

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

Remember the first days and months after you began a new job, or remember the first time you learned a new computer version? Think back on how you would carefully follow every step, being careful not to miss a step in the sequence? It took time and energy to insure a successful outcome; and if you didn't follow the proper sequence, you may have lost your place and had to start again. However, after days, weeks and months pass, you begin to feel comfortable, relax and assume self confidence. It is at this point when you begin to streamline your work habits, find your stride and personalize the tasks at hand.

This is the way we progress in martial arts training as well. You may feel awkward or uncoordinated in the beginning, but after a while, when the movements become routine, you can relax your mind and experience the movement, and be in the moment. Your form changes from rigid to natural, your mind from racing to ready. The transformation is amazing and wonderful but it cannot happen before one works through the fundamentals, step by step. If you keep a beginner's mind you will always be ready and your training will always be fresh. Remember the beginning, that was the path that brought you to where you are now.

**Kata of the Month**

Beginner, Intermediate and Advanced: **Tekki Shodan**

Black Belt: **Empi**, with 37 total movements and kiais at movements 15 and 36.

<http://www.youtube.com/watch?v=pYTaDUAOGZY>

**Technical Focus**

Rising punch, pressing block using the palm heel, cross leg stance, hip vibration.

**Niju Kun**

The 17th Niju Kun is our focus for this month: "For full awareness in natural stance, you must practice ready position as a beginner."



**Instructor Spotlight: Marc Cordice, Ryokudan**

I started my JKA karate training in 1970 when our first karate club "The Kingstown Karate Club" was established in the Island of St Vincent and The Grenadines (Caribbean). Our club sought membership with the IAKF (International Amateur Karate Federation) headed by Masters Nishiyama and Okazaki, and in 1971 the St Vincent and the Grenadines Karate Association (SVGKA) was formed and became a full member of the IAKF and JKA.

My reason for starting Karate came a year after starting high school (a year or so before 1970) when a group from the USA (not JKA) demonstrated martial arts at our high school. The demonstration, which was preformed by Moses Powell and George Cofield (a former student of Okazaki), impressed a lot of students and a club was formed. At that time I had little knowledge of karate, so what I saw looked impressive, until I met my first JKA instructors.

My first JKA instructors was Mr. David Chin Leung, Mr. Guy Griffith and Master Okazaki, they are among many people who influence my karate training. Sensei Chin Leung (Former Chief Instructor of the Trinidad Karate Association) was at that time a *san-dan* and the highest ranking *karate-ka* in the Caribbean, he served as the technical supervisor for St. Vincent. His basic techniques and *kata* were of a very high standard, but what impressed me most was his *kumite*. His movements were fluid and natural, always changing stances and upsetting the distance of his opponents.

The next person was Sensei Guy Griffith, our first chief instructor of the SVGKA (1971 to 1979). He co-founded the Barbados Karate Association. Sensei Griffith studied under *Sensei* Chin Leung and at the JKA in Denmark for four years. He was a perfectionist and taught karate the same way. We were made to do our techniques over and over until we got it right. I owe so much of the way I teach, to him.

However the individual who had a lasting influence on my karate was Master Okazaki. His many visits and classes conducted in St. Vincent and throughout the Caribbean have resulted in the Caribbean region being one of the most outstanding regions of ISKF. An experience I clearly remember in the 70's was Master Okazaki's demonstration of the four main kicking techniques. Front, side, back, and roundhouse kicks were executed at such speed that his leg was a blur and all we heard was the snap of the gi. We explained that we could not see the techniques, so he then performed them in slow motion effortlessly. I will always remember this as the most perfect execution of kicking techniques.

Today, my inspiration comes from practicing *kata*, visualizing the application of the movements, offensive and defensive. When we practice *kata* we look at ourselves, correcting stances, blocks, punches etc., and strive to see the purpose of our movements and techniques, envisioning our imaginary opponents.

Karate for me is a way of life. I am forever grateful to the many outstanding masters who have taught me over the years, each with their unique style and interpretation of karate. I enjoy researching the martial arts and its philosophy, which helps me to be innovative and creative in the way I teach the art. I am open to discussing karate with my students and fellow *karate-ka*, in doing so we can share our knowledge and experience, thus advancing our understanding of *karate*.



### **Recent Events**

Approximately 50 karateka participated in the 4<sup>th</sup> Annual Palouse Shiai held in Moscow Idaho April 24<sup>th</sup>, hosted by Sensei Tim Dalton and Scott Randall. Sensei Cline conducted a seminar and a kyu and dan exam before the shiai. Sensei Matt Thomas from Spokane, Sensei John Jaffe from Richland, and Sensei Kris Haight and Beth Fournier from Western Washington Shotokan Club attended as well.

### **Upcoming Events**

**Camp Brotherhood**, May 27-30, with guest instructors Sensei Yutaka Yaguchi and Sensei Leon Sill. Brochure available at <http://www.wwskc.com/>

Taiko Drummers from One World will be the special event at the camp, and longtime favorites Kim and Jim Hartley will be offering lomi lomi Hawaiian deep tissue massage throughout the weekend. The Northwest Region Meeting will be held at Camp Brotherhood on Saturday, May 29th, 2010, at 8:00pm.

**Master Camp**, June 11-18<sup>th</sup>, Camp Green Lane, Pennsylvania. Guest instructors include Sensei Yutaka Yaguchi, Hirokazu Kanazawa 10th Dan - SKIF Japan and Masaru Miura 9th Dan - SKI-I Italy.

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