



By Ben Kramer

The gymnasium at the Sports Center of the University of Sherbrooke will host the fourth invitational competition of "Koshiki" karate Saturday April 16. The tournament is hosted by Karate-Do Shorinjiryu Shindo School of Sherbrooke, directed by sensei Larry Foisy. "Invitations were sent out across the province and it's been a tremendous response," Foisy told the Record. "I have received responses from 13 different schools. We are expecting 200 competitors who will participate in this event."

Full contact combat, with protection, will allow the spectators to witness various fighting styles of karate. Combatants will also be judged on their ability to demonstrate different katas. A kata is an exercise that combines various pre-determined moves that simulate combat against phantom attackers. Judging will be on katas performed with and without weapons.

"During the day there will be demonstrations performed by black belt holders, masters of karate, to entertain the audience," Foisy added.

Beginning at 9 a.m. and continuing throughout the day Saturday, the tournament will last until late afternoon. The philosophy of many martial arts, karate among them, encourages a sound mind in a sound body, and this requires mental as well as physical training. The many different styles of karate being displayed will offer the contestants a gauge by which to measure their progress and a review of where improvement is needed.

The advantage of this form of quality competition allows all participants from youngsters to seniors to display their talents.

"Our youngest entrant is five years old and the eldest is in his seventies," Foisy said. "I'm excited to have 125 visitors and our 75 students to exchange knowledge and experience combat at this high level."

All ages and all levels will participate, and be judged in the three categories. Many future champions come from these tournaments and many advance to national and international events at the highest calibre.

Combat commences Saturday morning at 9 a.m. at the University of Sherbrooke gymnasium in the Pavillon Univestrie. Tickets are \$5.

For more information, log on to www.karatasherbrooke.com