

North America



Wado International Karate-Do Federation **DOJO CONNECTION**

March 2008

WIKF GEORGIA Competition Team



The **WIKF GEORGIA** Competition Team entered the Georgia State AAU Championships recently. Here are the results of that competition:

- Andrea Knoll... Kumite: Silver
Kata: Bronze
- Alex Gaitan... Kumite: Silver
Kata: Silver
- Robbie Lytten ... Kumite: Gold
Kata: Silver
- Keith Bonner... Kumite: Gold
Kata: Bronze
- Julia Charboneau... Kumite: Gold
- Trevor Wright... Kumite: Silver
- Joey Lytten Kumite: Silver
Kata: Bronze

- Elijah Caldwell Kumite: Silver
- Anna Cox Kumite: Silver
Kata: 4th
- Drew Cox Kumite: Gold

Kyu Gradings

Newnan Karate Center, Georgia

7th kyu

- Anna Cox
- Drew Cox
- Joey Lytten
- Robbie Lytten

8th kyu

- Robert Lytten
- Jordan Rheingrover
- Will Rheingrover

East Coast Wado, Nova Scotia

Adults

- Trevor Bowes 6th kyu
- Helen Thexton 7th kyu
- Laurel Hache 6th kyu
- JC Cormier 6th kyu
- Heather Tucker 5th kyu
- Wendy Johnson 5th kyu
- Tara MacDonald 6th kyu
- Darcy MacDonald 6th kyu
- James Black 5th kyu
- Abel Yewondwossen 5th kyu
- Julia Farmer 5th kyu

Kids

- James Adams 8th kyu stripe
- Allyson Black 8th kyu stripe

- Morgan Edwards 8th kyu stripe
- Matthieu Lagace-Seguin 8th kyu stripe
- Ben Ryan 8th kyu stripe
- Cory Weber 8th kyu stripe
- Nicholas Yuill 8th stripe
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East Coast Wado Tournament Results

JF Charette

Saturday, March 15th, was the Grand Prix Tournament hosted by the Nova Scotia Karate Association at Mount Saint Vincent's, and well the East Coast Wado Club made its presence known. This was the largest turnout by the Club ever, both for the kids (6) and adults (6). I believe we gathered the most medals by one club. It was great to hear comments from the Nova Scotia Karate Association executive as to how our Club was doing, I was so proud of all of you. I would like to thank all parents, kids, adults and Club members that gave up some of their weekend to attend and cheer on the Team. As Sensei Sam mentioned Sunday, we are an extended family and whether you participate or cheer it brings inner strength to all competing. That was very apparent Saturday when I looked around and saw people moving from ring to ring to cheer on a child or member. Everyone was helping out where needed and that was awesome to see the camaraderie. I know when it was my turn to perform my kata, I could see familiar faces in the crowd and around the ring cheering me on and it made me feel at ease and gave me a boost of confidence. "

Kumite (fighting)

10 - 12yrs orange belts;

- Curtis Power, 1st –
- Andrew Furlong, 2nd

8-9 yrs yellow & orange belts;

- Shawn Murley, 2nd

Girls 14 -18yrs;

- Ashley Power, 3rd

Men's Black belt;

- Sam Shafiee, 2nd

Ninja Turtle (flags)

White belt and above;

- Dillon Landry, 1st

Kata

8-9yrs mixed orange belts;

- Oliver Cormier, 1st
- Danielle Charette, 3rd
- Shawn Murley 4th

8-9yrs white/yellow belt;

- Dillon Landry, 2nd

Men's Black belt;

- J.F. Charette, 3rd –
- Jim Murley, 4th

Also competing;

- Nathan Oates,
- Laurel Hache
- J.C. Cormier.

SAKURA—CHERRY BLOSSOM

The cherry blossom is the national flower of Japan and probably the most beloved flower of the Japanese people. Cherry blossom viewing parties and cherry blossom festivals are held all over Japan in the spring. Viewing cherry blossoms in the evening is also very popular. The cherry blossoms are especially beautiful against the dark sky.



Andrea Knoll night viewing cherry blossoms in April of 2007 at the Kiyomizudera Temple, Kyoto.

Cherry blossom viewing has been a Japanese custom since the 7th century. There are over four hundred varieties of cherry trees in Japan but Japanese cherry trees do not bear fruit like other cherry trees. The cherry blossoms flower at different times throughout Japan. They begin blooming in January in Okinawa and they are at their peak in late March to April in mainland Japan.

Cherry blossoms are symbols of a bright future and suggest purity, transience and melancholy. But like many things there is also a dark side. From the way the blossoms quickly and gracefully fall they were used by the military to beautiful death: there was suppose to be no greater glory for the Japanese soldier or Samurai than to die on the battlefield like fallen cherry blossoms.

I have been to Japan on several trips that were coordinated to see the cherry blossoms. I can tell you they are truly beautiful. There are cherry trees everywhere in Japan but the blooming period is very short. They blossoms open all at once in different locations but seldom last more than a week. If you ever plan to visit Japan, spring is a good time. You won't regret seeing the cherry blossoms...I promise!

WIKF TALK ABOUT

(A new attempt to keep everyone up to date on people and events in the WIKF family.)

- We have a new dojo in Albuquerque, New Mexico. **Alex Cimino-Hurt**, WIKF Nidan, has opened the **Fudoshin Dojo**. We all wish Alex great success with his new dojo. Alex is a school teacher in Albuquerque.
- **Heidi Taylor** from the **Life Center Dojo** in Utah (Doug Jepperson, Sensei) is our newest USA Black Belt. She recently traveled to England where she tested for her Shodan with Suzuki Sensei. Great job Heidi!
- **Scott Meek**, Godan, Tennessee is currently making plans to host the WIKF USA Summer Training probably sometime in August. More information will be forthcoming as details are worked out.
- **Kevin Jones**, Sensei of the East Coast Wado dojo in Nova Scotia fractured his ankle doing jump kicks(???). It seems his kicks were fine but his landings need some work! We hope he has a fast recovery.

- **Lisa Free**, Academy of Classical Karate-Do, Plano Texas, had to have knee surgery which has ended her competitive career. Lisa has been an outstanding competitor for a long time. She will be taking a more active roll in coaching the WIKF USA woman's team. I am positive her experience and knowledge will greatly enhance the performance of our woman's team.
- **Brody Burns**, Academy of Classical Karate – Do, Plano, Texas is currently in training in the Washington, DC area for his new career as a Federal Agent (not FBI or CIA). Upon completion of his training he will be back in the Dallas/Plano area. By the way the Plano Dojo is in the process of relocating. More news on that later.

HIGHLY SKILLED PEOPLE

How do highly skilled karate-ka learn their craft? In the same way highly skilled individuals in other areas do. The first operation performed by a surgeon was on a cadaver. This allows for a lot of latitude for mistakes. The pilot of the last plane you flew in spent many hours in a flight simulator before attempting to take off and land from a cockpit. Similar instructional techniques are use in nearly every profession. Such experiences allow professionals to learn from their mistakes and improve their performance.

Some assessment experts argue that you don't really learn from successful performance. They believe that you learn best when your performance is less than successful because it is then that you can gain insight and direction about how you can improve. Many times I have told students that the dojo is a killing ground. I say this because in the dojo you can make mistakes that would get you killed in the outside world but live to learn and get better because of them. In the dojo you have many chances to make mistakes while in the world outside the dojo you may only get one. So you make your mistakes in the dojo so you don't make them in the outside world.

One of my students recently commented that they didn't like getting hit. Neither do I for that matter but it is by being hit that I have learned how not to get hit. The essential question may be: What is the risk of making mistakes and getting hit in the dojo compared to the risk of never getting hit in the dojo and not learning from your mistakes?

