

October 2009
Monthly Communication
Sensei Cline, NW Region Director

Karate applications we use in everyday life are subtle but powerful. Since it takes a lifetime to learn karate, we have daily opportunities to apply and appreciate what we have learned. The focus, effort and attention we practice during each class, results in living life to the fullest. Sensei Okazaki says that we must "look first, then act." As we evaluate a situation, we may need to act quickly with instinct, or slowly and deliberately with care. There are times we need to be strong and times we need to be soft. With proper mindset we see beyond the physical and appreciate the essence of truth: the ability to eliminate conflict. With a calm mind, we are free to see the world clearly and live a life without inner or external conflict. Put karate into your life - make your world a better place.

Katas Of the Month *Bassai Sho and Nijushiho*

Technical Focus Use of sword hand, ridge hand, and tiger mouth against stick attack; also, use of *haishu uke* or back hand block. In multiple techniques, use of strength and speed to swiftly alternate between powerful blocking techniques and sharp counterattacks.

Niju Kun

The 10th *Niju Kun* is our focus for this month: "Put karate into your everyday living; that is how you will see its true beauty."

Club Spotlight

Academy of Martial Arts Sacramento, which was established in 2007 as a club, has grown and produced seven black belts to date. The Natomas Club facilities are exclusive to residents of Natomas Park, Sacramento. This made it difficult to share Authentic *Shotokan Karate* with other students outside of the community. In May of this year, Academy of Martial Arts Sacramento established an extension at another location and created the ISKF of Sacramento, which we recently inaugurated in August of 2009. The event was honored by the presence of *Sensei Yaguchi* and *Sensei Cline*. Both locations continue to grow as ISKF clubs.

One of the mothers of a student asked me, "*Sensei*, I am amazed at your relentless tenacity. With all due respect, if I had your disability, I probably would have given up a long time ago. Why do you do it and where do you find the strength and motivation?"

I took a long deep breath and began my answer. "It's like after watching a great movie. You'd want to tell all your friends and family about it. The ISKF, its members and instructors are too good not to share with the world. It became a moral issue to me and I needed to inform and share the lifetime benefits to one's life, to everyone. My strength and motivation come from several powerful sources: my faith, my family, my students, *Sensei Yaguchi*, *Sensei Cline* and my *karate* training. My students never even asked nor talked about my disability. They call me *Sensei* and they were eager to learn from me. *Sensei Yaguchi* and *Sensei Cline* never treated me differently from before I had my stroke, which left me partially disabled. Contrary to my feelings of doubt, they continue to support and encourage me. My *karate* training has prepared me well for this challenge. In the *dojo*, I always trained in mind, body and spirit no less. It's all about surmounting challenges, tangible or intangible. When *Sensei Okazaki* says "Keep Training" and *Sensei Yaguchi* say "Never give up", they know exactly what they are talking about. A well trained *karateka* can be invincible against any adversary, physical, mental or spiritual." OSS! – *Sensei Emil Valdes*

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Past Events

At the Aki Matsuri Festival in Bellevue Washington, *Sensei* Cline explained the art of shotokan while the demonstration team performed *kihon*, *kata*, self-defense and *kumite*. The demonstration team practiced for a number of weeks in advance to define and perfect the routine so that those watching would gain a good understanding of our art. The demonstration team included: *Sensei* Kris Haight, Saman Gharai, Stephan Mueller, Mark Luthi, Ronen Totonchi, Mehran Mesbahi, Matt Anderson, Rebecca Leuck, Cele Wolman, and Bryan Krische.

Photos by Toyo Abe are located at:

<http://cid-3d238fa2e1faa999.skydrive.live.com/browse.aspx/Aki-Matsuri%20Karate%20%5E59-12-2009%5E6?lc=1041>

Upcoming Events

NW Region Mens and Womens teams at ISKF Nationals in New Jersey will be:

KATA TEAM:

Men – Jumbo Banaria, Jay Banaria, Michael Grenado

Women – Yvonne Clarabal, Christina Valdes, Chelsea Smith

KUMITE TEAM:

Men – Jumbo Banaria, Jay Banaria, Ashley Reese, Michael Granado, Mark Hindsbo

Women – Chelsea Smith, Christina Valdes, Yvonne Clarabal

NW Team Training – Friday evening 6 p.m. (location to be announced)

Requests for visiting instructors/examiners for 2010 are due to Sensei Cline by November 1st, 2009. These requests will be shared and reviewed with all NW Instructors to avoid scheduling conflicts. Sensei Cline will then forward these requests to headquarters for *shihan-kai* review and determination of availability.

Remember - clubs in Washington and Idaho, as well as Northern California, need to communicate with each other when creating this annual schedule so that visits are not too close together.

We need to factor these events into our schedule: the NW Region eliminations in Feb or March, Camp Brotherhood in May, Master Camp in June, Mt. States Camp in August, and ISKF Nationals in November; these events provide the framework around which we create our 2010 schedule.

The ISKF Compensation fee is available for anyone who does not have a copy of that document.