

December 2010
Monthly Communication
Sensei Cline, NW Region Director

2010 seems to have gone by in the blink of an eye. From the New Year's party in January to Camp Brotherhood in May; from Regionals in March to Nationals in November; from happy celebrations to sad goodbyes; we are seasoned travelers. We have come a long way as a region, but we must continue to expand our circles as we do not want to become stagnant. Each state or area within the NW has its own culture and life style, making it unique. Each dojo is unique, and each instructor is unique. As we share experiences training and learning from each other we get a better glimpse into who we are. As a martial arts family, it is important to support our members. How do we offer our support by visiting another dojo to train; by attending a tournament or shiai sponsored by a dojo across the state or across the state line; by mentoring a fellow student or instructor. Your time is precious and when you give it to another, it is a gift. As we bring 2010 to a close, we need to reflect on what we have contributed to the dojo, what we would like to contribute, and what we want to get out of the dojo. Get to know one person a little better each month – you will find a little bit of yourself in each person you engage with, hold on to the characteristics you like and weed out those you don't like. It is a lifetime endeavor.

Niju Kun

Mazu onore o shire, shikashite ta o shire: Know yourself first, then you can know others

Kata of the Month

Beginners and Intermediates: Taikyoku Shodan with 20 movements, with kiais at movements 8 and 16.

Heian Shodan with 21 movements, with kiais at movements 9 and 17.

Advanced: Nijushiho with 33 movements, with kiais at movements 18 and 32.

Technical Focus

Downblock attacks, front stance, side thrust kick, continuous flowing motion, and back hand blocks and double shifting while executing simultaneous blocks and attacks.

Regional Business

As we come toward the end of the year, it is time to collect annual dues. As you remind students to get their 2011 membership card, you may order more from the Region at \$20 each.

Type	Payable to	Due Date	Amount
ISKF annual club dues	ISKF Northwest Region	By 12/31	\$ 130
ISKF annual Instructor dues	ISKF Northwest Region	12/31	\$ 80

Instructor Spotlight: Bobbie Matt, Yondan



Where and when did you start training with ISKF?

I started in Juneau around Nov. 1, 19... something (25 years ago.) I know it was right after Halloween because they had class on Halloween which impressed me for their dedication!! My son and I saw the original Karate Kid movie and he wanted to do karate. I asked around for a style good with the kids and Shotokan in Juneau was recommended by a neighbor. I watched one class and decided I could do it, too. It looked like good exercise.

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

Only 3? JUNEAU: Jason Hayes and Diana Stevens of course--they got me started!! Sensei Greer Golden with his teaching of kicks. Sensei Cline sticks out for me in Juneau when she tested me there and after my most beautiful Tekki Shodan, asked me if I had any idea what the kata

was about!

Sensei Okazaki for his dedication to the ISKF--and his surprise that I was still training when I went to Master Camp after moving from Juneau!! In Seattle, Sensei Cline kept me going and of course our all ladies black belt group of the past! I can never get enough of Sensei Yaguchi, his knowledge and his personality while teaching and outside of class.

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

Teaching keeps me training!! I love to see beginners progress from "I can't do anything" people to competent karate students. I like to see the physical change but I really like to see the mental change--confidence where there was none, for example. Currently I am learning that riding a horse and doing proper body mechanics in karate are one and the same--I often bring "horse" info to the classes.

Anything else you'd like to add?

As much as I am dedicated to karate, without Monica Tieu by my side, it would not be as enjoyable. She is my teacher support for our club, which is 21 years old this year; for my personal training (read--"you have to do it!") and a close friend. She is my first black belt that I started from a white belt so we have been together for many years!! Our club is also benefiting from Sensei Cordice who comes once a week to teach the brown and black belt class.

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