

December 2009
Monthly Communication
Sensei Cline, NW Region Director

"Do not cling to the idea of winning; it is the idea of not losing that is necessary." What I like best about this 12th *niju kun* is the concept that if you unburden yourself of any expectations, you allow life to flow naturally. This precept allows you to set goals, but does not encourage you to reach those goals by ruthless means. It simply asks you to strive to be your best, and do your best, in an effort to be a better person. When you relax your body and empty your mind, you reach a place where you can react naturally and move spontaneously. *Sensei Okazaki* tells us that winning means 'defeating the other person', whereas 'not losing' takes on a completely different meaning. It changes your focus, removes the edge, and frees you to do what is right. Let us make an effort to integrate this principle into our lives, rid ourselves of the ego that gets in the way, and allow life to flow freely and naturally. Be humble this holiday season, detach yourself from the "result," and discern all that is around you.

Kata Of the Month *Jiin*, which means "temple ground", has 35 movements; the kiai points are movements 11 and 35. *Meikyo*, which means 'bright mirror' has 33 movements, with 1 kiai at movement 32.

Technical Focus *Sankaku tobi* or triangle leap; complex turning motions.

Niju Kun

The 12th *Niju Kun* is our focus for this month: "Do not think that you have to win; think, rather, that you do not have to lose."

Club Spotlight

Academy of Martial Arts Shotokan (AMAS) has been providing martial arts instruction in the San Francisco peninsula for more than 20 years. AMAS offers six days a week of beginner, intermediate and advance classes for kids and for adults. AMAS hosts clinics and exams by ISKF instructors held at the AMAS dojo. Each year in March, AMAS hosts an open invitational traditional karate tournament at which the Northwest Regional eliminations are held. AMAS also offers a ten-week kids summer camp. Activities include arts and crafts, games, movies, field trips (e.g. tour of the police and fire departments, bowling, etc.) and karate classes. Parents can drop off their kids as early as 7:00 am and pick them up by 6:00 pm. It's a whole day of fun-filled activities.

AMAS chief instructor is ***Sensei Joji Mercado***. He is a 5th degree black belt, a class B judge and is currently enrolled in the ISKF instructors training program. As a *Sensei*, Joji Mercado encourages his students to participate in ISKF events such as clinics and camps, and to compete at the Nationals. He believes in and promotes the value of maintaining the high quality and standardization of true Karate training, and wants his students to experience those benefits and gain from what the organization has to offer.

Aside from being a full time karate instructor, Joji is a licensed life insurance agent, an avid golfer and a father of two energetic daughters.

Nationals Results:

Adult Divisions

Women's Team Kata - 1st place
Women's Team Kumite - 3rd place
Men's Team Kata - 2nd place
Men's Team Kumite - 1st place

Women's Kata - Chelsie Smith – 2nd place
Collegiate Women's Kata – Chelsea Smith – 1st place
Men's Kata - Jumbo Banaria - 1st place
Men's Kumite = Michael Granado - 3rd place

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Youth Divisions

7, 8 & 9 Advance Division:
Joseph Blinder - 1st place Kumite
Jesus Reyes - 2nd place Kata

10 & 11 Advance Division:
Austyn Paminiano - 1st place Kata & 1st place Kumite

12 & 13 Advance Division (Boys & Girls were combined in the Kata Division):
Nicholas Ladores - 1st place Kata & 2nd place Kumite
Raen Zulueta - 2nd place Kata & 1st place Kumite
Frances Paran - 3rd place Kata

14 & 15 Advance Division:
Igor Davidovich - 3rd place Kumite
Eddie Blasko - 3rd place Kata

16 & 17 Advance Division:
Michael Mendoza - 1st place Kata & 2nd place Kumite
Anthony Blasko - 1st place Kumite & 3rd place Kata

Youth Team Kata - 1st place

Dan Results

Beth Fournier (WWSKC) - Godan
Jennifer Metz (Santa Rosa) – Godan

Judge and Examiner Results

Bobbie Matt, Monica Tieu – Class C Judge
Beckie Brocies – Class D Judge
Kris Haight – Class C Examiner

Upcoming Events

Seminars, instructor trainee class, and dan exams by *Sensei* Robin Rielly, 8th Dan, December 11 and 12, Western Washington Shotokan Dojo, Bellevue Wa. (see website for details – www.iskfnw.org)

Regional Business

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

Type	Payable to	Due Date	Amount
ISKF annual club dues	ISKF Northwest Region	By 12/31	\$ 130
ISKF annual Instructor dues	ISKF Northwest Region	12/31	\$ 80
ISKF individual Membership cards	ISKF Northwest Region	12/31	\$ 15 ea.

Enjoy this holiday season – set your goals for the coming year – and do not measure yourself or your success by an outside source.