

January 2011
Monthly Communication
Sensei Cline, NW Region Director

I love this precept because it emphasizes the fact that EVERYONE can learn and practice karate, no matter what age, size or gender. There are physical limitations for every individual but there are no limits to the spirit one can exhibit and develop. Most students have some physical limitation – this may be due to the individual's unique musculo-skeletal structure or to a particular health condition. Through diligent training, and a "can do" attitude, things can be accomplished in life that may have seemed impossible prior to training. Karate aims to perfect the entire person; mentally, physically and spiritually. Certainly one needs to endeavor to improve technique, and with strong spirit and energy, physical limits can be stretched. Look back over this year to realize all the new blackbelts that have pushed past mental, physical and emotional barriers to attain their ranks. Reflect on the past year of sparse economic times, not to mention the trying life experiences and health issues that have touched our lives. Maybe you didn't feel like getting up, getting out, and coming to karate class on several occasions during these tough times; but when you did make it to class, your spirit or "life energy" took over and turned things around to give you the necessary perspective to carry on. Let's try to keep this energy alive and strong through each day, each month and throughout the new year. Happy New Year everyone..... Cathy

Niju Kun

Gijitsu yori shinjitsu: Spirit and mind are more important than technique

Kata of the Month

Beginner, Intermediate, Advanced: Heian Nidan, has 26 movements; the kiai points are movements 11 and 26.

Black Belts: Unsu which means "cloud hands" has 48 movements; the kiai points are movements 20 and 48.

See the link below for the winning men's individual kata at the 2010 ISKF Pan American Championships

<http://www.youtube.com/watch?v=UXsmlcx4uAI&feature=related>

AND

The classic Nakayama kata and bunkai

<http://www.youtube.com/watch?v=3YetVJmn06w>

Technical Focus

Heian Nidan – back stance; reverse rotation

Unsu – correctly transitioning from chicken head block to one-finger spear hand attack with kime; kicks delivered in different directions, and from the floor; intricate shifting and use of power

**Instructor Spotlight, John Jaffe,
Yondan**



Where and when did you start training with ISKF?

In 1980, in my last year of graduate school at Cornell University.

What were the reasons you started training?

I had wanted to do martial arts for a long time, but kept putting it off for years, initially because of fears of being injured in training or that it would lead to getting into fights, and later out of concern that I was “already too old.” Finally I decided that late was better than never, and I went to an introductory demonstration by a Tae Kwon Do group and Cornell’s ISKF-affiliated club. I was much more impressed by the Shotokan students, and when I took their invitation to do a trial training right then and there, I was hooked!

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

Mr. Yaguchi, whom I trained with in

Colorado from 1981-1983, and who has trained most of my other teachers, has been the greatest influence in my Karate career. My views on proper technique, the importance of kata and martial arts culture in general come mostly from him. I have always been in awe of his technique and kumite, but what created his lasting influence is his kindness to all students and his imperturbable poise, his total “unflappability.”

Greer Golden, who was director of the Mid-America region where I had my first dojo, played a big role in getting me started teaching. Even though I was only a Shodan then and had not been to Instructor Training, he emphasized that I was now a black belt and a sensei, and that I had both the authority and the responsibility that comes with all that. He also emphasized the importance of proper breathing, both in training and elsewhere.

Sensei Cline has been my Sensei since I moved to the Northwest in 1992. She has seen me through my Sandan and Yondan exams with Mr. Yaguchi and has helped me mature as an instructor. She has helped me clean up my technique a lot, and also helped me appreciate the moral and ethical side of karate, and the value of courtesy and compassion.

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

I keep going to training because training keeps me going! Seriously, I think my health would suffer if I stopped training now. As to what inspires me, it is seeing students putting forth effort and making progress, and enjoying the process too! As to what I would like to learn, that includes things like “Karate in special situations,” for example from the ground (think of the roundhouse kicks in Unsu) or on a staircase, or self-defense from a seated position, etc.

Anything else you’d like to add?

Society has changed a lot since I started

training, and there are some things we may need to do differently than in the past. Our core techniques and essential values will not change, but the way we present Karate to the public should evolve, and to some extent our teaching methods too. For example, some of us have a higher percentage of children

among our students than we used to have, or a different ethnic or socioeconomic mix, or students with different health and physical issues such as obesity. There are some new challenges in attracting and properly training these students.

Regional Standards

The Northwest Region follows established ISKF standards for eligibility for kyu and dan exams. It is important that all instructors are familiar with these rules and follow them.

Please contact *Sensei* Cline if you have any questions.

Rank	Eligibility Requirement
9 kyu – 1 kyu	Examinee must have attended a minimum of 30 classes, over a minimum period of 3 months since the previous kyu exam.
1 kyu - shodan	Examinee has attended classes regularly for one year since the 1 st kyu exam.

Additional information on testing standards can be found at <http://www.iskf.com/information.html>

REMINDER: Annual Club Dues - \$130 / Individual ISKF cards - \$20 each.

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