



The logo: The dual streams of water droplets represent the merging of Manitoba's Assiniboine and Red Rivers in the Red River Valley and also our two central large lakes, Lake Manitoba and Lake Winnipeg. The sheaf of wheat represents the grain-based agriculture of Western and Central Manitoba. "Feel the Spirit" combines the essence of spirit in Karate with Manitoba's slogan of "Spirited Energy"

## TOURNAMENT OFFICIALS

**Chief Instructor** - Shuseki Shihan Frank Woon-A-Tai

**Deputy Chief** - Instructor Shihan Maureen Woon-A-Tai

**Shihan Kai** - Josef Woon-A-Tai, David Pyke, Bryan Mattias, Marcel Lussier

## ORGANIZING COMMITTEE

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Clive Hinds  
Deborah Hinds  
Dawn Stewart  
Paul Stewart

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Zoreen Waite  
Jill Lampi  
Melanie Cowan  
Ho Lau

Zoe Stewart  
Paddy Stewart  
Paulette Shnier

# Shuseki Shihan Woon-A-Tai

## International Karate Daigaku Inc.

2225 Gerrard Street East, Toronto, Ontario, Canada, M4E 2C8

Tel: 647-282-7570 Email: fwikd@Bell.net internationalkaratedaigaku.com

It is indeed a pleasure to welcome everyone to the 2014 International Karate Daigaku (IKD) Canada Cup – 33rd National Karate Championships. This year's event is hosted by Shihan Clive Hinds, seventh dan and his organizing committee. I take this opportunity to offer him and his committee my sincerest thanks and appreciation for hosting this event.

Founded in February 2011, IKD has grown to a full-fledged national organization with representation in all 10 Canadian provinces. Moreover, it has grown by leaps and bounds to 46 organizations in 26 countries worldwide in its short founding history. In retrospect, IKD Canada and its predecessors were in existence for over three decades prior to its founding.

As stated last year in my message, I resigned from the ISKF in January 2011 after 40 years of dedicated and loyal service. The events that led to my resignation resulted in 70% of Canada and 80% of Caribbean ISKF members joining forces with me to establish the IKD. In 2012, IKD held its First World Cup, which was a huge success. The events you will witness over the course of the Canada Cup will testify to the innovation of the IKD to make karate championships more interesting to spectators without sacrificing its technical standards. On the contrary, IKD technical standards are ranked highly in the world of traditional karate-do.

Following this championship, IKD will host its 2014 Open World Camp and Camp Cup from June 12 to 16 at Camp White Pine, Haliburton, Ontario. I invite everyone to attend this historic event. At last year's camp, we distributed IKD Passports and the new IKD Instructor Training Programme. This year, I will introduce our new method of teaching that is relevant to the 21st Century and yet, at the same time, we are maintaining tradition karate-do training and values.

I want to restate again my message of last year. IKD is extremely proud to recognise our senior instructors with the rank of Seventh Dan and higher, A class Instructor, A class Examiner and A class Judge qualification as truly "Masters of Karate". We strongly believe anyone with character, dedication, qualification, experience, talent, and who made significant contributions to karate can become a 'Master or Shihan' regardless of race, religion, culture or creed.

Again, a very special 'Thank You' to Shihan Clive Hinds, his instructors, and organizing committee for hosting this year's event. Thank you everyone for your support!

Frank Woon-A-Tai

Shuseki Shihan, 9th San, M.S., F.G.M.S

International Karate Daigaku



# Sensei Clive Hinds

**Budo IKD MB Inc.**

Box 782, Stonewall, Winnipeg, Manitoba, Canada, R0C 2Z0  
Tel: 204-467-5787 Email: [chinds@mymts.net](mailto:chinds@mymts.net) [ikdmanitoba.com](http://ikdmanitoba.com)



On behalf of Budo IKD Manitoba, I would like to welcome all participants and family members, special guests, and the various dignitaries to this beautiful province of Manitoba in celebration of the 33rd Canadian National Championships.

Participation in Karate Championships requires long hours of disciplined training and practice setting the bar higher each year.

Each karateka that competes in this tournament has already demonstrated a commitment to excellence, drive, and the desire to succeed.

These participants and judges realize that a competition of this nature is a test of their character, spirit dignity and self-confidence.

*As quoted by Master Gichin Funakoshi the father of modern karate,*

*“Competition is not about winning or losing but rather,  
the perfection of character of its participants.*

Finally, I would like to extend my gratitude to the volunteers, who have dedicated and sacrificed numerous hours for the success of this venue.

Have a safe and wonderful tournament.

Sincerely,  
Clive Hinds  
Chief Instructor  
Administrative Chairman  
Budo IKD Manitoba Inc

# Ron Lemieux

## Greetings to International Karate Diagaku Canada

It is a tremendous pleasure for me to welcome visiting International Karate Diagaku (IKD) members to Manitoba as you participate in the 2014 IKD Canada Cup, your 33rd National Karate Championship Tournament May 16 to 18.

Congratulations to all the members of Budo IKD Manitoba Karate, for hosting this prestigious tournament in our province. I acknowledge all of the time and energy your members, families, directors, judges and volunteers have contributed to providing a wonderful experience for all. Without such efforts, celebrations of excellence in sport would not be possible.

Selecting The Fairmont Winnipeg as your tournament venue places you in a convenient location to enjoy some of the best our capital city has to offer. I encourage your members and guests to visit Winnipeg's Exchange District and the Forks Market, two great places to experience many aspects of our province's culture and heritage.

Please accept my best wishes for an exciting and fulfilling tournament. Enjoy your time in Manitoba and make plans to come back and visit us again soon.

**Ron Lemieux**  
**Minister**  
**Tourism, Culture, Heritage, Sport and Consumer Protection**





### **Message from Mayor Sam Katz**

On behalf of the City of Winnipeg, it is my pleasure to extend greetings to all those attending the 2014 International Karate Daigaku Karate Nationals.

The sport of karate takes dedication, endurance and discipline, and I would like to congratulate all the athletes and coaches who are participating in this year's competition.

The City of Winnipeg is proud to host this tournament and I encourage everyone attending to enjoy the warmth and hospitality our City has to offer. I would like to thank all of the volunteers and organizers for their hard work, ensuring this competition is a success.

On behalf of the City of Winnipeg and my colleagues on City Council, best wishes.

Warm regards,

Sam Katz  
MAYOR

*Heart of the Continent • Au cœur du continent*

# DOJOS OF MANITOBA

## Winnipeg Budokai

**Location:** Manitoba Japanese Canadian Cultural Centre, 180 McPhillips St., Winnipeg, MB

**Instructor:** Sensei Clive Hinds

## Stonewall Karate IKD

**Location:** Stonewall, MB

**Instructor:** Sensei Debbie Hinds

## Charleswood Karate IKD

**Location:** 5924 Roblin Blvd, Winnipeg MB

**Instructor:** Sensei Ron Porath

## Fort Garry Shotokan IKD

**Location:** Fort Garry Community Centre, 880 Oakenwald Ave. , Winnipeg, MB

**Instructor:** Sensei Charles Allsopp

## Brandon Karate

**Instructors:** Sensei Wendy Flannigan, Sensei Leon Flannigan, Sensei Scott Flannigan

## Heijoshin Karate

**Location:** Gateway Recreation Centre, 1717 Gateway Road, Winnipeg, MB

**Instructor:** Sensei Phil Harris

## IKD Rivers

**Location:** Rivers, MB

**Instructor:** Sensei Leon Flannigan

## Minnedosa

**Instructor:** Sensei Scott Flannigan

## Carberry / Killarney MB

**Instructor:** Sensei Nick Baron



# MANITOBA'S SENSEIS

## SENSEI CLIVE HINDS, 7TH DAN - WINNIPEG, MB

**Dojo:** Winnipeg Budokai Karate

**Training Since:** 1981

**Instructors:** Phillip Dingman, Master Yutaka Yaguchi

**Inspiring Thought:** It doesn't matter your belt level. You must train, you must train.

**Additional Info:** Chief Instructor of Budo IKD Manitoba as well as the Administrative Chairman. Received 2nd place in kata at nationals 2004. Graduate of Instructor Trainee Program. Sensei Clive continues to enhance his passion for Karate by finding new ways to bring new ideas and enthusiasm to his students. Recipient of the Nakayama Award. Class B Examiner, Class B Instructor, Class B Judge.

**Website:** budokaikarate.ca



## SENSEI DEBORAH HINDS, 6TH DAN - STONEWALL, MB

**Dojo:** Stonewall Karate

**Training Since:** 1981

**Instructors:** First Instructor, Sensei Phillip Dingman

**Additional Info:** Class D Examiner, Class C Instructor, Class B Judge, Recipient of the Okazaki Award

**Website:** stonewallkarate.ikdmanitoba.com



## SENSEI RON PORATH, 6TH DAN - WINNIPEG, MB

**Dojo:** Charleswood Karate

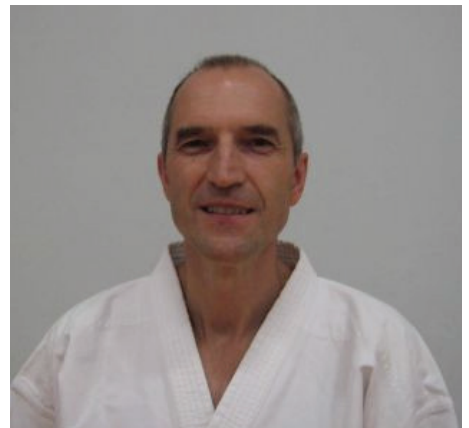
**Training Since:** First trained under Jerry Marr Sensei, in Winnipeg, October 1973. Restarted in December 1988 under Phil Dingman Sensei, Winnipeg, and have trained since.

**Instructors:** Dojo instructors Jerry Marr & Phil Dingman but have trained under many shotokan masters and instructors but favourite has been Yutaka Katsumata

**Inspiring Thought:** Karate has supported my desire to continuously learn and share with others.

**Additional Info:** ISKF instructor certification June 2005. IKD certified instructor, examiner and judge. Teaching over 10 classes a week. Managing a free program at a local school for underprivileged youth.

**Website:** charleswoodkarate.com



# MANITOBA'S SENSEIS CONTINUED

## SENSEI CHARLES ALLSOPP, 5TH DAN - WINNIPEG, MB

**Dojo:** Fort Garry Shotokan

**Additional Info:** Won the Manitoba kumite (free sparring) competition four times and the Canadian Championship twice. Sensei Allsopp was also a member of the Canadian team that placed fifth at the World Championships. Class C level Judge

**Website:** fortgarryshotokan.com



## SENSEIS WENDY AND LEON FLANNIGAN, 4TH DAN - BRANDON, MB

**Dojo:** Japan Karate Association of Brandon and Area (Minnedosa, CFB shilo, Killarney, Carberry, Brandon George Fitton, Brandon HQ)

**Training Since:** 1984

**Inspiring Thought:** Karate is like a pot of boiling water.

**Additional Info:** Leon and Wendy work very hard with their students to improve the quality of their athletes on an ongoing basis. Their years of dedication to their students has produced many black belts that are now in various parts of Canada, US, Britain, Germany, Japan and carry on their teachings. Not only have they produced many top quality black belts, athletes, competitors and instructors they have the respect of many karateka throughout the karate community.

**Website:** brandon.ikdmanitoba.com



## SENSEI PHIL HARRIS, 5TH DAN - WINNIPEG, MB

**Dojo:** Heijoshin Karate

**Training Since:** 1989

**Instructors:** My main influences growing up in karate were Master Yutaka Yaguchi, Sensei Ron Porath, and Sensei Phillip Dingman.

**Inspiring Thought:** Whether you win or lose, the most important thing is to learn from your experiences and better yourself.

**Additional Info:** Class C Judge. Multi-winner of the ISKF Manitoba Provincial Grand Champion trophy. Member of Youth Canadian Team for 1994 JKA World Shoto Cup in Philadelphia, USA, and 1998 JKA World Shoto Cup in Paris, France. Placed 4th in Men's Individual Kata at First IKD World Cup in Toronto in 2012.

**Website:** heijoshinkarate.com





## SENSEI SCOTT FLANNIGAN, 4TH DAN - BRANDON, MB

**Dojo:** Brandon and Area

**Training Since:** 1984

**Inspiring Thought:** “Whatever your mind can conceive and believe, it can achieve”

**Additional Info:** Scott Flannigan was one of the youngest black belts in the province and has continued to acquire skills and education for the development of karate at large. He currently holds the rank of Yondan (4th degree black belt) and has competed on several provincial and national teams throughout his illustrious competition days. Currently he instructs in Brandon, Minnedosa and Killarney to all ages young and old from beginner to black belt.

**Website:** westmanikd.com or check us out on Facebook



## SENSEI NICK BARON, 1ST DAN – CARBERRY, MB

**Dojo:** Carberry Karate Club

**Training Since:** 1995

**Instructors:** Scott Flannigan, Leon Flannigan, Wendy Flannigan, Clive Hinds, Debbie Hinds, Jerry Marr, Don MacKenzie, Yutaka Katsumata, Hidetaka Nishiyama.

**Inspiring Thought:** Karate is a personal journey. There are students on their own path, and ones that we have not yet learned how to teach, but there are no struggling students.

**Additional Info:** Karate Manitoba Provincial Team Member 6 years (1997–2002)

**Website:** westmanikd.com



# KARATE COMPETITION

## Kumite

Kumite, or free sparring, is 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 striking blow is prohibited. The attack must be stopped within two inches of the target.

Acceptable targets are head, face, neck or midsection. Competitors will wear either a red or a blue belt and gloves to make it easier for the judges to distinguish between them.

The colors correspond with the flags that are held by the judges to signify the winner of the match.

## 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 (ippon).

## Points

Points in a kumite match are based on attitude of the competitors (good manners) and their ability to deliver a technique with power, speed, timing and correct distance. If all of these factors are displayed by a punch, strike or kick executed by one

contestant, the chief judge will stop the match and each contestant will return at once to their starting positions. The chief judge will then raise their hand to indicate that an 'ippon' or one full point has been awarded and that competitor wins the match. Competitors may also score ippon if they execute a blow that beats the opponent to the attack, attack in a series of continuous techniques, deliver a blow after unbalancing their opponent, or strikes when the opponent is defenseless.

A half-point (waza ari) is awarded when the technique is executed with some imperfection, such as incorrect distance, or is not strong enough for a full match point. If a contestant scores two waza ari in a single match, they will count as an ippon and that competitor is the winner of the match.

If a contestant makes contact with his opponent, they have committed a foul. Depending on the severity of the blow, and the circumstances (for example, one competitor recklessly stepping into the opponent's attack) the attacker (or counter attacker) may be guilty of a warning with a deduction of points and be allowed to continue, or the chief judge may disqualify them.

## Decision or Hantei

If neither contestant has scored ippon (or 2 waza-ari) during the match, 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 without penalties, a winner may be declared. However, if in the opinion of the judges, the contestants are equal in performance, they may declare a draw, after which a two-minute overtime match is fought.

## Kata

Kata (choreographed fighting forms) are an integral part of karate training. In Shotokan karate there are a total of 26 katas. These are broken into two groups: Shorin and Shorei. Shorin teaches speed and agility where as Shorei focuses on power.

The important elements in Kata are speed, timing, coordination, expansion and contraction of the body and the correct application of power and technique. In judging karate, along with the previous elements, 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 the 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.

There are two ways of conducting a kata competition. One is based upon a flag system and involves two competitors. As with kumite, the competitors will wear either a red or a blue belt which correspond to the flags held by the judges.

After the kata has been completed, the judges display a red or blue flag to indicate the winner. Crossed flags above the judge's head indicate a tie.

This system is generally used for elimination rounds. In the final rounds of competition, each contestant performs his/her favorite kata. The judges will now award points for the performance. The highest and

lowest scores among the judges are discarded and the remaining points are totaled for the competitors score.

## Team Kata

In an team kata competition, 3 competitors work together to perform their chosen kata. Their goal is to be completely synchronized. This competition is scored by the judges using the same system as in kata.

## Bunkai

Bunkai is the application of kata. This is a demonstration showing the true spirit of kata. Three contestants will work together as a team. One will perform the kata defending and attacking against the other two who will act as opponents. This competition is scored by the judges using the same system as in kata.

## Enbu

Enbu (self-defense demonstration) is performed as a team of three. Each member of the team will take turns showing two self defense sequences. Their performance is judged on the same point system used for kata.

## Team Kumite

In team kumite, competitors spar against members of an opposing team in one on one matches. After the matches are over the winning team will be the one that has the best win/loss record.

# REFEREE SIGNALS



**Shobu Ippon Hajime**  
One point match - Begin



**Yame**  
Stop



**Motonoichi**  
Return to starting position



**Tsuzukete hajime**  
Begin again



**Wazaari**

An effective technique that does not meet the criteria for ippon - scored as one-half point



**Ippon**  
Perfect scoring technique



**Torimasen**  
No point



**Hayai**  
Faster Technique



**Aiuchi**  
Simultaneous techniques



**Maai ga toi**  
Improper distance



**Ukete Iru**  
Blocked technique



**Yowai**  
Weak attack



**Nukete Iru**  
Technique off target



**Jogai keikoku**  
Contestant(s) out of match area -  
1st warning



**Jogai chui**  
Contestant(s) out of match area -  
2nd warning





# REFEREE SIGNALS



**Jogai hansoku**  
Contestant(s) out of match area -  
disqualification



**Mubobi**  
Non-defending  
Disqualification



**Aka (Ao) shikaku**  
Red (Blue) side is disqualified



**Fukushin shugo**  
Request for a single Judge conference



**Fukushin shugo**  
Request for Judges' conference



**Hikiwake**  
Draw



**Jikan**  
Stop time



**Taiming ga osoi**  
Improper timing



**Hansoku chui**  
Warning



**Attate Iru**  
Contact



**Soremade**  
Announcing the end  
of the match



**Hantei**  
Notifying Judges' to prepare  
to display their decisions

# JUDGES SIGNALS



**Shobu Ippon Hajime**  
One point match - Begin



**Wazaari**  
An effective technique that does not meet the criteria for ippon - scored as one half point



**Ippon**  
Perfect scoring technique



**Torimasen**  
No point



**Maai ga toi**  
Improper distance



**Hayai**  
Faster technique



**Aiuchi**  
Simultaneous techniques



**Ukete Iru**  
Blocked technique



**Yowai**  
Weak attack



**Nukete Iru**  
Technique off target



**Jogai**  
Contestant(s) out of match area



**Meinai**  
Could not see



**Hikiwake**  
Draw



**Mubobi**  
Non-Defending



**Hansoku Chui**  
Warning (small circles)



**Hansoku**  
Excessive Contact (large circles)  
Disqualification







# Budo IKD Manitoba Karate

The members of IKD Manitoba would like to offer our best wishes to the contestants of the IKD Canada Cup.

Endeavour to Excel.



[ikdmanitoba.com](http://ikdmanitoba.com)



# Stonewall Karate

Stonewall, Manitoba



Sensei Debbie Hinds & Students

## Welcomes you to the Coupe Canada Cup 2014

"You are never really playing an opponent. You are playing yourself, your own highest standards, and when you reach your limits, that is real joy."

Arthur Ashe



Winnipeg Budokai  
Karate Club

[www.budokaikarate.ca](http://www.budokaikarate.ca)

Welcome competitors and guests  
to the 33<sup>rd</sup> Coupe Canada Cup Karate Championships

From  
Sensei Clive Hinds  
&  
his students





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International Karate Daigaku of Saskatchewan

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St. Louis Saskatchewan  
Sensei Marcel Lussier

Prince Albert Budokai Karate  
Prince Albert, Saskatchewan  
Sensei Chris Lair

Northern Saskatchewan  
Shotokan Karate Club  
La Ronge, Saskatchewan  
Sensei Cal Chiefcalf

Regina YMCA Karate Club  
Regina, Saskatchewan  
Sensei Robert Millar

Sask Valley Karate Club  
Rosthern, Saskatchewan  
Sensei Darrell Paetsch

*IKD Saskatchewan sends greetings to all participants  
at the 2014 Canada Cup National Karate Championships*

Congratulations and thank you to Sensei Clive Hands and all those  
who have worked so diligently to make this such an enjoyable event.