

March 2010
Monthly Communication
***Sensei* Cline, NW Region Director**

As we contemplate the 15th precept, “consider your opponent’s legs and arms as you would lethal swords” we realize how difficult it is to remain vigilant and aware at all times. As a karate practitioner, I’m sure you’ve had friends or family try to catch you off guard with some attack in order to test your reaction and defensive skills. You may have been caught off guard when this happened, or you may have surprised them and yourself by reacting instinctively. It is easy to practice *zanshin* during your time spent at the *dojo*, but it is less easy to maintain that awareness the rest of your day outside the *dojo*. However, with years of physical and mental training, and with training being cumulative, awareness and *zanshin* become a way of life.

The interesting and challenging part of this precept is the idea that words and behaviors should also be thought of as weapons. The fact that *karate-do* is a lifetime endeavor suggests that monitoring our words and actions requires constant vigilance, just as we are trained to control our techniques and emotions, we are wise to control and monitor the words that come out of our mouths, as they can cut more deeply than a knife. When we hear the saying, “walk a mile in my shoes” we are asked to put ourselves in another’s place, try to feel what the other person is feeling and respond accordingly. You never know what impact your words may have on another person. Take a moment to evaluate a situation, then decide whether a direct approach, or an indirect approach is best. The term “*kaizen*” means - to do a little better each day; so step-by-step, we acquire the awareness and the tools to control uncomfortable, awkward or dangerous situations. It takes a lifetime, best to begin today.

Kata Of the Month

Beginner, Intermediate and Advanced: *Heian Yondan*
Black Belt: *Gankaku* with *kiai* at movements 28 and 42.

Technical Focus

Balance and body control are the overarching areas of focus with attention to stances (e.g. *sagi ashi dachi*, *koktsu dachi*), and use of breathing for slow application of power and coordinating upper and lower body movements.

Niju Kun

The 15^h *Niju Kun* is our focus for this month: “Consider your opponent’s legs and arms as you would lethal swords.”

Club Spotlight

After moving from Philadelphia to Bellevue in the late 1980’s, I was used to having a dojo available to train at any time. There were no ISKF *dojos* in Washington State so the only option was to start a club of my own. **WWSKC** began as a small club of ten students, and those students were all kids. Training took place in a daylight basement of a friend’s house in Bellevue, who was hoping his two kids could learn better discipline and self control. This situation proved to be an exercise in patience, as well as a challenge to keep the attention of five and six-year olds throughout the duration of a class. After a year, I decided to open club membership to the adult parents of the kids. Following this decision, the club began to expand, and WWSKC became the first official ISKF club in Washington state in 1990. The transition from daylight basement, to a school gym, and finally to a real dojo with a wood floor and changing rooms was very exciting.

From 1990 to 2009, the number of ISKF clubs in Washington State grew from one to ten. With the unwavering support of Kris Haight, we welcomed Bobbie Matt, John Jaffe, Marc Cordice, Tim Daulton, Scott Randall, Matt Thomas, Ed Mecum and Chee Chew as they each started clubs of their own and helped our Washington family grow. Most importantly, we had the support of Masters Okazaki and Yaguchi, my instructors from Denver and Philadelphia, to whom we are forever grateful.

Hard work and patience has paid off because we now have regular classes at WWSKC on Monday, Wednesday, Thursday, Friday and Saturday; as well as a special *kumite* class twice a month on Sunday; special advanced class once a month on Tuesday; and Instructor classes once a month on Saturday afternoon. See our website at: www.wwskc.com.

Upcoming Events

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

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.