

**North America**



# Wado International Karate-Do Federation

## DOJO CONNECTION

January 2006

### New Year, New Name

I sincerely hope each of you had a great year in 2005. WIKF members were saddened by the health problems of Suzuki Sensei but encouraged by his recovery. The World Cup Tournament held in Texas was a great success and set the standard for future WIKF World Cup events. The USA Team earned a Bronze Medal and several WIKF North American individuals won medals proving that we can produce athletes as good as any in the World. We lost a WIKF Dojo in New Orleans thanks to a hurricane, but we have grown in our overall membership. Like most things in life we have experienced some ups and downs, highs and lows. Looking forward in 2006 we have plans in the making for a summer training course and the Suzuki Cup Tournament in the fall. There are other events being planned that will be announced at a later date.

Some of you will immediately notice that the logo on the Dojo Connection has changed from USA to North America. At the World Cup members of the USA Board of Directors along with representatives from several other countries in the Pan American region met to discuss working together to enhance WIKF beyond the limits of our individual countries. This World Cup reminded us that we are connected to something bigger than ourselves. Sensei's illness has awakened us to the impermanence of life and the need to stay focused on the purpose of WIKF. Napoleon said, "When the objective is clear enough there are no obstacles."

As a result of that meeting the members of the USA and Canada want to join forces to enhance our efforts since there are some challenges ahead of us. Senior members of WIKF in North America will have to step up to the plate taking on more responsibility so that WIKF North America will continue to grow. While we haven't formalized any plans as of yet we are talking to see what we can

come up with. This new format for the Connection is a first step in that direction.

Listed below are the Canadian Dojo that I am aware of. In the future I hope to list activities, promotions, tournament results and such from these member dojo.

**Nechako Karate Club**, Prince George, B.C.  
Ken Corrigan Sensei

**Campbell River Wado Kokusai**, Campbell River, B.C.  
Dan Wallis Sensei

**Wado International School of Karate**, Ontario  
Sam Shafiee Sensei

**Ham's Martial Arts**, Toronto  
Michael Ham Sensei

**East Coast Wado-Ryu Karate Club**, Nova Scotia  
Joey Shano Sensei

**Su Ha Ri Karate Club**, Calgary Alberta  
Shawn Crawford Sensei

**Wado Kokusai Karate Studio**, Swift Current  
Saskatchewan  
Vim Parmar Sensei

### USA Membership Drive

It is time for all WIKF USA members to renew their membership. This can be done in one of two ways. 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 listed on the form are for new members, not renewable memberships, and should be \$15 for Adults and \$10 for children. Checks should be made out to WIKF.

In some cases your dojo may take care of your renewal for you so please check with your Sensei before completing your membership forms.

## Dojo News

We congratulate the following students from the **Academy of Classical Karate-Do** in Plano, Texas who were advanced in rank in December:

**ETHAN DUMBRIQUE** – 7<sup>th</sup> Kyu

**LAUREN REAGAN** – 7<sup>th</sup> Kyu

**ANDREW MATOCHA** – 7<sup>th</sup> Kyu

**REBEKKA FEITH** – 4<sup>th</sup> Kyu

**AKOS FURTON** – 4<sup>th</sup> Kyu

**ERIK FURTON** – 6<sup>th</sup> Kyu

**The Newnan Karate Center** in Newnan, Georgia proudly reports that **ANDREA KNOLL** has been announced as the 2005 Senior Kyu Women’s Kumite Champion by the Georgia Karate League. She will be recognized at the Georgia Karate League Annual Banquet in February.

## Temperament

Babe Ruth said, “It is hard to beat a person who never gives up.” This should be our guide to behavior and temperament in the dojo and at a tournament. You are never out of it until you get mad, become belligerent, start throwing things or start blaming others for your bad play or luck. Fortunately I saw only a few demonstrations of exactly that kind of behavior at the World Cup. Never blame your opponent or the judges, not out loud or even quietly to yourself. Don’t yell out or whine after giving up a point or not getting a call to go your way. Don’t be so competitive that you forget that a tournament fight is only a game played competitively for enjoyment. Play like a martial artist in demeanor and attitude because it is not what happens to you, it is your attitude toward what happens that determines your character. That is far more important than winning or losing. Scoring points and winning matches is what a karate tournament is about, but it’s not what karate-do is all about.

## Mental Skills

Mental skills in karate are of utmost importance but are frequently neglected. Considering that your brain is really the best weapon you will ever have it makes good sense to hone it to a keen edge. The three most important elements of mental skills that we need to develop are confidence, concentration, and commitment.

**Confidence** is one of the most important of the mental skills you need to have. Without confidence it is almost impossible to perform well. There are two levels of confidence: positive and negative. Positive confidence is almost always a direct consequence of preparation and experience. It is also a matter of choice. The key to positive confidence is to learn to anchor your long term memory with success. When your data or senses tell you that you did something right you need to take notice of what it looks like, feels like, and even sounds like. Then give yourself a mental pat on the back and pump yourself with a few positive affirmations.

If one chooses to focus on past failures they will demonstrate negative confidence. Negative confidence is almost always 100% successful. If you think you will lose you almost certainly will. If you think you can’t do something it becomes a self fulfilling prophecy. When something goes wrong don’t dwell on it. When you are corrected in class or lose a match in a tournament practice not becoming emotional about it. Just evaluate, adjust, learn from it and move on with as little emotional involvement as possible.

**Kime** is another word for the ability to concentrate or focus on a task or thought exclusive of any other distraction. Any given technique takes only a few seconds to execute but in this timeframe there are three phases of concentration: external, internal, and control.

External concentration is the ability to focus on everything outside of you. These external things include your opponent, target area, distance, environment and situation you find yourself in.

Internal concentration is the ability to monitor what is going on in your body. This means an awareness of muscle tension, energy levels, and the ability to pre-program the feel of any technique required for the engagement.

Control concentration is the ability to focus and hold a thought. In karate when you hear about committing to an attack or a technique, what they are talking about is the ability to hold and commit to it with external and internal concentration.

The concentration process starts with the external evaluation and then moves to the internal concentration and finally to the control concentration phase. The process enables you to focus on the job at hand and effectively shut out anything irrelevant. A karate-ka with good kime will be thinking and focusing on the things they can control effectively shutting out the thoughts of things they cannot control.

“Mokuteki hon i” means to focus on your purpose. **Commitment** means to focus your entire being on achieving your objective. You determine what action is necessary and then you commit your entire self to the attack or defense. You can’t think about winning or losing, living or dying at this point. The ancient Spartans had a term for the state of mind that has to be avoided at all costs in battle: *katalepsis*, possession – meaning that state of mind that comes from terror, fear or anger that usurps or takes over and dominates the mind. You can learn to develop commitment by showing up for your classes and not allowing yourself unexcused absences, by setting goals in class for your training and conditioning, consistently training against serious attack, making kumite an important part of your practice, and by practicing kata with utmost seriousness.

### Why Do We Practice?

Have you ever asked yourself why you are really practicing karate? You may find that while your answer is valid no matter what it is, it may not really be as straight forward as it may seem. It is no secret that we often do things for reasons we are not even conscious of. Sometimes things become clear only after a good deal of self-reflection. Karate training is full of surprising twists and turns and can lead in a lot of different directions. I never dreamed that my training would lead me to international travel, SCUBA diving, golf, and social connections both at home and abroad.

In the beginning it is only natural to think that your practice and your life are completely separate. You go to the dojo for an hour or two and then forget about it until the next time. But Budo masters throughout the ages have reminded us that all karate is life and is threaded in our very existence.

Karate practice is in effect something that chooses us. Those who have practiced for a long time really don’t even consider any other choice. We may decide what form our practice takes but not if we practice.

Life is so full of responsibilities like work, taking kids to various activities, meeting deadlines, meeting family obligations, filling out tax returns, etc. that it can be a constant challenge to find the time to practice. The irony in all of this is that we really can’t support all of those around us if we don’t first take care of ourselves. It is a simple truth that is pretty easy to forget.

Fortunately karate practice is a way to nurture our well-being. As soon as we step into the dojo we are reminded of our connection to something bigger than ourselves. We feel a oneness with other people and things, with all that is. Feeling a universal connection is a natural outgrowth of connecting to ourselves. Karate practice therefore becomes a physical manifestation of our universal connection. So the next time you think you don’t have the time for practice try and remember that the strength, balance, attention and sense of connection that comes from regular practice will not only make you physically and mentally healthier but will make your whole world a lot better place to be in.

### What Is The Purpose In Sanban Gumite?

One step gumite requires the defender to lower the body weight, calculate the distance, and counter the attack with a smooth, well-timed technique all at the same time... not always an easy thing to do even for an experienced person. The purpose of three step (sanban) gumite is to break the three components of one step gummite down. The three steps allow the practice of each of the three components of one step gummite to be practiced independent of the other steps. The first step is training to step back with one foot while keeping the center of gravity in place. The second step allows you to gauge the distance for the following technique. The third step is to execute the counter technique. From the perspective of the attacker it can also provide an opportunity to practice various timing and rhythm changes such as attacking with a 1,2,3 or a 1-2,3 or 1, 2-3 rhythm.