

February 2010
Monthly Communication
Sensei Cline, NW Region Director

Determine when an opportunity is ripe and take it. This is what the 14th Niju Kun tells us, and what Sensei Okazaki speaks about when he translates "In conflict, you must discern the vulnerable points from the invulnerable." Whatever the situation is in life, take the time to study it, evaluate, and then make your move. We do this when we are sparring in the dojo or in a tournament. Spend a few moments "feeling out" our opponent, see if he or she reacts to a feint technique, then decide the course of action. Once you decide to make a move, be aware that it might not turn out as you expect, so be prepared to handle the unexpected.

While living life and taking chances, you begin to learn timing and your odds for success. In life, everything is timing – when to accept a job, when to leave a job, when to retire, when to invest, when to commit to a life partner, when to start a family. There will always be times when you say, "if only I had" If you hesitate and never try, you will never know. And what about taking a chance and failing, isn't this how we learn? When we fail a kyu or dan exam, how we react is a true test of ones character. That is how we learn. One thing we know for sure; as long as we train, we will be able to react, seize the opportunity, and move on.

Kata Of the Month

Beginner, Intermediate and Advanced: *Heian Sandan*

Black Belt: *Gojushiho Sho* with *kiai* at movements 57 and 64.

Technical Focus

Use of *shuto* or sword hand for blocking and striking. Use of various parts of the open hand for blocking and striking such as *nukite*, *haishu*, *haito*, and *seiryuto*.

Niju Kun

The 14th *Niju Kun* is our focus for this month: "In conflict you must discern the vulnerable from invulnerable points."

Club Spotlight

Bellevue Shotokan Karate Club was formed in 1996 by Sensei Cline at Bellevue City Hall. A group of government employees seeking a new routine, and expressing an interest in the martial arts approached Cathy. Initially, the City was concerned that the liability was too great practicing *karate* – so they called the activity "self-defense" and all wore white uniforms. As most instructors have discovered, the interest begins with self-defense, but evolves to the art, or *karate-do*. Many interesting people have found their way into the City club; ranging from serious individuals from the Finance Department, to relaxed yoga instructors from the Parks Department. The first black belt produced at the Bellevue Club was a manager in the Transportation Department. That was seven years ago, now there are seven more black belts and a fair-sized group of beginners who are truly dedicated. Classes are M-W-F from noon to 1pm. Training at noon makes the second half of the workday much more pleasant.

Upcoming Events

See the annual calendar on our regional website which lists regional, national and international events. <http://iskfnw.org/default.htm>

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Northwest Regional Eliminations Tournament, San Francisco

- **March 27**, Saturday: Black belt clinic & General clinic followed by *Dan* Exam only. \$55 one clinic; \$65 both clinics.
- **March 28**, Sunday: AMAS tournament and ISKF NW Regional Eliminations. \$40 one event; \$50 two events. Regional tournament is no charge (only adult black belts).

Guests will be *Sensei* Yaguchi and *Sensei* Field. Clinic & Exam will be at the AMAS *Dojo* in So. San Francisco. The tournament will be held at South San Francisco High School Gym, 400 B St., SSF, CA 94080. Guests can check in at Marriott Hotel in Burlingame (Airport) (800) 228-9290.