

Book is helping to support karate idea

The Daily News

Tsimshian author Calvin Helin is teaming up with Nation Talk, communications company, and Orca Spirit Publishing to help build a more promising lifestyle for children and young people, Aboriginal and non-Aboriginal, across the country.

Orca Spirit Publishing recently released Helin's best-selling book *Dances with Dependency: Indigenous Success through Self-Reliance* and Helin has committed a portion of the book's profits to a non-profit society, the Shudokan Karate and Education Society.

The purpose of the society, which began as an idea of Helin's, is to assist impoverished children, inner city school kids, and adults in learning discipline, manners, a healthier lifestyle, and the importance of higher education through training in martial arts.

It is thought that karate training and study can teach discipline, manners, and instill self-confidence.

In his book, the Lax Kw'alaams-born author explores the history of aboriginal people, and compares that with their current state and then provides solutions to problems.

Dances with Dependency has been widely touted as: "the most important single piece of literature and analysis for moving indigenous people forward."

"The tears and broken hearts of thousands of mothers and grandmothers should be enough to convince anyone that action must be taken now," writes Helin.

Helin has studied Goju-Ryu karate with Sensei Toshiaki Nomada for the past 25 years and is a third degree black belt.

He was aware of the positive contri-



Calvin Helin

butions that karate can have on the development of young students. It was originally thought that the club could be a constructive means to teach discipline, manners, and instill self-confidence in Aboriginal students.

With this idea, he approached Sensei Nomada who agreed to give of his extensive knowledge and experience by becoming the Chief Instructor. Sensei Nomada is assisted by several black belt assistant instructors.

Since its inception in 2002, Shudokan Aboriginal Karate Club has had more than 300 students. In the long term, SAKC is trying to train up as many Aboriginal students as possible to the instructor level. By doing this they may be able, in turn, to set up their own dojos (practice sites), and spread the benefits of karate throughout indigenous communities across the nation.

In the first three month of its launch, *Dances with Dependency* has leaped to the top of the bestseller list in Canada and in its first week made the top 20 list in Chapters/Indigo Book stores.