

June 2011
Monthly Communication
Sensei Cline, NW Region Director

When one trains with a partner, you are either delivering the technique, or defending against the technique. If each technique is delivered and defended against as if it were your last, in other words, a life and death situation, training would take on a different and more intense meaning.

One blow or one kick, given or taken, can mean life or death. This is a very serious mindset; one that if applied to the challenges and hardships in life can reveal both strengths and weaknesses in character. The discipline that is required to attain, and retain, this martial mindset is suggested in the dojo kun.

Recently, I was challenged with a surgery that pushed me farther than I ever expected and stretched my limits. With the support of good friends, I realized that I had to go back to a true "beginners mind," not taking anything for granted, being thankful for everything I have, and fighting hard to get back technique and form that have been altered. After this type of experience, one struggles to relearn what was natural, but more importantly, one learns how important a strong mindset can be to overcome the obstacles in life that may at times seem insurmountable. When you "Put karate into your everyday living; you can see its true beauty."

Niju Kun

Ara yuru mono o karateka seyo sokoni myomi ari: Put karate into your everyday living; that is how you will see its true beauty

Kata of the Month

Beginner, Intermediate, Advanced: Tekki Nidan, meaning "iron horse # 2", has 24 movements; the kiai points are movements 16 and 24.

Black Belts: Gankaku, which means "crane on a rock", has 42 movements; the kiai points are movements 28 and 42.

Technical Focus

Tekki Nidan: elbow striking, tsukami-uke (grasping block), hip vibration

Gankaku: Balance, double kicking, turning 180 degrees

Instructor Spotlight, Kris Haight, Rokudan



Where and when did you start training with ISKF?

I moved to Prescott Arizona from Connecticut in 1977. I was running in the hills and taking a water aerobics class but was bored ...so I visited the local martial arts dojo in this small rural town. The class was taught by Sensei Bob Hunt and James Madrid. What I saw was pushups with someone on your back, running up and down the stairs with someone on your back, and push ups with someone holding your ankles....that didn't look boring. The style was Wado Ryu and I achieved a sandan.

In 1986, I relocated to Tucson Arizona to complete a bachelor of science degree in nursing, and needed to find a new dojo. A friend had already switched to Shotokan and told me about Sensei Paul Hurtado. Sensei Paul taught at the University of Arizona ...and an early morning training (6a) in a small brick building in his backyard...this was more of a special invitation to train here and it was commonly Sensei Hurtado, Jim Butwin, and myself.

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

Sensei Madrid, my first Sensei, was fast, flexible, and intense – I kept training because of him.

Sensei Hurtado was fun, creative, and taught me the value of self-training.

In 1989, I was selecting a university to attend to complete by master of science degree in nursing

and considering a number of locations – what sealed my choice for Seattle was when Sensei Hurtado returned from a camp in Colorado and said “ I found the perfect instructor for you – she’s the highest ranking woman, a highly successful tournament competitor and she lives in Seattle!”

I thank Sensei Cline for teaching me correct technique, and encouraging my personal development and contributions to karate.

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

Sensei Cline

Sensei Yaguchi

It really is true that there is always improvement – always more understanding to gain and share.

Camp Brotherhood

The 21st annual camp was successful again with participants from Alaska, California, Washington state, Colorado, Idaho, Oregon, Montana, and Canada.



Upcoming Events

Shotokan Karate of Spokane Traditional Karate Tournament& Karate Seminar August 20th.
More information at: <http://sites.google.com/site/mthomas8199/home>