

North America



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

July 2008

WIKF USA SUMMER TRAINING



Kids class on kumite taught by Sensei Kosslow



Children's Iaido Class taught by
Sensei Michael Cimino-Hurt



Adult participants

This years WIKF USA Summer Training was held in New Johnsonville, Tennessee. Sensei Scott Meek was our host this summer.

Guest instructors were Michael Cimino-Hurt and Tom Kosslow. Sensei Cimino-Hurt taught several classes of Iaido which were very informative and enjoyed by all who participated. Sensei Kosslow taught Sanban Gumite as well as drills for Sen, Sen-no-sen, and Go-no-sen. He also taught a session for kids on kata and another session on kumite.

All students were introduced to agility ladders and exercises that can be performed using them. We also explored the use of the knife and how it is used both in and out of the Wado Tanto Dori.

I think everyone who participated learned a lot and enjoyed this training opportunity. I especially want to thank Scott Meek for the excellent job he did as the host.

CAMPBELL RIVER SUMMER COURSE

Dan Wallis

Attached is a photo of those of us who attended my summer course in Campbell River from Friday, June 20 through Sunday, June 22



which culminated in a grading. The results of the grading are shown below.

In January, 2008 we graded two students at the Black belt level: Brian Simmons successfully passed his Sandan test and Jeric Ross passed his Shodan. At our summer course in June we had two more students reach black belt: Fred Ruttan (our elder statesman at 64 years of age) attained his shodan and Huy Nguyen (18 years old) reached shodan as well.

Grading results from June 22:

White Belt (8th kyu)

David McLean

1/2 grading towards yellow belt

Emma Douglas

Noah Knoedler

Emily McLean

Yellow Belt (7th kyu)

Harrison Turley

Andrew Corkum

Orange Belt (6th kyu)

Katrina Annett

Lorne Hamilton

1/2 green belt

Makayla Bailey

Tessa Bailey

Green Belt (5th kyu)

Robyn Budd

Blue Belt (4th kyu)

Lisa Nygard

Sebastian Gagne

Fraser McLean

Misha Whittingham

Sam Whittingham

Brown Belt (3rd kyu)

Gwen Puddy

Eamon Simmons

Hannah Rohan

Andrea Blasecki

Brown Belt one stripe (2nd kyu)

Mike Stoppard

Black Belt (shodan)

Fred Ruttan

Huy Nguyen

TALK ABOUT

Dan Wallis has retired from the Elementary School Principals position he has held for many years. As a former Elementary School Principal I am sure this will add many years to his life. Congratulations Dan!

Michael Cimino-Hurt has published a book by the title of **al-'Aqran**. It is available from the publisher at Xlibris.com and also will be in Barnes and Noble and available from Amazon.com. The subject is **Fiction/Espionage**: "In 2001, Alex Trask a covert field agent for the CIA is in Egypt researching the financing of a dangerous terrorist cell. When things go horribly wrong, he is forced to face what he believes is personal responsibility for a tragic event that both changes the world and alters his life."

The ISBN number is: 1-4363-2430-0

By the way his pen name is JOHN MICHAEL HURT. I also understand he is in the process of writing another book in collaboration with Doug Jepperson.

ZANSHIN WADO-RYU DOJO

Sensei Michael Cimino-Hurt is happy to announce several promotions at ZanshinWado-Ryu Karate in Sewanee, TN.

Jim Kershner - 4th Kyu (purple belt)
Fields Ford - 4th Kyu (purple belt)
Bill Kershner - 7th Kyu (orange belt)
Greg Pond - 7th Kyu (orange belt)
Elliott Duncan - 7th Kyu (orange belt)

Sensei Hurt wishes to congratulate these students and thank them for their hard work.

WORLD CUP 2008

The WIKF World Cup will be held in Braga, Portugal on July 25 and 26th. Training with Suzuki Sensei will be held beginning July 21st. WIKF USA will be sending a Men's Team and a Women's Team to this event. Several members will also be competing in individual events. The USA will be represented by the delegation of:

Brody Burns (Team Coach)	
Darrin Free	Dale Gatchalian
Arturo Girona	Jon Groot
Mark Honrales	Andrea Knoll
Tom Kosslow	Lindsey Kufel
Maxine Lisot	Matthew Matson
Tom Scott	Heidi Taylor

MIXED MARTIAL ARTS

It seems the current rage in the world of Martial Arts is what is now being called "Mixed Martial Arts." You can see plenty of this in fights on TV these days. I enjoy watching this stuff to be honest and I have seen some very tough fighters. However, I kind of snicker when people talk as if mixed martial arts was something new. It's been around for a LONG time only now made popular by TV.

Think about Otsuka Sensei and his jujitsu background. Look at Suzuki Sensei with his background in Tenshin Koryu Bo-Jitsu (stick fighting) as well as judo; Doug Jepperson with a college wrestling background; Michael Cimino-Hurt with Iaido; myself with wrestling and Filipino Kali. I am sure the list could go on and on. The point being that this isn't something new at all.

Why do you think sports like mixed martial arts and American football that we see on TV are so popular? Research published this January by the journal, *Psychopharmacology*, gives some insight into our fascination with violent sports like football and mixed martial arts. According to this research the brain becomes engaged in response to an aggressive event and that dopamine is involved. "It is well known that dopamine is produced in response to rewarding stimuli such as food, sex, and drugs of abuse," said Maria Couppis, who conducted the study. "What we have found is that it also serves as positive reinforcement for aggression."

Craig Kennedy, director of Vanderbilt Kennedy Center for Research of Human Developments Behavior Analysis Clinic, said that, "We learned that an individual will intentionally seek out an aggressive encounter solely because they experience a rewarding sensation from it. This shows for the first time that aggression, on its own, is motivating, and that the well-known positive reinforcer dopamine plays a critical role."

I did once ask Suzuki Sensei about cross training in other martial arts. He said he didn't see anything wrong with it so long as a person grounded himself solidly in one discipline before adding others. There are way too many people out there who are jack of all, masters of nothing.

KARATE ADDICTION

Can you really get addicted to an activity like karate? In 1976 William Glasser, M.D. published a book, *Positive Addiction*. Glasser says in his book that it is possible to become "addicted" to positive behavior like running, swimming, martial arts, or other any activity a person chooses to do. These positive addictions, contrary to negative addictions like alcohol, drugs and smoking, can strengthen a person so that he or she can lead a more integrated and rewarding life. "My first observation, which still holds true, is that a positive addiction increases your mental strength and is the opposite of a negative addiction..."

What is hard about a positive addiction like karate is to do it long enough to become addicted.