



The Martial Artist

Issue 2 May 2007

The MAC Open V Edition

The fifth MAC Open Martial Arts Tournament was held April 14th at the CF Armories. Martial artists from across the region and from different styles and disciplines competed in the Open portion of the event. Judging in this event involves judging of skill level, technique, focus, power and definition of movements as perceived by the style and rank of the competitor.



The MAC Open tournament offered competitors the opportunity to to perform or demonstrate their skill level in Weapons, Musical, Creative and Club Traditional Forms from all levels, white to black belt. Creative forms competitions allow students to use their creative talents to combine their skill and knowledge to create a form of their own design. These forms are judged by the same criteria as all, more traditional forms, be they empty hand or weapons forms.

The MAC 5 Open Style sparring competition was again open to any discipline. Judging is scored by strikes with the hands and feet, awarding one point for a punch and two points for a kick. Restrictions apply to locations of strikes and some techniques used.

The Open side of the tournament was again successful this year handing out 148 combined medals. Medals for first to fourth place were presented to competitors of all ages, ranks and styles in both Forms and Sparring. Congratulations to all competitors. A special congratulations to Sean Berard for his winning the Grand Champion Award in the overall Open Forms Competition.

All the Traditional competitors from ages six to sixty were winners when they got together to showcase their talents from different styles in a spirit of sportsmanship. Sean Berard of Longlac Martial Arts Inc. was a double winner as he took home the Grand Champion award for the Traditional Karate portion of the tournament in the Men's Black Belt Division. He also took the Grand Championship for Men's Black Belt Forms in the Open Styles Division.

Women's Traditional Style top honours went to The Shorin Ryu Karate Club's Liz Fry who earned Grand Champion status. Liz competed in the tournament with other Traditional competitors from Thunder Bay, Atikoken, Longlac, Geraldton, Dryden and Hearst. They will no doubt return next year to defend their positions against a new group of competitors.



Grand Champions Liz Fry and Sean Berard

A special thanks is extended to our sponsors and the volunteers, referees and coaches who put in many hours making the event the tremendous success it was.

Judo Tournament Results

On April 21st, The Thunder Bay Judo Club hosted the MAC Mid Canada Judo Championships. Competitors attended from J&M Judo Club (Kenora), Marathon Judo Club (Marathon), Superior Judo Club (Thunder Bay), Sakamoto Judo Club (Thunder Bay), Fort Frances Judo Club as well as the Thunder Bay Judo Club.

Winning Gold were: John Canfield (J&M)- 100 Kg and Sr. Men's Open, Hilling Ezack (Thunder Bay)- men's 90 kg,

Todd Lafleur (Thunder Bay)-juvenile boys 60-73 kg, Tyson young (Thunder Bay) boys 35kg, Ian Elliott-Gillis (Thunder Bay) boy's 55 kg, Connor Nadeau (Thunder Bay) boy's 40 kg, Nolan Ford (Thunder Bay) boy's 50 kg, Jordan Svenkeson (Marathon) IJF boy's 73 kg, Justin Fui (Superior) Boy's +55 kg, Jacob Luczak (Superior) boy's -45 kg, Lorne Schell (Thunder Bay) IJF boy's +55 kg, Luke Heatherington (J&M) -45 kg juvenile boy's, Courage Comrage (Superior) -45 kg boy's, Trevor Phinney (J&M) -90 kg senior men, Silke Svenkeson (Marathon) -35 to -60 kg juvenile girls, Christina Kempenaar (Thunder Bay) -55kg girls, Jewel Kozik (Fort Frances) -35 to -45 kg girls, Chantal Rioux (Thunder Bay) -55 kg Sr women's, Jessica Ewart (Thunder Bay) -30 kg girls

Silver Medals were won by: Devin Guignard (Marathon) 100 kg Sr men, Eric Broten (J&M) -90 kg Sr men, Devin Guignard (Marathon) -60 to -73 kg juvenile boys, Colin Desmoulin (Marathon) -35 kg boys, Brandon Hamre (Superior) -55 kg boys, John Omeljaniuk (Thunder Bay) -40 kg boys, Chris Ewart (Thunder Bay) -50 kg boys, Devin Guignard (Marathon) -73 kg IJF boys, Devon Ward (Thunder Bay) -55 kg boys, Luke Heatherington (J&M) -45 kg juvenile boys, Allan Maruk (Marathon) -45 kg boys, Devon Phillips (Thunder Bay) -45 juvenile boys, Luke Heatherington (J&M) -45 kg boys, Steve Kruppa (Thunder Bay) -90 Sr men, Callum Thompson (Thunder Bay) Sr Men Open, Jewel Kozik (Fort Frances) -35 to -50 kg girls, Kathleen McCorry (Marathon) -55 kg girls, Meaghan Maguire (Thunder Bay) -35 to -45 kg girls, Christina Kempenaar (Thunder Bay) -55 kg Sr women, Claire Hyatt (Fort Frances) -30 kg

Bronze Medals were awarded to: Jordan Svenkeson (Marathon) -100 kg sr men, Chad Lafleur (Thunder Bay) -60 to -73 kg juvenile boys, Matthew Ford (Thunder Bay) -35 kg boys, Thomas Kaszuba (Thunder Bay) -40 kg boys, Brayden Troilo (Thunder Bay) -50 kg boys, Todd Lafleur (Thunder Bay) -73 kg juvenile boys, Cloud Chisel (Superior) +55 kg boys, Michael McCorry (Marathon) +55kg boys, Terry Golding (Marathon) -45 kg boys, Daniel Kaukinen (Sakamoto) -90 kg Sr men, Marcel Robinson (Marathon) Sr Men Open, Madeline Coulter (Marathon) -35 to -60 kg girls, Ly Ngo (Thunder Bay) -55 kg Sr Women, Caly Currie (Thunder Bay) -30 kg girls

Along with the medals, trophies were awarded for the Most Outstanding in the following divisions:

Junior Male- Connor Nadeau (Thunder Bay),

Junior Female- Jessica Ewart (Thunder Bay)

IJF Male- Devin Guignard (Marathon)

IJF Female- Silke Svenkeson (Marathon)

Senior Male- John Canfield (J&M)

Senior Female- Chantal Rioux (Thunder Bay)

A great day was had by all the competitors. At this time we would like to thank all the competitors, coaches and volunteers and hope to see everyone again next year

Carol Lafleur

V.P. Thunder Bay Judo Club



Tara Monahan, MMA student works with fellow student to sharpen sparring skills

Located at the Northwood Kinsmen Centre since 2001, the Leading Edge Gym has become Northwestern Ontario's premier training site for Mixed Martial Arts (MMA). Under the guidance of head coach Matt Richer, the gym offers training at professional, amateur, and recreational levels. The leading edge coaching staff is made up of talented kickboxing, wrestling, Brazilian jiu-jitsu, self defence and strength and conditioning instructors who work together to develop each student's skills. Our students have been busy testing these skills in cage events in Wisconsin and Minnesota. Brazilian Jiu-Jitsu classes, which focus mainly on take-downs and establishing a dominant ground game, are also offered. Brazilian Jiu-Jitsu was made famous by the Gracie family of Brazil. This past season saw students attend three major tournaments across Canada and come home with top honours each time. MMA and Brazilian Jiu-Jitsu classes run on Tuesdays and Thursdays, with an open mat on Saturday.

Leading Edge Gym also runs an MMA program designed specifically for women. This class, which takes place on Wednesdays, combines elements of boxing, kickboxing, and Brazilian Jiu-Jitsu to provide an intensive core workout.

No gym would be complete without a children's program, and we have a lot of fun with ours. Students from the ages of 7-12 learn a variety of martial skills, with the main areas of focus being conditioning, technical skills development, and character building. This past April, we were very proud to have a total of 40 children graduate from our program onto their next level.

One of our newest, but most popular, programs is Leading Edge Fit. The goal of this program is to improve power, strength, cardio, muscular endurance, and overall fitness. Morning and afternoon classes are offered throughout the week.

It is a sad fact of life that people may find themselves in a position where they must physically defend themselves, or their loved ones. While athleticism is an important aspect of any physical confrontation, not everyone can rely upon this. For many, "techniques and tactics" become equally important. Our Self Defense curriculum follows the structure of the internationally recognized "Combat Hapkido" program. Our program is true to the founding philosophy of being an ever evolving discipline, and this is felt by the synthesis of realistic scenario training and additional insertion and response tactics.

Lastly, our Saturday mornings are devoted to the "Hochheim Close Quarters Combatives" program. This syllabus and training is for the serious self-defense trainer or instructor, and is marketed worldwide to professional security and law enforcement officers. This coming May 25th to 27th weekend, we are proud to host another Hock Seminar with the focus being self-defense against the knife. Again, the focus of which is aimed at people with training in the martial arts, and who either teach the material and/or are law or security professionals.

For more information on any of our programs, please contact Matt Richer at 476-0389.



MMA student Charlene Burford working on an MMA hold-down technique



Leading Edge kids class student Devin Richer practising his striking techniques

President's Message



The majority of Martial Arts groups within MAC are coming to the end of their season of training but many will continue into summer sessions.

This has been a very positive year for many of the groups which participated in MAC sponsored demonstrations, tournaments and seminars which helped in each participant's development as a Martial Artist.

These events were successful due to the efforts of some dedicated leaders in the Thunder Bay's Martial Arts community and reflect on how the idea of the MAC has begun to flourish. There are relationships developing between groups of Martial Artists where in the past no familiarity was enjoyed. Let's finalize this season together and take in and hopefully showcase your group at the MAC BBQ on Sunday June 24/07 at the 55Plus Center on River St. All Martial Artists are welcome to drop by and have a sausage served up with some fun or even better have your group do a demo to help showcase the members of the Thunder Bay Martial Arts Council. We are located right here in the "Martial Arts Capital of Canada". I hope to see you then.

Kevin Kennedy {sandan judo}

The Martial Artist is the official newsletter of the Thunder Bay Martial Arts Council. Its purpose is to integrate and share news of the activities of all member clubs. The newsletter will be published four times per year and made available by hard copy and by electronic means.

The content of the publication is overseen by the executive of the Council. They are:

President: Kevin Kennedy: doefun@shaw.ca

Vice President: Peng You: taichi@tbaytel.net

Secretary: Liz Fry: dfry2@tbaytel.net

Treasurer: Ted Ciotucha: tbkarate@shaw.ca

Submissions: All Council members are encouraged to submit reports and announcements of their club activities, both recent and upcoming.

We will be profiling one member club in each issue; submission of your club profile should be made as soon as possible to ensure inclusion in upcoming issues. The writeup should be 400 words in length and any photograph should be high resolution sized to approximately 3x5 inches.

Upcoming seminar and tournament information should be short with contact information, where applicable. All submissions may be sent to martialartscouncil@shaw.ca

If you wish to receive the newsletter by email, please forward your request to the same email contact address above.

Upcoming Events

Seminar

Self Defence & Countering Weapons Attacks

Leading Edge Gym is sponsoring another eye-opening seminar on practical self defence tactics and techniques as presented by "Hock" Hocheim, one of the leading exponents in this discipline.

The full course will be held at
Leading Edge Gym
609 N. James Street
Friday evening, May 25th
Saturday May 26th, AM & PM
Sunday May 27th, May 27th AM & PM

For More Information
email
lco@mentorcomputers.on.ca

MAC Barbecue

**The Thunder Bay
Martial Arts Council
will hold its annual
MAC Barbecue
at the 55 + Centre
on River Street
on Sunday, June 24th**

This is always a fun, relaxing event where all martial artists can come together and enjoy eachothers' company as well as showcase their arts and the talented practitioners in their clubs.

Food and refreshments will be available for purchase so bring along an empty stomach and a spirit of sharing your love of martial arts.