

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

This niju kun principle, Karate Ni Sente Nashi, is one we practice regularly. Whether we quote it directly, explain it, or simply practice kata, we are expressing the meaning of this principle. The effort to make that first kata movement strong, correct and effective, translates to what Sensei Okazaki and Funakoshi are trying to relate to us in this precept. Taking a strong defensive posture is important in this day and age. The physical action of following the proper course throughout the first technique parallels the opening verbal discourse that sets the stage for the communication that is to follow. As we develop and mature with our techniques, hopefully we will develop and mature as individuals as we work towards daily improvement and perfection of character.

**Niju Kun**

Karate ni sente nashi: In karate, never attack first.

**Kata of the Month**

Heian Nidan and Heian Yondan

Kanku Sho: 47 movements with kiai at movement 28 and movement 47.

**Technical Focus**

Kokutsu – dachi, Kiba-dachi, combination techniques with uchi-waza following mae geri.

**Instructor Spotlight: Chela Ramos, Yondan**



**Where and when did you start training with ISKF?**

I took my kids to ASK of Napa three times a week starting March of 1992. Their instructor, Candace Hammond, was an excellent teacher. She taught the kids class and made them work really hard. After watching my kids become more confident and more outspoken in just six months, I joined them.

**What were the reasons you started training?**

My daughter, Christine, is a very petite girl. When she was in kindergarden, she was very timid and shy. I worried about her a lot. She was almost a foot shorter than any of her other classmates and I didn't want her to get picked on. I started talking to the other mothers in school. Eventually I met this lady whose older daughter is also petite. She told me about this karate school her daughter goes to. She told me great things about the teachers (a husband and wife team) and encouraged me to check it out. I took both my kids to their dojo to watch a class. We were instantly mesmerized. My daughter immediately took a liking to the instructor, Sensei Hammond. We took home the paperwork and she started attending classes the next day. Her brother, Noah, joined three months later, after he was done with Little League. I watched my two kids learn and grow. They were patient and worked hard. At home, they taught me the front stance

and the down block for starters. Little by little, they coached me how to do individual techniques. Then they showed me the first kata. They loved being my teacher. I loved being their student. At the dojo, while they were in class, I was in the back of the room mimicking the techniques they were practicing. A few months later, Sensei Hammond asked me if I would be interested to join. Already paying for two, our family budget could not afford tuition to pay. I declined. She asked if I would consider paying by cleaning the dojo. As it turned out, I cleaned our dojo until I earned my black belt. I will always be grateful to Sensei Hammond and her husband, Sensei Leonard, for giving me that opportunity.

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

Apart from Christine and Noah who will always be my inspiration, I always admired Sensei Greg Leonard's respect for martial arts, particularly the way he lived by its principles and the way he used it to be the best person he endeavored to be. Karate taught me discipline and concentration. As I learned the effects of the techniques, I realized that karate was also teaching me how to avoid confrontation. Eventually, I was convinced that if everyone learned karate, no one would start wars and that was a good thing. Sensei Leonard always said that the real martial artist is one who tries constantly to be perfect in character. He taught me to always try my best and to always be patient. I am grateful for Sensei Leonard's wisdom and support. I hope to follow in his footsteps and to influence another person to see karate in the goodness that it can bring to mankind.

Sensei Leonard introduced me to another karate instructor whom I trusted and respected from the start. Immediately after I met her, I told myself "when I grow up, I want to be like her." That instructor

was Sensei Cathy Cline. Sensei Cline also lives the karate way. But in addition to that, she is very attentive to the people around her. She has an abundance of positive energy and she becomes involved in the lives she touches. When I grow up, I want to be like her.

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

I am convinced that **if** I can guide students to be more confident and to stay focused in their daily lives, then I would have succeeded as a teacher. It inspires me to see our students start speaking up and standing up for themselves. I enjoy being involved in their lives. Everyday, I strive to be a better teacher (or leader) – at home, at work, and at the dojo.

**Anything else you'd like to add?**

In May of 2001, Sensei Leonard retired from teaching at ASK of Napa. As his most senior student, I took on the role of the school's chief instructor. At that time, I knew I could teach karate but was not sure if I could run a dojo. Rick Placone pledged his support to help me. We have been teaching and managing the dojo together since then. We divide the teaching schedule so that when I teach, he trains and when he teaches, I train.

Rick and I got to know each other in karate. We went to karate tournaments and camps with our Sensei Leonard but it was at Camp Brotherhood where we started to get to know each other. Every year, when we return to camp, we think of all the fond memories of our experiences there. We've learned so much together.

Camp Brotherhood holds a very special place in our hearts. The camp has symbolized our friendship and mutual respect for each other and Sensei Cathy Cline has become an integral member of our family.

**Upcoming Events: ISKF/US Nationals Championships**, Sioux Fall 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>