



# CHINTO



The Bulletin of the Traditional Chito-Ryu Association of Québec

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

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

Since the first electronic-format publication of Chinto in September 2005, *Ms. Isabelle Minier* has been responsible for correcting and revising the French-language published articles. Unfortunately, Isabelle is leaving the Chinto team. I would like to thank her for all her efforts, giving Chinto the quality of written French found in professionally published works. If you know someone in your neighbourhood with similar training and who might be interested in working on Chinto, please send him or her my email address: [blaisbenoit@hotmail.com](mailto:blaisbenoit@hotmail.com).

I am currently at the end of my second year as editor-in-chief of Chinto. These two years were a personal commitment for me. I will continue in this post for the next year, but a new post in the Chinto team has been created for the next year, that of Assistant Editor-In-Chief. *Sensei Eric Lefebvre* will occupy this post. There are many responsibilities associated with this post, such as (among others) researching articles, approval follow-up, revision and translation of articles, and managing schedules. The goal of this post is to help Sensei Lefebvre to take on the role of Editor-In-Chief should the need arise.

Most of you know *Sensei Thierry Debeur*, either in his role as Chief Instructor at his dojo at the [Downtown Montreal YMCA](#) or as president of the [Traditional Chito-Ryu Association of Quebec](#). You can learn more about Sensei Debeur in the interview he has given to Chinto.

You will find a report on the black-belt pre-test that took place this spring, about a month before the clinic given by *Sensei Higashi* on April 25<sup>th</sup> to 28<sup>th</sup>. Several karateka had the pleasure of meeting Sensei Higashi during his time in Quebec over these three days. You will also find the results of the exams and a report on the training sessions he gave.

Several events have taken place at the [Karaté Cama](#) dojo. You will find articles on the Galas Meritas (Awards Banquet) where *Ms. Louise Gauvreau* was honoured; the competitive successes of *Ms. Btissama Essadiqi* and of *Mr. Roch Laflamme*, both of whom recently retired from active competition;

the results of athletes from [Karaté Cama](#) at the Pan-American Championships in Mexico; and the composition of the Cama team at the Canadian Championships in July in Vancouver.

Also mixed in is a humorous article from *Mr. Mathieu Valotaire*.

Good reading!

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

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## INTERVIEW WITH SENSEI THIERRY DEBEUR

### **1- Sensei Debeur, how long have you been training in karate, and how did you discover it?**

It will be 26 years as of this year. In France, when I was studying architecture, I trained with a fellow student who was 2<sup>nd</sup> dan in shotokan karate. It was not however, a proper, structured class. When my wife and I came to Quebec we saw an ad in the newspaper for the NDG YMCA, close to where we lived. So I signed up, and that was where I did my training. I was 33.

### **2- I understand you have a diploma in architecture. Is there a relationship between architecture and karate?**

Yes, there is a relationship between the two. They share certain concepts or notions such as those of aesthetics, of balance, of form and force, and of harmony. These are very important ideas that are learned in martial arts.

### **3- Has teaching influenced your own personal training?**

There's so much to be learned from teaching. We have so many questions from students and this interaction automatically changes one's mentality, philosophy and training methods. However, one has to be careful to not supply all the answers right away. It is important to stay in contact with students and guide them in the right direction. Answers cannot simply be invented for students; otherwise, we have a serious problem. We must make the effort stay true to our teachings from Japan and from past masters.

### **4- How do you manage to progress in your own training with so many teaching responsibilities?**

I always train before class, as well as at home. Once a certain level is achieved it is important to train regularly. I also train during classes. I am the one who gives all the demonstrations, and if they are not up to par then I have a problem! I do not feel that it is necessary to do intensive cardio at my age, but one has to stay in shape –there is no dropping the ball. Technique must remain effective.

**5- You teach at the Montreal downtown YMCA, where a large variety of classes are given. Many find the strict discipline in class almost military. How do you respond to that?**

To be able to teach effectively, one has to realize that karate is both a discipline and an art; an art that requires a committed discipline on the part of the student, otherwise it would be impossible to teach karate. If everyone is permitted to ask all of the questions they want, to do whatever they want in class, to leave when they want etc., then we simply cannot teach this art. It becomes a sport like any other. Training someone for a black belt is actually quite serious: we are placing weapons in someone's hands – weapons of self-defence –but weapons nonetheless. This is more than a sport; it is an art of combat that requires a minimum of discipline.

I find we're quite spoiled in today's society – we think we can do whatever we want, that we have this notion that we only live once, that we are all about leisure. This is an attitude that, in my opinion, lacks maturity, and how do I respond to this? I have no choice but to say, look, if you do not want to train hard, then leave. Teaching methods that are too liberal or permissive do not produce strong students.

**6- Most students do not stay long enough to get to black belt. Is this frustrating?**

We are in a downtown dojo in a large metropolis, thus there are a lot of transitions –people often change careers, or schedules. I would say at least half the people leave simply because of conflicting work schedules or physical problems such as injuries. Senior students who hurt themselves will always come back, but beginners are often told by doctors to cease training in karate because it is too violent, even though statistically it is the contact sport with the fewest accidents. There are far more accidents in hockey.

I do not do martial arts “marketing”. I have things to teach and values to impart. We have no choice but to teach what is important if we want to develop strong individuals, people who are capable of taking themselves by the hand and passing through challenging circumstances. Life is hard. There is no point in kidding ourselves about it; we should not think that life is easy.

**7- How do you encourage students to remain patient with their own personal development?**

I tell them “that nothing begets nothing, that we have no choice but to work hard if we want to get results.” I try to explain the benefits of karate training, but it is above all a personal choice. That being said, it is important to develop a sense of honesty and sincerity. This is not an art one can learn by telling stories. It takes self-knowledge as well as self-awareness. This may not be easy, particularly because we often form protective shells around ourselves; some people even dress themselves in different personas in order to live within society. Neither of these things works in karate, at least not in the long term. The goal is to embark on a path of self-discovery in order to improve, evolve and progress in life.

There is a saying in Japan that one cannot fill a cup that is already full. Students also need to open their minds to being taught. Judgement is fine, but a karateka should judge only after having obtained his or her black belt. We impose structure on a beginner in order to ensure that the student becomes autonomous. Such a student is eventually no longer dependent on his or her teacher, and is capable of expressing his or her own individuality through training in karate.

**8- Was it the physical or intellectual aspect of karate that attracted you the most?**

What attracted me was the opportunity to become better organized psychologically. I reacted too quickly to things like aggression, and karate helped me to become calmer, to view things in a more detached fashion, with more maturity. And also I loved the sheer beauty of the art of karate. It is an

art that combines so many important values. The philosophy behind martial arts does not come from nowhere; it is based on us, the experience of real human beings.

**9- What are the most important qualities for a karate instructor?**

They are generosity, humility and passion. You have to be able to give much of yourself, and to give back everything that you have learned from others, at a carefully measured pace, without shortcuts. Also, you must not hoard knowledge in order to stay superior to your students. It is very important to be generous and passionate about sharing knowledge. The goal is not only to train people in effective self-defence, but also to make strong individuals who can live harmoniously within today's society. This does not mean we need to submit to and accept absolutely everything the way it is now. To live in harmony with society is to live with the ultimate goal of improving it.

**10-Your son Jocelyn is chief instructor at the YMCA Hochelaga. Is it nice to have two instructors in the family?**

Yes, it is very nice! I am happy that he too, has had this opportunity to give to others and to continue to teach martial arts. Jocelyn also has a special rapport with children that is quite extraordinary — patience and love for children — and the children know it. I substituted for him once (at the Milton-Park dojo), and I certainly would not do it again!

**11-Is your wife (with whom you work at Editions Debeur) supportive of your involvement in karate?**

Yes, very much so. I am extremely lucky that she accepted my interest in karate, because it takes up a lot of time, and being president of the Quebec Association demands even more time. I am lucky that she allowed me to realize my dreams in karate, and I am very grateful to her, because that kind of generosity is very rare. As she joked at my 25<sup>th</sup> anniversary in karate, karate is my second mistress, and she is my first!

**12- Outside of the dojo, you are a food critic. Has karate influenced your professional life?**

Yes, in terms of discipline, it has had an enormous influence, not only in my career, but also in my everyday life. To be able to put things in perspective – not just see them the way we would like them to be, or the way others would like them to be, but the way they really are, as transparently as possible – has really helped me in my life.

Thank you very much, Sensei Debeur.

Nancy Steadman, [Chito-Ryu Montréal](#)

Translation: Nancy Steadman and Paul MacKenzie

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## BLACK BELT PRETEST

On Sunday, April 1<sup>st</sup>, the [Karaté Cama](#) dojo hosted the pretest for those hoping to test for black belt during Sensei Higashi's visit at the end of April. All of the members of the Technical Committee were present to evaluate a total of 19 karatekas. 15 karatekas were presented for the rank of shodan, 2 for nidan, and 2 for sandan. Among the 19 karatekas, 13 succeeded according to the required criteria. For the others, some were invited to test at the next exam in the autumn without having to retake the pretest.

Those invited to test for the rank of Shodan:

**Marie-Ève Brouillard** (Karaté Cama)

**Roxanne Côté** (Karaté Cama)

**Carl Gingras** (Karaté Cama)

**Jonathan Laniel** (Karaté Cama)

**Mélissa Villeneuve** (Karaté Cama)

**Jean-Philippe Glazer** (Karaté Cama)

**Marie-France Bernard** (Karaté Cama)

**Mario Cardinal** (Karaté Cama)

**Marc E. Fournier** (Karaté Cama)

**Josée Guitard** (Karaté Cama)

**Louise Gauvreau** (Karaté Cama)

**Dirk Bandilla** (École de Chito-Ryu de Montréal)

Those invited to test for the rank of Sandan:

**Roch Laflamme** (Karaté Cama)

Congratulations to all on behalf of the Technical Committee!

Noël Blais

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

Photo: Those who attended the black belt pretest



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## NEW GRADES

Black belt exams took place on Friday, April 27th at the [Chito-Ryu Longueuil](#) dojo, and it was also the first day of a three-day Québec clinic with Sensei Higashi. The following 13 karatekas passed their exams: for the grade of sandan: **Roch Laflamme** (Karaté Cama); for the grade of shodan: **Marie-Ève Brouillard** (Karaté Cama), **Roxanne Côté** (Karaté Cama), **Carl Gingras** (Karaté Cama), **Jonathan Laniel** (Karaté Cama), **Mélissa Villeneuve** (Karaté Cama), **Jean-Philippe Glazer** (Karaté Cama), **Marie-France Bernard** (Karaté Cama), **Mario Cardinal** (Karaté Cama), **Marc E. Fournier** (Karaté Cama), **Josée Guitard** (Karaté Cama), **Louise Gauvreau** (Karaté Cama), **Dirk Bandilla** (École de Chito-Ryu de Montréal).

Congratulations to all!

Noël Blais

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

Translation by Paul MacKenzie

Photo: karatekas who passed their exams, in the presence of Sensei Higashi and members of the Technical Committee.



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## SENSEI HIGASHI CLINIC

This past April 27<sup>th</sup> through 29<sup>th</sup>, Chito-Ryu practitioners of all levels from all over Québec once again had the great opportunity to attend a weekend of intensive training with *Sensei Higashi* in Longueuil, Montréal and Masson-Angers.

### *Friday, April 27<sup>th</sup>*

Upon completion of the black belt exams on Friday morning, the first training session on Friday afternoon consisted of instructor training in the [Chito-Ryu de Longueuil](#) dojo with Sensei Higashi and the Québec technical committee. Newly promoted black belts were also invited to participate in this training session. One focus of the training was stances (dachi). A number of katas and kihons were practiced with special attention given to every single stance. Sensei Higashi explained the correct position of the feet and underlined its importance by testing the balance of each practitioner. He also described the occurrence of certain uncommon stances such as Tokushu-shiko-ashi-dachi in the kata Seisan (with the word tokushu meaning *special*) or the Sanshin-dachi stance (as opposed to Sanchin-dachi) in the kata Ryusan. The technical training concluded with a revision of several Henshuho applications.

### *Saturday, April 28<sup>th</sup>*

Stances also received special attention during the training sessions the following day. An all-level class on Saturday morning took place in the gymnasium of the Louis-Hipolythe Lafontaine Hospital in the east end of Montréal. The training's emphasis was on Kihon-Kata-Ichi, -Ni and -San followed by practice of Tehodoki-no-waza. After lunch, Sensei Higashi conducted a children's class, followed by the first adult class of the afternoon in which we began by practicing the kata Nisei-shi-dai. Practitioners were asked to take advantage of the lines on the floor of the gymnasium in order to align their feet correctly. The training comprised both the original movements of the kata as well as their mirrored movements. For the author and three other brown belts, the session continued with special training and the refinement of several applications in Henshuho with Sensei Jean-Noël Blanchette. In the meantime, the other practitioners split off into groups and worked on other katas and bunkai, still with an eye toward the contributions of stances and foot position. The second and unfortunately last session of the afternoon consisted of Rinten and Hanten applications. Again, Sensei Higashi emphasized correct stances and explained the necessity for correct distances (Ma) to make full use of the techniques.

The author left the clinic highly motivated and after having enjoyed a truly fulfilling weekend of karate practice with plenty of new things learned.

Many thanks to Sensei Higashi as well as the Québec Technical Committee and the organizers of this seminar.

### *Sunday, April 29<sup>th</sup>*

We began this day, as always, in a good mood. Sensei Higashi was in top form and it did not take long for his warmth to spread through the gymnasium the Ruisseau School in Masson-Angers.

With the morning class aimed at all levels, the emphasis was on kihon-kata-ichi and kihon-kata-ni. Each kata was broken down in such a way as to practice both sides. Kata execution, either in reverse or mirrored, turned out to be easier afterwards. Working on the precision of the positions was brought to the forefront, still keeping the same perspective as the preceding training.

The second class of the day, for green belts and up, started with presentations to newly graded shodans. Congratulations! Niseishi-dai and seisan were the chosen katas this time. Sensei Higashi's enthusiasm and the students' thirst for knowledge gave the impression of a very short class, although very enlightening.

Later, in a more intimate atmosphere at Sensei Bisson's dojo, the last class took place. Brown and black belts got together and advanced katas were on the program for this class, katas often left out in clinics. Sensei Higashi reminded us about the importance of looking for the link between katas and their applications, to dig into the logic of the movements to maximize effectiveness. We finished the class with the bunkais Rinten and Hanten, new material for many. Once again, time passed too quickly!

A warm thank you to Sensei Bisson for welcoming us into his dojo, and congratulations once again to all of the new black belts!

Dirk Bandilla, Dojo [Chito-Ryu Montréal](#) (Friday and Saturday)

Benoit Bordeleau, Dojo [Karate Cama](#) (Sunday)

Translations: Marc Bolduc (Friday and Saturday)

Paul MacKenzie (Sunday)

Photo: Sensei Higashi giving explanations to students during the Saturday class



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## KARATÉ CAMA GALA MERITAS

Every year, at our Gala Meritas (Awards Banquet), [Karaté Cama](#) likes to recognize those karatekas, instructors and volunteers who contributed to the success of the current season. This year, our annual Gala Meritas took place on Saturday, May 5<sup>th</sup> at the Knights of Columbus Hall. About 250 people got together to encourage and congratulate the karatekas honoured and to give special recognition to two great retired athletes.



Mme *Louise Gauvreau* was awarded the title of Karateka par Excellence 2007. This lady is a fine example of determination and perseverance. During the last few years, Louise has met several challenges, but never lowered her hands before adversity. She began karate at an age where many people who practice karate quit their training! She recently passed her first dan black belt before the national technical director, Sensei Higashi, who took it upon himself to congratulate her in front of the entire group for her maturity and serenity during the exam. He told her that she was an excellent example for the younger generation. In the photo we see Sensei Germain Bisson awarding the prize to Mme Louise Gauvreau.

After the awards for deserving karatekas, as well as 6 grand prizes, we honoured *Btissama Essadiqi* and *Roch Laflamme*, both of whom recently retired from active karate competition. Thanks to their exceptional performances at the national and international levels, Btissama and Roch are models for the next generation of competitors on the Cama Team. For many years, they were members and team captains of the Quebec and Canadian teams. You can read a report about their competitive successes in this issue of Chinto.

Lyne Bisson  
Instructor [Karaté Cama](#)

Translation by Paul MacKenzie

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## A BIT OF HUMOUR : KARATEKA SYNDROMES

There are stages of learning in karate that follow the various belt colours. No matter what style of martial arts you study, I believe that these syndromes are universal. And yes, these syndromes also affect me. Or at least, they made me smile...

I give credit to my friend Jessica, with her humour and her inspiring perseverance, who was the source of this article.

### Syndrome #1 – White Belt Syndrome

- Immediately after their first course, white belts feel deep inside that they will never be able to move as their instructor moves. At the same time, white belts believe that they can win any combat. For a white belt, this dichotomy\* makes perfect sense.
- White belts want to learn everything and they see the path of the black belt as a “list of tasks to accomplish”. The only thing that counts is to learn the next thing, the next kata or preferably something even more advanced, as quickly as possible. The more the white belts learn, the more they feel good and confident.
- White belts cannot understand why higher belts forget katas. They never forget katas.

### Syndrome #2 – Green Belt Syndrome

- Green belts are really shocked and surprised to see this colour wrapped around them, and right away feel unworthy. Despite this feeling of unworthiness, they feel incredibly proud to be green belts. For a green belt, this dichotomy makes perfect sense.
- Because they feel unworthy, green belts believe that everything they do in the presence of higher belts is completely wrong.
- Because they are very proud, green belts have the impression that everything they do in the presence of lower belts is beyond reproach.

### Syndrome #3 – Brown Belt Syndrome

- Brown belts are really excited finally to be brown belts. This excitement lasts for about one day after which they realize that the next step is black belt, and... OH MY GOD! I WILL NEVER BE READY FOR THAT! HOW CAN I EVER PREPARE IN TIME???? I HAVE TO START RIGHT NOW!!!
- The “list of tasks to accomplish” becomes a “list of tasks to accomplish AGAIN” as they realize all of the things that they forgot during their years of training.
- The feeling of unworthiness comes back when they see black belts, and they tell themselves “I really have a lot of things still to learn and I can never do it in time”.

### Syndrome #4 – Black Belt Syndrome

- Despite the fact that they are terrifically proud to be black belts, black belts again feel even more unworthy when they realize all of the things they still have to learn and that finally, they are ready to start learning karate.
- The more a black belt learns, the more he or she realizes that the number of things to learn increases at an exponential rate.
- For a black belt, this dichotomy makes perfect sense.

Good training!

Mathieu Valotaire

A student at the [Drummondville Chito-Ryu](#) dojo

Translation by Paul MacKenzie

\* dichotomy: division into two groups, especially when these are sharply distinguished or opposed  
(Source: *Webster's New World Dictionary*, 1984 edition)

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## HOMAGE TO A GREAT ATHLETE

*Btissama Essadiqi*



During her competitive career, Btissama was a dominant athlete on the national and international circuits. She has won many medals:

- In 11 participations at the Canadian Championships, Btissama took home 34 medals, including 21 gold, 7 silver and 6 bronze.
- At the Pan-American Championships, she won 10 medals, including 2 gold, 4 silver and 4 bronze.
- At the Pan-American Games in Winnipeg in 1999, Btissama represented Canada where she won the bronze medal, and then again in 2003 in the Dominican Republic, she won the silver medal.
- At the Paris Open, she won, in 3 participations, 1 gold medal and 2 bronze medals.
- At the Holland Open as well as the Commonwealth Championships, she won the silver medal.
- At the World Championships in Germany in 2000, Btissama finished in 5<sup>th</sup> place in Team Combat.
- At the World Championships in Spain in 2002, she finished in 5<sup>th</sup> position in individual combat, 53kg.

At the National Karate Association's Annual Awards Banquets, Btissama has been presented with 9 awards:

1996 : Aktugawa Cup (sport-study trophy)  
1998/1999 : Senior Female Athlete of the Year (Best Performance of the Year)  
1998 : Senior Female Athlete Par Excellence  
1999/2000 : Senior Female Athlete of the Year (Best Performance of the Year)  
1999 : Best Sportsmanship  
2000 : Senior Female Athlete Par Excellence  
2001 : Senior Female Athlete Par Excellence  
2001 : Aktugawa Cup (sport-study trophy)  
2002 : Senior Female Athlete Par Excellence

Thanks to her leadership, Btissama was team captain for the Quebec and Canadian teams on numerous occasions.

The Cama Team is proud to be associated with such a great athlete like Btissama!

Lyne Bisson  
Instructor, [Karaté Cama](#)

Translated by Paul MacKenzie

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## HOMAGE TO A GREAT ATHLETE

*Roch Laflamme*



During his competitive career, Roch was an athlete well liked by everyone. He met with much success:

- In 10 appearances at the Canadian Championships, Roch won 24 medals, including 12 gold, 8 silver and 4 bronze
- At that Pan-American Championships, Roch won 3 medals, including 1 silver and 2 bronze
- At the World Championships of Francophone Cities in Luxemburg, he took home the silver medal in team combat
- At the World Chito-Ryu Championships, the Soke Cup, in 1998, he won the gold medal in dojo team combat and the silver medal in national team combat
- At the World Championships in South Africa in 1996, he finished in 5th position in combat (-75kg)
- At the World Championships in Brazil in 1998, he finished in 5th place in combat, all categories.

At the National Karate Association's Annual Awards Banquets, Roch has been presented with 4 awards:

1996/1997 : Senior Male Athlete of the Year (Best Performance of the Year)  
1998 : Senior Male Athlete Par Excellence  
2000 : Senior Male Athlete Par Excellence  
2005 : Senior Male Athlete Par Excellence

Thanks to his leadership, Roch was team captain for the Quebec and Canadian teams on numerous occasions.

The Cama Team is proud to be associated with such a great athlete like Roch!

Lyne Bisson  
Instructor, [Karaté Cama](#)

Translated by Paul MacKenzie

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## PAN-AMERICAN CHAMPIONSHIPS

Here is some information concerning our athletes who participated in the Pan-American Karate Championships from May 26<sup>th</sup> to June 3<sup>rd</sup>, 2007, in Mexico City. **Louis-Philippe L'Ecuyer-Lafleur**, **Steeven Cryans** and **Xavier Fournier** deservingly represented [Karaté Cama](#) on the Canadian Team.

First of all, the best performance came from Louis-Philippe who took home the bronze medal in individual combat in the <65kg category. He gave one of his personal best performances. He won his first combat, and then faced the world champion in his category, Luis Plumacher, from Venezuela. After regular time, the score was 1-1, and then in overtime the victory went to the Venezuelan in a very close decision. Afterwards, Louis-Philippe won his remaining matches to earn 3<sup>rd</sup> place.

Steeven finished in 5<sup>th</sup> position in individual combat in the <60kg category, barely missing the bronze medal. He was very proud of his performance; in particular, that he gave all he had. Finally, Xavier fought very well in team combat, but was a bit unlucky in individual combat in the <75kg category, losing his first match by contact at the end of the combat.

The national trainer, Manuel Monzon, was very satisfied with the performance of the athletes from [Karaté Cama](#).

Congratulations to our three champions! We are very proud of you!

Photo: Louis-Philippe L'Ecuyer-Lafleur in action with a kick.

Germain and Lyne Bisson  
[Karaté Cama](#) Dojo



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## KARATÉ CAMA AT THE CANADIAN CHAMPIONSHIPS

Twenty-two athletes from [Karaté Cama](#) have made it on to [Karaté Québec](#)'s Team Québec 2007. The following table gives the names of these competitors as well as the categories of their events. These athletes will participate in the next Canadian Championships in Vancouver this July.

Athlete	Category	Kata	Team Kata	Kumite	Team Kumite	Open
Kamille Desjardins	14-15	x		x		
Denis Larose	14-15			x		
Nicholas Gingras	14-15		x			
Julien Villeneuve	14-15		x	x		
Anthony Riopel	14-15			x		
Emile Soucy	14-15		x			
Marie-France Bernard	16-17	x		x		
Marie-Ève Brouillard	16-17			x		
Roxanne Côté	16-17			x		
Mélissa Villeneuve	16-17			x		
Marie-Stéfane Thom	16-17			x		
Frédéric Lalonde	16-17		x	x		
Carl Gingras	16-17	x	x	x		
Jonathon Laniel	16-17	x	x	x		
Sébastien Larose	18-20	x		x		
Vickie Guindon-Pharand	18-20			x		
Anick Lamarche	18-20			x		
Maude L'Ecuyer-Lafleur	18+			x		x
Steeven Cryans	18+			x		
Louis-Philippe L'Ecuyer-Lafleur	18+			x		
Xavier Fournier	18+			x		x
Alain Laniel	Master			x		

Congratulations to all karatekas and good luck at the Canadian Championships.

Table: Lyne Bisson, [Karaté Cama](#)

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

Translation: Paul MacKenzie, [Chito-Ryu Montréal](#)

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## NEWS IN BRIEF

- The Traditional Chito-Ryu Association of Québec (ACRTQ) has an **event calendar** (in French) that is regularly updated. You can access the calendar via the association's web site at <http://www.debeur.com/chito-ryu-quebec.html> (look for the link below CALENDRIER DES ÉVÉNEMENTS).
- For all **comments** and **suggestions** regarding Chinto, send a short email to [blaisbenoit@hotmail.com](mailto:blaisbenoit@hotmail.com).
- To receive a free **subscription** to Chinto, send a request by email to Sensei Thierry Debeur at [chinto@debeur.com](mailto:chinto@debeur.com).
- **Next publication** of Chinto: **September 2007**. Send your submissions to Sensei Eric Lefebvre at [eric\\_lefebvre@hotmail.com](mailto:eric_lefebvre@hotmail.com).

Noël Blais

[Chito-Ryu Longueuil - SportsPourTous](#)

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