

Mission 2000 Report

Dear Members, on Sat. and Sun. Feb 1st & 2nd/97, a conference took place at the University of Toronto Settlement House Gym. The conference was titled "Mission 2000." Which was selected not only because a new Millennium is just around the corner, but because of the recent talk of including Karate into the Olympic Games of 2000, in Sydney and the sudden realization of how unprepared we are to meet that challenge. Even if we had a plan today; and we don't, we would be a year behind other Sports Organizations, in readying ourselves for the year 2000; should we be fortunate enough, to be selected as an Olympic Sport. Olympic challenge or no, we must improve and grow as an Organization. The Karate Ontario Board cannot do this alone. We require the assistance of our Membership, to meet the increasing demands on our Organization.

Karate Ontario is yours, become involved, show you care!

You may recall, all 3rd Dan and Dojo heads of any rank, were invited to speak on the Agenda set out in Mission 2000; with observer status for any other Member of Karate Ontario; which was mailed to all Karate Ontario Dojos. To better understand this report, it will be necessary to refer to that Agenda, as the following report attempts to follow the order of the Agenda.

The Knowledge Base in our Organization is unevenly spread. To address this problem, the Board put out a call to our Seniors, to come and share their knowledge with our entire Membership and together create an inventory, of what they know of Karate. Which could then be catalogued and circulated to our Membership, to sift through for worthwhile ideas. With such a group, many ideas for improving Karate Ontario could flow forth. It was also felt that, perhaps we would discover, we have more in common, than we have differences.

Of the four topics discussed Sat. and Sun., (Dojo, Coaching, Refereeing, KOA Board); the Dojo was perhaps the single most important subject on the agenda. The physical, spiritual and mental essence of Karate-doh is introduced and regularly practiced there and is thus, a common bond for all of us. Perhaps, we should focus on those things mutually understood, if we are to be united in our efforts, to make this Province the best there is. The resources for Karate-doh are limited in Ontario and the practitioners few. Divided we remain small, **united we shall be strong**. We must not focus on our differences, or the bonds that keep Karate Ontario together will remain tenuous.

It is our knowledge of Karate-doh, that is the bedrock of everything we do in Karate Ontario. For, if our knowledge of Karate-doh is not sufficient, how can we Coach it; Referee it; or determine how to Administer it effectively. If our practitioner's attitudes and actions are not always exemplary; perhaps this is due to a lack of understanding, of just exactly what Karate-doh is. Our Athletes are the product of our knowledge and cannot be faulted, therefore we will be judged by their performance, on the International Stage.

The discussions on Saturday morning's agenda began by trying to identify and recruit potential competitive athletes and once done so, how to develop and retain their interest in Karate-doh. What follows, throughout this report, are ideas set out in point form, pertaining to the "Mission 2000" Agenda.

- Having an Open House, which could include observing various types of demonstrations and participation by visitors, in very basic fundamentals.
- Traveling to venues, with high concentrations of people in your targeted market, to put on demonstrations, and or speak about how Karate-doh, can be beneficial.
- Advertising is an important way to get your message out and can be done in a variety of ways. These include, the Yellow Pages individually, or as a group of Dojo's. Perhaps Karate Ontario could list it's club members in the Yellow pages in one advertisement and divide the cost between the Dojo's covered, in that area's phone book. Posters strategically placed and flyers delivered as frequently as possible are ways to keep your Dojo, in the forefront of the minds of people in your area. This can be accomplished by having your students blanket an area on "Advertising Day," and seen by them, as a chance to get others interested in practicing Karate-doh. Perhaps this could be done one day a month. To have a strong Dojo, it is necessary for all to contribute, in order for us all to have a place to practice.
- Instructors having an intimate understanding of the academics of Karate-doh, will keep students engaged sufficiently, to entice them to remain part of the Dojo longer. Even if students are not able to execute techniques properly, after years of practice, having a thorough knowledge, of the academics of Karate-doh, will enable them to become excellent Instructors. They will have a firm grasp of the academics of Karate-doh and therefore know what to teach, so that those they teach, will showcase their Instructors knowledge and not necessarily, their instructors abilities.

Physical/Mental Requirements for competitive Athletes

With the inclusion of Karate into the Pan American Games and the attempt at becoming an Olympic Sport, our athletes will be center stage, with others that train 4-6 hours per day over many years. This makes getting our Instructors more involved in their athletes preparation, vital to their performances.

Those that assimilate quickly what they are taught, indicates an ability and willingness to learn. "Desire" is of primary importance. Without sufficient "Desire," even the most gifted athlete will not live up to his/her full potential. The road to being a top competitor, is a difficult one.

Definition of Karate-doh

Having a concise one sentence description, which would define Karate-doh, would be extremely useful when holding discussions concerning our Art forms. If we were to accept such a definition, it would then be used to measure the correctness of statements made, concerning Karate-doh.

This definition could be **universally applied**, across all stylistic lines.

The following suggestion was made:

- **"Karate-doh, is learning to use your body efficiently, with control; to develop the maximum amount of energy possible and apply it to a given point, for a specific purpose, over a very short period of time. "**

Universal Cardinal Rules of Movement

Discussion on developing 3 principal cardinal rules of initial movement, yielded the following;

1. **That the first portion of any technique must be explosive.** So that your opponent, has no time to respond offensively or defensively. This holds true even during the slow movements in Kata, which ensures that enough air (approximately 20%) remains in the lungs after focus.
2. **The first direction the body moves in, is straight down.** This compression, creates energy in the legs that can be applied.
3. **From the moment energy in the legs begins to be released, until fully delivered, the heel of the back foot must be in contact with the floor.**

On energy Development, Multiplication and Application;

- Energy is developed in the legs through compression.
- Flexibility in the ankles is essential, to increasing energy from the knee to floor.
- Multiplication of energy released by the legs, is accomplished through hip rotation (centrifugal force).
- Foot placement, determines the length of hip rotation, (how long the hips act upon the energy being released from below, thereby affecting the total amount of energy produced.)
- The speed of the impulse, provided through the straightening of the knee in the driving leg, has a direct correlation to the amount of deliverable energy. To exert **Maximum Force**, use as many joints as possible, **Simultaneously**. To produce **Maximum Velocity**, use as many joints as possible, **beginning with the Largest to the Smallest**.

Moving forward and backwards;

- There are only 4 ways to get to, or away from your objective; compress slide(push off the back leg), step forward with back leg while compressing, (about $\frac{3}{4}$ of the distance to the front heel) and slide(push off the back leg), full step or some combination of these three.
- Lineal force and Centrifugal force are the primary forces produced in Karate-doh. They are developed simultaneously and focused, at the critical instant, as one.
- When taking a full step forward, one drives from the floor, making this action event driven from the feet.
- When taking a full step backwards, a dramatic hip twist is made, first one way, then the opposite, thus making this action event driven from the hips.
- When taking a full step, the initial movement creates a sensation of falling forward onto the front knee. Thus building energy in the front leg, which will become the driving leg, when the center of gravity goes forward of the front heel.
- Extending the pulling arm by pushing the shoulder joint forward, while pulling the striking arm back, assists in lowering the center of gravity more quickly as well as creating upper body torque(angular motion). It also leaves the pulling arm positioned to block, while simultaneously striking.
- When taking a full step backwards four things must be accomplished;

1. Energy stored in the front leg must be transferred to the back leg.

2. The center of gravity must be shifted to the back leg.
 3. The hip level must be lowered.
 4. The hips must rotate, first in the direction of the front leg; (i.e.. left if the left leg is forward) until the transfer of the center of gravity to the back leg has been accomplished and then rotation of the hips must be reversed during the second half of the step.
- All of the four actions above must be done Simultaneously .

Turning

There are 5 main turns, 45 degree, $\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$, and 135 degree. Kata, is where turns are most often executed. Essentially Kata can be thought of, as basics stitched together with turns. In Kumite turns of no more than 90 degrees are usually needed.

In order to execute Kata properly, turns must be thoroughly understood.

- All turns are hip centric, since they are actions where, the hips move backwards.
- When making turns the hip level should be lowered.
- The supporting foot must rotate an equal number of degrees to the turn required, i.e. 90 degrees for a 90 degree turn.
- Turns should be executed by rotating on the center of axis(the heel of the supporting leg). The center of gravity should be over the heel of the supporting leg at full compression. In order to attain full compression, the hip level must be lowered as far as allowed, by the flexibility of the supporting leg ankle. Should a short cut be taken toward the target, instead of coming back to the center of axis of the supporting leg, full compression cannot be attained.

Lineal Force and Centrifugal Force

Lineal Force, is defined as the energy developed through compression of the legs and released from the back driving leg. Centrifugal force is defined as the energy developed while rotating the body's trunk, through the combined actions of hip rotation, pulling hand and blocking/striking hand. Hip rotation multiplies the energy released by driving leg, in direct proportion to the strength of the impulse(straightening the knee), of the driving leg Both forces are developed simultaneously during the compression stage of a technique and released simultaneously as well, during the second half of a

technique. The simultaneous focusing of these two forces at the critical instant, is how total body energy is delivered on impact.

Creating these forces, harnessing their energy and producing a **Critical Instant**, are bio-mechanical principals **common to all Karate styles**. We are only different, in our applications of these forces.

Should these forces not be understood, the most common mistake made by our practitioners; is that the upper body will try to compensate for a lack of deliverable energy from the legs, by trying to develop a disproportionate amount of energy with the striking arm/leg. Thereby ensuring that centrifugal force will be minimal or non existent. Hip rotation cannot take place, when the mental focus has gone ahead to the striking arm/leg and not concentrated on first, straightening the driving leg. Therefore the use of the joints is out of order and the joints skipped, cannot be utilized. Thus Maximum Force and Maximum Velocity cannot be attained. This is commonly displayed, when the driving leg is not straight at impact with the heel usually off the ground.

Lineal Pace

Lineal Pace is the speed with which one's center of gravity moves in any direction, while executing single or combination techniques. When performing a single technique, Lineal Pace is always at the maximum. When performing a combination, Lineal Pace is not always the same as that of a single technique. This is due to the fact that multiple techniques must be accomplished in that one step forward. Instead, it must match the focal points in each technique, of the combination, so that the finishing blow is delivered, when Lineal Force and Centrifugal Force are simultaneously applied. For example; when stepping forward with a block-punch combination, the Lineal Pace must be such that, when focusing the block, weight distribution on the legs is 50-50, not 70% front-30% back. A 70% front weighting would indicate that the total energy of the driving leg had been delivered on the block. Leaving nothing but an upper body rotation for the finishing technique.

To achieve the proper Lineal Pace it is necessary to speed up the arm movements, in order to keep up with the maximum Lineal Pace, or failing that, the Lineal Pace must be reduced in order to keep pace with the arm movements.

NCCP Levels

Currently Karate Ontario requires an NCCP Level 1 for the Dojo Head . After discussing the contents of Levels 1-2 and 3, perhaps a Level 3 might be more appropriate. It was felt that at Level 3 the with introducing of the Yearly Planning Instrument and the Ideal Performance State, as well as Mental Training techniques, levels 1 & 2 are only then brought into focus.

Athletes spend the majority of the time training in their home Dojo. Having a Level 3 NCCP Dojo Head, would ensure that the knowledge base of the Dojo, would be properly configured to allow for sufficient preparation of their athletes. The Strategies/Tactics/Techniques developed; the voluminous and intense training phases that build and maintain; as well as the mental training of our athletes, require a minimum of 4-6 months preparation. Currently the Ontario Team trains 6, two hour classes for a total of 12 hours annually.

It now becomes clear, that in order for the Coaching Staff, to make the most effective use of the short time the Team is together. A universal understanding of a Sport Science format is required, before coming to Team Training, in order for our Athletes to fully realize their potential.

Scientific Resources

Within your Dojo, there may students that are professionally trained in Medicine, Nutrition, Physiotherapy, Physical Education, Sport Science. These individuals may not mind, speaking on their field of expertise. There may also be Universities, or Colleges nearby, that have expertise and facilities that might be utilized. Having an NCCP Level 3 is an excellent way to become familiar with the many types of sport related testing methods. **The National Coaching Certification Program was undertaken, to put the latest sport science information, into the hands of those teaching Amateur Sport.**

Lesson Planning

Having a logical and progressive lesson plan is essential, if our students are to practice the many elements of Karate-doh, in an organized, purposeful manner.

The following are ideas for lesson planning:

- A lesson plan can be for any period of time, one class, one week, one month etc.
- Explain your lesson plan briefly at the beginning of training, so that students can immediately acquire the mind set, to match the tactical training situation you are reproducing

- To begin a lesson plan choose a direction. There are 6, forward, back, left, right, up, down.
- Next choose a method of movement. There are 4; full step, compress slide, step slide with the back foot and some combination of the these.
- Basics practice and the various forms of Kumite training, should use the same initial direction. example: Penetration techniques-forward; absorption techniques-backward; avoidance techniques-left, right, up, down.

Strategies for Shiia(tournament) Kumite

- Control the center of the ring. Much the same as in Chess. This gives you more tactical choices to accomplish your Strategy.

Tactics for Shiia

- Match your tactics to your opponent. i.e. If your opponent is taller, you must fight at their distance, not your own. To attack, you must draw them out through feinting techniques, making them commit, thereby creating an opening. You must break down their stability. You may also attack with a simultaneous block and strike, to get past their inevitable longer reaching counterattack.
- Attack while your opponents feet are in motion. If they are not, then you move sideways until they do move. This makes the opponent unstable.
- Never attack with just single techniques. Always with multiples.
- Attack your opponents weapon; by neutralizing it while delivering your own strike.
- Give your opponent an opening. Odds are that the attack against you will be there.
- Align your front foot to gain position, when attacking your opponent's weakest technique with your strongest. (e.g.. reverse punch to jab).
- **Never** attack your opponent without considering his/her response, and be prepared for it. With a sufficient volume of training, you will **feel**, rather than think about your opponent.
- **Distance** is the most critical element of Shiia. Most competitors are far too close when fighting. This may be due to the lack of understanding of the second most important element of Kumite, **Tachikata(footwork)**. **Distance is the most important and determines what you should do; footwork determines what you can do.** An understanding of footwork enables a competitor to attack from a great distance. Being able to do so makes your attack

overwhelming, since you are coming with a full head of steam. Proper distance gives you an ability to absorb and deflect an attack, all the while preparing for your own counterattack before your opponent can deliver his second strike.

Coaching

- Coaches should have competitive experience.
- Should have a Level 3 NCCP as required by the National Coaching Certification Program to Coach Nationally.

When selecting coaches, firstly the membership of Karate Ontario should be informed so that interested parties have sufficient time to consider their application and prepare a detailed Coaching Program Proposal. Coaching Programs should then be submitted to the Board and Technical Committee for Study. After having sufficient time to become familiar with each Proposal, a date should be set, for the applicants to meet before the full Karate Ontario Board and Technical Committee; with observer status for any other member of Karate Ontario, to give an Oral Presentation and to answer questions the Board and Technical Committee may have. This will give the Board a chance to check each Applicants preparedness and understanding of their own Proposals as well as making sure that the Board is sufficiently informed, to make a decision. This process should not be shortened in an attempt to save time. These Coaching positions deserve careful consideration.

After due deliberation and consultation with the Technical Committee, the Karate Ontario Board should then select and ratify the Coach and **all** his assistants.

The Board should select the assistant coaches using the same selection process, except that his/her Proposal and oral presentation, should reflect their understanding of and commitment to, helping the implementation the Head Coaches Program approved by the Board.

This is especially important in the case where, the Assistant Coaches are selected from the pool not chosen for the Head Coaching position, for their Proposals may be radically different.

The Assistant Coaches must show a willingness to accept a Proposal that is not their own, and not be at cross purposes, with the Head Coaches Program. The entire Coaching Staff must all be on the same page.

Team Training Schedule

- Having the opportunity to train with other elite athletes, helps Team members achieve their training goals much quicker.
- Team Training should be once a week, year round(except for Xmas, New Year and the month of August) and should include current Members, plus others that the Coaching Staff may identify as potential future Team Members.
- A weekend training Camp should be held once a month, with 3 training sessions on a Sunday.
- The location for training should be large enough to allow at least 10 repetitions of deep penetration and absorption techniques for the entire Team, plus additional area for Kata training. Currently there is not enough space for 65 team members, plus 4 Coaches, to reproduce those situations that occur in Competition.
- Daily Makiwara practice is essential focus and distance. Therefore, the Coaching Staff should check to make sure that members have access to properly designed Makiwaras and their appropriate use.
- Communication at the tournaments could be improved through the use of electronic headsets. Coaches could send set tactical plays to athletes while they are competing.
- The location should also be central, with easy access by Metro Transit. Preferably on the Subway Line.

Refereeing

- Ring officials have a dramatic impact on how our Athletes train. A lack of accuracy when making calls, sets a technical standard, that is too low for International Competition.
- A bad call by a Referee can cause the Athlete to loose focus and unhinge his strategy and tactical ability.
- Athletes could help themselves and the Officials by attending the refereeing Clinics to learn the rules.
- Perhaps having an NCCP Level 3 would be useful for Officials, because they too are Athletes, though noncompetitive. Knowledge gained from the NCCP courses, would assist in their physical and mental preparation, for what is known to be, a long, stressful day of officiating. Where they are called upon, to be sharply focused for long periods of time. Mental fatigue can therefore become a problem, that can be overcome with adequate physical and mental

preparation. Increased physical and mental conditioning would also make National and International Officials Certification easier to obtain. The NCCP level could be matched to the A, B, C, level used in Officiating.

- The use of Video tape for training purposes, has a long history in sport. It would be useful to use both Video Cameras and Educational Tapes in the training of Officials. The recording of officials would be both, a record of the Clinic for the Karate Ontario archives and a way for Course Conductors, to analyze the performances of our officials and to pinpoint areas for improvement. The use of instant replay, would cut down on the time discussing what was seen or not seen, during the Practical portion of the Clinic.
- It was suggested that perhaps the use of Video Recording of our tournaments would allow Karate Ontario to build an Archive. Such a wonderful resource could be used, not only by the Coaching Staff and Dojo Coaches, but by the Referee Council as well.
- Perhaps an analysis of Officials tournament performances, by the Council could be used to determine whether Officials pass the Practical part of their exam. The Practical portion could be in 2 parts; Part 1, during the Clinic and Part 2, during an actual Tournament. This may allow the Council and Officials to better assess their skills, before being elevated.
- Officials should train just as hard as the Athletes, in order to be as accurate and precise as required. This will enhance the understanding and respect of all the participants in the Ring. This can be achieved only through training, not just by teaching, so for Officials, time must be set aside for their own personal training.
- To improve the tournaments, Officials could do a number of things such as; control the ringside athletes, select a ring coordinator, be on time to their rings, shorten the time required to get started and give greater weight to the quality of a technique and the delivered energy, rather than whether or not, it was close enough to a scoring area. This would lead to fewer stoppages during each match. Delivering sufficient energy that would disable your opponent, were it applied in depth, is directly proportional to the quality of the execution of a technique.

The Karate Ontario Board

- With the inclusion of Karate-doh into the Pan-American Games and the potential inclusion into the Olympics, Karate-doh will be soon stepping into the World Spotlight. This will highlight the weaknesses of our Organization, unless we immediately move to prepare for

these formidable challenges. We must look to other Pan-Am and Olympic sports for ways to better prepare ourselves for participation.

- When we observe other Sport Bodies, we see that most of them have full time paid Coaching and Management positions.
- Karate Ontario must look for ways to fund a full time Management and Coaching position. Perhaps the Presidency could be a full time paid position, with a term of 4yrs. This would provide sufficient job security to attract candidates with the required qualifications. We see examples of four year Terms in Parliament. The other posts could continue to have a term of 2yrs. A four year Presidency and two year Terms for the remainder of the Executive and Directors, is the system followed by the US Government. Where the Presidential Term is four years and the Senate and Congress two years. All Olympic and Pan-American Sports have paid Coaching positions. This ensures that their Athletes are adequately prepared to meet the demands of International Competition. Karate Ontario must also, find the funding for a full time Coach, to meet the increasing needs of our Athletes.
- The prospects of funding full time paid positions may be daunting, but the time has come for our organization to take the next step forward. We are no longer the small group of Government funded practitioners we used to be, but an organization, that must now fund itself entirely. This being the last year for Provincial funding. Coincidentally, the opportunity for Athletes to step onto the world stage of the Pan-Am Games and Olympics is fast approaching. This will put additional pressure on them, to perform in a far brighter spotlight than previously experienced. It is our duty to give them the very best chance possible, to do well by us. Our Athletes will be a showcase of our knowledge and it is their performance, which will attract the public interest, that will in turn attract Corporate sponsorship. Our ability as an organization to survive and grow, will very much depend on our Athletes performances. We will be judged, by those performances.
- The KOA board can improve our fundraising ability, by looking to the membership for those individuals, who have the professional credentials and/or the business/social connections, and are willing to bring these skills to the Board, by enlisting in the existing Fundraising and Promotion Committees.

- The Canadian Olympic Committee has at present, as a condition for the funding of a sport, a requirement that an Athlete Representative sit on the Board of each Sport, in order that there be input from the Athletes, on how money is spent. The NKA has adopted this principle by, having the National Team select an Athlete Representative, from amongst themselves. Therefore Karate Ontario should mirror this policy and have an Athlete representative selected from the Ontario Team, to sit with full voting rights on the Karate Ontario Board. This selection process should be by election, to be conducted amongst the Athletes, by themselves, in private. Without any input, or attendance by the Coaching Staff.
- One change that would enhance our Athletes performances, would be the adoption of a tournament having two short days, rather than the present, one very long day. A two day schedule would also remedy the Mental Fatigue, encountered by our Officials while concentrating intensively, for long periods of time. Having two six hour days instead of one twelve hour day, would keep Officials and Athletes performances sharper. For those members coming from out of town, there are probably local Dojo's, that would offer to put them up, should they need to stay overnight.
- Having the Draw already put together and posted in an area for all to see, at the beginning of the tournament, would assist Athletes and their Coaches, in selecting the Strategies/Tactics/Techniques, based on their known opponents. Knowing who they will be facing at the beginning of the day, would allow enough time for the Athletes to select and fine tune their preparation, appropriate to their known opponents. Mental Rehearsal, is an essential part of the Mental preparation of all Athletes. Without knowing the opponents to be faced, Strategies/Tactics/Techniques must be broad based and therefore less specific, and leave less time for more specific Physical/Mental Rehearsal. There is a deadline for registration, for all KOA tournaments; of approx. two weeks, so readying the Draw before the tournament begins should not be a major difficulty. It would also keep athletes from continually coming up to the Head Table to check on their position in the Draw.
- What would also be extremely useful to Dojo Coaches, is to put an estimated starting time for each event. Consultation with the refereeing committee, could assist the Tournament Director in estimating these times. Knowing the estimated starting time, would ensure that Athletes and their Coaches, could begin their warm-up 30 minutes before their start time. This would

ensure the Athlete's body temperature is at the optimum just as the event begins. Not knowing the starting time makes it very difficult, or impossible, for the Athlete to choose the correct time to begin their warm-up, in order to attain Peak Performance temperature at the start of their event.

- The KOA Board should ensure sufficient space for the training of the Ontario Team Members so that the Coaching Staff does not have to limit the scope of Team Training to suit its present location. KOA should also provide expert guest speakers on Mental Training and Nutrition. Much of this is in the course content in the NCCP 1-2-3 theory levels, but having experts in these fields would be of great use to the Team.
- Finding a Sport Science facility, that could conduct physical tests on our Athletes periodically, would allow the Coaching Staff to design team and individual programs based, on the initial results, as well as measure the effectiveness of their Program, in subsequent testing.
- It will be necessary for Karate Ontario to dramatically increase its membership in the future, in order to be able to survive without major sponsorship. The Technical Committee could greatly assist this goal by working with the Board to develop a method that allows more Karate Dojos to join Karate Ontario. They may not have strong Okinawan roots, but if they are willing to conform to our rules and regulations, perhaps they should be allowed to join. The current trial period for new Dojos, gives us adequate time to commit to educating these Dojos to our rules and regulations. We are an Educational Organization, that should do more to go out to visit nonmember Dojos and bring into Karate Ontario, those willing and able to do so. We could increase our membership and our ability to implement all of the proposed ideas in this document, without having to resort to the timeworn excuse, "We have no money for that." Additionally the resulting increase in the gene pool, with such a policy, can only strengthen the Ontario Team.
- There are over 400 Dojos in Ontario. Karate Ontario has just over 100. Are we doing enough to bring large numbers of those 300 or so other Dojos into our Organization? Perhaps Not. Should we continue to sit back and wait for others to submit their applications to us, for consideration? Perhaps Not. Should we take a more proactive approach, that recruits these nonmember Dojos. Perhaps Yes.

Summary

Set forth in this document is large, ambitious plan of renewal. Very little of which can actually be realized, without a substantial increase in our funding. We must take care, not to allow our current budget constraints, suppress the implementation of the ideas, set out herein, but rather seek solutions for our fiscal reality. We must aggressively attack our limitations, by mining our most important resource, for solutions. That resource Ladies and Gentlemen, is **YOU**.

There are over 500 black belts and 3000 kyu belts in Karate Ontario. The KOA Board put out a call to all Senior Members and others, interested in observing, for a Round Table discussion. The idea was to gather the elders together and share our knowledge with all and to identify problem areas within the Organization. Then together, forge solutions.

A very small, but highly dedicated number of our Seniors responded and the discussions that followed February 1st & 2nd resulted in the above ideas. Imagine the flood of ideas if the majority of our Seniors had attended! Two especially dedicated Members came all the way from Ottawa, thinking that it would be difficult to find a seat. They were somewhat astonished, to find so few there. Therein may lie our biggest problem within Karate Ontario. Apathy! If not fatal..... at the very least, apathy.... will continue, to keep us among the most fractured of Provinces, within the NKA. **It will also keep us from being all that we can be.** Karate Ontario in its present state is being held together by the slimmest of threads.

The time for change is upon us. Change that will strengthen the ties that bind us.

Bushido! Karate-Doh! They are mere words....but they incorporate ideals that we all, endeavor to follow. If we are indeed the Organization, that has the greatest understanding of these ideals, then let us show others our commitment to these standards. Let us together, build an Organization that will live up to it's potential! One that is of a world class standard. Ontario deserves no less.

We feel that all our members care about Karate Ontario..**we only hope that you will care more!**

The KOA Board would like to thank all who participated in the Mission 2000 Conference. A number of areas were identified, which needed more time than was available, to fully exhaust all ideas. Additional powwows will be needed in the future, to fully explore these areas. When the call comes, we hope you all respond.

Malcolm Fisher
1st vice-president, Karate Ontario

