

**North America**



# Wado International Karate-Do Federation

## DOJO CONNECTION

January 2008

### 2007

Sometimes it is a good idea to look back at where you have been. It's easy to forget how far you've come if all you ever think about is how far you still have to go. Some of the exciting events from 2007 included:

- **WIKF USA Summer Training in Nashville, Tennessee.** Mr. Vanatta and Mr. Cimino-Hurt hosted this event and put together some excellent training.
- **2007 Japan Trip.** Several of us from the US traveled through different parts of Japan for two weeks with Suzuki Sensei and other WIKF students from around the world. The opportunity for international travel is one of the benefits of WIKF.
- **2007 Suzuki Cup and training.** This event took place the weekend of Saturday November 3, 2007. In 2007, Wado teams from across North America came to the Suzuki Cup and fought for the Cup. It has become a World Class Tournament! We were excited to have Suzuki Sensei as the honored guest at this event. He also taught several seminars which as always were well received.
- **Formation and selection of a WIKF USA Team to compete in the 2008 WIKF World Championships in Portugal.** The USA will field one 5 man team for competition in this tournament. We also hope to field a 5 women team for this international event.
- **USA Wado Conference.** This event is a non-political, non-organization specific conference

aimed at uniting Wado practitioners in the US and promoting the style of Wado-ryu. Last year it drew attendees from Wado-ryu, WIKF, Wado-kai and the US Eastern Wado Federation. It was organized by WIKF Board Member Doug Jepperson.

As the organization grows and strengthens, the members, students, and instructors all benefit. But the organization needs something back from YOU. It needs your support. The WIKF USA is nothing without it's' members and clubs. Our organization is driven by momentum. Right now the WIKF USA has strong forward momentum, so let's all work hard to keep that up! Fly your WIKF banner proud and high because you are a member of a great organization with a rich, traditional background and a strong, bright future!

### 2008 Happy New Year!

As the New Year begins many people make New Years resolutions. They keep some and quickly forget others as the year progresses. I prefer to set goals rather than formulate resolutions. Last year I set a goal to increasing my dojo student population and to shoot under 100 on the golf course. I am happy to report I achieved both of those goals. This year my goals are similar. I still want to continue to increase my dojo population and now I want to break 90 with my golf game. I am never satisfied!

It is my disposition toward those goals that will help me achieve them. Disposition refers to the attitudes and beliefs that you possess about whatever it is you want to accomplish. Your beliefs concerning what you can accomplish, and understanding the nature of those goals, have a significant effect on how you approach those goals and ultimately on how well you succeed.

To achieve the goals you set for yourself you need persistence. You need an intense desire to get what you want and have some idea of how to get it. You also need to believe in yourself and that can sometimes be the most difficult part. The important thing is to keep with it. People have a way of getting that which they want bad enough and are willing to work for. The journalist Jacob A. Ris once said, "When nothing seems to help, I go and look at a stonecutter hammering away at his rock, perhaps a hundred times without as much as a crack showing in it. Yet, at the hundred and first blow it will split in two, and I know it was not the last blow that did it but all that had gone before."

1. Gain confidence and belief in your abilities.
2. Be willing to try and to persevere.
3. Relax and enjoy your practice of karate.
4. Enjoy belonging to your dojo and the friendships you form with fellow karate ka.
5. Support WIKF through your membership and active involvement.
6. Set some specific goals.
7. Don't confuse quantity with quality.
8. Work on your fitness level but exercise your mind first.
9. Seek to understand first before you seek to be understood.

### **Ten Rules for Students in 2008**

(I don't remember where I got these from but they are not my originals...anyway here they are.)

1. Always have some part of your body taped, even if you don't have an injury. It will make your Sensei think you have been training hard on your own.
2. Always wear an expression of controlled pain. When your Sensei asks you if you are ok tell him not to worry.
3. Bow whenever you pass your Sensei's office even if the door is closed. He may be peeking through the keyhole.
4. Make sure whenever your Sensei enters the dojo you are working on basic technique. When he leaves you can go back to practicing the advanced technique you are not supposed to be doing.

5. If your Sensei ever writes a book carry it around constantly. You don't have to read it, just make sure that it looks well read.
6. Never fail to laugh when your Sensei tells a funny story even if you have heard him tell it 1000 times before.
7. Buy cheap watches to wear to the dojo. Then if you are late to class immediately look at your watch, shake it a couple of times, hold it to your ear, and throw it in the garbage. Practice this in front of a mirror until you can create the proper shocked look on your face.
8. If you are made to kneel in Seiza always pretend that your feet are asleep when you get up even if they are not. This will prevent your Sensei from doing it for a longer time the next session.
9. Always remember that it is the #1 job of all students to insure that your Sensei doesn't make a complete fool of himself in public.
10. NEVER, EVER, ask your Sensei to show you how a certain technique is done because he might show you. Get someone else (like Dan Wallis...private joke here) to ask. Then you can have a good laugh as Sensei chews them out and/or bounces them all over the dojo.

### **Talent Development**

I ran across some interesting research findings on the development of talent in young people. The researchers looked at 120 people who had reached peak levels of achievement in areas as diverse as mathematics, music, neurology, swimming, art, and tennis. The most striking thing all of these people had in common was the many years they had devoted to their chosen field. For example they found that concert pianists studied and practiced an average of seventeen years before they reached a level of artistic excellence. Olympic swimmers needed an average of ten years of instruction and competition to reach world class levels. They also found that in their early years most of these talented people spent about one hour a day practicing. By adolescence they practiced about twenty-five hours a week and thereafter they spent thirty to forty hours a week on their practice. World class karate people certainly share the characteristics of persistence and dedication necessary to achieve excellence. I heard someone say once that they would give their life to be as good as Sensei. I should have responded, "He did."