior Women's Kata at the WUKO World Cup in Australia, and a gold medal in Women's Kata at the SKI Asian Open in Hong Kong.

Jen started her training at the Belleville SKI dojo with Dozono Sensei. She has also trained in Hong Kong and Germany. She comes from a family of martial artists: her father, sister,

brother, and a cousin are all Shodans in Karate, and her mother does tai chi.

She says:

Although I have known some of you briefly through competition, it is wonderful to finally get a chance to get to know everyone on a more personal level. I would like to thank everyone for making me feel so welcome at the dojo and giving me a life outside of work...ha ha...just kidding...

I think that the spirit of this dojo is so strong. It is refreshing to see that people take care of each other here and to see the long-lasting friendships that have developed. It is a blessing for me to get to know all of you.

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Graduated? Getting married? Or just lost touch with the Karate Club? Send us an email or give us a call and let us know how you're doing or what's been happening with you.



More kids at Tominaga Sensei's birthday party: Joy Ang and her youngest, Nikko, together with Kaerynne Nakamura's daughter Astrid. There were ten next-generation Karate-ka at the party.

Calendar of Events

Sep 30	Karate Ontario tournament
Oct 5	Kyu belt grading test
Oct 6	Dan grading test results presentation dinner
Oct 19	Karate Ontario banquet and awards night
Nov 3	All-day workout
Nov 11	Karate Ontario referee and coaches clinic
Nov 25	Karate Ontario tournament
Jan	Kyu belt grading test
Jan 12	Kagami Biraki all-day workout and celebration
Jan 13	Karate Ontario referee and coaches clinic
Jan 27	Karate Ontario tournament
Mar	Inter-university tournament
Mar 17	Karate Ontario referee and coaches clinic
Mar 31	Karate Ontario tournament
May	Kyu belt grading test
May or Jun	Jinbukai tournament
Jun 6-8	National Black Belt Championships (Toronto)
Aug 3-5	Natsu Gasshuku

Dan Grading Test Results Presentation Dinner

Join the Karate Club for dinner on Saturday October 6 at Takara Sushi (1502 Yonge Street at St. Clair) as the results of this summer's black belt grading test are presented. Everyone is welcome.

Women's Kumite Classes

Jennifer Lee will be teaching a limited series of women's Kumite classes on Saturdays after the regular workout. These sessions, to be run in parallel with the men's Kumite classes, will start on October 13. Talk to Jen for more information.