

September 2010
Monthly Communication
Sensei Cline, NW Region Director

The beauty and grandeur of Alaska is something to behold. Many of you have traveled to the Nationals in Alaska and have seen the sights around Anchorage and marveled at the view from 30,000 feet. However, the 65 mile trip through Glacier Bay, at sea level, was beyond anything I could have imagined. Seeing the natural beauty; smelling the crisp, cool air; and sensing, without reservation, that there is an order to the universe that commands our total and complete respect; left me humbled and speechless. The best part of the experience was knowing that our instructor, Yaguchi Sensei, was along to enjoy this adventure with his wife. The cruise from Seattle to Juneau, and back through Glacier Bay, was an adventure that our group will never forget. When we left Seattle the week before, I don't think any of us knew what treasures awaited us as we sailed into the Bay. It is a bit like our training, we have no idea when we embark how much we will be affected by the journey, or what effect it will have on our life.

Niju Kun

We start back at the first Niju Kun as our focus for this month: "Karate begins with a bow and finishes with a bow."

Kata of the Month

Beginner, Intermediate, and Advanced: Heian Sandan, with 20 movements and kiai points at movements 10 and 20. Heian Godan, with 23 movements and kiai points at movements 12 and 19.

Black Belt: Bassai Sho, with 27 movements and kiai points at movements 17 and 25.

Technical Focus

Jumping, smoothly shifting from zenkutsu dachi to kokutsudachi, kibadachi, yori ashi. In multiple techniques, use of strength and speed to swiftly alternate between powerful blocking techniques and sharp counterattacks.

Instructor Spotlight: Neal Yoshioka, Godan



Where and when did you start training with ISKF?

I started training in May of 1987 with Mr.Callahan at ASK Santa Rosa, CA.

What were the reasons you started training?

A fellow worker at the engineering firm I was employed with at the time asked me if I was interested in going with him to a karate dojo to take karate lessons. I was interested in the martial arts and I decided to go with him. Once I started I never stopped.

Who are the 2-3 people who have most influenced your martial arts training, and why?

Mr. Yaguchi always inspires me, training in one of his classes is something I really look forward to. All the instructors in the ISKF are also a positive influence in my training. Lately I would have to say the students I have training with me are influencing my training because it forces me to really think about what I am telling them and make sure I do things as correctly as I can.

What keeps you training and teaching - what inspires you, what do you most enjoy, what are you learning now?

I love training, nothing else I have tried is as challenging or rewarding. Watching my students improve is really inspiring, it is very gratifying to see someone move up the rank ladder and get better. I'm finally trying to learn to slow down and not rush my kata so I can be a better example.

Anything else you'd like to add?

Thank you for the opportunity to share something about myself and learn about other instructors in the region.

Upcoming Events

ISKF/US Nationals Championships, Sioux Falls South Dakota, November 6 & 7.

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