

February 2011
Monthly Communication
Sensei Cline, NW Region Director

The word Kokoro means heart, yet this precept translates to, "be ready to release your mind." Interesting that the word heart is not included in the translation, yet when the brain or mind is released, or taken out of the equation, it is our feelings, instincts or heart that takes over. You can "sense" when something is about to happen the moment you stop thinking and start feeling. It's similar to asking a beginner to relax. It's impossible. But, after years of training and millions of repetitions, the beginner becomes advanced, does not have to think every time he or she moves, and has learned to release their mind. By releasing the mind from thought, one opens the heart to feel. One of our katas this month is Jion. 'Jion' refers to a temple - a place where the mind is secondary to the spirit. This idea is reinforced by the preparatory, meditative pose that one assumes during yoi position. This preparatory pose begs the question, are you ready to release your mind? Try it, and see if you come to a new understanding of the kata Jion. By releasing your mind and using your heart to "feel" the kata, you will experience a new or different interpretation.

Niju Kun

"Kokoro wa hanatan koto o yosu": Be ready to release your mind.

Kata of the Month

Beginner, Intermediate, Advanced: Heian Sandan, has 20 movements; the kiai points are movements 10 and 20.

Black Belts: Jion, has 47 movements; the kiai points are movements 17 and 47.
Bassai Dai, has 42 movements; the kiai points are movements 19 and 42.

Technical Focus

Heian Sandan – kiba dachi, middle level blocks, tsuki age (swinging punch over the shoulder), yori ashi (sliding)

Jion – connection of upper and lower body, teisho uchi (palm heel strike), otoshi uke (dropping block)

Bassai Dai – hip rotation, yama zuki (mountain punch), sukui uke (scooping block)

Instructor Spotlight, Tim Dalton, Nidan



I actually started training rather late in life when I retired from the high seas in 1980 and attempted to pursue a respectable career as a sculptor, I began training at Arizona State with Sensei Shojiro Koyama to keep fit. When I relocated to Moscow, I practiced with a TKA club at WSU, and when the instructor graduated and his sensei retired, I was asked to keep the club going. I was greatly assisted in this task when Scott Randall joined our club,

and together we decided to reconnect with the ISKF. Meeting Sensei Cline at Sensei Jaffe's dojo was like being welcomed home. The support and encouragement she and the rest of the ISKF family have given us over the years have made all the difference.

Karate is an art and a craft and like any art, when you begin to understand the basics, you can do all kinds of amazing things with it, but you also never stop learning and improving your craft and finding more and more imaginative ways to use it. Art is like that and Karate is like that, and teaching is like that as well. I'm always striving for a better understanding of the techniques and how to get them across to my students; how to engage myself and them at all levels to continue improving ourselves. That's what keeps me training and teaching. (Besides the ever-present possibility of having to return to my former life of adventure if the economy tanks.)

Camp Brotherhood is my annual rejuvenation and inspiration. The spirit and camaraderie reminds me what Karate practice can be. All of the instructors and sempais help to focus my training and teaching. Sensei Cline's strength and gentleness and tireless commitment keep us all going. Sensei Okazaki's steadfast example, Sensei Yaguchi's good humored challenges, Sensei Dulce's infectious good spirits, so many excellent Karateka to learn from; I look forward to it every spring. See you all there.

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