

**November 2009**  
**Monthly Communication**  
**Sensei Cline, NW Region Director**

Keeping your karate "warm" is essential if you intend to make it a lifetime endeavor. What Sensei Okazaki is really telling us when he says, "at minimum, you should train 10 minutes a day," is that we must introduce and maintain consistency in our lives. It is through consistency, perseverance, and the ability to endeavor, that we achieve the goals we aspire to, and bring a sense of rhythm and harmony to our lives. Tradition implies consistency. Those of us who have reached dan levels or positions that we never thought possible, did so by keeping our karate warm, giving it continuous heat, and not letting it get cold.

**Kata Of the Month** *Gojushiho-dai*, although named 54 steps, this *Shorei kata* has 62 movements. *Kiai* points are movements 54 and 61.

**Technical Focus** Smooth and flowing techniques, *keito uke* – or chicken head wrist block, *ippon nukite* – one finger strike, *washide* – eagle hand, *kentsui hasami uchi* – bottom fist scissors strike.

**Niju Kun**

The 11<sup>th</sup> *Niju Kun* is our focus for this month: "Karate is just like hot water; if you do not give it continuous heat, it will become cold."

**Club Spotlight**

**South Sound Shotokan Karate** (SSSK) in Tacoma Washington is two clubs rolled into one: a club for the general public and a club for the Pacific Lutheran University (PLU) students. The chief instructor is Sensei Marc Cordice, who holds a 6th Degree Black Belt from the ISKF. Sensei Cordice hails from St. Vincent and the Grenadines in the Caribbean and has been practicing Karate since 1970. A former Chief Instructor and Director of St. Vincent and the Grenadines Karate Association and the St. Lucia Shotokan Karate Association, he is one of those few fortunate who grew up in karate, training under the likes of Sensei Okazaki, Yaguchi, Mikami, Takashina and even the late Chief Instructor of JKA, Masatoshi Nakayama.

Ted Santos, a shodan, assists Sensei Cordice; Ted is a member of the US army and is based at Fort Lewis.

South Sound Shotokan Karate has a membership of men and women ranging from 14 to 55 years of age and spanning various ethnicities. Classes are available for beginners, intermediate and advanced students. Minimum training age is 13 years.

The **PLU Shotokan Karate Club** (PLUSKC) was established in 1998. PLUSKC has the potential to provide PLU students with not only the option of mastering karate as an art and for self-defense, but also the academic opportunity of doing an independent study on the topic for university credits towards their respective degree programs.

Visitors are welcome to drop by and watch the classes. Prospective new members are usually allowed two free classes to 'try out' like the club before joining.

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Classes are held in Olson Gym at PLU – on Monday, Tuesday, and Thursday, from 7:00 p.m. to 8:30 p.m. For further information go to [www.plu.edu/~karate](http://www.plu.edu/~karate) or call Marc Cordice at (253) 537-4350 or (253) 468-9017.

**Upcoming Events**

Western Washington Shotokan Karate Club is hosting *Sensei* Robin Rielly December 11-13<sup>th</sup>. Keep an eye on [www.wwskc.com](http://www.wwskc.com) for details of this event.

**Regional Business**

As we come toward the end of the year, it is time to collect annual dues.

<b>Type</b>	<b>Payable to</b>	<b>Due Date</b>	<b>Amount</b>
ISKF annual club dues	ISKF Northwest Region	By 12/31	\$ 130
ISKF annual Instructor dues	ISKF Northwest Region	12/31	\$ 80
ISKF annual individual dues	Your club	12/31	\$ 25

Please read the latest ISKF spotlight which can be found here:  
<http://www.iskf.com/images/SPOTLIGHT%202009%20fall%20edition.pdf>

**Good Luck at the Nationals NW Region!**