

August 2009
Monthly Communication
Sensei Cline, NW Region Director

The analogy we see in this month's *niju kun* is that the dojo is preparing us to handle the real world. The sparring and challenging *katas* and combinations that we learn and practice in the *dojo* are the physical manifestations of what we think, feel, say and do outside the *dojo*. An uncooperative fellow worker could be compared to a challenging sparring partner. A disappointing result at work, school, or in life, could be compared to a less than perfect *dan* or *kyu* exam. A misunderstanding or miscommunication could be compared to having difficulty following a particularly complex partner drill. Struggling through karate class mirrors the struggles and challenges we encounter throughout the day. Conversely, a class where you are able to follow along, train very hard, and break a good sweat, can result in a euphoric state that carries through to the real world. Struggles, followed by small successes, is a developed pattern that benefits the *karate-ka* both inside and outside the *dojo*. Life lessons – *dojo* lessons, keep us training.

Katas Of the Month We focus on *Chinte* and *Tekki Sandan* this month.

Technical Focus

Strong *kiba-dachi* and *kosa-dachi*. Multiple blocking techniques. Generating and directing power to a technique by shifting the body weight, changing stance from *fudo-dachi* to *zenkutsu-dachi*. Various hand techniques.

Niju Kun

Please study and discuss the **8th *niju kun***, from *Sensei Okazaki's* book: "Don't think that what you learn in *karate* can't be used outside the *dojo*".

Club Spotlight



Photo by Morgen Benoit Photography,
taken from
<http://www.sonomayogamartialarts.com>

Cogen Bohanec opened his own *karate/yoga* studio on July 1st. ***Mushin Karate*** has finally found a permanent home! The studio walls are in an ecological clay design with the *Shotokan* Tiger, and with plans for the *niju kun* on the wall as well. The studio is located at 10101 Main Street, Penngrove. Please visit his website for more information.
www.SonomaYogaMartialArts.com.

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Southwest Washington Shotokan Karate Club (SWSKC) was established in 1996 by Ken Kraisler with the support of both *Sensei Cline* and *Sensei Field*. Ken Kraisler has been training since 1986 under *Sensei Koss Yokota*, *Sensei James Field* and *Sensei Cathy Cline*. From 1991 to 1996, Ken was a member and later a co-captain of *Sensei Field's karate* team in Santa Monica, California. After moving to Southwest Washington 1996, Ken founded the SWSKC. Chris Rudolph, one of Ken's first students, serves as a co-instructor and owner. Ken and Chris have classes Monday and Wednesday evenings and Friday and Saturday mornings. The *dojo* has been newly renovated with 450 square feet of flooring, 20 linear feet of mirrors and 20 linear feet of stretching bars.



Photo by Beth Fournier

Upcoming Events

Emil Valdes is honored to announce the arrival of ***Sensei Yutaka Yaguchi*** to Sacramento California. *Sensei Yaguchi* is the honored guest of the inaugural installation of ISKF Sacramento, at 1260 Triangle Court, Sacramento Ca 95605 on Saturday August 29th. *Sensei Yaguchi* will be conducting *dan* examinations and teaching general and advanced clinics. *Sensei Cline* will be assisting. *Sensei Valdes* has extended an invitation to everyone in our Region. For detailed information, printable flyers and examination forms, you can click directly on to:

http://www.bestkarate.com/index_files/TheOnlyAuthenticShotokanKarateDojoSacramentoCalifornia.htm.

31st ANNUAL ISKF/US NATIONALS. November 14 - 15, 2009 CROWNE PLAZA CHERRY HILL, New Jersey. The information and registration packet can be found at:
<http://www.iskf.com/images/2009%20National%20Tournament%20packet.pdf>.