

North America



Wado International Karate-Do Federation

DOJO CONNECTION

OCTOBER 2006

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SUZUKI CUP TOURNAMENT

The Suzuki Cup was inspired by Tatsuo Suzuki, Hanshi, as a way of bringing competitors from the major Japanese karate styles together for the honor of one award, a shining sterling silver cup. This is a quality event that draws competitors from all over North America.

The tournament will take place over the course of two days, Friday, December 1, 2006 and Saturday, December 2, 2006 in Plano, Texas. Registration for this event will run from October 1, 2006 through November 30, 2006. Registration will be available **ONLY ONLINE** and **ONLY** Pre-Registered athletes will be allowed to compete. There will be NO "at the door" registration. To register a team or an individual go to

www.planodojo.com

In conjunction with the Suzuki Cup Tournament there will be a two day Seminar conducted by Sensei Jon Wicks, 7th Dan. The seminar will be held on Wednesday and Thursday, November 29 and 30th. Dan Grading will also be conducted by Sensei Wicks and Sensei Kosslow. Anyone seeking Dan Grading must schedule this in advance by contacting Sensei Kosslow or Sensei Burns.

GETTING OLD IN KARATE

Tom Kosslow

A young person at a tournament recently asked me what karate training was like after you get old like I was. I was rather taken aback and a little shocked because I really don't consider myself to be old. I know I started training before most of the current group of students was even born, and often I am taken aback by that "old" guy that lives in my mirror in my karate gi. I can't do all the push ups and

sit ups I once could do. I am not so flexible or as fast as I once was either. But I don't despair or agonize over these things for long and I certainly do not consider myself as all washed up. I still have 30 seconds of fight left in me.

Anyway, old age in karate I have decided is really a gift. As you get older it's easier to be positive about things. You care less about what other people think. You don't question yourself anymore and you have even earned the right to be wrong or to sit down if you want. You've proved to yourself and to others many times over that you are a serious Martial Artist worthy of the rank you hold. You still try and improve yourself but you are not in such a hurry anymore. I have become more kind to myself in my training. I know I sometimes forget things. I have forgotten more karate than most people will ever learn. But then, sometimes, some of life is just as well forgotten.

Over the years my heart has been broken. How can your heart not break when you lose a loved one, a good friend passes on, good students quit, a child suffers, you endure illness and hard times? But broken hearts and hard times are what give us strength and understanding and compassion. A person who never experiences any of these things is pristine and sterile and will never know the joy of being imperfect.

I am blessed to have reached this age, to have my hair fall out, my eyes and hearing get weak. So many have never laughed, so many have died before their hair could fall out. Too many friends have left this world too soon...before they understood the great freedom that comes with aging. I would not for a moment trade my karate friends, the places I have traveled to, the time spent in the dojo, my wonderful karate experiences for a little hair and a flatter belly. So to answer that question, I am learning to like being old in karate. It has set me free. I am not going to live forever but while I am here I don't plan to waste time lamenting what could have been, or worrying about

what might be. I don't have time to hold old grudges any longer or to worry about politics. I just try to keep in mind that life, like karate training is a journey and not a guided tour.

PAN AMERICAN YOUTH CHAMPIONSHIPS

(I placed this here on purpose after that last article 😊!)

Most of you are aware that TOM SCOTT from the Academy of Classical Karate-Do in Plano, Texas was selected to compete as a member of the USA Team in the Pan American Youth Championships in Curacao. What you probably don't know is that Tom was also chosen as Co-Captain of that team and that Tom won the Bronze Medal in Kumite at that event. If you have never watched Tom fight you have missed an opportunity to see one of the future karate stars in action. When he competes he represents his dojo, his instructors, his parents, WIKF and most importantly himself, with a class seldom seen in youth his age. I know we will be hearing more of him in the future.

Ichiban Karate Club Long Peak Climb Colorado

Mike Bevins

It was September the 8th at 10pm when we left our home town to head to the trailhead of Longs Peak. We traveled in the direction of the 14,200'+ peak to climb and on the way we came into some heavy rain which looked like it was going to spoil our quest to tackle the top. By the time we got to the "head" it was only a light sprinkle of rain so we decided since we came this far we're going to make it happen. Starting a little late, we stepped foot on the trail at 1am on the 9th. The first half mile was the hardest with our chest feeling like it was being sat on by a Sumo Wrestler while trying to breathe which are the affects of getting acclimated to the altitude hiking for some people. Passing by some beautiful waterfalls on the way through the woods was beautiful under the cloud covered full moon but we had a long way still to go. After getting above timber line, the steps seemed longer and more tiring but still having a great time as we took our time meandering through the rocks. As we got closer to the top, it started snowing pretty hard and we began

to partially to lose the trail behind us. Dark clouds we're swirling overhead and more heavy snow looked sure. You could see the peak of the mountain had been getting pounded by snow and thinking of climbing through "The Narrows", a 2.5 wide trail with about a 1,300' drop off at the time was not a good idea. One of the guys started getting altitude sickness at about 13,000' so with the snow and sickness combined we had to face the fact we needed to head back down. After about a 1,000 decent he started to feel much better which is the usual cure. I was disappointed that we didn't make it to the top because we didn't reach our goal and also I wanted to do Chinto at almost 3 miles above sea level to be able to say I did (oh yea AND make it down). On the way down, the full moon would peak out of the clouds and looked like a spot light over our head being that high. It was the best/tiring time we all had in a long time. Can't wait till next spring to be able to do it again and all are welcome!

I also just started a new after school club at the beautiful Greeley Colorado multi-million dollar complex. I'm looking forward to working out on the immaculate, floating wooden floor with mirrors all around.

Also I want to say congratulations to Tom Scott for Doing so well in Curacao at the Pan Ams. He has a very bright future for years to come and is making WIKF/USA very proud!

“Winners” from The Dog Ate My Homework (Holbrook)

I thought they had
something I lacked.
Until I learned
winners fight back.

It isn't that
they never lose,
don't fall apart
or take abuse.
The trick is,
simply,
every round,
when they get hit?
Winners don't stay down.

Georgia Karate League Tournaments Results

As part of a dojo effort to prepare for the upcoming Suzuki Cup, Sensei Mike Vanatta has traveled with some of his students to Georgia to have them compete in Georgia Karate League Tournament events. Pictured below are members of the Vanatta's Karate Institute from White House, Tennessee who competed recently.



Vanatta's Karate Institute Team Members

Results:

OLIVIA BOBBITT: KATA SILVER MEDAL
JOSEPH BOBBITT: KUMITE BRONZE MEDAL
SARA HABELT: KATA GOLD MEDAL
MICHAEL VANATTA Jr.: KUMITE BRONZE MEDAL

NEW FUTURE WIKF BLACK BELT

USMC Captain(s) Devlin and Sara Spradlin announce the birth of their daughter ALEXANDRA GRACE SPRADLIN, born on September 20, 2006 in Okinawa, Japan. "Alex" weighed in at 7lbs. 2 oz Sara is currently stationed in Okinawa with Alex while Devlin is completing a tour of duty in Iraq. I hope all of you will keep his safe return foremost in your prayers. Devlin is a WIKF Nidan from the Newnan Karate Center in Georgia.

Tennessee Training



L-R: Curtis Capeling, Tom Kosslow, Mike Kakassy, Michael Cimino-Hurt

Tom, Michael, Curtis, and Mike got together to train recently at the school where Michael works in Bell Buckle, Tennessee. While we were hoping to have several other black belts in attendance we had a great afternoon of training and fellowship. One of the more difficult things to do in this country is to get together to train. We worked on Tanto Dori and kata for several hours. After training we had a great "country" dinner together before heading home. Thanks to Michael Cimino-Hurt for sponsoring this training opportunity!

TIGER

I happened to catch a bit on TV about Tiger Woods. I don't have to tell anybody who he is even if you don't play golf. Anyway, there were a few things about Tiger that maybe you didn't know.

- He says he always expects to win.
- He will spend as much as 14 hours a day practicing when he isn't playing a tournament.
- He says he has an addiction to the game.
- He pretends he is playing against someone when he practices.
- He is willing to risk losing to improve his game. He changed his swing twice to become better.

Sounds to me like several karate people I know!