

March 2011
Monthly Communication
Sensei Cline, NW Region Director

One can't help but be grateful for what we have here in the United States following the disasters in Japan. The people of Japan are the world's most vigilant and best prepared for a devastating earthquake. This vigilance and watchfulness may have saved some lives, but the overwhelming destruction of this 9.0 quake was too much for even the best prepared. This misfortune was random, unexpected, and has tested the resolve of every person who has any sense of humanity. I have been asked, "what can we – the ISKF NW Region do? How can we help?" If there is a safe and effective way to help the survivors in Japan, this will become known as people around the world are aching to do something, anything to help the helpless. Although we may all want to help, it appears that insult is added to injury as the damaged nuclear reactors are spewing radioactive materials into the air and sea, only to have the winds change direction and blow the deadly materials back onto the land. Temperatures are expected to drop below freezing in the next 36 hours, leaving the homeless survivors fending for their lives as they search for shelter and food. This does not seem fair – when is enough, enough? So again we ask, "how can we help." By being vigilant ourselves, being sensitive to what others may be feeling and experiencing as the impact of what is happening around our world sinks in and becomes reality. We are asked by Okazaki Sensei to "give our all to everything we do in life, not to be lazy, not to be discourteous." At this time, we must keep this precept by being diligent, making a conscientious effort to be courteous to everyone at all times, to keep the moral fiber of our society in tact. This, at the most difficult time, is what we must do.

Niju Kun

Waza wai wa ketai ni seizu: Misfortune comes out of idleness

Kata of the Month

Beginner, Intermediate, Advanced: Heian Yondan, has 27 movements; the kiai points are movements 13 and 25.

Black Belts: Jiin, which means "temple ground", has 35 movements; the kiai points are movements 11 and 35.

Technical Focus

Heian Yondan – use of breathing to control speed, kosa-dachi (crossed leg stance), uraken tate mawashi uchi (vertical strike with backfist)

Jiin – complex turning movements, double blocking using gedan barai and ude uke

Instructor Spotlight, Bruce Hiner, Nidan



I began training with the ISKF in the fall of 1991 at the Association for Shotokan Karate in Santa Rosa, CA. I began training with Sensei Wayne Reagan, an instructor under Marty Callahan. I stopped karate training in the fall of 1993 to enter graduate school in psychology. While graduate school took every moment of my time, I often looked back fondly to training and looked forward to returning when I finally completed graduate school. I returned to karate sooner than I thought as it became the focus of my dissertation. My dissertation explored the effects of traditional karate practice on its practitioners. I traveled the west coast from Sensei Field in Santa Monica to Bellevue, WA to gather information about anger, anxiety, and coping skill development from ISKF karate practitioners of all ranks. Following graduation and beginning work, I returned to karate training at ASK. Shortly after my return I began teaching karate at North Valley School.

I began karate training for several reasons. First, I had always had the desire to practice karate. My first experience with karate was during my years in the U.S. Army, 82nd Airborne Division. I spent four months training in an Okinawan style, lots of sparring. Secondly, my job at the time was working with adolescents with emotional disturbance. It was intensely emotional and at times students became violent. I wanted to gain a sense of security for both myself and those I was working with. Lastly, karate training was a way to provide a opportunity for exercise to improve my physical conditioning as well as release tension and offer me a sense of relaxation.

I continue karate training to exercise my body and mind, and release emotional stress. I have found karate training invaluable in my daily life. I continue to train to provide me a sense of improved safety and security for myself, my family, my coworkers and my students. I continue to train to excite and invite others to develop themselves both physically and mentally.

I have had several people who have influenced my martial arts training. First, might be David Carradine, Kung Fu. He was one of the first martial arts images I can remember. I enjoyed watching him train and interact with people attempting to avoid violence. Another person who was important in my karate training is Sensei Wayne Reagan. He was my first instructor. He was both powerful and caring in his teaching style. He was someone I wanted to emulate. Another inspiration from my beginning years, through present day is Jennifer Metz. She was and continues to be an inspiration, reflecting a calm intensity as

well as ongoing commitment to karate training. And finally, Sensei Cathy Cline. She provided me with needed support and enthusiasm not only for my dissertation, but for my return to karate training. She has been a fantastic support throughout my years as a karate practitioner and as a developing karate instructor.

Upcoming Events

Northwest Regional Eliminations and AMAS Traditional Karate Championship, March 26 and 27, 2011. Special guest instructor and Chief Judge Sensei Yaguchi.

<http://www.amaskarate.com/index.cfm?page=9>

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