

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

This year marks the 20<sup>th</sup> anniversary of our club and Camp Brotherhood; and the beginning of the NW Region in the Washington area. We started as a kids club and transformed into a club for all ages. The beginning was a time to dot every "I" and cross every "T", as we worked through the process of building a club student by student. In the beginning there might only be one or two students in a class, but we trained with the knowledge that we were part of a bigger entity, the ISKF. As time went on, we reveled as we broke into two and then three classes as work on basics and fundamentals led to more clubs and expansion. Eventually, we developed our organization throughout the state of Washington and spilled into Idaho and Oregon. As this was happening, we enjoyed becoming closer to our family in California where we now have many wonderful clubs and more on the way. It all began with great attention to detail and the basics. As we look to the future, we need to go back to the basics as we evolve and improve what we have built. It takes many people, many years, and much effort. This process resembles the niju kun that Sensei Okazaki speaks of in the 18<sup>th</sup> precept – we started by paying close attention to all basics, details, protocol and rules; then we evolved into a strong body understanding how to move more "free form" with the basics at our core. This method has been true to us for the last twenty years and will sustain us for the next twenty.

**Kata of the Month**

Beginner, Intermediate and Advanced: Tekki Nidan

Black Belt: Hangetsu, with a total of 41 movements and kiai points at movements 11 and 41.

**Technical Focus**

Tekki Nidan's focus is kidadachi and smoothly shifting side to side; body connection is needed to create effective multiple technique's using hip vibration without body shifting. Hangetsu's focus is balance and body control with attention to stances (e.g. sagi ashi dachi, hangetsu dachi), and use of breathing for correct application of power.

**Niju Kun**

The 18<sup>th</sup> Niju Kun is our focus for this month: "Practicing kata is one thing; engaging in a real fight is another."

**Instructor Spotlight: Dawn Flick, Rokudan**



[Where and when did you start training with ISKF?](#)

I started training at Lycoming College in Williamsport, Pennsylvania in September 1983, my first month of college.

[What were the reasons you started training?](#)

I wanted to train since I can remember. I think it had to do with a fascination with superheroes and the appeal of being invincible and impenetrable during a very unstable period in my life. My earliest memory, when I was less than 9 years old, was watching the Jhoon Rhee commercial, "Nobody Bothers Me" (check it out, it's on YouTube). I read

lots of comic books and was a huge fan of Ultraman, Superman, Speed Racer, and The Bionic Woman. I fell in love with the Kung Fu series, starring David Carradine. My mom worked two jobs to support my sister and me so we did not have money or transportation for karate classes. But the desire to train stayed with me all through my teen years. Then in high school, I took judo for several months, but it didn't take. How fortunate it was that during my first month of college, I discovered that my school offered free karate classes taught by an amazing instructor, George Vance, who was a member of the best karate organization in the world, the ISKF.

[Who are the 2-3 people who have most influenced your martial arts training, and why?](#)

There are many, but I would say the following are the top 3:

Sensei George Vance. I earned my black belt under Sensei Vance. He opened my eyes to a whole new world. I admired his athleticism, self-discipline, kindness, and sense of humor. He made karate training fun and his karate was so good! He had the best front kick, which I struggled to emulate. He inspired me to self-train and to be creative in my training because he trained daily in many creative ways, like hiking up a mountain in front-stance. We would frequently make the 4-hour drive from Williamsport to Philadelphia so that I could train and test at 45<sup>th</sup> Street and participate in camps and tournaments. He introduced me to Sensei Okazaki.

Master Okazaki, of course. When I earned my shodan, I decided to pursue a pharmacy degree at a school that happened to be less than a mile away from ISKF headquarters on 45<sup>th</sup> Street in Philadelphia. Not a coincidence. I trained at 45<sup>th</sup> Street for 3 years. I cannot adequately express what I learned from Sensei. He and Master Yaguchi and all the disciples of Masters Funakoshi and Nakayama are real superheroes. They are humans that have learned to generate unfathomable power, to move at lightning speed, and to defy gravity. Sensei Okazaki lives the Dojo Kun. He expects the most from his students because he expects nothing less from himself. He respects all people - all races, cultures, men, women, young, old. He is also very intelligent and a shrewd leader. It's all these elements that make you want to be like him and to please him. I just wanted him to nod and say "Alright, very good" after I did my kata, or jokingly give my kata team a "7.2!" He did not tell me how to train or what kata to practice, but let me find the answers to these questions myself - the quality of a good teacher. I attribute much of my personal success and self-determination to Sensei's influence in my life.

Sensei Cathy Cline. I recall, when I was a green belt, being at Master Camp and Sensei George describing to me the most perfect mawashi geri he had ever seen, demonstrated by Cathy Cline. He was a huge fan of Sensei Cline and soon so was I. I was in total awe. I admire strength and power most of all in women karateka and Sensei Cline was the strongest woman I had ever seen...and still is today. One reason I was so excited to train at 45<sup>th</sup> Street was the opportunity to train with Sensei Cline. Much to my chagrin, she had just moved back to Denver when I arrived in Philadelphia! She still inspires me today and always will, not just in her karate skill but in her teaching ability and incredible warmth. I'm very fortunate to now train in her region.

[What keeps you training and teaching – what inspires you, what do you most enjoy, what are you learning now?](#)

The unrelenting desire to find my inner superhero keeps me training. I'm not invincible yet.

My students inspire me. They are incredible.

What I most enjoy is a good, hard training where my body and mind are completely spent but my spirit is rejuvenated. And don't forget a cold beer afterwards!

[What am I learning now?](#) Heian Shodan.

### **Upcoming Events**

**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>