

Pan America



Wado International Karate-Do Federation

DOJO CONNECTION

Like Minded People With A Common Goal

November 2010

NECHAKO KARATE CLUB,
Prince George, British Columbia
Ken Corrigan, Sensei

The Nechako Karate Club traveled to Fraser Lake, a small community about 160 Km West of Prince George, B.C. to participate in the Provinces zone selection tournament October 23rd, 2010. At this tournament the Nechako Karate Club was presented with a trophy for the most aggregated points from attending the May 2010 Fraser Lake open tournament. Although we had the smallest number of entries at the tournament we were successful at winning the most aggregated points with the highest placements in each division.

We are proud to state, that at the zone championships, all of our entered students were successful in winning a placement to participate at the B.C. Provincial Championship to be held in Vancouver, January 2011.



In our photo, back row from left to right, Lane Getz; Warren Grafton (our instructor of the competitive class), Celynne Belanger; Shantel Whyte. Front row, Cheyanne Fennel; Jame Fennell; Vincent Durfresne; Madison Pinko; Jocelyn Fennell; Charles Fennell; Missing from our photo is Jasmine Compagnon.

"I believe that, when a player constantly works under pressure, he will respond automatically to it. For this reason I am confident that what the team does on the weekend in a game relates 100% to what it does during the week,....it is my conviction that a player who practices well, plays well.

-John Wooden, Legendary UCLA Basketball Coach

EAST COAST KARATE CLUB

Nova Scotia

Kevin Jones, Sensei

Recent Promotions:

Jake Pittman 5th kyu

AJ Stewart 6th kyu

Trent Lambert 6th kyu

Zach Seyffert 6th kyu

Jay Smith 7th kyu

East Coast Wado took first place in medal count at the South Shore Karate Tournament in Bridgewater last weekend, 18 athletes for a total of 28 medals. Comments were overheard from other Sensei and referees on how the strong our club is being represented in events and how strong our showings are.

We have a Halloween fun day coming up this Sunday with skills drills for the kids and of course candy to get them warmed up for the festivities later in the evening.

Sensei Kevin Jones has been working students hard and the results are more advancements in the ranks

from the kid's classes as well as the adults, with the quality of our members going to new levels.

WKF World Championships

Tom Scott, a WIKF Nidan from the Academy of Classical Karate-Do in Plano Texas and his coach Brody Burns, traveled to Serbia to compete in the 2010 WKF World Championships. Tom is a member of the USA Team.



Tom Scott with the USA Ambassador to Serbia The USA Women's team made history by winning the Bronze Medal... a first for the USA.

MILLERSON ELECTED

Last week Sensei William Millerson was re-elected as First Vice-President of the World Karate Federation. This is a huge honor and is also very important for WIKF. Congratulations Sensei!

Budo no damashi

All serious Wado practitioners of any organization instantly recognize the name Tatsuo Suzuki. Suzuki Sensei is without question one of the most skilled karate instructors of our time of any style. If you had the opportunity to train with him you would have recognized the extraordinary level of skill even in the simplest of his movements. He has the ability to make difficult movements seem simple. But what really separates him from the rest of us is what is known as Budo no damashi, the "spirit of the martial arts."

For all of his karate skill Suzuki Sensei is still human and subject to illness and injury just like the rest of us. Most of you are aware of the heart problem Sensei had in 2005 and of the stomach cancer he had

last year. Even for Sensei physical power and technique are transient. Time takes its toll on everyone. Spiritual power on the other hand is timeless. It is the kind of power that allows one who possesses it to endure the physical and emotional disasters of life. It is developed by long hours and years of practice. It is a sort of power that is obtained from a commitment to training.

Serious karateka all try to improve their technique through improved cardiovascular endurance, muscular strength, and flexibility. The physical aspects of training are tools for building a strong body and sharp technique. When you are young it seems it will last forever. However, sooner or later everyone who trains will encounter age, illness, injury, or all three. They may even prevent you from ever getting out on the dojo floor again to practice the way you were accustomed to. It can all be taken away from you in an instant.

In the past I spent three years where I was physically unable to practice at all. My dojo just about disappeared because I could not be there. Suzuki Sensei called me on the phone one night and basically told me that since I was encountering difficulty physically not to change my decision to practice the martial arts but to change my direction on how to do it. He advised me to develop a different kind of strength more dependent on the spiritual than the physical: Budo no damashi.

The challenge for all of us is in the moment. The time is always now. Sometimes you have to abandon one route so you can pick up another. Hold it in the road.

ICHIBAN KARATE CLUB, COLORADO

Mike Bevins, Sensei

Ichiban Karate Club of Colorado has a new home to train in Eaton Co. just a few minutes north of Greeley. The 1500 square foot wooden floor building has all the character to be a great dojo. We're looking forward to and excited to have new membership in our new permanent location. We also have some great neighbors like an athletic sports training center called "Cross Fit" and a Chinese restaurant so we have it all.....well for me I'm happy. Also, the students and parents make it a great family atmosphere to train in and a pleasure to teach at.

The club has been very successful in tournaments this year with a lot of metals to come home with. Next year (beginning 2011) we will have our first I.K.C.

competition team so the dojo is very excited and training hard. Next years goal is send a successful team to Nationals.

I traveled to Orlando Florida in July for a business trip and utilized my time while I was there and went down to Winter Haven to teach a seminar to some old friends I haven't seen in years. We had black belts from all over the state in attendance. One of our newest WIKF members, Richard Ganey from Winter Haven, joined in the 2 hour training which covered basics with a little advanced technique and some footwork. Richard's Wado was strong and he looked very good. The other black belts at the seminar responded well but some things were foreign.

Years ago, Richard and I trained Iaido for a while together and trained with Dale Kirby. Richard was, thank God, one of the people responsible for taking me to my first training with Suzuki Sensei in 1989 and introducing me which was the very beginning of my Wado experience which changed my whole career in martial arts.

Comfort Zone:

Desiring no more than what one has; satisfied.

A man grows most tired while standing still.

~Chinese Proverb~

We cannot become what we want to be by remaining what we are.

Move out of your comfort zone. You can only grow if you are willing to feel awkward and uncomfortable when you try something new."

It's amazing that most people in life are in a comfort zone in one way or the other and don't even know it or don't even care. It's very discouraging to see someone in Martial Arts that never wants to reach out and get better. Wearing a black belt seems to give them a pass to not try to get better (comfort zone). It also for some reason gives them magic blinders and convinces them that what they do is just as good, ok or even better. Even worse they look at new things as if they would be too difficult to obtain so they remain "standing still". I always try to tell my students that we all live in our own "mental boxes" meaning we limit ourselves to the box we live in. I try to give them things to push them so they can break down the "walls" to a "bigger box". "Rinse and Repeat!" Get out of bed; pound the pavement each day with that goal in mind!

