

North America



Wado International Karate-Do Federation DOJO CONNECTION

June 2007

Grading At East Coast Wado Karate Club, Nova Scotia Tom Kosslow

I recently visited the East Coast Wado Karate Club in Nova Scotia to teach classes and to conduct kyu grading. You can see from the grading results that grading took a few hours to complete.

As always the members of the club were very responsive to instruction. I also managed to get in a golf game with a few club members although I hope my karate instruction was better than my golf game. We had a party after the grading with lobster so big I could barely eat it all. That's one way to get me back up there!



Grading Results

Kids

Joshua Oates	Yellow Black Strip
Nathan Oates	Yellow Black Stripe
James Patton	Yellow Black Stripe
James Williams	Yellow Black Stripe
Kyle MacDonald	Yellow Black Stripe

Patrick Donovan	Yellow Black Stripe
Bradley Meagher	Yellow Black Stripe
Mary Shore	Yellow 8th Kyu
Logan Weatherbie	Yellow 8th Kyu
Tatiana Bowness	Orange Black Stripe
Eric Bowness	Orange Black Stripe
Andrew Furlong	Orange Black Stripe
Kristen Meagher	Orange Black Stripe
Cutis Powers	Orange 7th Kyu
Tom Billard	Orange 7th Kyu
Ryan Black	Orange 7th Kyu

ADULTS

Darcy MacDonald	Yellow 8th Kyu
Laurel Hache	Yellow 8th Kyu
J.C. Cormier	Yellow 8th Kyu
John Weatherbie	Yellow 8th Kyu
Ross Bowness	Orange 7th Kyu
Dan Meagher	Orange 7th Kyu
Nancy Cassidy	Orange 7th Kyu
Trevor Bowes	Orange 7th Kyu
Patrick Walker	Orange 7th Kyu
Peter MacDonald	Green 6th Kyu
Kerry Bowness	Green 6th Kyu
Wendell Durnford	Green 6th Kyu
Jim Murley	Green 6th Kyu
Ashley Powers	Purple 4th Kyu
J.F. Charette	Brown 3rd Kyu
Kevin Jones	Brown 1st Kyu

Grading Results: Academy of Classical Karate-Do, Plano, Texas

Jason Uy	7 th Kyu
Nirmal Madhavapeddi	7 th Kyu
Victoria Lee	5 th Kyu
Akos Furton	4 th Kyu
John Furton	4 th Kyu
Maxine Lisot	2 nd Kyu

Summer Camp

You can still make it to the WIKF USA Summer Camp in White House, Tennessee. The camp will be held June 8,9, and 10at Vanatta's Karate Institute and is free of charge. Instruction will be delivered by some of the most senior WIKF instructors in the country. For more information or directions call 615-672-5128.

The Gordian Knot

For people the world over the Gordian Knot represents the difficult, the intractable and often seemingly insolvable problem. Gordian solutions are contrary approaches to persistent or perplexing problems.

In ancient Greece an oracle foretold that whoever could untie the Gordian Knot would rule over the whole of Asia. Nobody knows how many people tried to untie the knot, but only one man solved the puzzle.

According to the legend in 333 B.C. Alexander the Great attempted to untie the knot. When he could find no end to the knot, to unbind it, Alexander drew his sword and in a single cut sliced the Gordian Knot open. The rest is history.

One of the problems of long term training involves trying to learn new ways to do old things. Take for example the kata Pinan Nidan. We know that one purpose of this kata is to teach the student basic stepping in a front stance, to teach the application of stepping punches following blocks which remove any obstructing limbs, and the use of blocking as attacking. Taking this simple bunkai, or breaking apart ,just as it I, this kata is a good exercise. However when one begins to really look deeper into the kata they find there are a lot of jujitsu based movements hidden inside the kata. They are artistic and beautiful and they make us think and do in ways we wouldn't have done before. We constantly are faced with problems in our training. Alexander solved the problem of the Gordian Knot by approaching it in a different way. He was innovative. He was a thinker and a strategist. This is what is necessary for us to do in our training. Magic happens for those that see things in new ways.

Kufu is a concept that applies to the small every day problems in your life and to the big ones as well. It means giving yourself completely to finding the solutions or ways out of your difficulties. It is closing ground with the problem. Gordian warriors cut

through their problems. They forge ahead. They apply intellect and look for innovative ways to solve their problems.

Attaching and Non-Attaching

When a lot of golfers hit balls on the driving range and no external prize is at stake they possess all of their skill and hit wonderful shots. They make all of his putts. However the moment they get on the golf course and the score is riding on the shot, or winning the hole is at stake, the same golfers become nervous. The more important the shot the more they tend to choke. The golfers' skill has not changed, but the importance the golfer attaches to the prize has made him care too much. Because he is thinking more about winning the prize than simply hitting the ball, his performance suffers. I am the same way when I play golf. I shoot much better when I pay no attention to my score or to winning. When the pressure is off success is easier.

If you have ever preformed better when you didn't need the "prize" you have experienced one of the key concepts of Budo...non-attachment. It is shooting for the prize but doing it as if you weren't, and retaining all of your skill. This non-attachment is simply doing what needs to be done with the element of "self" removed. It is being completely engaged in the action itself and not worrying about what might happen. Non-attachment is directing all of your power directed at one thing only...whatever is to be accomplished without any trace of thought for anything else. This doesn't mean that you don't care. It doesn't mean indifference or lack of concern. In fact it means just the opposite. It means to be vitally concerned with the task. But ONLY the task.

Karate fighters who think too much about winning in tournaments don't fight very well. Golfers who think too much about their score don't score too well. Whatever you are shooting for, you are a lot more likely to hit it if you are non-attached from the winning, shifting your attention from winning to the act of shooting.

“Victory goes to the one who has no thought of himself.”

---Shinkage School of Swordsmanship