

Pan America



Wado International Karate-Do Federation

DOJO CONNECTION

Like Minded People With A Common Goal

April 2011

Training

Tom Kosslow

Shortly after I retired from my job as a Public School Principal my dojo closed. This was because I had used the school gym as my dojo but after I retired that facility was no longer available for my use. I moved to a different town for awhile and I did some swimming, and lifted some weights in an effort to stay in shape but I really didn't do much kicking and punching. I ran kata a little but that was about it.

I went to Nashville to train with Suzuki Sensei later in that same year and after the first night Sensei said to me, "You are not so sharp as before." He wasn't being critical he was just stating a fact. A statement like that from Sensei to someone like me hit hard but it also shattered the illusion I had created that I could keep the skills without continuing to do the work. It also reminded me of another statement a school child wrote once, "*If you keep pretending you know how to swim, one day someone's going to push you in the pool for fun...but it won't be.*"

I did some reflecting on my training after that experience. I had to take some time to consider what I want to accomplish and how to make that happen. Time is an important ingredient in training. There is no craft or skill that you can do that does not require time, effort, and practice. To become or remain a karate-ka of skill you have to spend time in building endurance, stamina, and energy levels. Extended periods of time must be given over to practice. You learn and keep the skills of karate by doing karate. It's how we get better at what we do. I moved back to where I had resided for thirty years and eventually found a facility and reopened my dojo. I resumed my personal training and have continued to do so to this day because I don't intend for Sensei to make that kind of comment to me ever again.

Having a clear idea of where you want to go and what you want to do is one of the most important steps we can make. Without this, it is too easy to let the daily decisions we make, those that will eventually lead to the achievement or demise of our goals, be overly influenced by the unexpected and distracting issues that come up in daily life. I brought this up because the WIKF World Cup in Arlington, Texas this August will provide us with an opportunity to reflect and discuss our training and commitment to WIKF. I would like to encourage anyone who can attend to do so. The training will be great, the tournament will feature world class competitors, friendships will grow, and there will be an opportunity for us to once again come together as an organization.

Ganbatte Kudasai Nihon

Tom Kosslow

Of course by now everyone knows about the terrible earthquake in Japan – the worst ever recorded there. If you keep an eye on developing events there in the coming days, weeks, and months I bet we can learn some lessons about civility, compassion, and common purpose.

It's not that Japan's government handles earthquakes particularly well because it doesn't seem that they do, but the Japanese people themselves seem truly noble in their perseverance and stoicism and orderliness. "Gaman" is a Japanese word that really doesn't have an English equivalent, but means something like "toughing it out." And that's what the people of Japan are doing today, with a courage, unity and common purpose that you would not see in most other countries. Looting and violent behavior over resources as essential as food, water, and shelter seem non-existent. Japan has a great sense of

common purpose. That sense of common purpose is part of the country's social fabric, and it is especially visible after a natural disaster like this earthquake and tsunami. Uncomplaining, collective resilience seems to be built into the Japanese character. The Japanese say "shikata ga nai" ("it can't be helped"). The Kanto earthquake of 1923 killed more than 100,000 people. The 1995 earthquake in Kobe killed 6,000 and left thousands of people homeless. Natural disasters have always been seen as part of Japan's "unmei," or fate.

My guess is that the Japanese will, by and large, work together to rebuild. So "ganbatte kudasai Nihon" – tough it out, be strong. Japan. Our prayers and sympathy go out to the Japanese people but also our admiration and respect.

CELEBRATION

April 1st, 2011 we celebrated the 35th anniversary of the establishment of Wado in Curacao after my return from Holland to live in Curacao.

Regards,
William Millerson

Newnan Karate Center, Newnan Georgia USA

Tom Kosslow, Sensei

Five members of WIKF Team Georgia competed in the 6th Annual Atlanta Traditional Karate Tournament in Forsyth, Georgia.

Andrea Knoll won the Gold medal in Advanced Female 35+ Kumite

In his very first competition **Grant Augustine** won the Silver Medal in Kata and Silver medal in Kumite in the 5-8 yr. old division.

Evan Cerniga won two Bronze Medals in the 5-8 year old division.

Brianna Trammell won a Silver Medal in Kata and a Bronze Medal in kumite in the 12-14 year old female kyu division.



Back L-R:
Brianna Trammell, Trevor Wright, Andrea Knoll
Front: Grant Augustine, Evan Cerniga

Recent Promotions:

Brianna Trammell....6th Kyu
AJ Traver.....6th Kyu
Todd Traver.....6^h Kyu

Campbell River, Canada

Dan Wallis

Sensei Corrigan travelled to **Vancouver Island** and taught seminars March 30 through April 2nd teaching Tuesday, Wednesday in Campbell River, Thursday, Friday on **Quadra Island** and then another class in Campbell River after a kyu and Dan grading **on Saturday**.

The Grading panel of Sensei Corrigan, 7th Dan, and Sensei Wallis, 6th Dan, awarded Shodan to Quadra's Eamon Simmons (third from right back row) and Campbell River's Trammy Tran (second from right front row). Both clubs are very proud of Eamon and Trammy's accomplishment!

Part of every examination requires the prospective Dan grade to write a written exam.

The question for these students was this: Explain how Wado Ryu Karate is both similar to, yet different from, the other main styles of karate.

Here is an excerpt from Trammy's paper as she illustrates how she sees some differences:

"To the untrained observer, Wado Ryu might look similar to other styles of karate, such as Shotokan. Most of the underlying principles, however, were derived from a style of Jujutsu. A block in Wado may look much like a block in Shotokan, but they are executed from different perspectives. Because Wado Ryu movements are smaller, it is more difficult to accelerate and focus. A key principle in Wado Ryu is

that of tai-sabaki (often incorrectly referred to as 'evasion') The Japanese term can be translated as "body management" and refers to body manipulation so as to move the defender as well as the attacker out of harm's way. The way to achieve this is to 'move along' rather than against - or harmony rather than physical strength...It works well with the jujutsu applications that Wado retains and improves the tai sabaki that is a core of Wado training and application in comparison to the low stances and long attacks, liner chained techniques that typify Shotokan." Trammy raises some fundamental differences between the Japanese Karate systems of Wado and Shotokan which need to be regularly reinforced on the tatami as well as in discussions so students can more fully appreciate their style called Wado Ryu. For example: our blocks - do we fully appreciate this different perspective? Are we always aware of, and working towards these smaller movements so we can maximize our effectiveness with minimum movement and energy? What really is "body management" if not just evasion? The concept of San-mi-ittai and its three types of body shifting is a very complex topic of study for the Wado Ryu student. We use the word "harmony" in relation to our training: how [many different ways](#) does this word manifest itself in the dojo and in our regular day-to-day lives?

The written test gives the aspiring Dan grade the opportunity to put in writing some of the beliefs learned over time and also the opportunity to ask deeper questions relating to [Wado Ryu karate](#) that need further study.

The Shodan is truly at a point in his/her karate training where, thanks to my first Sensei, Jim Hamilton, he reminds us that "Dan" means step. Shodan, then means the first step in karate. Far from having arrived, the Shodan is just beginning. The student has reached the point where he/she should be ready to receive instruction...the journey is just beginning.

Our senior grades (brown and [black belts](#)) in Campbell River and Quadra have a good core of close to twenty people who need to regularly train together so we can learn to internalize some of the higher principles found in Wado Ryu karate. We must capitalize on this opportunity and take on this challenge! The attached calligraphy of Michi serves as both inspiration and reminder of the life long study we are pursuing.

GRADING RESULTS FROM APRIL 2, 2011
WHITE BELT(8TH KYU)

Kathleen Westergaard
1/2 7th Kyu
Maevie Milligan
Emily Bertrand
YELLOW BELT7th KYU
Alec Weinstein
Bailey Demuth
Jeet Bains
Kim Gargar
Emma Mercer
Bradshaw Laking
Alan Demuth
Erin Milligan
April Gargar
1/2 6th KYU
Ali McPhee
[ORANGE BELT](#) (6TH KYU)
Riccardo Berry
Matthew Bavis
GREEN BELT (5TH KYU)
Khang Phuong
Paul Puddy
Kornelia Mitchell
BLUE BELT (4th KYU)
Ian Douglas
BROWN BELT (3rd KYU)
Genoa Alger
SHODAN
Eamon Simmons
Trammy Tran

WIKF CANADA ANNOUNCEMENT:

Campbell River is pleased to announce that we will host WIKF Chief Instructor Sensei Jon Wicks, 8th Dan in Campbell River [September 30](#) through [October 4, 2011](#). Sensei Wicks will teach classes on Saturday, Sunday and Monday and we would be pleased to help karate-ka choosing to come to Campbell River for this unique training by offering billeting at our homes. If you are interested please let me know. wallis_d@telus.net or 250 202-3359. In order to be your best, you need to train with the best

