

Pan America



Wado International Karate-Do Federation
DOJO CONNECTION

“Like minded people with a common goal” -Ken Corrigan
June 2010

PAN AMERICAN TRAINING

The first WIKF Pan American training was held during the week of April 26- May 1st in Curacao. Curacao is an island in the Netherlands Antilles just off of the coast of Venezuela.



Downtown Curacao across from our Hotel

Along with the residents of Curacao we had in attendance representatives from the countries of England, Finland, USA, Canada, and Panama. We spent six days of intensive training covering WIKF Syllabus curriculum for all grades Shodan through Yondan.



Kids Class Group Picture



Adult Group Picture



L-R: Tom Kosslow, Ken Corrigan, Arturo Girona, William Millerson, Jon Wicks

The instruction was delivered by World Chief Instructor Jon Wicks, 8th Dan. Three other members of the WIKF World Technical Committee, Arturo Girona, Ken Corrigan, and Tom Kosslow were also present along with the President of World WIKF, William Millerson who also served as our host.



We were able to enjoy the beautiful beaches

of Curacao and Jon and Tom were able to do some SCUBA diving.



Dan Grading Board L-R: Arturo Girona, William Millerson, Jon Wicks, Tom Kosslow, Ken Corrigan



Grading Promotions:

Christopher Martis...Shodan

Anthony Leito...Nidan

Lai cam How..Sandan

Kenneth Gaari...Sandan

Renick Jamanika...Sandan

Ulvic Jamanika...Sandan

Ivonne Leito-Senff...Yondan

Duncan deWindt...Yondan



While we were there a holiday took place so we were able to attend a local gathering of celebration thanks to the hospitality of Anthony Leito. Pictured above: Jon, Ken, Tom, Arturo, Juha

Climbing Hills

Suppose your goal was to climb the highest hill around so that you could get the best possible view of the surrounding area. You find a hill that seems to be higher than the rest. You spend a lot of time climbing until you finally reach the top only to realize that there is a significantly higher hill that had been blocked from your view.

If your goal is still to climb the highest possible hill what is the first thing you are going to have to do? Simple really. You'll have to descend from the hill you are on in order to climb the other, higher hill. The first reaction from a lot of people would be, "Go back downhill? Why? I can see fine right here. Where I am is already good. It took a lot of work to get here!"

Going downhill metaphorically means changing what you have been doing. You have to learn things in a new and different way. This is precisely what happened to me when I started training with Sensei. I had already been training in karate for around twenty years at that time. After training one weekend with him I knew that was the way I wanted to do karate. There were a lot of people in that seminar. Nobody besides me decided to change what they were already doing to travel on the path Sensei laid out. Why?

Growing WIKF in this country has been a slow process. Other Wado people have seen Sensei, know his karate is superior, and yet won't make the effort to continue to attend training with him or join WIKF. For many people making the kind of changes that are required is a bitter pill to swallow. Too many people are stuck on the first hill. They've always done things one way. They are comfortable where they are, they don't want to go back downhill. They've invested a lot of time to get where they are. The problem with this is that you can't experience the view from the higher hill unless you are first prepared to go downhill first before you can climb back up to a higher position. I salute the dojo that have joined us in this Federation over the last several years for having the guts to reexamine their assumptions and beliefs about the karate they practice. They haven't allowed what was good get in the way of what is best. They didn't let their inertia hold them back. Climbing another mountain isn't easy but it can be done. Claude Bernard said it was what we think we know already that prevents us from learning.

"There is no fruit that is not bitter before it is ripe." --Publilus Syrus (85-43 B.C.)

WATER WADO TRAINING "Misogi"

Literally - to get your Gi wet
Dan Wallis

In the practice of Martial Arts, one must distinguish, and differentiate between training and practice. In Japan the word *renshu* is used for *training*, which means to prepare or train the body; and *keiko*, word used to define *practice*, which means to train or prepare the spirit. This is due to the fact that the word *keiko*, is not only important in Budo but in many other cultural activities, where the spiritual aspects are of fundamental importance, for example, the Tea Ceremony and Kado, Flower Arrangement. *Keiko*, literally means "reflect on, review the past", it imbues training with a religious character, consisting

in respect towards the maintenance of the best of past traditions.

The fact that keiko is fundamental for Japanese cultural arts, reflects the respect Japanese have for their best traditions. Summer Training in the hottest period ([Shochu-Geiko](#)) and Winter Training in the coldest period (Kan-Geiko) is a part of this great heritage.

There are many reasons for these trainings under extreme conditions, as well as trainings in early morning and at midnight, but one that is very present, is that it gives people the opportunity to be in direct contact with themselves and with nature. The practice of Budo, that contains the best of the traditional art, implies a way through which human beings can grasp and comprehend their roots and return to nature. So the Campbell River Wado Karate Club took advantage of a very low tide in the afternoon on Tuesday, May 18, 2010 and we did a "Misogi" training session. We started warming up and doing kata on the sand and then we moved into the water for basics, partner work, more kata, some goofing around and we finished with seiza. Once finished we headed up to a bonfire and had hot chocolate and marshmallows.

We had wild wind, heavy rain, then sunshine, still lots of wind but generally sunshine for our training session. No one was forced to do anything: they were invited to train on the sand. Before we went to the water, they were reminded again that once we bow in they are to do all that is asked of them, but they are free to choose to watch instead. All were fantastic. All did everything, and they seemed most to enjoy dunking their sensei at the end!





Dan Wallis



**2010 Has Started as a Terrific Karate Year
for Park City, Utah Karate Students**
Doug Jepperson

The 2010 Utah State Championships, held March 6th in Park City, Utah was a huge success. We started out the weekend with a seminar organized by Dr. Karen Heiden of Heiden Orthopedics with Dr. Massimo (Max) Testa who has a rare combination of qualities: he is both a Physician and an Exercise Physiologist. Dr. Testa helped the audience understand the physiology, training and recovery aspects of karate training. The great part of the seminar is that Dr. Testa made the High Performance training material understandable to everyone in attendance. Dr. Testa is working with Eric Heiden on developing a High Performance Training center here in Utah.

The 2010 Utah State Championships featured a number of USA-National Junior and Senior Team Members, including Taleb Bekkali and the current North American Champion, Tom Scott. We want to thank all of the participants who travelled from Arizona, Texas, Wyoming, Colorado, California and Idaho for making this such a great event. More than half of our Park City Karate Students were able to participate in kata and kumite competition. Many took home medals and all have reason to be very proud of their efforts. Stop by Park City Karate to see



a poster with many smiling Park City Karate Students with their medals. Thank you to Heiden Orthopedics, for their sponsorship.

***Three International Karate Events Held in Las Vegas over Easter Weekend
Park City Karate Students Participated in Jr. Olympics, US Open and Ozawa Cup***

We had to put on our track shoes to cover all the athletes and events over Easter Weekend in Las Vegas. The USA-NKF- and President John DiPasquali hosted the US Open and the Junior Olympics at Caesar's Palace while James Tawatao hosted the Ozawa Cup across the street at the Flamingo.

Three world-class events, and more than \$14,000 in prize money at the US Open and Junior Olympics alone would make this an outstanding weekend for students. Add to that more than 1,000 students from all over the world at the Ozawa cup made this a trip everyone will remember.

The Junior Olympics was such an international event that **Kip Christensen** started making a list of the countries he saw represented. Kip read his list in class last week and it sounded like role call at the United Nations. JKD/Park City Karate students

**Cara MacDonald,
Daniel Dominguez,
Nick Jepperson,
Kathy Eckel,
Eric Nelson,
Josep Rivera,
Joe Talerico,
Jon Groot and
Katie Mullaly**

all participated and enjoyed a weekend of international level competition. We all loved our late night dinners which gave us an opportunity to discuss the days activities. The weekend was capped off , Sunday night, when Jon Groot won the gold medal in the WKF division at the Ozawa Cup, was voted Top Male competitor and then Top Tournament Competitor!

A good time was truly had by all and Park City Karate can be very proud of these dojo-mates. Thank you to the parents who were able to make the trip, **Michele Christensen, Bill MacDonald, Hector Dominguez, Bill and Cheryl Groot.**



Jon Groot