

April 2011
Monthly Communication
Sensei Cline, NW Region Director

Sensei Cline is recuperating from major knee surgery. In her rehabilitation phase, she has the opportunity to practice many things she has learned throughout her karate life.

Patience *Strength* *Endeavor* *Refrain from violent behavior*
Flexibility *Correct application of power* *Faith*

Niju Kun

Dojo nomino karate to omou na: Don't think that what you learn from karate can't be used outside the dojo

Kata of the Month

Beginner, Intermediate, Advanced: Heian Godan, has 23 movements; the kiai points are movements 12 and 19.

Black Belts: Wankan which means "King's crown" has 20 movements with a kiai on the final movement.

Meikyo, which means "polished mirror", has 33 movements and the kiai point is at movement 32.

Technical Focus

Heian Godan : kage-zuke (hook punch), jumping, chudan-mika-zuki-geri (middle level inside crescent kick), jodan-shuto-juji-uke (upper level open hand X block)

Wankan: scissors block (hasami uke), two handed scooping block (morote sukui uke) moving into neko-ashi dachi

Meikyo: sankaku-tobi (triangle jump), defense against a stick

Instructor Spotlight, Karen MacDonald, Sandan



karate class. The dojo was located in a little town called Bolton, Ontario in Canada. My very first instructor was Sensei Ian Fung.

What I remember most about training with Sensei Fung is the conditioning exercises. I remember how much he enjoyed running over our bellies, doing knuckle push ups and endless sit ups. He truly built a solid strong foundation for me and gave me a great introduction to "the fighting spirit".

What were the reasons you started training? Besides the reason of "my sister made me do it". The bigger reason was because I was a very shy, insecure little girl who needed help knowing it was ok to be me. I was experiencing some

Where and when did you start training with ISKF? I followed my sister in 1985, at the age of 11, into my first

bullying issues in school for many years and did not know how to manage it. Come to think of it, nobody knew how to manage it: teachers, principle, parents etc. Something about the Martial Arts summoned my higher self and then began the journey of finding out who I really was.

Who are the 2-3 people who have most influenced your martial arts training, and why? This is very tough to narrow down. But, my first answer would have to be my sister. Donna still runs a successful dojo back home in Canada to this day. She was very diligent in dragging me to class with her, even when I would complain about being too tired, sore, hungry, or having too much homework..."Leaving in 5 min!" she would shout up the stairs. Not giving my complaints the time of day. We used to travel 45 min. to 1 hr. one way to go to class. I know, I know...at least I didn't say "up hill, in 4 feet of snow"! It was a great support system. We were also opposite body types. She was of the Shorin style and I of the Shorei style. So, her energy inspired me to achieve that which I didn't have in my own technique. And, of course there were always the wonderful discussions on the drive home. My sister and I would quiz each other on Japanese vocabulary and how many movements in each kata.

Another big influence in my life is Sensei Woon A Tai. We used to travel to Toronto 1x/wk. to take a class with him. I always admired how he remembered and cared so much about each of his students. Still to this day when I see him he will say "Karen MacDonald how is the horses?" It was always exciting to attend the Nationals, because this was one of the few chances I was able to say hello again. Sensei Woon A Tai, in my eyes, was a strong, disciplined teacher. He worked you hard, your gi would always be able to stand on it's own after class. He always knew how to get the most out of you. It was incredible. Just when you thought you couldn't muster up any more energy to do "One more, full speed!" off your body

went! Often Sensei Woon A Tai would host Master Okazaki. It was such an honor to train with Sensei Okazaki. I was inspired by his unconditional encouragement. I looked forward to his great smile. Each time we tested with Sensei Okazaki, after bowing in, he would turn around to face us with a grin from ear to ear and say "try your best and keep training!" I remember how he had such a skill of putting your mind at ease during the most nervous and scary situations.

What keeps you training and teaching – what inspires you, what do you most enjoy, what are you learning now? Quite simply, I love the Art of Karate. How it connects to everything else in life. It keeps me grounded and centered, adaptable and open. I can work on something specific in my training and that very thing in life is also being worked on. It's amazing when you can work on timing in sparring; you are also working on timing in daily life. Karate has improved what I do outside the dojo.

The other half of my life is the horse industry. Karate teaches me about horses. My riding is better, understanding my own energy and how it connects with the horse has heightened. My hammer blows for shaping horse shoes are better! The list goes on.

My students are the biggest inspiration to me. Seeing how they grow internally and externally truly enlightens me! Teaching them to use the mental aspects of the martial arts inspires me!

The opportunity to attend clinics and training with friends completes the circle.

Anything else you'd like to add? When we moved to California from Canada 9yrs. ago, it was a very big change. I had no family or friends in California. It was very hard for several years to adapt. The one thing that kept me grounded was finding an ISKF dojo. Sensei Marty Callahan welcomed me at ASK Karate in Santa Rosa and this dojo became my family and became my way to be close to home.

I am now inspired by the new relationships I have in the USA. I hold a very special spot in my heart for Sensei Yaguchi and I am honored to be

connected with such a powerful motivator, and caring teacher; our Regional Director, Sensei Cline. Thank you.

Events Recap

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

Regionals:

Men's Individual Kata

Jumbo Banaria - 1st place
Jay Banaria - 2nd place
Ken Kraisler - 3rd place

Women's Individual Kata

Yvonne Clarabal - 1st place
Christina Hirschberger - 2nd place
Chelsie Smith - 3rd place

Men's Individual Kumite

Jumbo Banaria - 1st place
Jay Banaria - 2nd place
Carlos Rodriguez - 3rd place

Women's Individual Kumite

Chelsie Smith - 1st place
Yvonne Clarabal - 2nd place

Senior Women's Individual Kata

Chela Ramos - 1st place
Diane Cox - 2nd place

AMAS Open Tournament:

18 & Over Men's Advanced Individual Kata

Jumbo Banaria (SF Shotokan Karate Club) - 1st place
Jay Banaria (SF Shotokan Karate Club) - 2nd place

18 & Over Women's Advanced Individual Kata

Yvonne Clarabal (SF Shotokan Karate Club) - 1st place
Chelsie Smith (AMA Sacramento) - 2nd place
Christina Hirschberger (AMA Sacramento) - 3rd place

35-49 Men's Advanced Individual Kata

Ken Kraisler (Southwest Washington Shotokan Karate Club) - 1st place
William Webster (North Valley Shotokan Karate Club) - 3rd place

35-49 Women's Brown Belt Individual Kata

Tere Delgado (ASK Napa) - 1st place
Mary Maquiran (AMAS) - 2nd place
Angie Grainger (Mushin Karate) - 3rd place

35-49 Women's Black Belt Individual Kata

Karen MacDonald (Petaluma Karate Club) - 1st place
Camille Antinori (SF Shotokan Karate Club) - 2nd place
Maryanne Salvador (AMA Sacramento) - 3rd place

50 & Over Men's Advanced Kata

Richard Placone (ASK Napa) - 1st place
Gary Wong (AMAS) - 2nd place
Michael Johnson (AMA Sacramento) - 3rd place

50 & Over Women's Advanced Kata

Kathleen Fitch (ASK Napa) - 2nd place
Diane Cox (ASK Napa) - 3rd place

18 & Over Men's Advanced Kumite

Jumbo Banaria (SF Shotokan Karate Club) - 1st place
Jay Banaria (SF Shotokan Karate Club) - 2nd place

18 & Over Women's Advanced Individual Kumite

Chelsie Smith (AMA Sacramento) - 1st place
Melissa Riley-Florencio (AMAS) - 2nd place
Diane Cox (ASK Napa) - 3rd place

35 & over Men's Advanced Kumite

Carl Futenma (Southwest Washington Shotokan Karate Club) - 3rd place

35 & Over Women's Advanced

Mary Maquiran (AMAS) - 1st place
Angie Grainger (Mushin Karate) - 2nd place
Camille Antinori (SF Shotokan Karate Club) - 3rd place



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