



Wado International Karate-Do Federation

DOJO CONNECTION

January 2005

Zanshin Wado-Ryu Dojo

Zanshin Wado-Ryu Karate Dojo, Sensei Michael Cimino-Hurt, is happy to announce that they are moving to larger facilities at Reston Sport and Health in Reston, Virginia. This move will allow them to add more students to the dojo and to have better facilities in which to work. They have been trying to make this move for two years, and they are greatly looking forward to the change. The facility has a beautifully sprung floor for those (ahem) 'sudden takedowns' and plenty of space for kumite.

We would like to congratulate students **Alishba Hameed, Bilawal Hameed and Zak Robbins** who just passed 6th Kyu test, and students **Emilia Bilhartz, Peter Robbins, and Zak Robbins** who just passed 6th Kyu tests. We also wish to congratulate the twelve new students at Flint Hill Middle School for their hard work and dedication. They all come up for testing in early January.

The Value of a Weapons Art for Karate Students

Michael Cimino-Hurt

I want to thank all of the students at **The Academy of Classical Karate-Do** who participated in the Iaido class during the **Suzuki Cup Seminar**. Many students have asked me about the value of taking a weapons class for karate students. I always tell them it is a matter of perspective. It is not always wise for a beginner in karate to start weapons right away, as he or she may become confused by the difference in technique, stance, etc., and this is certainly true if you try and study two different empty hand arts at the same time. However, once a student has good grounding in his principal art, the secondary study of a weapons art can give the student a new perspective from which to think about karate. Mr.

Shiomitsu once told me that as well as Shindo Yoshin Ryu jujutsu and Shurite karate, which most of us are aware of, Wado-Ryu also contains elements of Toda-Ryu kodachi (short sword) and Yagyū-Ryu kenjutsu (the art of using the Japanese sword). Ohtsuka Sensei chose important elements of body movement from these different arts to make Wado-Ryu what it is. He was able to do this not only because of his unique talent, but because his vast experience with the range of Japanese martial arts gave him a unique perspective. When you study an alternative art, you get to see the elements of your art with the eyes of another art and this is what I mean by perspective. You see a mountain differently when you look at it from a different angle. When you do, you can sometimes learn important things about your principle art that are difficult to see from within it. This can sometimes give you clues as to how to become better at your principal art, which is what we are all striving to do.

Newnan Karate Center Dojo

The Newnan Karate Center Dojo, Sensei Tom Kosslow is pleased to announce that **Brandon Estep** and **Carmen Stanfield** have both been named as Georgia Karate League State Champions in their respective kumite divisions. Brandon was also named as the kata State Champion. The Georgia Karate League is a tournament circuit in the State of Georgia for traditional Japanese and Okinawan styles of karate. Brandon and Carmen will be honored at a banquet in February 2005.

We would also like to congratulate **Andrea Knoll** who was awarded 7th Kyu and **Jessica Thomason** who was awarded 8th Kyu recently.

"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." --- 4th grade student

Academy of Classical Karate-Do Dojo

The Academy of Classical Karate-Do, Sensei Darren Free and Brody Burns, were once again the hosts for the Suzuki Cup tournament and seminars held in December in Plano, Texas. As always they managed to put forth a first class venue for everyone who participated. As well as having **Suzuki Sensei** in attendance and teaching we were especially pleased to have **Fukazawa Hiroji Sensei**, 7th Dan, World Chief Instructor of the WIKF. Those of us who participated in his classes certainly enjoyed his instruction and benefited greatly from his knowledge.

WIKF USA students and instructors from Georgia, Virginia, Florida, Utah, Louisiana, and Colorado traveled to attend this annual training. A special thanks also to **Sensei Dan Wallace** and his students who traveled from Canada to participate in the seminar and tournament events.

We wish to congratulate **Rick Honrales**, **Evan Fowler**, and **Slater Ferrell** for their recent promotions to 7th Kyu as well as **Ethan Dumbrigue** and **Yash Sarda** for their promotions to 8th Kyu. Also promoted were **Aaron Furton** and **Travis Matocha** to 9th Kyu.

Reading Recommendations

Several of our member dojo have required reading lists for students at various levels. Here are two books I would highly recommend for any karate student but especially for newer students. Also you can find two excellent CD's on kata.

Mastery by George Leonard (ISBN # 0-452-26756-0)

Tough Target by J.J. Bittenbinder (ISBN # 0-7624-0090-0)

Wado-Ryu Karate-Do Kata & Bunkai by Fukazawa Hiroji (available on CD rom ..DVD not compatible in the U.S.A. Available from www.sportmultimedia.com)

Fix It

I was training with Suzuki Sensei in my dojo a few years back and was not doing a particular kata very well. After being corrected several times I said to Sensei, "Sorry."

Sensei just looked at me with that look he sometimes gives you and said to me, "Don't be sorry.

Fix it!" Then he made me do it many more times by repeating his favorite English word,"AGAIN!" I don't know if I ever got it right but I did improve...some.

An unsuccessful performer should not make excuses. Instead he or she should try and determine why he or she was unsuccessful, and then try to correct the performance and do it correctly the next time. If you have a strong enough desire to achieve a certain level of skill you will learn how to persevere until you derive sufficient success. Attitudes toward activity and performance in the practice of physical skills have strong influences on how your practice will affect the realization of your physical potentials and the development of your skills.

As you approach higher levels of skill you have to practice even more diligently to obtain further improvement. If you understand that improvement in skill becomes increasingly more difficult the better you get, you can keep from becoming discouraged at relatively slow progress.

New Dojo

Sensei Gene Evans applied for membership for his **Evans Karate Center Dojo** in December after attending the Suzuki Cup seminar. The Board of Directors is pleased to announce the acceptance of the Evans Karate Center as our newest member dojo. The Evans Karate Center is located in Meraux, Louisiana. Sensei Evans is a Wado stylist who holds the rank of Sandan.

Long Term Training

I am entering my 38th year of training. Someone recently asked me why I have continued for so long. William Glasser, M.D., is an internationally known psychiatrist who maintains that the basic needs of human beings are survival, freedom, power, fun, and belonging. Glasser says that whenever a particular experience satisfies at least one basic need it is emotionally fulfilling, and we will continue to do it unless it ceases to be need fulfilling. So the question of why I keep training and others don't can be answered with a simple response: if being a karate student or teacher is need fulfilling in a meaningful way you will most likely continue to do it for however long. In other words motivated students and teachers are the ones who have received and continue to receive need fulfilling experiences from their training and/or their dojo.