



# 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

This issue of Chinto is the first since the creation of the *Assistant Editor-In-Chief* position occupied by *Sensei Eric Lefebvre*. My sincere thanks go to Sensei Lefebvre for his much-appreciated work. I remind everyone that the Chinto team is still looking for someone for the editing and revision of the French versions of published articles. If you know someone in your neighbourhood with training in this area and who might be interested in working on Chinto, please send me his or her contact information by email at [blaisbenoit@hotmail.com](mailto:blaisbenoit@hotmail.com).

Following the publication of the previous issue of Chinto, we received some comments from *Dr. David Smith*, Renshi, President of the [Canadian Chito-Ryu Association](#) — you can read those comments in this issue. It is a pleasure to receive such comments. I remind you that your comments and suggestions are not ignored and may even be published or mentioned in the news section.

You will find in this issue of Chinto a list of the names of the members of the Executive Committee of the [Traditional Chito-Ryu Association of Quebec](#) following the last elections.

Almost everyone among you knows *Sensei Higashi*. His contribution to Chito-Ryu and the development of karate-do has been exceptional and immeasurable both in Quebec and throughout Canada. In this issue, you can read about the induction of Sensei Higashi into the [National Karate Association](#)'s Hall of Fame.

*Sensei Jean-Noël Blanchette*, Renshi in Chito-Ryu, has a passion in addition to karate: fencing. You can find an article on a self-defence seminar that he gave to students of a school of old-style fencing.

To finish things off, there is an article from *Sensei Louis-France Lemieux* with a bit of food for thought for everyone.

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

Translation: Paul MacKenzie

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## READER MAIL

Below is a message we received from Sensei Dr. Smith, President of the [Canadian Chito-Ryu Karate-do Association](#).

*Dear Thierry,  
I just wanted you to know how much I appreciate getting Chinto. It is an excellent production and [Chito-Ryu Quebec](#) should be proud of it. The interview with you was excellent. Keep up the good work and please extend my good wishes to [Chito-Ryu Quebec](#) members.  
Warm regards,*

Dr. David Smith  
President of the [Canadian Chito-Ryu Karate-do Association](#).

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## RESULTS OF THE LAST ELECTIONS

Elections were held during the Annual General Assembly, which took place in Montréal in April 2007. It gives me great pleasure to present to you the members of the Board of Directors of the [Traditional Chito-Ryu Association of Québec](#):

President: **Sensei Thierry Debeur** of the [Chito-ryu of Montréal](#) dojo.  
Vice-president: **Sensei Louis-France Lemieux** of the Sanchinkan of Ste-Anne-Des-Plaines dojo.  
Treasurer: **Sensei Jocelyn Debeur** of the Fudoshin of Montréal dojo.  
Interim Secretary: **Sensei Louis-France Lemieux**,

Congratulations to all for their involvement and good luck to you!

Thank you also to those who encouraged and supported these volunteers in their work and accomplishments for the greater good of our association.

Sensei Louis-France Lemieux, Secretary of the General Assembly  
Chief Instructor, Sanchinkan of Ste-Annes-Des-Plaines Dojo

Translation by Paul MacKenzie

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## **[SENSEI SHANE HIGASHI HONOURED](#)**

During the [National Karate Association](#) (NKA) banquet that took place in Vancouver on July 14th, 2007, Sensei Higashi, our National Chito-Ryu Technical Director, was inducted into the NKA Hall of Fame. Kyoshi Higashi, 8th dan, was inducted into the Canadian Karate Hall of Fame for his involvement in the development and growth of karate-do in Canada.

Sensei Higashi, former Canadian and North American Karate Champion, has produced such high-level athletes as Dominic Pito, Peter Giffen and especially John Carnio who took home the silver medal in the first world karate championships.

He has been a national referee and is currently a member of the [National Karate Association](#) Technical Committee, as well as being the Hombu-Cho of the Chito-Ryu style, representing Soke Sensei in Canada.

Congratulations to Sensei Higashi!

Germain Bisson  
Chief Instructor, [Karate Cama](#)

Translation by Paul MacKenzie

Sensei Higashi accompanied by members of the NKA Technical Committee



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## KARATÉ CAMA GIVES ITS BEST PERFORMANCE AT THE CANADIAN CHAMPIONSHIPS

Here are the results of the magnificent performances of [Karaté Cama](#) athletes at the last Canadian Championships that took place in Richmond, British Columbia, 12-14 July 2007. Their performances this time were the best ever for [Karaté Cama](#) in this event.

Athlete	Kata	Kata 18-20	Team Kata	Combat	Combat 18-20	Open	Team Combat
Xavier Fournier				Gold		Silver	Gold
Louis-Philippe L.-Lafleur				Gold			Gold
Maude L'Ecuyer-Lafleur				Silver		Bronze	Silver
Steeven Cryans				Silver			
Sébastien Larose		Silver		Gold	Bronze		Gold
Anick Lamarche				Bronze	Silver		Silver
Vickie Guindon-Pharand					----		
Carl Gingras	Silver		Bronze	Silver			----
Frédéric Lalonde			Bronze	Bronze			----
Jonathan Laniel	-----		Bronze	Silver			----
Marie-Stéfane Thom				Bronze			Silver
Marie-France Bernard	Gold			Bronze			Silver
Marie-Ève Brouillard				Silver			Silver
Roxanne Côté				Silver			Silver
Mélissa Villeneuve				Bronze			
Anthony Riopel				Silver			Gold
Denis Larose				5th			
Kamille Desjardins	Silver			Gold			Gold
Émile Soucy			Silver				
Julien Villeneuve			Silver	Gold			
Nicholas Gingras			Silver				

Our 21 athletes took home 42 medals: 11 gold, 21 silver and 10 bronze.

**Marie-France Bernard** received the title of Junior Female Athlete of the Year for the second year in a row. Congratulations to **Maude** and **Louis-Philippe L'Ecuyer-Lafleur** who acted as team captains for the Quebec Team!

[Karaté Cama](#) Team at the 2007 Canadian Championships. Absent from the photo: Vickie Guindon-Pharand.



Congratulations as well to *Marcel Guitard* who received his National A grading as a referee for kata and kumite!

Several of our athletes were selected to participate in the Junior Pan-American Championships that will take place in Ecuador from next August 26<sup>th</sup> to September 2<sup>nd</sup>. They are: *Sébastien Larose*, *Anick Lamarche* (absent from the photo), *Carl Gingras*, *Frédéric Lalonde*, *Marie-France Bernard*, *Roxanne Côté*, *Mélissa Villeneuve*, *Kamille Desjardins*, *Jonathan Laniel* and *Denis Larose*.

[Karaté Cama](#) Junior Pan-American Team 2007



Germain Bisson  
Chief Instructor, [Karaté Cama](#)

Translated by Paul MacKenzie

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## SELF-DEFENCE SEMINAR

Recently, a school for old-style fencing, “[Les duellistes](#)” (The Duellists), invited me to give a self-defence seminar. We covered strikes with hands and feet as well as escaping holds of the body and arms, both on the ground and from the standing position. The seminar took place in Jarry Park in Montreal. As it turns out, this is the third seminar that I have given to this group. One of the previous seminars covered pressure points.

Sensei Jean-Noël Blanchette,  
Chief Instructor, [Académie d'Arts Martiaux Blanchette](#) (Blanchette Martial Arts Academy)

Translation by Paul MacKenzie

Photo 1: A student practising a self-defence technique on Sensei

Photo 2: Sensei Blanchette executing a self-defence technique

Photo 3: Group photo of a previous seminar with this group, covering pressure points



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## REFLECTIONS

Here is a photo of my bonsai, showing how I spent my vacation and perhaps at the same time offering a source of reflection for everyone. Under a 7-year old, 20 cm high and 26 cm wide yew, I am doing my best to lead a bull. Am I on the right path? It's a question for all of us to ask ourselves. The answer is a personal one.

Sensei Louis-France Lemieux  
Chief Instructor, Dojo Sanchinkan of Ste-Annes-Des-Plaines

Translation: Paul MacKenzie



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## NEWS IN BRIEF

- **Soke Sensei's** next visit to Canada and to Quebec will be in spring 2008.
- 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 Sensei Noël Blais at [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: **December 2007**. Send your submissions to Sensei Eric Lefebvre by email at [monsieurlefebvre@gmail.com](mailto:monsieurlefebvre@gmail.com).

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