



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

Chinto, in electronic format, is in its second year of publication. I will continue to put my energy into it for this second year, and hope that I can inspire another to take the reins in the future.

In this edition of Chinto, you will find an interview with **Sensei Germain Bisson**. Sensei Bisson has the grade of 5th dan and holds the title of Shihan in Chito-Ryu karate. He is the chief instructor at the [Karaté Cama](#) dojo in Masson-Angers in the Gatineau region.

You will also find results of the Canadian Karate Championships that took place in Newfoundland this past summer, and those of the World University Championship in New York.

Sensei Thierry Debeur, publisher of Chinto, sends out notifications when this journal is ready for publication. If you would like to receive Chinto directly, please send an email request to Sensei Debeur at chinto@debeur.com.

Noël Blais

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

Translation: Paul MacKenzie

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INTERVIEW WITH SENSEI GERMAIN BISSON

Sensei Germain Bisson began practicing karate at the age of 12. He obtained his shodan (1st dan) in November of 1980 at age 17. He is now godan (5th dan) in Chito-Ryu, with the title of Shihan.



As a competitor, he has participated in a number of tournaments. Sensei Bisson won 5 medals in the Canadian Championships of 1990, 1991 and 1992; he won 4 medals over the course of 2 North American cups; he won a medal at the Pan-American Championships and participated in the WUKO world championships in Spain in 1992. He also competed in the 1992 Soke Cup in Australia, as well as the 1998 Soke Cup in Ontario, winning a medal in each tournament.

Sensei Bisson is active in many associations. Among others, he is a member of the Chito-Ryu technical committee of Quebec, is a director of [Chito-Kai Canada](#), and is head trainer of the Karate Quebec team.

Sensei Bisson and his wife, Lyne Bisson, a black belt nidan (2nd dan) and jun-shidoin, run their dojo [Karate Cama](#) in Masson-Angers in the Gatineau region. They have three children: Jean-Sébastien, Marc-Olivier and Nicolas, brown, green and orange belts respectively.

1- Sensei Bisson, when you started karate you already had a yellow belt in judo. Why did you choose karate over judo?

Actually, it was my father's decision. He felt that karate would be good for building self-confidence and learning self-defence.

2- From your beginnings in 1973, until you finally met sensei Higashi in 1987, who were the instructors who contributed the most to your development as a karateka? In what ways?

My first instructor Gilbert Kingsbury, really transmitted his passion for karate to me. He began karate in the 60s and received his shodan (1st dan) from O'Sensei Chitose. He loved to compete. We went to 12 to 15 competitions a year. After that, Luc Maisonneuve, from the same organization as Sensei Kingsbury, taught me the nuances of combat. I was lucky enough to train at his dojo every weekend for over a year and a half.

3- You began Chito-Ryu with Sensei Gilbert Kingsbury, and subsequently joined Sensei Richard Kim's Butokukai organization. In the summer of '89 you switched to a more traditional style of Chito-Ryu. What prompted these changes?

I began traditional Chito-Ryu with Sensei Higashi in the summer training camps organised by Sensei Harvey Brown, in 1987, 1988 and 1989. I liked Sensei Higashi's charisma and personality. I had been looking for a more traditional organization, and, after discussing it with my aikido professor, Sensei Patrick Auger and Sensei Richard Kim, I felt that the Canadian Association of Chito-Ryu would be the ideal place to continue my karate studies. By the way, Gilbert Kingsbury started karate with Langellier, who was a student of Sensei Masami Tsuruoka, the representative of Chito-Ryu in Canada at the time.

4- As a competitor, you participated in ‘open’ tournaments as well as ‘traditional’ ones. How would you compare the two?

The recognition of traditional associations like Karaté Québec gives us access to the official network of karate competitions: Jeux du Québec, the Provincials, the Canadian championship, the Pan-American championship, and finally the World Championship. The circuit is recognized by the World Karate Federation, which is itself recognized by the International Olympic Federation. The quality of arbitration is far superior, in my opinion, in the official competition.

5- What did your participation in the tournaments bring you on a personal level?

I experienced very powerful moments of truth, where one had to be able to negotiate intense emotions while remaining in control of one’s abilities. The fact that competition is so full of joy and pain, of victory and defeat, gives every athlete a chance to grow as a human being. As long as we understand that the process is more important than the end result, we can really learn from competition. It is important to remember that competition is one step in a continuum — it is not the end of the line. Finally, I made so many friends in competition, all over Canada, as well as in other countries.

6- When you opened your dojo, Cama Karate School, you had 20 students. What were your motivations for opening a dojo?

I wanted to pass on my passion for karate, but I also wanted to change the world! The dojo’s motto is Kyozon Kyohei, which means ‘Mutual friendship for mutual prosperity.’ I really believe that when we pursue sincere friendship built on respect and acceptance of others, we are creating a better society, which is the ultimate goal of karate-do.

7- Today you have more than 500 active members. What are your future goals for Karate Cama?

Why not have 1000 members?! I am convinced that the practice of budo helps individuals develop self-confidence, self-esteem as well as a will to succeed — thanks to intense training based on discipline and respect. Friends we make in the dojo are friends for life. If I can help people to succeed and realize their dreams, I will have obtained my goals.

8- You have gradually taken on responsibilities from other associations. What do you find the most difficult, and how do you overcome these difficulties?

The most difficult thing is meeting politicians and administrators with personal agendas that do not necessarily fit with the associations. These people are there out of self-interest and to quench their thirst for power. I stay interested because of my passion for karate, and because I believe there is good in everyone. We need to create harmony our relationships with others, which is what Sensei Higashi has been teaching for so many years.

9- Directors of organizations are more often criticized than thanked for their services. What advice would give to the critics? What advice do you have for directors?

Well, constructive criticism can really improve a situation — so, if you have a criticism, please, express it in a positive way. For those in charge, to avoid discouragement, it is best to have objectives in mind that are based on a clear vision. A passion for karate is a great motivator, in addition to a sincere wish to help others and work for a special cause, as our national director, Sensei Higashi, does so well.

10- You live with Lyne Laroche, also a black belt in Chito-Ryu karate. How has Lyne influenced you as a karateka?

First off, Lyne accepts me as I am, with my good qualities and my faults. She never questions my involvement in karate, in fact she is extremely proud of my accomplishments. Lyne is a calm, sensitive and focused person, and I have to say these qualities serve me very well at the moment. Over the years, she has taught me not to judge people but rather to accept them as they are. Lyne is also blessed with a feminine intuition that helps me enormously when I have tough decisions to make. But most importantly, she loves me, and I love her – and we have three marvellous boys together!

11- Lyne and your three boys also do karate. How would describe your feelings about the family relationship to karate? What do you do to forget about it?

Our boys do karate but they do so without stress or pressure from us. We want them to grasp the real philosophy of budo, without them feeling that they need to impress just because they are the professors' children. Perhaps eventually they will take their training more seriously, but that will be their decision. In terms of forgetting about karate, I have to say I have never been able to do so. I rarely take vacations, and when I do, I always feel like doing my own training...

12- What is one of your dreams for the future of martial arts?

That our society could benefit as much as possible from the teachings found in the practice of budo. Too many people are egocentric, materialistic and disrespectful. The practice of karate helps us believe in ourselves, respect others and participate fully in our own achievements and those of the people around us. Reigisaho is a protocol that dictates a particular ethic, a way of being in the world that is beneficial to a well functioning society. Budo, which means 'the martial way' and also 'an end to conflict', teaches us how to find harmony in ourselves as well as how to create harmony for other people. I dream of a society of peace, of happiness, of friendship and of justice.

Thank you, Sensei Bisson!

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

Noël Blais, [SportsPourTous](#)

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EXCELLENT RESULTS AT THE CANADIAN CHAMPIONSHIPS FOR KARATE CAMA ATHLETES!

The competitors from [Karaté Cama](#) deserve our congratulations for their performance at the Canadian Championships that took place in Newfoundland in July 2006. Overall, **Sensei Germain Bisson's** team took home 39 medals: 17 gold, 14 silver and 8 bronze.

Over and above the medals, Sensei Bisson's athletes received special prizes at the [National Karate Association](#) banquet. For the fourth year in a row, **Sébastien Larose** was named the Junior Male Athlete Par Excellence, while **Marie-France Bernard** was named the Junior Female Athlete Par Excellence.

The results are shown in the following table:

Athlete	Kata	Team kata	Kumite	Kumite 18-20	Open	Team Kumite
Roch Laflamme			Bronze		Bronze	Silver
Louis-Philippe L.-Lafleur			Bronze			Silver
Éric Rollin		Gold	Gold			Silver
Steeven Cryans		Gold	Silver			
Steve Larose		Gold				
Maude L'Ecuyer-Lafleur			Bronze	Silver	Bronze	Silver
Xavier Fournier			Gold			Silver
Anick Lamarche				Silver		
Sébastien Larose	Gold	Silver	Bronze (4th)			Gold
Guillaume Soucy	5th		----			
Carl Gingras	Bronze (4th)	Silver	----			
Frédéric Lalonde	----	Silver				Silver
Jonathan Laniel			----			
Marie-Stéfane Thom			Gold			Gold
Marie-France Bernard	Gold		Gold			Gold
Marie-Ève Brouillard			Gold			
Roxanne Côté	----		----			Silver
Kamille Desjardins	Bronze		Silver			Gold
Vincent Bouchard		Gold				
Julien Villeneuve		Gold	----			
Nicholas Gingras		Gold				

Results provided by Lyne Bisson, instructor, [Karaté Cama](#)

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

Translation: Paul MacKenzie

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WORLD UNIVERSITY KARATE CHAMPIONSHIPS

Louis-Philippe L'Ecuyer-Lafleur and **Steve Larose**, two athletes from [Karaté Cama](#), participated in the World University Karate Championships last August in New York.

In individual combat, Louis-Philippe won his first match against a Belgian and lost his second match against a Spaniard. He was unable to advance to the repechage. In team combat, Canada had a bye for the first match, and fought New Zealand for the second. Louis-Philippe did not fight in this match. In the third match, Canada vs. Japan, Louis-Philippe lost a very close match 4-5. Canada had to yield to Japan.

Steve participated in individual kata. He won his first match against a Polish competitor and then lost against an American 1-4, a competitor who had won the bronze medal in the last World Junior Championships. Steve was unable to participate in the repechage.

This championship was a great experience for our athletes. It allowed them to rub shoulders with some very high level karatekas and will be good experience for them in future championships.

Finally, in September, **Sébastien Larose**, **Maude L'Ecuyer-Lafleur** and **Anick Lamarche** will participate in the Junior Pan-American Championship in Curaçao, and next October, **Louis-Philippe L'Ecuyer-Lafleur** and **Xavier Fournier** will participate in the Karate World Championships organized by the World Karate Federation (FMK), in Tampere, Finland.

Lyne Bisson, instructor [Karaté Cama](#)

Translation : Paul MacKenzie

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NEWS IN BRIEF

- The **Annual General Assembly** of the [Canadian Chito-Ryu Association](#) will take place from November 17th to 19th in Scarborough, Ontario.
- You can consult the ACRTQ **calendar** at the association's web site: <http://www.debeur.com/chito-ryu-quebec.html>.
- For all **comments** or **suggestions**, send a short email message to blaisbenoit@hotmail.com.
- To subscribe to Chinto, send an email request to Sensei Thierry Debeur at chinto@debeur.com.
- **Next publication** of Chinto: **December 2006**. Email your text to blaisbenoit@hotmail.com.

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