



# CHINTO



The Bulletin of the Traditional Chito-Ryu Association of Québec

Original drawing by Sensei Jean-Noël Blanchette, 6th dan, renshi in Chito-Ryu

Volume 9 Number 2 December 2005

**Publisher** Thierry Debeur; **Editor-in-chief** Noël Blais; **Text** Thierry Debeur, Noël Blais, Jean Quevillon, Anja Rodenbrock, Marcel Guitard, Denise Gauthier, Germain Bisson, Eric Lefebvre, Paul MacKenzie;  
**Layout** Eric Lefebvre; **Translation** Paul MacKenzie, Marc Bolduc and Nick Tsakalakis;  
**Editing** Isabelle Minier;

---

[A Word from the president](#)

[Training with the Technical Committee](#)

[Kobujutsu seminar](#)

[A Word from the editor-in-chief](#)

[Karate vs physical education and health](#)

[News in brief](#)

[Sensei Chitose clinic](#)

[Cama team results](#)

[Interview with Sensei Chitose](#)

[Poésie martiale](#)

---

Liens

[Québec dojo list](#)

[Chito-Ryu Québec](#)

[Chito-Ryu Canada](#)

---

## EDITORIAL

### A word from the president

Hello to all,

We are closing a year that has enriched us through our get-togethers, our intense training sessions, our continued search for perfection, and by our stimulating discoveries throughout. 2005 has in particular been of note with the rebirth of **Chinto** (online), thanks to the fantastic work and devotion of the editorial and translation teams, as well as the production efforts of Sensei Blais and the occasional photographers. Thanks again to all.

To all of the students of Chito-Ryu karate, I wish you a great 2006 with all of the happiness, prosperity and above all health that the New Year can bring – without forgetting all those long and hard training sessions yet to come!

Thierry Debeur

Editor and president [Chito-Ryu Québec](#)

(translation: Nick Tsakalakis)

Chinto Editor

[Back to index](#)

## A FEW WORDS FROM THE EDITOR-IN-CHIEF

### From the Chief Editor

To all *Chinto* readers and volunteers, and to all Chito-Ryu students and instructors, I wish you joy and inner happiness. Pass these along to all around you. Happy New Year in 2006.

Noël Blais

Instructor [Longueuil Chito-Ryu - SportsPourTous](#)

(translation: Marc Bolduc, Paul MacKenzie)

[Back to index](#)

## SENSEI SOKE AND SENSEI HIGASHI CLINIC

### *In the Outaouais Region*

On Thursday morning, November 10<sup>th</sup>, Sensei Soke and Sensei Higashi left the Ottawa airport at around 8h30. They had arrived from their Eastern Canada clinic, in St. John's, Newfoundland. On that day, the two Senseis took a bit of a rest by visiting the Canadian Museum of Civilization in Gatineau along with two members of Karaté Cama. That evening, they enjoyed a plentiful meal at the Château Montebello hosted by Sensei Jean-Noël Blanchette and by Sensei Thierry Debur, president of the [ACRTQ](#).

The official portion of their stay in Quebec began on Friday morning at Karaté Cama's main dojo, in Masson. The day began with a Yondan exam for two members of the [ACRTQ](#) from Québec and from Gatineau. Afterwards, a group of around forty yudansha from Québec and Ontario profited from three classes for black belts from 14h30 to 22h15. Sensei Higashi and Sensei Soke were in fine form, allowing only a 45-minute break during this entire period! They had their dinner at around midnight... Sensei Soke provided corrections to several kata in the afternoon, including a half-hour of shiko-dachi "fine-tuning" during the kata Sanshiryu; several of us felt the "beneficial" effects in our quadriceps all weekend long... Certain important basic principles were reviewed, namely:

- A- Two types of breathing (pectoral and ventral)
- B- The three following principles: Muda (lost power/excessive movement), Muri (excessive force) and Mura (inconsistency – for example, when the center of gravity rises and drops when moving)
- C- The four following principles: Ichi gan (place your eyes – emotional stability), Ni soku (place your feet – physical stability), San tan (place your center/tanden – focus on internal energy) and Shi riki (technique, power and speed – kime)

In the evening, training focused on Nage-no-kata, where Soke demonstrated variations of the original bunkai based on the principle of kuzushi in four different directions (along the X composed of the line following the direction of the feet and the one in the perpendicular direction). Several other high-ranking karatekas participated in this session in addition to Sensei Higashi and Sensei Blanchette, such as Sensei Harvey Brown from Ottawa and Sensei Noël Blais from Longueuil.

On Saturday, junior and senior coloured belts were at the forefront at the secondary dojo located in Angers. Once again, Sensei Soke was in great spirits and enjoyed himself heartfully with the children, who participated in a game of rock-paper-scissors that was as much fun as it was exhausting, as well as with the adults who had to perfect certain sequences of techniques that kept everyone sweating!

### ***In the Montréal Region***

On Sunday, the training was hosted by the Fudoshin dojo at the YMCA Hochelaga-Maisonneuve, directed by Sensei Jocelyn Debeur. The children had the place of honour of the morning class. They were all delighted by the motor-function exercises in the warm-up led by Sensei Blanchette. Soke Sensei kept their enthusiasm by switching between kihon and games. An autograph session given by the attending masters really showed the interest that the children had for the class.

In the afternoon, the adult coloured belts had their turn. The first class was as much amusing as it was tiring, alternating between kihon, games and kata. Kata revision was the goal of the second class. For the black belts who had participated in the Friday classes, the Sunday training was like therapy for aching muscles in the shiko-dachi position!

All together, the three days were a great success for the large number of participants present. Bravo to the organizers and a big thank-you for the Senseis present.

Jean Quevillon, Dojo Karaté Cama (for the Outaouais region)

Noël Blais, [Chito-Ryu Longueuil - SportsPourTous](#) (for the Montréal region)

Translation: Paul MacKenzie and Marc Bolduc

Picture 1: Black belts, Friday night

Picture 2: Children's class, Sunday morning

Picture 3: Second class, Sunday

Picture 4: Third class, Sunday







[Back to index](#)

## INTERVIEW WITH SENSEI CHITOSE

The interview of this issue is dedicated to Sensei Chitose, the son of O-Sensei Tsuyoshi Chitose, the founder of Chito-Ryu. When O-Sensei passed away in 1984, Sensei Chitose became Soke, Supreme Instructor, and head of the International Chito-Ryu Karate Federation.

This fall, Sensei Chitose was touring Canada to give seminars, accompanied by Sensei Higashi, Kyoshi, 8<sup>th</sup> dan and Canadian Chief Instructor of Chito-Ryu. Quebec was honoured to host Sensei Chitose on November 11, 12 and 13.

Sensei Blais called me a day before the seminar and asked me if I was willing to do this interview, replacing Isabelle Minier who usually is the interviewer of the *Chinto* newsletter. This was certainly a rare opportunity to talk to the Supreme Instructor of Chito-Ryu, not only because he visits Quebec only every two or three years, but also since the seminar schedule is very tight and everybody tries to get the biggest piece of the pie that they can.

The black belt training on Friday, November 11, was filled with a lot of exercise and interesting techniques, and by the time I could finally get the chance to interview Sensei Chitose, it was already quite late. But despite the long day, Sensei Chitose as well as Sensei Higashi agreed to spend some more time with me.

Sensei Higashi's help with translations during this interview was very much appreciated.

**As O-Sensei's son, you have been in contact with karate from a very young age. How old were you when you started practicing?**

I was two or three years old. I don't precisely remember.

**Besides O-Sensei, who were your teachers in Chito-Ryu karate in the early years of your training before becoming a sensei yourself?**

Kugizaki Sensei was my teacher besides O-Sensei.

**Besides O-Sensei, who has influenced your development in karate most and why?**

There were many other Kyoshis and Senseis, however, O-Sensei was the one who mainly influenced my development. In the beginning, I watched O-Sensei and the other senseis practicing, later O-Sensei started to give me corrections and to criticize me.

**At which point did the spiritual side of karate become important for you and why?**

After my graduation at university, I started to travel with O-Sensei who was teaching at military bases.

This was the time when the spiritual aspect became more important, especially when O-Sensei asked me to become a teacher. It was a different experience.

**What was the nicest experience since you started your martial arts training?**

I enjoy traveling to different countries like Canada, the US, Norway, and all the other countries. I meet all sorts of different people and get to know other cultures.

**In general, what is your advice for your students to have a constant, good progression in karate?**

Good basic techniques and kihons are everything. If you have a good basis on which to build, you don't need to worry about the rest.

**How do you motivate a student who finds it more difficult to advance than others or who has simply lost his/her motivation?**

If a student has difficulties advancing technically, I encourage him/her to go back to basic techniques and start again. People in general try to go too fast and as a consequence often lose their motivation. If somebody has lost his/her motivation for other reasons, the key is to enjoy life in the first place. Then the joy of practicing karate will come back.

**What is the most important aspect for you in a teacher – student relationship?**

A good communication between the student and teacher is very important. Also, the teacher is supposed to be a good example. This refers to the technical and moral aspect as well as to good working habits of the teacher.

**When traveling to North America to give seminars, what do you enjoy most?**

There is a very good comradeship. I enjoy coming together with people. It's like returning to a family and practicing together. ...The Chinese food is also good in North America (*Soke Sensei laughs...*). Toronto is the best! (*Sensei Debeur, we have to find a better Chinese restaurant in Montreal...*)

**What are your impressions of karate training in North America? In which way does it differ from the training in Japan?**

Most people are taller and use their strength and their body mass rather than the technique. Smaller people need a good technique to do the same work. The diet also makes a difference. In North America, meat is an important component of people's diet. In Japan however, the food is starchy, which helps to build stronger, more effective muscles.

**After so many years of training and progression, do you still learn new things?**

When I watch my father's video tapes, I always find new things I have to learn. Today's training in Kuzushi for instance comes from one of these tapes. Yes, there are always a lot of new things to learn.

**What are your goals and projects in karate for the future?**

Right now, my goal is to educate the instructors how to educate new students, to teach the instructors how to teach Chito-Ryu Karate.

Soke Sensei, thank you very much for this interview. Domo arigato gozaimasu!

Sensei Higashi, many thanks to you as well for translating all questions and answers.

Anja Rodenbrock,  
[Chito-Ryu Montreal](#)





In the photo, left to right : Sensei Higashi, Sensei Soke

[Back to index](#)

## **TRAINING WITH THE MEMBERS OF THE TECHNICAL COMMITTEE**

Some future Chito-Ryu yudansha had the opportunity to take part in a training session with the members of the Technical Committee. This event took place on October 2<sup>nd</sup>, 2005 at the Chito-Ryu Longueuil dojo. During this training session, the future grade holders were able to receive instructions from the different members of the Technical Committee in order to prepare for an upcoming pre-test. The training went very well and the future grade holders were able to review and correct various parts of their program. The event was a big hit, and so should be something to repeat in the future – let's hope!

Marcel Guitard  
Karaté Cama

Translated by Nick Tsakalakis  
[Montréal Chito-Ryu](#)

[Back to index](#)

## **KARATE VS PHYSICAL EDUCATION AND HEALTH**

### **EAT WELL TO PERFORM WELL**

Good nutrition is just as important in assuring optimal performance in an athlete as physical and mental preparation. It must meet the athlete's solid and liquid needs at all times, not just the day before the sporting event.

An adequate diet is composed of proteins, carbohydrates, lipids (fats) and sufficient hydration. It allows the athlete to:

- Optimize energy and physical endurance
- Minimize the risk of injury
- Maximize the construction and repair of muscle tissue

In general, the recommendations of the Canadian Food Guide are adequate for the nutritional needs of an athlete, except that the number of calories consumed per day must be increased (refer to the table).

Proteins, carbohydrates and lipids – a well-balanced trio:



## **Proteins**

Proteins form the basis of the cells of the body. They play an important role in the repair and construction of muscle cells and joints. An insufficient intake of proteins can therefore hinder the healing of a muscle after an injury. Proteins account for 30% of the calories required by the athlete.

Proteins are found in red meat, poultry, fish, eggs, legumes, nuts and dairy products.

### **Canada Food Guide**

5 to 12 portions of cereals  
5 to 10 portions of fruits and vegetables  
2 to 4 portions of milk products  
2 to 3 portions of meat and substitutes

---

Number of calories required per day:  
1,600 calories for most women and older adults  
2,200 calories for children, adolescent girls, active women and most men  
2,800 calories for adolescent boys and active men

## **Carbohydrates**

Carbohydrates are the most important source of food energy for an athlete. Once eaten, carbohydrates transform into glucose and thus provide the required energy for a body in action. Another part of consumed glucose is transformed into glycogen and provides energy to the muscles and to the liver. The body has a limited capacity to store glycogen, and so it is very important to consume a sufficient quantity every day.

Carbohydrates are found in breads and cereals, rice, pasta, fruits and vegetables, and dairy products.

## **Lipids**

Along with proteins and carbohydrates, lipids (fatty material) make an important contribution to an athlete's energy needs. As well as providing energy, lipids provide essential fatty acids and vitamins (A, D, E and K). They also protect the internal organs. Each cell in our bodies requires lipids.

The energy that comes from lipids is useful particularly in long-duration sports activities where the athlete must rely on energy reserves

Lipids can be categorized as follows:

- Saturated fats: meats, butter, lard, dairy products made from whole milk, hydrogenated products (margarine, vegetable fats, palm oil, cocoa butter, ...).
- Monounsaturated fats: certain nuts, olive oil, peanut oil, and canola oil.
- Polyunsaturated fats: soya oil, sunflower oil, corn oil, safflower oil, sesame oil, fish oil, fish and shellfish, soft margarine.
- Trans fats: these are transformed foods based on partially hydrogenated oil or vegetable shortening and include crackers, chips, cookies, pastries and other quick snack foods. Fried foods like French fries are also part of this category.

In conclusion, an athlete who eats from these four food groups every day will receive all of the necessary nutrition to have the energy needed for his or her training and sporting events, as well as good overall body health. Sports dietetics is a very complex field. This article only skims the surface of the subject and offers general information only. For more information and/or to have a personal

follow-up to better meet your nutritional needs you can consult a nutritionist specialized in sports dietetics.

Denise Gauthier, Bsc. Inf. Certificate in sports and nutrition  
Karaté Cama

Translation: Paul MacKenzie and Marc Bolduc

[Back to index](#)

## **CAMA TEAM RESULTS**

### **Pan-American Junior Championship in Uruguay, September 2005**

<b>Maude L'Ecuyer-Lafleur</b>	Silver, combat, ages 18-20, 60 kg
<b>Xavier Fournier</b>	Bronze, combat, ages 18-20, 75 kg
<b>Sébastien Larose</b>	Bronze, combat, ages 16-17, 65 kg
<b>Carl Gingras</b>	Participation
<b>Roxanne Côté</b>	Participation

About fifteen countries were present at this international tournament. All of the Québec athletes who brought home medals were from Karaté Cama.

### **Simon Bolivar Cup, Venezuela, October 2005**

<b>Louis-Philippe L'Ecuyer-Lafleur</b>	Silver, combat, 65 kg
<b>Xavier Fournier</b>	Bronze, combat, "open weight"
<b>Maude L'Ecuyer-Lafleur</b>	Bronze, team combat
<b>Anick Lamarche</b>	Bronze, team combat
<b>Steve Larose</b>	Participation

Several countries participated in this invitational tournament, notably France, one of the world's powerhouses.

### **World Junior Championship, Cyprus, November 2005**

<b>Xavier Fournier</b>	5th, combat, ages 18-20, 80 kg
<b>Sébastien Larose</b>	Participation in kata and in combat

First off, Sébastien Larose lost his first kata (3-2) against an Iranian who ended up in 5<sup>th</sup> place. Afterwards, he fought in the 16-17 year – 65 kg category. He won his first match 3-1 against an Armenian and lost his second match 2-0 against a Hungarian (Sébastien made contact twice, giving the

advantage to the Hungarian). Sébastien really loved his experience and he was able to realize that he can fight with the best in his category, worldwide. The future is very promising for him.

Next, Xavier Fournier fought in team combat against Bulgaria and lost his first match. After this combat, Xavier was very disappointed in his performance. He had a chance to rest for a day and mentally prepare for the individual combat category, in the under-80kg, ages 18-20 division. For his first match, he benefited from a “bye” (a “bye” means that a competitor passes to the next round given that no opponent was assigned to him that round). Afterwards, he beat an Englishman 5-2, then a Spaniard 2-1, and a Russian 2-0, which brought him to the semi-final. He lost 3-0 in the semi-final at the hands of a Bosnian. Xavier could have won this combat, had it not been for two face contacts. In the repechage (second-chance round), he fought a Frenchman for the bronze medal, but lost 2-1 in a very close match. Xavier gave one of the best performances of his life, finishing 5<sup>th</sup> in the WKF World Junior Championship.

It is important to note that over 80 countries and over 800 athletes participated in this championship. As a trainer, I am extremely proud of the performances of Sébastien and Xavier. Their results signify that they have all of the necessary elements to perform at the world level. Xavier has performed exceptionally since September, finishing 3<sup>rd</sup> in the Pan-Am Junior Championship, 3<sup>rd</sup> in the Open Category at an International Tournament in Venezuela, and finally in November, 5<sup>th</sup> place in the World Championship.

Bravo to Sébastien and to Xavier! Karaté Cama and all members of Chito-Ryu are proud of you!

Sensei Germain Bisson  
Chief Instructor, Karaté Cama

Translation: Paul MacKenzie and Marc Bolduc

Xavier Fournier, left, and Sébastien Larose, right



[Back to index](#)

## POÉSIE MARTIALE

### Se forger Guerrier

La rose perlera sur la terre humide  
bien avant la première note du barde.  
C'est cette même rosée saline  
qui affûtera l'esprit jusqu'à sa garde.

Puissance et vivacité  
proviennent d'un long passé.  
Sous le regard d'une rose perlée,  
bien des efforts réitérés.

Réitération des mouvements du corps.  
Travail du forgeron sur sa lame.  
Trempe et martelage jusqu'au désir de force.  
La perfection dans l'équilibre jusque dans les flammes.

Réitération des mouvements de l'esprit.  
Que sa poignée soit dure comme le roc  
et son tressage, fin et doux pour l'amour.  
Maître incontesté sur sa lame affranchie.

Réitération des mouvements du cœur,  
matière première du forgeron.  
La dureté de son acier éloignera la peur.  
La douceur de son tissu apportera un sens au monde.

Réitération des mouvements de l'art  
où la main portera l'épée achevée  
dans la danse martiale signée du nouvel étendard.  
Régner sur sa vie, se battre pour la garder

Par l'effort et la volonté,  
de l'enfer jusqu'au nuées,  
l'avant-guerre sera au combattant  
la grande épée qui ordonnera le gagnant

Eric Lefebvre, mai 2005, [École de Karaté Chito-Ryu de Drummondville](#)

[Back to index](#)



## KOBUJUTSU MASTER VISITS QUÉBEC

This past October, Quebec had the honour of a visit from Sensei Kisho Inoue, second-generation Soke and president of the Society for the Promotion and Preservation of Okinawan Martial Arts (the [RyuKyu Kobujutsu Hozon Shinko Kai](#)), and Sensei Shane Higashi, Chief Instructor of the Canadian Ryukyu Kobudo Kobujutsu Association ([CRKKA](#)). Members of the CRKKA were on hand to welcome these kobujutsu masters for two days of extensive weapons training, with one day in Montreal and one day in Masson-Angers.

Also on hand were the executive members of the CRKKA: Sensei Paul Zehr, president, from Victoria, BC; Sensei Patrick Finn, secretary and treasurer, from Ottawa; and Sensei Noël Blais, vice-president and Quebec director, from Longueuil.

The morning sessions of the first day of training were split between bo and kama, while the afternoon sessions focused on bo and sai, and were well attended with students from Montreal, Longueuil, Chicoutimi, Sherbrooke and Ste-Julie. Sensei Inoue reviewed kata, waza and kumite exercises, and together with Sensei Higashi ensured that every single student attending the seminar received personal attention. Despite the jet lag from the long trip from Japan, Sensei Inoue displayed a great and lively passion for his martial art and the training seemed to be over far too soon. Sensei Inoue repeatedly made comparisons of kobujutsu waza to those of karate, explaining that the two often share the same principles.

The second day of training took place in Masson-Angers. The first class was dedicated to brown and black belt training, and was most generously hosted by Sensei Germain Bisson at the Karaté Cama dojo. This class was an intensive review of nunchaku for senior belts, and was thoroughly enjoyed by all who attended. We were especially impressed at the mobility displayed by Sensei Inoue, as well as his control of the nunchaku. The second class was held not too far away at the École du Sacré-Coeur, where Senseis Inoue and Higashi covered the basics of kobujutsu's way of bo and sai to a large group of Chito-Ryu and Shotokan karate students, including many young people. It was good to see such a large turnout for Sensei Inoue's visit.

A big thank you is owed to Sensei Blais and Sensei Bisson for making Sensei Inoue's visit to Quebec a success, and hopefully we will not have to wait another 5 years for Sensei's next visit! To keep us going until then, we can look forward to an interview with Sensei Inoue by Isabelle Minier in the next issue of Chinto.

One last point... after teaching in Quebec, Sensei Inoue travelled to Toronto to give another 3 days of seminars. During that time, Sensei Inoue and Sensei Higashi graded four yudansha, including Sensei Noël Blais, all of whom successfully earned their sandan (3rd dan) in RyuKyu Kobujutsu. Congratulations, Sensei Blais!

Paul MacKenzie  
[Montréal Chito-Ryu](#)

Picture 1: Evening class in Montréal

Picture 2: Advanced belt class in Masson-Angers

Picture 3: Evening class in Masson-Angers





[Back to index](#)

### NEWS IN BRIEF

- **Nadine Lalande**, of the dojo Fudoshin, was recently named **Regional Coordinator** for Karaté Québec. Congratulations to Nadine.
- The next **pre-tests** will take place on 26 February 2006 at Masson-Angers.
- The next seminar with **Sensei Higashi** will be the April 28, 29 and 30, 2006.
- The ACRTQ has an **event calender** that is updated regularly. You can access this from the association's web site (French only):  
<http://pages.infinit.net/debeur/chito-ryu-quebec.html>.
- The next publication of Chinto: **March 2006**. Send your text to [blaisbenoit@hotmail.com](mailto:blaisbenoit@hotmail.com).

Noël Blais  
[Chito-Ryu Longueuil - SportsPourTous](#)

(translation: Paul MacKenzie)

[Back to index](#)