

North America



Wado International Karate-Do Federation DOJO CONNECTION

March 2007

SUMMER TRAINING CAMP

Start making plans to attend the WIKF USA Summer Camp. This year the camp will be held the second weekend in June at Sensei Mike Vanatta's Dojo located in White House, Tennessee. White House is Northeast of Nashville.

We have a strong line up of instruction in WIKF curriculum featuring some of the most senior WIKF instructors in the United States. Look for more information next month.

DOJO VISIT

March 2,3,4th I traveled to DuBois, Pennsylvania to visit Sensei Dan Satterlee's Dojo and teach WIKF Curriculum. Sensei Satterlee and his wife, Dr. Janet Satterlee joined WIKF just this year. We spent probably 8 hours training at his new dojo location. I thoroughly enjoyed my visit and hope his students benefited from the instruction.



Sensei Dan Satterlee is on the back row, fourth from the left.

There is a good possibility that many of you will someday visit another dojo. It is easy to be

respectful and act properly in your own dojo, but the true test comes when you visit another dojo. A true martial artist will treat another dojo, and the people in it, with the utmost respect. Relative rank is unimportant. Whether you find you do or do not like the Sensei, the style, or the customs of the dojo is not important. As a visitor your actions will have very little effect upon the opinion of the sensei, the students, or the style. But your actions will have a major effect on their opinion of you, your instructor, your dojo, and your style.

RECENT PROMOTIONS

WIKF Students who were recently promoted are listed below:

Academy of Classical Karate-Do in Plano, Texas:

Jennifer Rackley 8th Kyu
Carly Shuman 9th Kyu
Jeremy Sell 9th Kyu
Greg Anderson 9th Kyu
Lisa McKinley 9th kyu
Justin Farzaneh 7th Kyu
Michael Lee 7th Kyu
Daniel Mandell 7th kyu
Paul Honrales 7th Kyu
Dheeresh Maddu 7th Kyu
Aaron Clark 7th Kyu

Newnan Karate Center in Newnan, Georgia
Andrea Knoll 2nd Kyu

FIGHTING SPIRIT

“You may train for a long, long time, but if you merely move your hands and feet and jump up and down like a puppet, learning karate is not very different from learning to dance. You will never have reached the heart of the matter; you will have failed to grasp the quintessence of karate-do.”

Funakoshi Gichin

“Kata is not dance!” –Suzuki Tatsuo

From a traditional Japanese karate point of view, nothing can take the place of single-minded fighting spirit. It is the win at all costs attitude that only a select few karate students truly possess. This fighting spirit is a rather simple concept, but it is one of the most difficult to teach.

Fighting spirit is the strong will and determination within a person that won't allow them to quit or give up easily. It's that feeling that says, "I'll do what I have to do." This is something that comes from inside of a person. The reason this is so hard to teach is because it can't be properly understood with your mind alone. It has to be found in your heart, your soul, or whatever you choose to call deep down inside of you.

The best way I know of to learn to let it develop is through the practice of kata. . When you have practiced the kata enough you can reach an automatic pilot state of mind where a sort of mental switch gets thrown where there is no longer a sense of trying to remember the movements and you can just act. You have to train yourself to the point where you no longer have to think about what you are doing. This is difficult and takes a long time. When you have practiced a long, long time you don't have to persuade yourself into action. Feel what you have to do to win and that feeling or attitude will be your spirit coming forth. You take that attitude, concentrate on it, and aim it at an imagined opponent when running a kata. Your ability to do so is the key to developing a spirit that will not allow itself to be beaten. The important thing is to just stick to it. People have a tendency to get that which they want bad enough and are willing to work for

MASTERY

Even a “Master” must spend time studying and learning the building blocks of his art. It seems that a

period of time is needed to learn the rules of any art. In fact, ten years of practice and study seems to be the minimum amount of time required just to learn the basics. In one study seventy-five well-known musical composers were evaluated. From this group only fifteen of them had produced acknowledged masterpieces within the first ten years of their careers. Their finest works came AFTER ten years in their profession. It is estimated that a chess player must develop at least 50,000 patterns, with four or five pieces in each pattern. These patterns have to be developed over time....25,000 to 30,000 hours (about ten years) of creative worrying and actively studying chess.

At the risk of oversimplifying things it seems that a master in any art may be nothing more than a person with a certain style of thinking. This style is probably not so different from that of the common person. However, most people never reach such a level because of all the myths that surround the idea of mastery, or because they can't stick with anything long enough to achieve that level. Many people with ability never live up to their capacity, while others with the same or less ability, go on to become life long good karate students. What makes the difference? The difference is that there are many potential masters who never live up to their ultimate potential because they quit too soon.

Growth in karate has it's progressions and its regressions. The process of growth is not the smooth progression many people assume. It's more like a drawing of a lightning bolt full of ups and downs, progressions and regressions, dramatic leaps and depressing backslides. We all need to be aware of this and recognize when we are down momentarily that this is evidence that the growth process is still under way. As long as you continue to practice and try to move forward the growth will happen. The growth process in karate takes time and is continuous. Sometimes that is hard to accept in the speed of modern life, but we all require time to grow. Give yourself that luxury.

To understand more on this subject a good book for all karate students at all levels to read is MASTERY, by George Leonard.

“The world pays big prices for the people who know the values of and satisfaction of persistent hard work.”

----Thomas Edison