



BC OPEN KARATE CHAMPIONSHIPS



Ken Corrigan



Celynne LaMarre-Belanger

The Nechako Karate Club was busy collecting medals at the 2006 Karate BC Open Championships on October 14, 2006 in North Vancouver. Sensei Ken Corrigan took home two Gold medals, beating out his competitors in the Men's Master Black belt Kata and Kumite. This was Sensei's first competition

in ten years. 13 year old Celynne LaMarre-Belanger walked away with three medals. In the Brown/Black belt division, she won Bronze in 12-13 year old Girl's Kata and Gold in 12-13 year old Girl's Kumite. Just before the tournament she decided to challenge the age division above her own. She took away the Silver in 14-15 year old Girl's Kumite, losing only to the Bronze medallist from the July 2006 National Championships.

Expressing Apologies

I remember Sensei telling stories about fighting in the early days in Japan. He told one story about saying, "Sorry" during kumite bouts.

The Japanese typically apologize far more frequently than Westerners and apologizing is considered a virtue. So when karate students were fighting if one student hurt another it was expected that the offending person would say, "Sorry." When one apologizes they are showing their remorse and so the person being apologized to is more willing to forgive. But it became a way to splat other people and then all you had to say was "sorry" and everything was suppose to be ok. But it turned out that if you hit me and said, "Sorry", I would return the favor. I would hit you back and then say "sorry" to you. Needless to say they had to eventually put an end to the "sorry" rule because too many people were getting hurt even though the other person was always sorry.

I still use the sorry rule in my dojo so long as the offending person really is sorry. There is a rule of thumb I use that goes something like this: One time is an accident, two times is a coincidence, three times is enemy action and will be dealt with accordingly. The only exception has been when Sensei has hit me and

said, "Oh, sorry." I always accept that apology no matter how many times I have heard it.

ATLANTA TRADITIONAL KARATE/KOBUDO CHAMPIONSHIPS

WIKF members from **Vanatta's Institute of Karate, Nashville, Tennessee** and the **Newnan Karate Center in Newnan, Georgia** recently competed in the 2nd Annual Atlanta Traditional Karate/ Kobudo Championships held in Cumming, Georgia. Seventeen competitors won a total of 21 medals. I am sorry but I do not have a listing of the athletes and their medal wins.



THE OBVIOUS

I have been working as a volunteer in a High School Literature class of 10th graders trying to help them prepare for the High School Written Graduation Test they will have to take next year. Since all of my professional educational experience has been with elementary aged students this was the first time I have worked with High School students. It certainly is different. I was really struggling with how I needed to approach this task. I was spending a lot of time trying to figure out what to do with them and not really getting anywhere.

The German philosopher Christian Morgenstern (1871-1914) said, "The obvious is that which is never seen until someone expresses it simply." It finally occurred to me that the problem was that I was trying to do too much with students who really didn't know much about writing. What I

needed to do was something simple. Kids will only get better at writing by writing. So if you want kids to be better writers you have to teach them HOW to be a better writer and then let them do a lot of writing. I want these students to be so use to writing that when they have to write on their test it will be just like what we have been doing in class.

The purpose of a fighting art like karate is to produce students who can fight. To become a better fighter you have to do a lot of fighting. You only get better at doing something by actually doing it. But before you can get better at fighting you have to learn the skills necessary for success in fighting situations. In karate you have to learn how to kick, punch, block, and move among the basic things. These things have to be taught to you and then you need to spend a lot of time practicing them. These things need to be practiced until they become, "Muscle memory."

Muscle memory is a physical phenomenon that enables your body to perform an action repeatedly in exactly the same way every time without consciously thinking about it. To internalize any technique and to be able to use it effectively your body and brain need to develop this type of memory. I wrestled in high school 40 years ago. We practiced certain moves so much that today I can still do those moves even though I haven't wrestled in all of that time. Karate techniques are complicated series of muscle actions that have to be performed over and over before they become automatic. You don't need a lot of moves to be a good fighter...only a few good ones in your muscle memory.

RECENT PROMOTIONS

ACADEMY OF CLASSICAL KARATE-DO, Plano, Texas:

Cameron Sells to 5th Kyu
Ernie Massei to 7th Kyu
Alex Smith to 7th Kyu
Catherine Lee to 7th Kyu
Victor Lee to 7th Kyu
Victoria Lee to 6th Kyu
Henriette Furton to 6th Kyu

NEWNAN KARATE CENTER, Newnan, Georgia:

John Caldwell to 8th Kyu
Ensley Caldwell to 8th Kyu
Elijah Caldwell to 8th Kyu
Graham Caldwell to 8th Kyu
Rusty Russell to 8th kyū
Jay Russell to 8th Kyu

