

Pan America



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

AUGUST 2009

SUZUKI SENSEI'S BOOK

Sensei's autobiography has been reprinted in a new edition and is now available for purchase (English only). I know you can purchase it at Amazon.com because I ordered one for myself. It should be available through booksellers overseas as well.

ISBN 978-1-4415-2483-6.

(When I typed this number in at Amazon.com I got a message that it could not be found but I scrolled down and there it was ??? so don't give up.) Also if you type in "Tatsuo Suzuki" you will find the hardback edition.

2009 National Karate Championships

Brody Burns

On July 14, 2009 the competition team from the Academy of Classical Karate, WIKF Texas, traveled to Ft. Lauderdale, Florida for the National Karate Championships and USA Team Trials. The event would last until Sunday night, July 19th.

This is the largest team WIKF Texas has sent to the National Championships with 30 athletes, 3 floor coaches, a Team manager, 2 members of the USA Karate National Staff and cadre of Boosters, parents and friends, the total contingent was over 85 people. The WIKF Texas Booster Club and Travel Committee secured a great hotel and saved the athletes over \$4,000 in room nights, perks and travel expenses. In addition, through the Booster Club,

the athletes raised money and covered \$3000 in entry fees for the entire team.

This Team put in the work. They starting the competition season on January 1 with a Team Meeting to lay the ground rules and expectations followed by a hard 4 hours physical assessment to determine the level of fitness, skill and commitment on January 3. Team practice was every Saturday for 2 hours for the following 7 months and most of the team did not even miss a single practice day. Of course the Team had to take some Saturdays off to go compete, but they were back to practice the following Saturday reviewing video, talking to coaches and teammates about what worked and what didn't. Once they hit the ground in Ft. Lauderdale, they were ready for action.



The schedule was busy, but designed to allow the athletes time to get in the competitive zone and feel ready for their best performance. Tuesday was travel day, but everyone on the team had to be checked in with a Coach by 6pm for the first onsite team practice. Wednesday was a Team Day, in which the entire team hung out together and went to the museum, the beach and of course had practice. Thursday it was down to business with kata and

kumite seminars. Most of the Jr. Team athletes (and Tom) were able to get a training session in with two time World Champion George Kotaka to get some last minute polish before the competition started. By Thursday night, the team was in the zone. Friday was kata competition where the team finished with 12 medals (2 gold, 2 silver and 8 bronze), which is pretty impressive for Wado! Saturday and Sunday were kumite days. The team won 24 kumite medals (10 gold, 3 silver and 11 bronze). All total WIKF Texas had 12 National Champions, 5 silver and 19 bronze medalists!

In addition to being the National Championships, this was the selection process for the USA Team that will represent the country in international competition. The Jr. Team will be representing the USA at the Jr. Pan American Championships in El Salvador and the Jr. World Championships in Morocco this year, while the Senior Team will be representing the USA in the Pan American Championships next year in Ecuador. WIKF Texas had 2 members make the first seat on those USA Teams! **Mark Honrales** won the gold and first seat in the 14-15 year old boys category and will be going to El Salvador for his first time on the USA Jr. Team! **Tom** won the gold and number one USA Sr. will be the USA in Tom's final broadcast live on the internet to karate fans across the world. If you missed it and would like to watch the finals from the National Championships they are archived at <http://karate.teamusa.org/video> and on www.youtube.com.



This was the largest and most efficient National Championships hosted by the USA-NKF and WIKF Texas right there in the thick of it. In addition to the fun and excitement of winning 36 national medals, one of the highlight was team kumite when non-advanced athletes from WIKF Texas were placed up against black belt advanced athletes to fight as a team. Our WIKF Texas Jr. Teams fought very hard beating advanced belts and showing outstanding spirit to win bronze medals! They did a great job.

Name	Kata	Kumite	Trials
Nila	Good showing	Good showing	
Brendon	Good showing	Good showing	
Yassasyvi	Good showing	1	
Safin	Good showing	Good showing	
Logan	Good showing	Good showing	
Samantha	3	3	
Ceaser	Good showing	3	
Aaron	Good showing	2	
Paul	Good showing	Good showing	
Eric	Good showing	2	
Matthieu	Good showing	3	
Brandon	3	1	
Evan	3	2	
Issac	3	1	
Chandler	3	1	
Konrad	2	1	
Dustin	2	3	
Christina	1	1	
David	Good showing	3	
James	Good showing	3	
Slater	Good showing	3	
Andrew	Good showing	Good showing	
Alex	3	1	
Rick	Good showing	Good showing	
Bekka	Good showing	Good showing	
Mark	3	1	1
Tom	Good showing	DNC	1
Maxine	Good showing	3	3
Cara	1	Good showing	
Lindsey	3	Good showing	
WIKF 3		3	
WIKF 5		3	

Gold	2	10	12
Silver	2	3	5
Bronze	8	11	19
Total	12	23	36



Overall, this is the strongest team the Academy of Classical Karate has fielded. They all prepared hard, competed with dignity and sportsmanship and had outstanding success. They represented WIKF very well.



Special congratulations to the WIKF Texas Coaching Staff

- **Brody Burns – Head Coach**
- **Darrin Free – Kumite Coach**
- **Dale Gatchalian – Kata Coach / Team Manager**
- **Vincent Garcia – Jr. Team Coach / Mental Health Coach / National Floor Coach**
- **Lisa Free – Nutrition Coach / National Floor Coach**
- **Matthew Matson – Jr. Team Coach / Team Trainer / National Floor Coach**

Do-It-Yourself

Michael Cimino-Hurt

During the promotion of two young Ni-Kyu this week, I got on my soapbox as usual and made a speech (and as usual I talked until everyone's legs were asleep in seiza). I praised the two young men for their “stick-to-it-ive-ness” and dedication for having reached this level. I told them that no matter what you *say* you will do, what ever you *promise*, whatever your *reputation*, people will remember what you **DO**. When you have achieved a high level in karate it is not because I gave it to you, it is because you have earned it. No matter what else happens in life you will know that you did it yourself and no one can take that away from you. A teacher and sensei is a coach, an advisor, and example, but to learn karate, you must do it yourself. I can't teach you anything if you don't come through that door with the will to learn. Our world has become for many a “Do-It-For-Me” place, where they are passively entertained, passively educated--someone does it all for them.

How many people do you know that when you told them you study karate, say “Oh, I *used* to take karate.” Certainly some had to stop because they moved, or a school had to close, but most just don't have what it takes to “Do-It-Yourself”; to make that commitment and have the strength of character to take it all the way. It isn't easy. We all have those days when we'd rather eat a live toad than drag ourselves down to the dojo for an hour and a half of hard work, but we do it and every time we do our will gets a little stronger. How many reach Shodan in serious traditional karate? Maybe one out of hundreds of the students who start. But those who make it have been forged in a very hot fire and will not shatter easily when life's difficulties come beating on their door. Like the finest katanas they have the sharpest edge, and the most flexible core. And as you “Do-It-Yourself”, you learn to appreciate your own value as a person, how to use your strengths and deal with your weaknesses, and gratitude for the gifts you have been given in your life. And you'll have done it yourself.

Sensei Cimino-Hurt is proud to announce the following promotions at the **Mountain Martial Arts Dojo in Tennessee.**

Youth Class - Left to Right: Travis Kershner (Shichi-Kyu), Robert Yates (Shichi Kyu), Megan Griffith (Hachi-Kyu), Shyanne Griffith (Hachi-Kyu)



Adult Class - Left to Right: Fields Ford (Ni-Kyu), Jim Kershner (Ni-Kyu). Back row both pictures Sensei Cimino-Hurt and Asst. Instructor Andrew Cunningham.



Request To All:

My website at www.yahoo.com/geocities.com/keikoden was unexpectedly, and without warning discontinued July 31st. I am no longer able to access the site and have been unsuccessful in trying to contact Yahoo to get access to my material. I do not have a backup for most of this material. If any one out there has downloaded pages from the site and can send me copies, I would be grateful. I am especially concerned with the page titled "Principles", which will be nearly

impossible to reproduce. Thanks for any help I can get with this.

Michael Cimino-Hurt

THIRD ANNUAL WADO CONFERENCE

We would like to cordially invite you to the third annual Wado Conference held this year in Scottsdale, Arizona. The conference starts Friday, October 16 and ends on Sunday, October 18, 2009.

The Wado Conference is a forum where positive minded Wado instructors and practitioners come to together to train, share ideas, meet old friends, and develop new relationships. This is an environment where we can share Wado enthusiasm without dealing with political agendas. Politics are not allowed at this event.

The majority of instructors and students that participate in the Wado Conference are members of Wado Kai, Wado Ryu, and Wado Kokusai. However, we do get participants from independent Wado schools. Anyone that studies Wado or is supportive of Wado is welcome, regardless of affiliation, as long as they can leave their political ideology at their schools.

Another important purpose of the Wado Conference is to bring in highly qualified Wado instructors from around the world to the local Wado student base. The mission statement of the Wado Conference is "the student comes first." It is more effective and efficient for the students to have a conference that brings in instructors from different parts of the country than to try to get the students to the instructors. This is why the Wado Conference will move every year from one location to another with a different Wado group hosting and organizing the event. The first two Wado Conferences were organized and hosted by Doug Jepperson in Park City, Utah..

As this year's hosting Wado group, we would be very honored and proud if you were able to attend. If you would like to attend and need additional information, please contact us at one of the sites listed below.

Sincerely,
The Arizona organizing Wado Conference committee.

Marlon Moore and staff
Arizona Wado Karate and Martial Arts Center
info@ArizonaWado.com
Website: ArizonaWado.com

Ray Hughes and staff
Scottsdale Martial Arts Center, Inc
Rhughes43@cox.net
Website: ScottsdaleMartialArtsCenter.com

CANADIAN NATIONAL CHAMPIONSHIPS

Laurel Hache

The 35th Canadian Karate Championships were held in Calgary Alberta on July 23, 24 and 25th, 2009. Representing the **Nova Scotia Karate Team** were **Ashley Power** and **Laurel Hache**.

Ashley won the bronze medal in -48 kg (16-17 year old) kumite and with another teammate won the bronze medal in 16-17 team kumite.

Additionally **Sam Shafiee** represented the Ontario Karate team in -75 kg Men's kumite. He won silver in this division with a very well fought match against the top ranked fighter in Canada.

Jeric Ross from Dan Wallis' dojo also did kata and kumite ... not quite sure where he placed but pretty sure he got bronze in kata.

The NS team coach told me afterwards that Sam fought the best he had ever seen him fight and that it was obvious how hard he had trained and how prepared he was for these fights. He is a man of few words and this was high praise for Sam.

JAPANESE GESTURES IN THE DOJO

Tom Kosslow

Most traditional karate classes are opened by sitting in a formal manner. The proper way of sitting to formally open or close a karate class is called **seiza**. To sit in seiza you bend your knees 180 degrees, tuck your calves under your thighs, and sit on your heels. This can be a difficult posture to maintain if you are not used to it and like most other things associated with karate training it requires

practice, preferably from early age. Sometimes a person cannot sit in seiza because of an injury or for some other reason. Another, more relaxed way of sitting, is cross-legged called **agura**. Starting with legs out straight and folding them in like triangles. This posture is usually for men. You may have seen Suzuki Sensei sit in this manner at training sessions. Women usually go from the formal to an informal sitting posture by shifting their feet just off to the side known as **yokojuwari** (although I have never seen a female do this in a karate dojo).

Knowing how to do a standing bow (**ojigi**) is a very important custom in a traditional Japanese dojo. In many dojo bowing occurs when you enter the dojo or leave the dojo. In other dojo it is used more frequently. Bowing has many functions in one. It expresses the feeling of respect, thanking, apologizing, greeting, and so on. It's a convenient and important custom for you to learn. You can bow, when you say, "Thank you", "Sorry", "Hello", "Good bye", "Congratulations", "Excuse me", "Good night", "Good Morning", as you enter or leave the training area of your dojo or to acknowledge the presence of Yudansha as they enter or leave the dojo.

So how do you bow properly? Bowing seems simple, but there are different ways of bowing. The way you bow depends on the rank or age of the person you bow to. If the person is a higher rank or older than you are, you should bow deeper and longer. It is polite to bow, bending from your waist. Men usually keep their hands on their sides, and women usually put their hands together on their thighs with their fingers touching. If it is a casual situation, you can bow like nodding. The most frequent bow is a bow of about 15 degrees.

You might feel strange doing it, but try to bow frequently in your dojo. You will be considered very polite by people who know.

“They deem me mad because I will not sell my days for gold; and I deem them mad because they think my days have a price.”

-Kahil Gabran

