



## SHINTANI WADO KAI KARATE FEDERATION

2025-07-25

**For Immediate Release**

### Internal Announcement

The Shintani Wado Kai Karate Federation Senate is pleased to announce the Dan ranking advancement for the following members .

Each member was evaluated on very impressive presentations submitted to the Senate .

Sensei Kris Reynolds 6<sup>th</sup> dan: Sensei Kris was awarded the rank of Rokudan June 19<sup>th</sup> 2025. He has been a very dedicated member of the SWKKF for many years running his organization, Karate Kawatha Lake Club in Lindsay, Ontario. Sensei Kris was also promoted to Rokudan in Shindo as part of his presentation and dedication to the Shindo program. Sensei Kris is one of the SWKKF 9 Senate members.

Sensei Bill Hynes 6<sup>th</sup> dan: Sensei Bill was awarded the rank of Rokudan June 19<sup>th</sup> 2025 . He has been a very dedicated member of the SWKKF for many years. He is the head instructor of Millwoods Karate Club in Edmonton Alberta and the Alberta Provincial Representative.

Sensei Lauren Fast 6<sup>th</sup> dan: Sensei Lauren was awarded the rank of Rokudan June 19<sup>th</sup> 2025. She has been a dedicated member of the SWKKF for a long time , currently teaching and working out of the St. Catharines Wado Kai Karate Club in St. Catharines Ontario. She was the Ontario Provincial Representative and has assisted the Senate on various projects in the past.

Please join us in congratulating all 3 on their outstanding accomplishments and advancement.

Sensei Denis Labbé  
President  
Shintani Wado Kai Karate Federation

Senate Members: Denis Labbé, Jim Atkinson, Ron Mattie, Neil Prime, Darren Humphries, Michel Gosselin, Shelley McGregor, Kris Reynolds and Brian Julien

Senate Advisors: Peter Avino, Rick Leveille, Danial McCoy, Brad Cosby, Bruce Perkins, Brian Chmay