

September 2009
Monthly Communication
Sensei Cline, NW Region Director

Sensei Okazaki touches on a very sobering topic when he writes, man has created many artificial goals which can distract us from the "real goal," which is perfection of character. The artificial goals are diplomas, titles, belt ranks, pay scales, etc. We use these goals as stepping stones to reach a higher level, a better position, a greater status. But, when we examine these stepping stones, we realize they are a means to an end; the end being a better person.

Katas Of the Month

We focus on *Kanku Sho* and *Sochin* this month.

Technical Focus

Train *Heian Yondan* in concert with *Kanku Sho*; combination techniques with *uchi-waza* following *mae geri*; *fudo-dachi* and delivering techniques to the body center.

Niju Kun

Please study and discuss the **9th *Niju Kun***, from *Sensei Okazaki's* book: "***It will take your entire life to learn karate.***"

Club Spotlight

Sensei John Jaffe has been teaching karate at the Columbia Basin Racquet Club in Richland since 1993. Currently his dojo has about 20 students, with about half of them over the age of 16, including four black belts. Classes are Tuesdays and Thursday evenings at 6:30, and Sundays at 11:30AM. Training emphasizes strong basics, balanced by kata and sparring every class, usually including free sparring for intermediate and advanced students.

Past Events

Mountain States Camp: The Northwest Region's support for *Sensei Yaguchi's* annual camp in Greeley Colorado in August was strong again, with attendance by:

- Sensei Marc Cordice, his son Mario, Brad Buck from South Sound Shotokan in Tacoma Washington and Brad's son, Cameron, who trains in New Mexico.
- Sensei Dawn Flick from San Francisco Shotokan.
- Sensei Matt Thomas from Shotokan Karate of Spokane.
- Sensei Cline, Sensei Kris Haight, Beth Fournier, Saman Gharai, Margaret Wahlroos, and Bryan Krische from Western Washington Shotokan (WWSKC).

ISKF Sacramento and Sensei Emil Valdes hosted Sensei Yaguchi at their "grand opening" on August 29th. Every club from northern California was represented at this gala affair, as well as Shotokan Karate Of Spokane and WWSKC of Washington. There was a ribbon cutting ceremony, speeches, special clinics, a kyu exam and an opportunity to mingle and catch up with friends. Sensei Emil was surrounded by family including wife Dinnie, son Jacob, and daughters Josephine and Christina. It was a wonderful event as the NW Region welcomed yet another club to the ISKF.

ISKF Nationals Registration – DEADLINE Sept 25th

Nationals are November 14 - 15, 2009 at the Crowne Plaza Cherry Hill, New Jersey just outside of Philadelphia.

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The deadline for all paperwork to be submitted to Sensei Cline or Beckie Brocies is September 25, 2009 to allow sufficient time for preparing and mailing to Philadelphia.

All checks for participants registration fees, banquet, t-shirts, judges exam and instructor clinic should be made payable to ISKF NW Region.

All checks for *dan* exam and registration fees must be made payable to "IKA", and submitted with the proper form and photo to Sensei Cline for her review and signature.

Please contact Beckie at bbrocies@gci.net or 425-614-6939 if you have any questions.

The information and registration packet can be found at:

<http://www.iskf.com/images/2009%20National%20Tournament%20packet.pdf>.