

**North America**



# Wado International Karate-Do Federation DOJO CONNECTION

FEBRUARY 2008

## USA Membership Drive

There is still time for all WIKF USA members to renew their membership. Please speak to your Sensei before completing the on line registration. In most cases your Sensei will complete one form for the dojo with all members listed. In that case you need to pay your Sensei rather than paying on line.

If your dojo chooses to do individual memberships you need to go to the WIKF USA web page at [www.wikfusa.com](http://www.wikfusa.com) and click on the link "MEMBERS ONLY." After you open this link you will find "INDIVIDUAL MEMBERSHIP FORM". This will allow you to complete the form and pay on line using Pay Pal. If you would rather use the "DOWNLOADABLE" form to mail then please note that the fees should be \$20 for Adults and \$10 for children. Checks should be made out to WIKF and mailed to  
5 Wentworth Way  
Newnan, Georgia 30265

## Recent Promotions

*Newnan Karate Center, Georgia:*  
*Tom Kosslow, Sensei*

<b>Alex Gaitan...</b>	7 <sup>th</sup> Kyu
<b>Robbie Lytten...</b>	8 <sup>th</sup> Kyu
<b>Joey Lytten...</b>	8 <sup>th</sup> kyu

*Zanshin Wado-Ryu Dojo, Tennessee:*  
*Michael Cimino-Hurt, Sensei*

<b>Greg Pond</b>	8 <sup>th</sup> Kyu
<b>William Fahrnback</b>	8 <sup>th</sup> Kyu
<b>Josiah Smith</b>	7 <sup>th</sup> Kyu
<b>Jim Kershner</b>	5 <sup>th</sup> Kyu
<b>Fields Ford</b>	5 <sup>th</sup> Kyu

## USA Wado-Kai National Championships

On January 19, 2008 several WIKF members traveled to Nashville, Tennessee to compete in the USA Wado-Kai National Championships. It is with all modesty that we report it would appear that our WIKF fighters were the best ones there.

**Tom Scott** once again went undefeated and impressed everyone as he won the Black Belt Men's lightweight division. **Matt Matson** finished second in the same division as Tom. **Reza Tabriz** placed first in the Black Belt Men's Heavyweight division and **Lindsey Kuffel** placed first in the Women's division with **Maxine Lisot** placing second. Other WIKF members to medal were:

**Scott Shepard** Men's Intermediate Division : 1<sup>st</sup> in kata 2<sup>nd</sup> in kumite

**Rob Edwards** Beginner Men's Division : 2<sup>nd</sup> kata; 2<sup>nd</sup> in kumite

**Don Sadler** Men's Beginner Division : 1<sup>st</sup> in kata; 3<sup>rd</sup> in kumite

**Ethan Edwards** Kids 6-7 year old Division : 3<sup>rd</sup> in kata; 2<sup>nd</sup> in kumite

**Jacob Smith** 5-6 Year Old Division : 1<sup>st</sup> in kata; 3<sup>rd</sup> in kumite

**Nicole Dotson** Novice Kids: 1<sup>st</sup> in kata

**Nicholas Dotson** Novice 7-8 Division: 1<sup>st</sup> in kata; 3<sup>rd</sup> in kumite

**Leanna Moore:** Novice 8-9 Division : 1<sup>st</sup> in kata; 2<sup>nd</sup> kumite

**Justin McClure** Teen Division : 3<sup>rd</sup> in kata

Others who competed and did well were:

**Heidi Taylor** who lost only to Lindsey so it was all in the family.

**Yoshi Kono** who fought several very tough opponents and just to truly remain humble he fought Tom Scott, again keeping it all in the WIKF family.

## **Kime and Nuki**

Michael Cimino-Hurt

I happened upon an article recently by Tyrone Pardue in *Wado World* on-line magazine that was an interview with Yoshihiko Iwasaki Sensei, head of the Wado-Ryu Academy of Ireland. In it, he asked Mr. Iwasaki what he thought the “principles of Wado are.” Mr. Iwasaki said that he thought the most important principle of Wado-Ryu is to “disconnect your power”. He referred to this release of the power as “nuki” and said that this is what differentiates Wado-Ryu from other styles of karate, but which connects it to other forms of Japanese budo, such as jujutsu and kenjutsu. He also said it is very difficult to master.

This very thing is the aspect of all striking techniques in Wado that I have the hardest time explaining to students. Students often see a punch as a rapid “push”. You can explain verbally, but this is rarely effective. I often use the explanation that a punch is like a whip cracking, rather than a piston pushing out. I also have them “pop a towel” to demonstrate – also rarely effective. In Wado, the kime of the technique is where everything comes together at once, like the light rays focusing from a lens. What is hard to see is that the technique does not only focus in space, but also in time, so that the energy curve for a Wado technique looks like a flat line with a sudden spike in it. At the moment of impact, energy is withdrawn from the technique and the power generated by the punch remains in the receiver. This is why Wado techniques look “soft” when performed by a master. If you have worked with Suzuki Sensei you know that his techniques appear very subtle, but if YOU are the one being hit, you sing a different tune!

Recently I had a visitor to the dojo who was a Qi Gong and Tai Chi practitioner of many years experience. I asked him to please demonstrate for us whatever he thought might be useful. To my surprise, he demonstrated punching technique that was closer to the Wado punch than the Wado punch is to other styles of karate (Shotokan, Goju-Ryu, Shito-Ryu, etc.). He used the explanation of extending the shoulder-blade into the punch and had us extend our arms until our shoulder-blades moved forward. Ah-hah! This is exactly what happens at the moment the Wado technique “whips out” at the instant of kime. This extension takes place just before the full extension of the technique, and uses the chest muscles at their most contracted and most powerful, while the extension of the shoulder places tension on the back

muscles that makes it possible to retract the arm extremely quickly as the energy is released to “crack the whip”.

I have used these two explanations to help students understand these aspects of kime with much success. This demonstrates to me how listening to other people outside your group and even outside your discipline can often provide the open-minded instructor with ways of helping his or her students better understand the principles they are trying to communicate, and sometimes get a clearer understanding of what it is that they themselves are doing.

### **Muscle Memory and Fundamentals**

Tom Kosslow

***“The obvious is that which is never seen until someone expresses it simply.”*** – Christian Morgenstern (German Philosopher 1871-1914)

There are two types of people: trained and untrained. The purpose of going to a dojo is to put you in the category of the trained. Proper training will make you a better fighter no matter what your skill level. To become a better fighter is seems obvious that you have to fight. You can only get better at doing something by actually doing it. But before you can get better at fighting you have to learn the skills necessary to fight. In karate you need to know how to kick, punch, block, and move. You need to learn timing and distance as well. These things have to be taught to you and then you have to spend a lot of effort doing what you are taught.

The only way your body understands is by doing something correctly over and over to create muscle memory. Muscle memory is a physical phenomenon that enables your body to perform an action repeatedly in the exact same way every time without consciously thinking about it. To become skilled in karate or any other physical activity your body and brain need to develop this type of memory.

Fundamental karate techniques are a complicated series of muscle actions that have to be performed over and over before they become automatic. You have to repeat them until you can learn the “feel” of an effective, powerful technique, not the theory behind it.

***“They (fundamentals) are really the basic building blocks or principles that make everything work. I don’t care what you’re doing or what you’re trying to accomplish; you can’t skip fundamentals if you want to be the best.”*** – Michael Jordan from I Can’t Accept Not Trying