



Wado International Karate-Do Federation

DOJO CONNECTION

May 2005

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 before you can climb back up to a higher position. I salute the dojos and individuals 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.)

SUMMER TRAINING

We want to remind everyone about the summer training with Suzuki Sensei that will be taking place in Plano, Texas this June 14-19. It looks to be a great opportunity for everyone to get some superior instruction from Sensei as well as from other WIKF instructors. For more information go to our web page:

www.wikfusa.com

Rank Advancements

The Newnan Karate Center located in Newnan, Georgia congratulates the following students for their advancement in rank after a recent belt examination:

ANDREA KNOLL....6th Kyu
DONALD HOLCOMB...6th Kyu
JESSICA THOMASON...7th Kyu
BARRY CARTER.....8th Kyu
JARRED CARTER....8th Kyu

Success...How to Pursue It

Doug Jepperson

Think about the Six Attitudes of high achievers:

Make big plans

Willing to do what you fear

Willing to prepare

Willing to risk failure

Teachable

Have heart

How are these attributes manifested in real life? Since Michael Jordan is recognized by nearly everyone on the planet as exemplifying success in his chosen field, I will give a few insights to success using him as an example.

Make big plans. Michael Jordan said, "I have the goal of being the best, but I approach everything step by step using short term goals. When I meet one goal I set another reasonable goal I can achieve if I work hard. Each success leads to the next one. Each time I visualize where I want to be and what kind of person and player I want to become. I approach it with the end in mind. I know exactly where I want to go, and I focus on getting there. As I reach those goals, I gain a little more confidence. It's all mental for me. I never write anything down. Just concentrate on the next step." (*Sounds like a good way to approach getting your next belt and ultimately your black belt.* TJK)

Willing to do what you fear. Teachable. Jordan was both teachable and willing to do what he feared. "I'm not afraid to ask anybody anything. Why should I be afraid? My attitude is, 'Help me; give me direction.' I could apply that approach to anything I might do. It's no different for the person whose goal is to become a doctor. All those steps are like pieces of a puzzle. They all come together to form a picture. If it's complete, you reach your goal. If not, don't get down on yourself."

Willing to prepare. Many of the great natural athletes were actually the hardest workers in the gym. Angelo Dundee said that Muhammad Ali was always the first one in the gym and the last one to leave. In George Leonard's book, *Mastery*, (*If you haven't read this book you should!* TJK) he retold a story about Steve Largent. At the rookie camp one spring a reporter noticed that one of the receivers was still down on the field running patterns after everyone else has left and the lights turned off. He mentioned to the grounds keeper that the guy must be worried about

making the team. "No, that's Steve one of the greatest receivers of all time, just trying to get it right."

Willing to risk failure. Michael Jordan said, "I never look at the consequences of failing. Because when you think about the consequences, you always think of the negative result. If I'm jumping into any situation, I'm thinking I'm going to be successful not about what happens if I fail."

Fear of failure freezes some people by thinking about the possibility of negative results. They might be afraid of looking bad or being embarrassed. I realized that if I was going to achieve anything in life I had to be aggressive. I had to get out there and go for it. I don't believe you can achieve anything by being passive.

I know fear is an obstacle for some people, but to me it's an illusion. Any fear is an illusion. You think something is standing in your way, but nothing is there- only opportunity to do your best...

If it turns out my best isn't good enough, then at least I'll never be able to look back and say I was too afraid to try. Maybe I just didn't have it. Maybe I wasn't good enough. There is nothing wrong with that and nothing to be afraid of either. Failure always made me try harder the next time."

Have heart. The great intangible the great ones all have. Did any of you see the Jazz playoffs with the Bulls when Michael Jordan was visibly ill? We all though, "Good, here is our chance." Then he went out and had the best game of the series.

Our society tends to glamorize individual success without considering the entire process. We only see the superb performance of a Michael Jordan and his apparent effortless success. We do not see his hours in the gym. When Mohammed Ali was in his prime many boxing commentators said he was the greatest natural heavy weight that lived. As Angelo Dundee explained he was also the hardest working.

Going back to preparation, you cannot prepare enough. Talent wins games, but teamwork and intelligence win championships. I don't care what you are doing you can't skip the fundamentals if you want to be the best. Michelangelo was so determined to be successful at his art he would forget to eat and sleep. But some people don't want to deal with that. They are looking for instant gratification and so think they can ignore all of this and skip a few steps. Don't be so focused on composing a masterpiece that you never master the scales.

Tournament Results

Brody Burns

On April 29th, Team Kokoro, the competition team for the Academy of Classical Karate, left Plano traveling to Waveland, Mississippi for the AAU Regional Championships and National Qualifier. We shoved the 25 member competitor team into two rented vans and the equipment in four accompanying “pack” vehicles. It was a long trip but we bonded as a Team and reminded ourselves we would have a full year to recover before making it again.

We made it to Mississippi safely and ate at a local diner. Health inspections aside, the food was pretty good and they took good care of us. Saturday, the morning of the tournament, a huge thunderstorm rolled in and it seemed like the whole team was drenched. We had the makings of a terrible day, but no one wanted to waste the trip, so we had to pull it together. Everyone had to do their job.

Once we made it to the tournament site, Coaches Bryan Nixon, Tom Scott, and David Logan did a great job getting the Team refocused on competition and getting their game faces on. Referees Dale Gatchalian, Darren Free, Lisa Free, and Brody Burns had to do their part in pushing and working to keep the competition going. The Mandell, Perez, Deitz, Wahle, Norville, Feith, and Honrales families did their part in keeping the kids focused and the spirits high. It all paid off and Team Kokoro did an outstanding job with an overall medal count of **59 total medals! 20 GOLD; 19 SILVER; 20 BRONZE.**

Lisa Free...2nd Kumite; 3rd Kata

Darrin Free...1st Kumite

Dale Gatchalian...great showing Kata

Vince Garcia...3rd Kumite

Bryan Nixon...1st Kumite

Leslie Wahle...3rd Kumite; 3rd Kata; 2nd Team Kata

Cara Colton...3rd Kumite; 2nd Kata; 2nd Team Kata

Lindsey Kufel...2nd Kumite; 1st Team Kata

Maxine Lisot...2nd Kumite; 2nd Kata; 1st Team Kata

Tom Scott...1st Kumite

Sean Patrick...2nd Kumite; 1st Kata; 3rd Team Kata

Michael Perez...3rd Kumite; 1st Kata; 3rd Team Kata

David Logan...2nd Kumite

Cameron Sells...1st Kumite; 2nd Kata; 2nd Team Kata

Bryce Rogers...3rd Kumite; 4th Kata; 3rd Team Kata

Jason Mandell...3rd Kumite; 3rd Kata; 3rd Team Kata

Danial Mandell...2nd Kumite; 3rd Kata

Trey Deitz...3rd Kumite; 1st Kata; 3rd Team Kata

Mark Honrales...1st Kumite; 1st Kata; 1st Team Kata

Rick Honrales...3rd Kata; 2nd Team Kata

Rebekka Feith...1st Kumite; 1st Kata; 2nd Team Kata

Stephen Norviel...1st Kumite; 2nd Kata; 1st Team Kata

Nancey Norviel...2nd Kumite; 1st Kata; 1st Team Kata

Brandon Wahle...1st Kumite; 3rd Kata; 2nd Team Kata

Konrad Wahle...2nd Kumite; 1st Team Kata

Eric Perez...2nd Kumite; 3rd Kata; 3rd Team Kata

Congratulations Team Kokoro! You all did an outstanding job representing the Academy of Classical Karate and the WIKF USA at this tournament. We were hoping to see some of our WIKF USA brothers and sisters from Evans Karate Center in Louisiana at this one, but maybe next year.