



Sensei Gilbert Kingsbury

Gilbert Kingsbury started his martial arts career on September 1960 at the Andre Langelier Club on Bronson Ave in Ottawa. Over the next six year Gilbert trained with Sensei Langelier and followed the club as it moved from Ottawa to Hull and back to Ottawa to the original club on Bronson. In 1966 he was graded to his Shodan by Andre Langelier and Pierre Joyal. In 1969 he received his Nidan from Andre Langelier and Pierre Joyal. In 1973 he received his Sandan from Andre Langelier and Pierre Joyal. In 1979 he received his Yodan from Pierre Joyal and the Federation Québécoise de Karate. Gilbert Kingsbury was awarded his Godan by the Federation Quebecoise de Karate but due to politics defending the karate students in the Gatineau and contesting the funding allocation at their board meeting, Gilbert and Fern Cleroux quit the Federation and Gilbert never received his diploma.

Gilbert opened his club in 1969 in Buckingham Quebec till May 1988 then Michel Royer took over the club. Today feels that his greatest success was being a tournament director and from 1983 to 1988 he hosted competitions that attracted Local, national and international competitors rated BBB in Karate Illustrated and attracted world champions like Jean Frenette and Steve Anderson to compete at these competitions.

Some of the Black belts that he produced went on to open their own clubs Richard Charron, Luc Charron and Michel Richer. After Gilbert Left Buckingham his daughter Kelly Ann chose to practice at the John Douveris Club in Ottawa and for the next five years at the request of John Douveris he taught at the club.

From 1994 to 1998 he was in charge of organizing Karate for kids and Juniors 8 to 15 and self defense classes for adults at the Sporteque in Hull. From 2000 to 2002 at the Claude Larouche karate club Gilbert organized the classes for kids five to seven years old. From 2004 to 2008 he taught for the Gatineau School Board Karate classes for primary grades one to six called Introduction to Karate. In 2008 now at age 65 Gilbert Kingsbury retired from Karate and in his own words. "Karate has been good to me over the past 48 years and I hope I have been able to promote my fair share of Karate."