



The Canadian Isshinryu Way

Everything Karate & Kobudo

Isshinryu.ca

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New Year and New Look

As the Canadian Isshinryu Way begins its astonishing fifth year, it was time for an update to the look of the newsletter. After having the same old dull green headers for so long, the new colours and layout should be a refreshing change. But it's not the only change.

Challenges—Replacing the previous Improve Your Karate / Kobudo / Training Tips is the challenges, each newsletter, there will be three challenges to the readers, that outline ways to improve their karate. Anyone accepting the challenges will find their skills improving.

Ideas for future challenges are always welcome and should be e-mailed directly to me.

Online Connection—While the newsletter has always been tied to the website, it will now be tied more closely to the website. Most articles will now be added to the website directly, time permitting of course, but more importantly, interaction on the website will be included in the newsletter.

The first interaction, triggered by some students (you know who you are) making fun of the lack of updates to the online poll, is a simple poll. What is your favorite Isshinryu empty hand kata. The results of said poll will be included in the next newsletter.

As always, remember, the newsletter is a tool to help improve your Isshinryu training, whether it provides you with information on events, helps you to understand history, teaches you technique, or simply motivates you to train harder, it is up to you to make use of it.

Many people would hard to put the newsletter together for you, and will continue to do it to help the Isshinryu community. Hopefully, as a reader, you are doing your best to benefit from it!

ATTENTION NEEDED!

Do you know of a great Sensei in Canadian Isshinryu? If so, please e-mail Sensei@issheinryu.ca with the Sensei's contact details to be profiled in future newsletters.

Do you know of a great student in Canadian Isshinryu? If so, please e-mail Sensei@issheinryu.ca with their Sensei's contact details to be profiled in future newsletters.

Upcoming Events

Kickboxing Fights:
January 24th, Grand Portage Thunder Bay.

Weapons Camp
Weapons Society Spring Camp—April 3rd, 4th

and 5th—Northville, MI
Additional Seminars with Grand Master Nakamoto Kiichi after May 5th.

Open Tournaments
Thunder Open Martial Arts

Tournament—St. Ignatius High school, Thunder Bay, ON—Feb 28th.

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Kusanku no Sai

By Mike Fenton

Understanding the history of the Isshinryu kata can provide the Isshinryu Karateka with a greater knowledge of the kata and the techniques it employs. The origins of a kata can guide us toward understanding both the application of the technique as a student and a deeper respect for the evolution of the art as an instructor.

Kusanku no Sai

Name

The name is an adaptation of Kusanku indicating the close relationship of the two forms.

Technique

Kusanku no Sai is the first Sai kata taught within Isshinryu. Kusanku no Sai lacks kicks, yet the majority of the bunkai from Kusanku also apply to Kusanku no Sai. The Kata was designed primarily to demonstrate effective combat techniques when defending against a katana or similar bladed weapon.

There are some Isshinryu groups who prefer to practice Kyan no Sai for its traditional Kobudo tech-

niques, Kusanku no Sai, however, provides an excellent basis for understanding the Sai.

Additionally, some Isshinryu groups, notably students of Uezu Angi, also include kicks in Kusanku no Sai corresponding with their locations in the empty hand version of Kusanku.

Origins

After his initial studies of Saijutsu with Kyan Chotoku, Shimabuku learned the Sai kata Kyan no Sai. Feeling that it was too short to include as a complete weapon form he built upon the Kusanku empty hand kata to formulate a Sai kata. The techniques from Kyan no Sai which could not be properly integrated in the form were added as a section at the end of the form.

Some of the American students first learned Kyan no Sai as basic techniques and then learnt Kusanku no Sai. At some point in the early 1960's Shimabuku completely dropped Kyan no Sai in favor of Kusanku no Sai.

Isshinryu Family News

On December 15th, 8:24 PM Julia Brie Fenton was born! Mike Fenton and his Kyla welcomed the newest edition to the Isshinryu Family!

Julia was quite disappointed by the Holiday break as she wanted to get into the dojo right away, but she handled her disappointment well, with a minimum of crying.





Fight Results

By Hanshi Albert Mady

October 17th, 2008

Mady fighters competed at the Oneida reserve near London on Sat. night, they fought in MMA cage matches, the event was called the FIGHTING SPIRIT MMA SUPER FIGHTS.

Ali "The Monster" Mokdad 190lbs, of Mady's MMA, fought Duane "The Killer" Nicholas 210lbs, from Oneida. Ali scored a KO in 2 minutes of the first round. Ali will be fighting at the Shidokan on November 22 in Chicago. Along with team mates, Theo Toney and Chucky Mady.

Kyle Prepolec of Mady's, 160 lbs, fought Justin Potter 155 lbs of the Suffer System from London. Kyle, KO'd his opponent in 30 seconds of the first round.

December 6th, 2008

Hello, two fighters from Mady's MMA and Kickboxing fought in Dearborn MI, this past weekend at the Detroit boxing club.

Muay Thai Kickboxing Matches:

Kyle Prepolec, 19 years old, 165lbs, of TEAM MADY, competed against Muay Thai fighter Stephan Warren from the Active Edge fitness Center from Chicago. Kyle won with a unanimous decision in their three round Muay Thai match.

Mike Habib, 17 years old, 140lbs, also of TEAM MADY, fought Isa Dordon of Team Capital Punishment from Hamtramick MI. Mike Habib won with a first round TKO over his opponent.

1st International Martial Arts Festival

By Hanshi Albert Mady

Kuala Lumpur, Malaysia

18th International Association of Educator For World Peace, 1st International Martial Arts Festival, October 29-31, 2008

Hello everyone, well 2008 was an eventful year for us, we had losses and we had gains, we finished off 2008 with some great competitive wins. This past summer I was contacted by Dr. Steve Rajan who was part of the organizing committee for this event, originally 40 Grand Masters from around the world and local Malaysians were chosen to teach and demonstrate their system and skill at the 1st IMAF in Malaysia. This all expense paid event was hosted by the government of Malaysia and was held at the Sunway Resort and spa. The event did not start until Thursday October 29 to the 31st, but myself and two other US martial artists, Sifu Lance Fleming from Texas Grand Master Nimr Hassan from Philadelphia, we flew in on Oct 25th, but it was the 27th by the time I got there. My trip started from Windsor Ontario, I checked in early in the morning an hour before my one hour flight to Toronto, then I had and 8 hour layover in Toronto, where I could have caught an earlier flight but transferring to US air I had to get my luggage and

clear US customs for a flight to New York. That was the easy part, finding my luggage was the hard part. I missed two other earlier flights that could have made my trip and connections much shorter, but instead I caught the last flight to NY. I had a 7 hour layover in NY and then caught my Korean Air flight to Seoul Korea, which was only a short 16 hours. I arrived in Seoul at 4am and I was tired, I had to clear customs and then found a hotel room in the airport. There is a 13 hr difference in time and I had a 12 hour layover in Korea so I tried to sleep, then got up early cleaned up and had breakfast which was good and interesting. The airport was huge and like a shopping mall, the price were great and since I forgot my camera I bought on in the duty free shop. After walking around if found the computer/lounging area and got on the internet, watched some TV, and finally caught my 6 1/2 hr flight to Kuala Lumpur. I got in at 11:30pm and ran into the US instructors in the airport, we were all waiting for the same ride to the hotel. The hotel was beautiful, 5 star, great food and very nice people. On the first day I just checked out the hotel and surrounding area. The hotel and conventions center was attached to the biggest mall I have ever been in, with a full size ice rink in the middle of it, if there were more Canadians there,

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1st International Martial Arts Festival Cont'd

By Hanshi Albert Mady

there would have been a hockey fight, (I mean a game. LOL). I did some site seeing on the second day, I traveled with some of the speakers from the Peace Congress, we went to the Batu Cave, which is a huge Hindu holy site in a mountain. The site had giant statues of Gods and Goddesses, one of the Monkey God. After climbing 278 very steep stairs and entering the mountain which was open at the top, we saw many religious shrines and Monks. When we first got there we were swarmed by the Monks they asked for money for the shrine, one tried to tell me how much I must give him, he was lucky I gave him anything. One of the gentlemen we were traveling with was Hindu Indian and explained the significance of each shrine, it was very interesting. As we entered further into the cave we saw monkeys all over the place. They would come right up and steal food right out of your hands and run up the inside of the mountain. On the way back the cab driver tried to charge us twice as much as the ride there, the Peace Congress guys called upon me to settle the dispute, I DID. LOL

I opened the festival with the first seminar, we had quite the crowd, with a mix of martial artists from several systems. The main system, Silat, which almost everybody studies including government officials, military, police and royalty, which was very interesting and entertaining. The local schools did a few seminars but mostly demonstrations, which were interesting and educational. I was scheduled to do one seminar, and ended up doing 3 more as well as their morning TV show. I developed quite the following. In Malaysia there is a great respect for high ranking martial artists. Whenever I entered a seminar or demonstration my presence was always announced. That was very a very nice feeling. I wanted to introduce Isshinryu Karate to everyone there, some had heard of it and some had not. I was luck enough to have Sifu Fleming volunteer to be UKE for a couple of my seminars, and for the rest were some of the Malaysian TKD practitioners. They volunteered! I unfortunately ripped my hamstring the day of the first seminar when I was working out, my legs were tight from cardio training the day before. So, unfortunately I had to modify what I was teaching but no one noticed the injury. I couldn't kick as well as I wanted to. I took a short kata, Naihanchi and showed them the importance and meaning of true kata by teaching them BUNKAI, they were impressed and did I say Hurting. I taught Knockdown fighting skills from Kyokushin kai, Shidokan and Isshinryu, and beat the heck out of their legs. I felt bad for my UKE'S, ok, no, not really. They wanted to

learn. Then we did some MMA training, striking, take downs, throws and submissions. I had a good time, and the students came back for more each day. Some came back twice a day. Well I guess they liked what I had to offer and I may be back there in 2009. For the Europeans, I will be teaching in Berlin Germany for a week in the middle of may, if you are interested in coming out contact me for details.

Each night of the IMAF, there was a huge banquet, with about 800 people from the martial arts festival, the world peace congress and dignitaries from the Malaysian government. The banquets were amazing, great 10 course meals, speeches and entertainment representing the cultures of Malaysia. Traditional Chinese Dragon dance and drumming, traditional Indian dance and of course Malaysian entertainment. They also had some of the famous Malaysian entertainers and singers perform at the events.

On the final night we had a European style meal at the banquet, more entertainment, presentations and speeches by government officials. The Grand Masters, including my self, were awarded a certificate from the International Association of Educators for World Peace, it was a World Peace Diplomat Award. Some have asked what does this have to do with martial arts. The IAEWP wanted to affiliate their event in 2008 with the martial arts because they believe that governments especially powerful ones, should act like martial artists, we have the ability to hurt, destroy, or bully weaker opponents, but do not. They wish these governments would act as we do. The second award was called a Tong Kolak, which is the head dress worn in Malaysia, this one was presented to us in a glass case, the significance of this Tong Kolok is, it is made of the fabric and color worn only by the royal family, it is a very special award that was presented by the host of this event, the Malaysian Government and the heads of Silat, their national martial art. When I have video available I will post it, some pictures and video are on my Facebook. To read a bit more about what they thought of my teachings and Isshinryu Karate please read the article below that was posted by a dojo who participated in all my seminars. I think many of you can relate.

OSU,
Hanshi, Albert Mady, Ku Dan
AOKA Board of Directors
Isshinryu Karate Canada



Report on Hanshi Mady in Malaysia

Congress 2008, but the sharp, searing pain in my swollen right knee every time I stand, execute a kick or sujud during prayers, and that excruciating sting from a torn muscle in my right shoulder when I raise my arm, or do a right knife-hand slash are unrelenting mementos of the intensity of the 3-day event, and harsh reminders that though the mind I have always been a purveyor that the mind is supreme. Condition the mind to control the physical. My father's stern but loving words ever since I can remember, "Mind over Matter", rings loudly through even till today. We can do anything our mind wills us to do. So against the constant admonitions of "don't over-do it" and the concerns of my ever-reproofing better half (well, to be fair she is the one who has to live with my cries of pain, and nurse me back to mint condition), I will go on DO-ing it, and I pray that I may still continue to do so till I drop. Stubborn fella, "Defeat is not defeat unless accepted as a reality in your own mind"

But all things considered, pain and all, I had thoroughly enjoyed the IMAF experience.

Senior Master CW Yeow to work closely with my heng tai, Master V. Sivalingam, to choreograph and lead a 5-min MGTF Demonstration over the morning "Malaysia Hari Ini" 8am program slot aired on the local TV3 station, to promote some Why? Who?, but we DO NOT question our Master!! "Our's is not to question why. Our's is just to do, or die". So Pentas (TV3's office in Damansara Utama, PJ). The demo was to be at 8am, but I had gone there from my home in Meru after Subuh at 6.30am, to reece conditions.

That was when I discovered that it was NOT going to be an injury-free demo. We were to do it on cold, hard and wet (since it had rained earlier) tarmac right outside the main entrance to Sri Pentas. Now, how were we going to execute our real-to-life takedowns and throws, especially since I would be the main person being taken down and thrown. As I was the FALL GUY, and the prospects of falling on tarmac was definitely not appealing. But you know la, have to do means The Silat Kalam team was there as well and they started off the demo segment. Their demo extended for 15mins which ate into our 5-min segment. It was not their fault but to our disappointment, and Master Siva's aggravation, our demo was cut off after 2mins. It was a real letdown by the organizers and TV3. The team had after all taken time away from work, even an apology forthcoming. Bad form by TV3 and the organizers but that's the reality of it all. "Our's is not to question why. Our's is just to do, or die". Patience, Self Control and Indomitable Spirit prevailed

and I left Sri Pentas that morning slightly ruffled, but grateful nonetheless to the Almighty for the 2 minutes on the airwaves.

At the demo, I had met up with an old friend and colleague, Mr Zulkifli Bachok, a Director of the IMAF and WPC '08 Secretariat. He was utterly shocked to see me in a dobok. Not many people know me as an exponent. It was only then that I learnt that the demo was to promote the 1st International Martial Arts Festival 2008 (IMAF08) held in conjunction with the 18th World Peace Congress 2008 (WPC08), from the 29 to 31 October 2008 at the Sunway Convention Centre in Selangor, Anyway, Zul and I exchanged call cards that morning, and that was what led his PA to call me 2 days later to coordinate MGTF's participation at the IMAF '08. MGTF, and TTA had been invited to conduct two workshops and a "World Class Demonstration" during the IMAF '08; and provide 50 delegates/students to participate in the event...full board and I had informed the PA, that I was not an MGTF official and cannot speak on its behalf. As the Hon. Secretary for TTA, I could however coordinate TTA's involvement. After consulting with Senior Master CW Yeow, President of TTA and the Sec-Gen. for MGTF, Master Dr. John Mohd, I was instructed to confirm TTA's participation and to gather and lead the 50 MGTF and TTA delegates to the event.

A quick meeting with Dr. Steve Rajan Farouke Abdullah, Director for the Event and IAEPW (UN-NGO) Representative in Malaysia, and Ms Farrah Hamid, Event Manager, ensued on Thursday 23 Oct 2008, after which I proceeded to launch a frantic rush to assemble a list of 50 delegates, within only 3 days notice. With the help of Senior Master Yeow, Master That being a long Deepavalli Holiday weekend, it took some doing to contact all Instructors, Teachers and Students. Many were not reachable, and many could not revert in time. I had to be on standby around the clock for 3-days waiting for responses, sms-es and e-mails from members.

I had registered six of my senior students from the Bandar Baru Selayang Primary School, Abdurrahman A. Radzim, Umar Shariffudin, Mohd Shazlan Mohd Shahibi, Mohd Ajwad Hashim and Ameerul Iman Husni, but only the former four could make it By the dateline on Sunday 26 Oct 2008, I had a list of 50 members. Not bad considering. But typical of Malaysians, no sense of urgency, six more members had sent their confirmation after the dateline. I had to go back to the organizers to A number of those who responded late could not be on that official MGTF /

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Report on Hanshi Mady in Malaysia

TTA list. However, as the event was opened to students had contacted me to express their regret and sadness for missing the exciting 1st IMAF '08.

Well, to my fellow exponents, what can I say...we had tried our best to reach you given the short time frame, and there Let's all hope that it happens again next year. Keep in touch, and if we are invited again, and if I am put in charge organizational hitches, but which event doesn't have that. We had difficulties checking into the hotel, and the dissemination of information was frustratingly lacking during the initial stages. But eventually, everyone received full board and lodging at the Sunway Pyramid Towers, along with event souvenirs, jackets, caps, towels, bags, water bottles martial arts knowledge and skills by Master's from various disciplines, from all over the world. So, everyone had a harder next time, Insyallah.

The IMAF & WPC 08 had gathered over 40 International and Malaysian World Peace Speakers and Martial Arts Grandmasters and Masters, and over 300 martial arts students from all over the world for the 3-day symposium.

For the first time ever in Malaysia martial arts enthusiasts and aficionados like me were able to attend workshops and Albert C. Mady of Mady-skarate; Master Robin Adiong of Kali Martial Arts; Sifu Lance A. Fleming of Hurricane Martial Arts USA; GM Elidrissi Aboujaafar Sidi Mohamed Elmontassir of Asad Al Atlas; GM Ryuji Tanabe of Judo; Senior Master Yeow Cheng Watt of Traditional Taekwon-Do Academy; Master Dr. John Mohd of MGTF; Mahaguru Prof. Dr. Zahalan Man of Silat Combat Kalam; Prof. Dr. Deepak Rao and Dr Seema Rao of Commando Combat; GM Menkyo Hanshi Nimr Hassan of Koga Ha Kosho Shorei Kempo; Master Goho Wonho Chong of Oh-Go Kai Kaicho Suseki Shihan; and Shihan Pathmanathan of Karate, just to The MGTF/TTA delegates and I had tried to maximize our time there and attend as many workshops and demonstrations that As per the event program, TTA/MGTF conducted a "World Class Demonstration" on the first day of the event, at 3.00pm on the 29 October 2008. Senior Master Yeow, Master Siva, Mr. Chong and I had choreographed the demo and as usual I was the Fall Guy, the Floor Sweeper, and the floor was hard, dusty carpet on concrete. I had begged Dr. Steven Rajan to move the rubber mats from the workshop room to the demo room, but his response was an emphatic NO! Grrrrr.....N.B. - I really So, again, what to do...do only la. In one of the true-to-life throwing

techniques with Master Siva I had accidentally excruciating pain, I still had to continue with demonstrating self-defense techniques against Master Siva, two patterns, What to do...do only la. Oi Min, ma (that's Cantonese for save face). The planks shattered, I was able to hide the grimace on my face, and no one was the better aware, except for poor limping 'ol me...and my reprimanding better half.

There it was, already badly injured on the first day itself. Senior Master Yeow conducted his 1 hour workshop at 10am on the second day and he was kind enough to leave me out of any demo. However, Master Dr. John and his brother, Capt. Muhd Kassim had conducted the MGTF workshop and a discourse on treating sports injury at 3pm of the same day during which I was once again asked to demonstrate some self-defense techniques with Master Siva. Pain or no pain, the show must go on.

"Pain is Inevitable. Suffering is Optional." – Zen Wisdom In spite of the unbearable pain, following the MGTF/TTA demos and workshops I had the privilege of attending a 2 hour KALI training session on using the Arnis (rattan sticks/staff) with Master Robin Adiong during which I had contracted a shoulder muscle injury; a private no-holds-barred Karate and Self-Defense session with my colleagues SK Chong, Eric Khoo, Ahmad Faiz, KW Goh and Adam Ariff conducted by Grandmaster Mady of MadysKarate, which gave new dimensions to pain that I never even knew existed; a Judo session by GM Ryuji Tanabe; and a Samurai Katana (Sword) session by Master Goho Wonho Chong of Oh-Go Kai Kaicho Suseki Shihan.

What really impressed me amidst the techniques, kicks, punches and throws whilst attending the various workshops was the prevalent sense of unbridled, selfless generosity and discipline exhibited by all the Masters and GM's in sharing with GM Mady from 4-7pm, we had actually pleaded him to stop because we were all exhausted and aching all over.

For 3-days (and beyond that I hope), gone was the boundary that separated our various forms; the differences that divided our diverse ideologies; diminished were the walls that dented our respective egos.



Toshikai Dojo's Outstanding Blackbelts

By Susan Baldassi & Janet Fuchek

Ottawa's Tanya Lemaire and her husband Shane Hale fight fiercely and get rewarded for it.

After all, they're award-winning Isshinryu karate experts, both recent recipients of International American Okinawan Karate Association distinctions. Lemaire, a Shodan, earned the "Outstanding Black Belt – Female" plaque, while Hale, a Nidan, took the honour for the males.

While their fighting spirit is evident in the karate dojo, the Canadian couple gets along quite well behind the scenes.

"We always work things out," says Lemaire.

The jubilant duo credits the karate club where the two train as instrumental in their karate development. For the past 10 years, they have been members of Ottawa's Toshikai dojo, under the direction of Sensei Tim Leonard.

"I guess my first reaction (was) I was just completely surprised and honoured and overwhelmed that my dojo had done that for me," says Lemaire, whose club nominated the pair for the prestigious award. "It validated all the hard work I put into my

karate career and all the work I put into my dojo to make it a success."

Her husband was also taken off guard by the accolade.

"It's obviously very impressive," he says. "It came as a bit of a surprise, of course. It was obviously an honour. All the people that go before you (for this award), I don't know if we are that calibre, but we try our best."

The fact that it was a husband-wife duo who won the distinction makes it all the more unique.

"That's amazing that it happened to be two of us who got it – and from the same dojo," says Lemaire.

Their instructor Leonard praises the couple for loyalty and dedication.

"In the club, Shane is my most senior black belt, and I rely on him to be there, to run classes when I am not able and to set the example for the others," says

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Toshikai Dojo's Outstanding Blackbelts Cont'd

By Susan Baldassi & Janet Fuchek

the proud teacher. "Shane has done this willingly and consistently. This past year, he took the next step in his martial arts path and opened his own dojo. It has been a great success. Shane has been vital to Isshinryu in Ottawa. He is committed to the principles of (Master Tatsuo) Shimabuku's teachings, and when you meet him, it is evident Isshinryu rests in his soul."

He also has positive things to say about Lemaire.

"Tanya typifies everything that an instructor would want in a student and as one of their assistant instructors," says Leonard. "She is a true leader in

the dojo. Tanya will now be offering Isshinryu kids' classes on a weekly basis, which is a first for our dojo since its inception in 1997."

The Canadian couple is grateful for the support of their club.

"It's a joy to see everyone progressing through the ranks and growing as people on their individual martial arts journeys," concur Lemaire and Hale. "These awards are a token of the passion we feel for our dojo and our karate."

Abbotsford Grading a Success

The October Grading in Abbotsford, BC was a great success with the following promotions by Mike O'Leary Sensei.

Scott Howie—Yondan

Rudy Wiens—Yondan

Matt Vriend—Nidan

Yvonne Dale—Nidan

Emerson Bayoneta Sr.—Nidan

Emerson Bayoneta Jr.—Shodan

Congratulations to everyone on their new ranks. Remember to keep up the training, there is always much more to learn.



Back Row—Scott Howie, Rudy Wiens, Sensei Mike O'Leary, Sensei Barry Gower (Uechi Ryu)
Front Row—Emerson Bayoneta Sr., Emerson Bayoneta Jr., Yvonne Dale



Isshinryu Canada Profile Chucky Mady

Profile

Name: Chucky Mady
 D.O.B.: October 16, 1988
 Born: Windsor Ont. Canada
 Style of Martial Arts: Isshin-Ryu Karate,
 Kickboxing, Judo, Kyokushin Karate and
 Wrestling
 Dojo: Mady's Martial Arts Center
 Instructors: - Grandmaster Albert Mady
 Years of training: 16+ years in Isshin-Ryu
 Fight Name: The Energizer Bunny
 Weight: 135 lbs
www.madyskarate.com

Full Contact Karate- 150+
 wins, 11 losses
 2x Canadian and 2x American
 light weight champion
 2008 Tri-combat light weight
 champion
 Kickboxing - 12-3-0
 Amateur MMA - 7-3-0
 Pro MMA- 1-0-0
 Grappling - 5-2-0
 Amateur Boxing- 1-0-0
 Point Fighting- Canadian,
 U.S., and World Champion

A.O.K.A. World Isshin- ryu Karate Champion- ships

1995- 2nd in Kumite.
 1998- 3rd in Kumite.
 2000- A.O.K.A. Outstanding
 Youth 17 and under.
 2001- 2nd in Kumite.
 2002- 2nd in Kumite.
 2003- A.O.K.A. Outstanding Youth 17 and
 under.
 2004- 1st in Kumite.
 2006- 1st in Kumite.
 2006- Grand Champion Kumite.
 2007- 2nd in Kumite.
 2008- 1st Black belt Kumite

Grand Master Don Nagle Memorial Tournament, AOKA Inc.

2006- Grand Champion
 2007- A.O.K.A Most Outstanding
 Black belt Male.
 2007- Grand Master Don Nagle hall of fame, Jr.
 Male Kumite Competitor of the Year.
 2007- Grand Master Don Nagle Hall of Fame tour-
 nament, 2nd place Men's Black Belt kumite.

Detroit Open Karate Championships

2007- 1st place Men's Black Belt Kumite &
 Grand Champion Black Belt Kumite
 2008- 2007- 1st place Men's Black Belt
 Kumite

American International Full Contact Karate Championships

1999- 1st in Kumite.
 2000- 1st in Kumite.
 2001- 1st in Kumite
 2001- 1st in Kumite Super Fight.
 2002- 1st in Kumite.
 2003- 2nd in Kumite.
 2004- 2nd in Kumite.
 2005- 2nd in Kumite.
 2007- 1st in Super Fight
 2008- 1st Tri-combat Fight
 Mas Oyama's Memorial Gold
 Cup
 2000- 1st in Kumite.
 2001- 2nd in Kumite.
 2002- 1st in Kumite.
 2003- 3rd Men's Light
 Weight full contact Kumite.
 2004- 1st in Kumite.
 2005- 2nd in Kumite.
 2006- 2nd in Kumite.
 2007- 1st in Men's Light
 Weight full contact
 Kumite.
 2008- 1st in Men's Light
 Weight full contact
 Kumite.

Ultimate Test

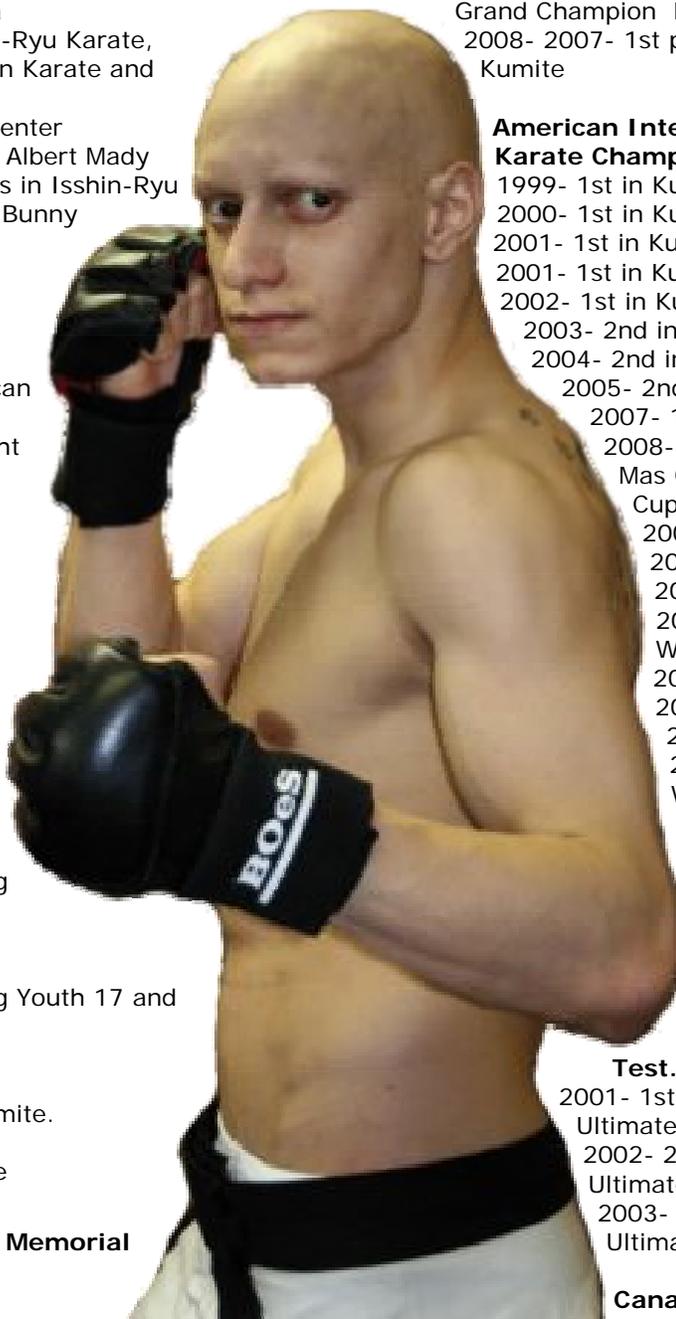
2000- 2nd in Kumite.

Henri Oh's Ultimate Test.

2001- 1st in Kumite. Henri Oh's
 Ultimate Test.
 2002- 2nd in Kumite. Henri Oh's
 Ultimate Test.
 2003- 2nd in Kumite. Canadian
 Ultimate Test.

Canadian International Kyokushin Championships

2002- 1st in Kumite.
 2004- 1st in Men's Light Weight Kumite.
 2nd in Men's Heavy Weight Kumite.



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Isshinryu Canada Profile Chucky Mady

Fighter of the day.

Sensei Jim Grafe Memorial Kyokushin Tournament

2004- 1st in Men's Light Weight Kumite.

Harry Acklin Memorial Karate Tournament

2003- 2nd in Kumite.

Northville Open Karate Championships

1993- 4th in Kumite.

Battle of the Wolverines Karate Championship

1997- 3rd in Kumite.

Triple Cities Full Contact Challenge

2002- 3rd in Kumite.

Isshin-Ryu Hall Of Fame

2005- 2nd in Kumite.

2005- I.H.O.F. - Male Competitor of the Year.

2006- 2nd in Kumite.

2008- 1st Black belt Kumite

Q & A with Chucky Mady

Q1. Talk about your credentials as far as karate, bjj and so on.

A1. I am a 2nd degree black belt in Isshinryu Karate, I coach a high school wrestling team, started competing in MMA at the age of 16, I made my pro debut at the age of 19 in King of the Cage in Montreal June 20, 2008, I won by RNC in 1:13 of round 1. My last fight was at the Shidokan in Chicago Nov 22, 2008, I won by KO in the start of the 3rd round, I am ranked #4 in King of the Cage Canada in the Bantamweight (135lbs and under) (<http://www.cageranks.com/bantam-weight>). I am sponsored by Canadian Fight Wear (www.canadianfightwear.com)

I was in a music video called "Bas Rutten" by Radio Adelaide.

Q2. What are your goals as a fighter and future places you want to fight.

A2. My goals as a fighter are to win the 135lbs and 145lbs KOTC and WEC title, I would like to gain 20lbs to fight

at 155lbs in the UFC. Future places I would like to fight are the UFC, WEC, K-1 Max, World Combat League, anything that comes my way, I'm always ready to fight. I have the best coach in the world, my father who has trained people to become champions in kickboxing, karate, grappling, MMA.

Q3. What do you think makes Isshinryu such a good base for your competitive fighting pursuits?

A3. Isshinryu makes a good base for my competitive fighting because it is a one heart/one mind system, with quick and powerful snapping techniques, which help me with my competitions.

Q4. What was it like growing up with Hanshi Mady as your father? Did you have it easier or harder in the dojo than your peers?

A4. Growing up with Hanshi Mady as my father isn't as bad as you would think lol, he expects a lot out of me, he has pushed me over the years so I could be as good as I am today. I had it harder at times because everyone at the dojo including my father expected me to be the best and never lose. That's why I am the person I am today it also made me a great fighter/Karateka.





The Challenges!

Karate

Striking:

This newsletters challenge is to focus on developing a very basic fundamental aspect of the martial arts, the ability to execute the most powerful strike possible. In a true self defense situation, you want to be in a position to end the situation at any time. There are many different ways to prepare both your body and mind to deliver a powerful strike. The body must be strong, and the mind must be condition to react quickly.

For the next two months, your focus should be on doing both better, but try to be more specific than, I want to improve my strikes. Choose a type of strike you'd like to improve, and be specific, reverse punch, front snap, round kick, etc. I always recommend choosing one that could use work, what better technique to improve and this training will end of benefitting all your techniques.

Now, try to work on generating power in that technique, there will be a few important aspects to improve to make the strike better, the goal is just to make it better than it was when you begin, so don't fret too much on the exact measuring of the differences. First is understanding the technique to make sure you are using the body correcting, after that comes the physical, strengthening the muscles executing the technique and conditioning the striking surface to withstand your new more powerful strike. Finally, timing becomes key, the ability to launch the attack at a moments notice is critical, a superb technique is useless if you need thirty seconds to prepare yourself before you use it. Work on increasing both the speed of your technique as well as your ability to throw it within a fraction of a millisecond.

Kobudo

Adaptation:

This newsletters challenge is to apply your Kobudo understanding to real world situation. We train with the weapons to learn how to manipulate objects and use them. The challenge is simple. Find common items in your own common locations and analyze how would you use them. Thing of your Bo, Sai, Tonfa and other weapons and see how they relate to the objection. They should give you all the clues you need to be able to defend yourself using items found at random.

Sample Items:

Broom, chair, screw driver, belt, shoe, jacket, cup, the list can go on and one, I'm sure you'll find a few good ones!

Training

Winter Training:

Well, winter is back, and for many people, that means less emphasize on physical activities. Just because it's cold and snowy outside doesn't mean you can't get a great workout outside. Just remember to do it safely, dress appropriately and avoid ice and roads.

The challenge for this newsletter is to find ways to get a great workout, outside. This may include any number of different approaches. Using the weather, or finding ways to avoid it. Personally, I think using the weather to enhance your training.

Sample Ideas:

Snow running, the deeper the better. Skiing, Practicing Bo strikes while weighted down by a shovel full of snow, or break falling / rolls / etc using the natural snow padding.



Competition Results

Hayley Tennier, Shodan from Thunder Bay, just competed in the World Kickboxing Karate Association's Championship in Orlando, Florida, yesterday. She placed 5th in Women's Continuous Fighting, in her first World Championships as an Adult Fighter. Tennier was headed towards the medal rounds when her fight was called in the third round

by the referee due to Tennier's sudden bout of illness in the ring. Hayley grabbed a bronze last year in the Under 18 Continuous Fighting Division. Congratulations, Hayley!

Coloured Belt Promotions

Ottawa, ON

J-F Sauriol - Nikyu
Rod Berek - Nikyu
Chris Barnett - Sankyu
Matt Morin - Sankyu
Jason Miller - Yonkyu
Greg Saxe - Gokyu

Andrew Tam - Gokyu
J. Ram Balasubramanian - Gokyu
Zoran Milojevic - Rokyu

Yudansha (Black Belt) Promotions

Each newsletter, we will attempt to recognize all Black Belt level promotions that have occurred since the previous newsletter.

Again like everything else in this newsletter, there is no guarantee of absolute completeness. If you know of someone I missed, please let me know and I will include them in the next newsletter.

Completed Promotions

Don't stop training now! There's always more to learn and improve upon.

Till Kuendiger - Nidan—Toshikai Dojo—Ottawa, ON

Scott Howie—Yondan—Abbotsford, BC
Rudy Wiens—Yondan—Abbotsford, BC
Matt Vriend—Nidan—Abbotsford, BC
Yvonne Dale—Nidan—Abbotsford, BC
Emerson Bayoneta Sr.—Nidan—Abbotsford, BC
Emerson Bayoneta Jr.—Shodan—Abbotsford, BC

Kaitlyn Brown Wins Again!

Kaitlyn Brown competed in the South Florida Karate Championships (RIVALRY OF THE SENSHI'S) over the weekend in West Palm Beach. Here she competed against some of Florida's top teams as individuals such as Paul Mitchel and Team Pepsi to name a few.

She was on her game for this event and took first place in Traditional and Open/ Creative weapons and also finished third in kata and second in point fighting. Kaitlyn competed in 16/17 year old fe-

male 2nd/3rd degree blackbelts. At the end of the event Kaitlyn was the overall points champion based on her event finishes, easily outdistancing a very competitive field.

Upon her return home she also found out that she had been nominated for the WESPY award (WINDSOR ESSEX COUNTY FEMALE ATHLETE OF THE YEAR) for the second consecutive year. Kaitlyn was the winner of this award in 2007



Contributors



Editor & Author—Chitora Dojo

Mike Fenton—Thunder Bay, Ontario

Mike lives with his wife Kyla and has been training in Isshinryu karate for over 25 years, and has been an instructor for over 20 years. He is currently head instructor of Chitora Dojo in Thunder Bay, Ontario.

Author—Chitora Dojo

Trevor Warren—Thunder Bay, Ontario

Trevor lives in Thunder Bay with his wife Maria. He has dedicated a great deal of his time to teaching and his own training with the realization that hard work is the key to success.



Author

Janet Fuchek—Thunder Bay, Ontario

Janet is a Godan (5th Degree Black Belt) that has been training the majority of her life. She has traveled extensively expanding her knowledge of the martial arts and Isshinryu and is always open to learning and sharing knowledge.

Author—Chikara Dojo

Hanshi Albert Mady—Windsor, Ontario

Hanshi Albert Mady is a 9th Degree Black Belt in Isshinryu and a board member of the American Okinawan Karate Association. His son Chucky is also a black belt and experienced competitor.



Karate Terms in this Newsletter

Barai—Sweep

Bunkai—Application of Move
“Taking to Pieces”

Chikara—Strength

Chitora—Essence of the Tiger

Dachi—Stance

Dojo—School

Ekku—Kobudo Boat Oar

Gojuryu—Hard / Soft Way

Hanshi—Model Instructor

Isshinryu—One Heart Way

Judo—Gentle Way

Kanji—Japanese Writing

Kama—Sickle

Karate—Empty Hands

Karateka—A person who trains
in karate

Kata—Prearranged training
techniques

Kobudo—Ancient Martial Way

Nidan—Second degree black belt

Okinawa—Japanese Island
where all karate began

Peichin—“Senior” Honorary title
in the Ryukyu Kingdom.

Rokudan—6th Degree Black
Belt—Master Level

Sanchin—Three Battles

Sandan—3rd Level (Black Belt)

Sensei Level. This rank denotes instructor level as such the title Sensei becomes the appropriate title for the individual at this rank.

Sempai—Senior Student

Shodan—1st Level (Black Belt)

Shuri—Capital City on Okinawa

Tanbo—Short Stick (Baton)

Uchi—Strike

Uezu Angi—Son-In-Law of Shimabuku Tatsuo

Yondan—Fourth Degree Black
Belt

Yudansha—Group of Black Belts
(Graduates)

It is important to familiarize yourself with commonly used Japanese words. Try to memorize all the words each time and you will soon have a large “karate” vocabulary.



Visit Isshinryu.ca for an archive of our newsletters and much more information about Isshinryu.

Story Submission

Stories are welcome from anyone and everyone. They can be about anything related to the Martial Arts, a technique you think is just great; A better way to do a technique; History of a Karate Master; a tournament trick that works well; ANYTHING!

All stories are appreciated as e-mail. You can send it to your instructor to proof read and send in, or directly to me. (Mike (at) Isshinryu.ca) or

Dojo Directory:

Any student is welcome at anytime to visit any dojo. Before class, always introduce yourself to the Sensei of the dojo and tell them who your current Sensei is.

For a full dojo list visit Isshinryu.ca We are getting too many to list here.

Affiliate Cities!

Abbotsford, BC

Contact: Mike O'Leary

Brandon, MB

Contact: Richard Wharf

Calgary, AB

Contact: Charles Boyd

Cookstown, ON

Contact: Harri T. Makivirta

Hope, BC

Contact: Norm Losier

Kenora, ON

Contact: Steve Davis

Ottawa, ON

Contact: Tim Leonard

Saskatchewan

Contact: Brian Smout

Sioux Lookout

Contact: Jim Sapay

Thunder Bay, ON

Contact: Mike Fenton & Trevor Warren

Vancouver, BC

Contact: Rachel McGovern

Windsor, ON

Contact: Albert Mady

Canadian Isshinryu Abroad

Berlin, Germany

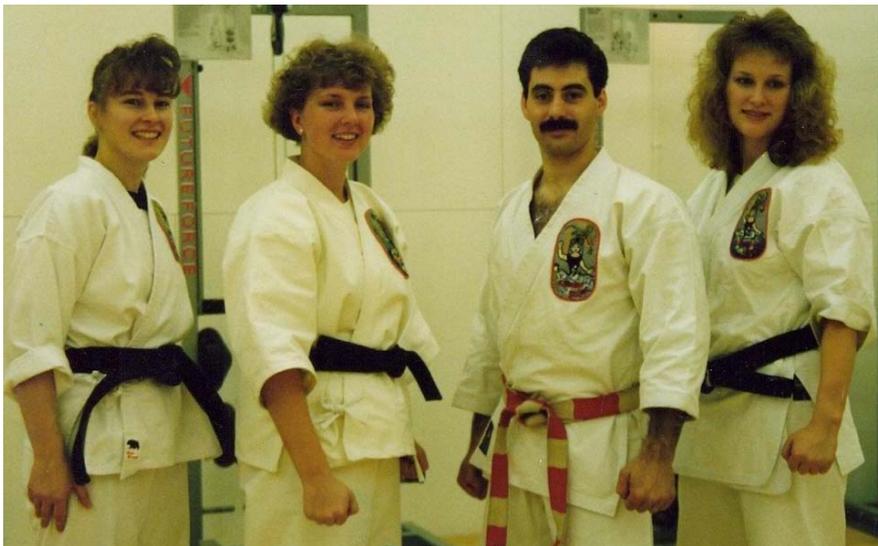
Contact: Ryan Boesche

Shijiazhuang, China

Contact: Simeon Ostap

Tsukuba Ibaraki, Japan

Contact: Brent Horton



Popular answers received for the date of this photo were:

- A) 1977
- B) 1982
- C) 1986
- D) 1991
- E) 1995

And... The correct answer is C, 1991, Janet and Susan Fuchek tested for Sandan (3rd Degree Black Belt) and Debbie Fuchek tested for Nidan (2nd Degree Black Belt) in Thunder Bay, ON under Albert Mady.