Fall 2010 Volume 10, Issue 2

SKIF-USA Newsletter

A publication of SKIF-USA

2010 SKIF-USA Tour a Success



INSIDE THIS ISSUE:

Kancho's US Tour	1-6
PanAmerican Championships	7
Translating the Master	8-10
TRAINING FOR KARATE JUMPS	11
Breast Cancer Awareness	12
Fall 2010 Bo and Karate Seminar	13
New in the Catalog	14

Newsletter Editors: Clay Morton Glenn Stoddard Lynda Crimmins Chris Johnson Kanazawa Kancho and Nobuaki Kanazawa Sensei Seminar
June 20 – 21, 2010
by James P. Shea

An enthusiastic group of Shotokan karateka from the Northeast, Canada, South, Midwest, and Southwest packed the gym at Steve Warren's Sensei's dojo in Rochester, NH to train for the weekend with Kanazawa Kancho and Nobuaki Kanazawa sensei. Also, in attendance was SKIF world Champion, Dr. Clay Morton; Mrs. Morton, and Mr. Seamus O'Dowd from Dublin, Ireland. Saturday morning began with a vigorous warm up by Nobuaki Kanazawa Sensei. Kancho then took the Dan grades and Nobuaki Kanazawa sensei took the brown belts and below. They rotated their teaching the groups both days. Kancho began with traditional choku zuki from yoi and moved into zenkutsu dachi - gyaku zuki and then continued with teaching more complex kihon in his matchless method of breaking everything down into 3, 2, 1 count for all techniques. At first what seems easy becomes taxing as your legs begin to guiver from remaining in the stances as he

breaks down each technique. Over the weekend much of the SKIF Syllabus was covered: kyu through yondan grading kihon, sanbon kumite, kihon ippon kumite, jiyu ippon kumite and jiyu kumite. We did and interesting new defense against four attacks -two jodan from the front and two mae geri from the rear - but only two attackers. The four defenses for the sequence were jodan #1, mae geri #1, jodan #3, and mae geri # 2. Nobuaki Kanazawa sensei took the dan grades Sunday morning teaching some new and energizing kihon and kumite waza. He started of strong, up and back 5 times each for slow, medium, and fast; then on to another sequence and another and so it continued. Sunday morning always is difficult until the sweat begins to run down your back and you kick into gear. Kancho took the Brown belts covering Bassai Dai and Tekki Shodan.

Throughout the two days Gojushiho Dai, Sochin, Chinte, and Unsu were just some of the kata Kancho covered in great detail. Another great method of Kancho's teaching style is that after covering a particu-

Page 2 SKIF-USA Newsletter

larly difficult sequence of kihon, kata or kumite, he often asks for volunteers to demonstrate what was just covered, making corrections or instructive comments during or after the demonstrations. Clay Morton and Seamus O'Dowd demonstrated Gojushiho Dai together. It was very instructive to see these two impressive karateka perform together.

No matter how long you may have trained on something there is always room for improvement and correction under kancho's fantastic eve for detail and correction. During the dan training in one of the yondan grading kihon, Kancho emphasized many great points, for example moving from shuto uke - kokustsu dachi into gedan barai – fudodachi. He explained, "When bring your arm up to begin gedan barai keep the body at shomen, rotate into hanmi as you sweep your arm down and shift into fudodachi." Kancho asked for a volunteer, I raised my hand. A perfect example of what I said above, no matter how long I may have been training this sequence, there is always room for improvement. Kancho explained as I stepped out into zenkutsu dachi – gyaku zuki, "same time foot and hand." So I repeated it again. So many fine points, adjustments, and new information are always disseminated at every SKIF seminar and a perfect example of the many benefits of training at the seminars. I come away overwhelmed with information when ever I train with Kancho and other the SKIF instructors.

Steve Warren volunteered to demonstrate jiyu ippon kumite with Nobuaki Kanazawa sensei. He attacked with spirit and when they got to ushiro geri #2, I was almost glad his hand went up quicker then mine. Nobuaki Kanazawa sensei's timing, expertise, and demonstration of the proper way to perform jiyu ippon kumite left us all inspired and with a greater understanding of this part of the SKIF syllabus. Later on after covering Unsu with the dans, Kancho had Seamus O'Dowd, Clay Morton, and Nobuaki Kanazawa demonstrate Unsu as a team kata. Kancho commented, "Japan, USA, and Ireland would make a great team for kata."

We also had the fantastic opportunity to train in Kanazawa No Bo. Seamus O'Dowd Sensei taught Kanazawa No Bo Dai Saturday afternoon and Kanazawa No Bo Sho Sunday afternoon as Kancho made corrections and explained some of the finer points of execution and bunkai. Both bo kata, although fairly short, are quite intricate and related closely to karatedo. Kancho explained, "Proper practice of the bo will enhance your performance and understanding of karatedo."

The weekend of training and solidarity flew by. Saturday night we had a packed crowd at Warren Lobster House. Old friends caught up with each other, new friends were made, and the opportunity to spend time with Kancho and Nobuaki Kanazawa sensei relaxing and enjoying a wonderful dinner and comradeship was enjoyed by all. Grading followed Sunday's training, 4 graded in Tai Chi and 19 graded in karate.

I would like to thank Michael F. Cook, Sensei and Steven D. Warren, Sensei for their time and effort in putting together this fabulous training opportunity. Also, all the people that helped behind the scenes and the continued support of all the karate clubs and instructors all helped make this weekend a success and fabulous training and memorable experience.









Kancho Kanazawa SKIF-USA Summer tour By Lynda Crimmins

Kancho Kanazawa's 2010 SKIF-USA Summer tour happened June 19th – June 24th. This year's tour brought him and Nobuaki Sensei to Rochester, New Hampshire, New Brighton, Minnesota, and Apple Valley, California.

Once again, we (Peak Performance Shotokan and Wisconsin Shotokan) were very fortunate to have Kancho and Nobuaki Sensei stop here on their tour. Although they were only here for a one day seminar, we all enjoyed the training and time spent with them.

We were able to hold two seminars on Tuesday, June 22nd. On Tuesday afternoon, brown and black belts were treated to a nearly two hour seminar covering basics, a few kata and new/ different kumite drills. That evening, we had an open seminar conducted by Kancho Kanazawa. We even had time for Kancho to discuss his philosophy regarding karate and answer some questions from the attendees. The seminar ended with a small but successful dan test. After many pictures and autographs a large number of attendees were able to join us for a farewell dinner with Kancho Kanazawa and Nobuaki Sensei. As always, everyone had a wonderful time during the seminars and the dinner. We look forward to attending future seminars with Kancho Kanazawa and Nobuaki Sensei as we always learn something new (even it is simply something new about ourselves) with them.



Page 4 SKIF-USA Newsletter









A Report on Master Kanazawa's Visit to Apple Valley

On Wednesday June 23rd, I met Master Hirokazu Kanazawa and his son Sensei Nobuaki Kanazawa at LAX in the late afternoon. It was the beginning of four days that I would spend with my sensei, Master Kanazawa (known as Kancho), and with my sempai (senior), Sensei Nobuaki Kanazawa. It was one day before the seminars in Apple Valley and I was looking forward to a great event..

One year earlier, I had attended my sensei's seminar in San Jose, when he last visited California. I had the chance to have dinner with him and he expressed his wish to come back to Apple Valley and visit once more. He had first visited Apple Valley in March 2005, and was scheduled to visit again in June 2006, but had to fly home early due to illness. I sensed that he felt a certain sadness that he had not been able to visit once again in 2006, so I of course answered his question by saying that he was welcome in Apple Valley anytime, and that I would be honored to host him.

Later last year, I received an e-mail from the SKIF-USA General Secretary, Glenn Stoddard, who said that Master Kanazawa had personally requested to him that he visit my dojo on his next USA tour in 2010. When I was told about this I was taken aback that, despite my sensei's unbelievably busy schedule, he still had time to think about such things. I replied once more that I would be honored to host him and that I would make it happen. In June of this year, it happened!

I was extremely gratified by the amount of support for my sensei's visit from our own club members, from Sensei Marquez's members in Hesperia and from the many outside members who travelled many miles in some cases just to attend this special event. I can say to you all that Master Kanazawa was both surprised and also extremely happy by the participation and the effort of all present, not just the karate students and instructors, but also the parents and the staff who helped to organize and make his visit that much more special.

The training sessions were extremely detailed and a great workout too as all participants were expected

to hold deep stances for an extended time, put in extra power and speed on all techniques, and generally showcase their absolute best karate throughout the whole seminar. "Detailed" is probably the best way to describe the first seminar and "intense" is probably the best word to describe the advanced seminar.

We covered all manner of basic techniques in the kihon section of the first session (including punches, blocks and kicks, as well as combinations, all of which were broken down step-by-step.) Then we practiced sanbon kumite #1 & #2 with multiple repetitions of each. No slacking off allowed!

In the second seminar, which was for advanced students, we were split into two groups after the basic warm-up. One group was for 'Shodan and below' and the other group was for 'Nidan and above.' Nobuaki-sensei took the first group and Kancho took the higher ranked black belts. In this class we went through the second, third and fourth/fifth degree kihon syllabus, including a special focus on mawashiuke and sanchin-dachi training. This was intense as Kancho did not let up for even a second if there was a minor mistake by anybody in the group. We were all made to do it again and again until he was moderately happy that he could get no more out of the group. I say moderately happy, because I could tell that he still wanted more, but it was time to move on to kata. For the kata section we studied Nijushiho, Chinte and Gojushiho-dai – once again in tremendous detail and multiple times. There were many legs shaking and lots of utterances from Kancho of "no, no, no... one more time!" This is what real training is all about! "Mou ikkai – One more time". Repetition is the mother of skill and this was definitely the message we were given during this seminar. I have to give all credit to the participants because we were all game and willing to do whatever was asked until our leg muscles burned and our arms were quivering in the different kata poses. Quite honestly, I think Kancho would have happily kept teaching long after the session time had expired, and judging by the kiais and sweat emanating from the other end of the training hall, Nobuakisensei's group had no lack of energy or spirit either. I saw big smiles, a few pained expressions, and sheer awe and bewilderment at Nobuaki-sensei's

karate techniques. I think that some of the parents had even broken a sweat just by watching! However, we had to end the sessions as we needed time for autographs and for Dan testing but I think that most of the participants would have been fine with another hour, such was the quality of instruction. I don't know how the muscles would have stood the extra pounding but who cares.

Our evening with Kancho in Apple Valley was attended by just over 100 participants, in addition to multiple spectators. We were honored to have Master Hiroyasu Fujishima in attendance once again at our event and we were also visited by other SKIF member senseis such as Sensei Deddy Mansyur from Houston and Sensei Wayne Shockness from San Francisco. And we had Sensei Victor Young from Camarillo (who trained with Kancho in Hawaii back in the 60s.) Several other senseis travelled from Southern California and Nevada to join our seminar and their participation was also greatly appreciated.

When we finally got back home to my house after testing, Kancho and I both sat up until about 1am talking about the evening, about karate, then about life and world geography, history, and politics, as well as all of the many countries that he visits every year on his world tour. It was a really special evening for me because my sensei has been such an inspiration in my own life. To sit with him and ask questions about his opinions on such a variety of topics was a true honor.

The next morning we all got up early, ate a good breakfast, took some family pictures and got on the road for our next destination—Fresno.

Apple Valley to Fresno is about a four hour drive so my wife had set up Kancho with a couple of pillows, some water and some healthy snacks along the way.

Nobuaki-sensei and I chatted most of the drive while Kancho slept and we made it to Fresno by about 3pm. We were met by Sensei Steven Wong, the hosting sensei from Fresno, along with all of the top Sensei from the SKI-US Federation group. Let's just put it this way, Master Kanazawa was in great hands and I was probably the lowest rank in the room which felt very refreshing in many ways.

We went and checked in to the hotel and such is the generosity of the Fresno group that they had booked a room for me as a courtesy and despite all kinds of arm-twisting and pressure points throughout my two-day visit the Fresno group never once relented into letting me pay my own way. I finally talked them into a donation of sorts but it didn't even come close to covering the costs of my visit. Karate people by essence are good people and are generous to the nth degree from my own experience. Despite knowing this already, I was very moved by Sensei Wong's generosity.

On the first evening we all visited Sensei Wong's dojo and had a private "members only" class with his students and the visiting sensei. Kancho and Nobuaki-sensei of course led the class and we all got a good workout as you can imagine.

We were up early the next morning and off to Mimi's Café for a great breakfast and then off to the seminar location for a full day of training—two 2-hour sessions separated by a short break in between for time to catch your breath and take a drink of water or Gatorade or something. Despite my aching muscles, my spirit was strong and we were put through a similar regimen to the Apple Valley seminars just to make sure that my body and everybody else's knew that they had been visited by someone special.

Once the seminars were over, it was back to the hotel for a much-needed shower and change of clothes in preparation for the evening event—a BBQ at Sensei Wong's house. Another great evening with so much kindness and respect! I could say more about Sensei Wong's hospitality but he probably would say that I've said too much already—what a guy!!

However, the main focus of the whole four days was of course Master Kanazawa. At 79 years old he puts a lot of us to shame with his movement and his energy. However, I think it is his humility and his zest for life, and openness to everything that is put in his path that impresses me most. I have had the immense privilege of spending a significant amount of time with my sensei, both under his tutelage in Japan and in the US and in his presence in a social setting, and on all occasions he has shown me what it means to be an example to others. My sensei's core message is "Harmony" and he really does

epitomize this feeling and concept in life. There are so many people who we meet who say one thing but do something else. Master Kanazawa is the real deal in everything he does. He practices exactly what he preaches. What a breath of fresh air!

I made it back to Apple Valley on the Sunday only to have to get busy moving my dojo on the Monday to a new location. The whole of the week was spent moving and the next week was spent teaching classes, running Summer Camp and trying to catch up in general. Unfortunately there was not much time for reflection and even now that commodity is in scarce supply.

But I have to say, that the month of June, despite being crazy in so many ways, was one of the most rewarding months of my life from a karate perspective. The short four-day visit with my sensei was worth more than money can buy. I am an extremely lucky person to be one of Kanazawa-kancho's students! OSS!

Paul Walker Seishin Shotokan Karate, Apple Valley, CA



Page 7 SKIF-USA Newsletter

7th SKIF PanAmerican Championships By Lynda Crimmins

The 7th SKIF PanAmerican Championships, hosted by SKIF Dominican Republic, was held in Punta Cana Dominican Republic July 27th – August 2nd. SKIF-USA was fortunate to be one of 15 countries attending this event.

The tournament week started with seminars on Wednesday and Thursday conducted by Kancho Kanazawa and his son, Fumatoshi. The tournament was held on Friday. With nearly 400 competitors, it was a very long but successful day for many including the SKIF-USA team. We were fortunate enough to come home with 19 total medals. Part of the tournament day activities included a kata demonstration with representatives from each country participating. Thank you to Lorri Porter, Dennis Livotto and Wayne Shockness for doing such a fabulous job representing SKIF-USA!

After all the hard work was done, we were able to spend time on Saturday visiting with family and friends at the beach or by the pool. You couldn't ask for a better way to end the week. Thank you to all of the competitors, family and friends who attended the PanAmerican Championships and helped to make our time in the Dominican Republic such a success and so much fun!

SKIF-USA Team Details

For this tournament, there were three groups: Youth (ages 6-17), Seniors (ages 18-34), Masters (ages 35 and up). And all kyu ranks were able to attend. With 26 total team members, we were fortunate enough to have competitors in each division. We had (9) Youth, (7) Seniors, and (10) Masters team members with the youngest being 7 and the oldest at 57. As for our total medals count, we came home with (5) Gold, (8) Silver and (6) Bronze medals. We were also fortunate to have the medals spread out among all 3 age divisions. Congratulations to all of the competitors for your hard work, determination and spirit!





Page 8 SKIF-USA Newsletter

Richard Berger – Translating the Master by Paul Walker

(In part II of this interview Paul Walker continues to ask Richard Berger, translator for many of Kancho's works, about his time and training in Japan with Kanazawa Kancho.)

Q: There are many foreigners who are fascinated by Japan - I am one of them. Often we go there with great ideas and unrealistic expectations and then the demon of "culture shock" strikes and we struggle for a while to find our place within our host country. I can honestly say that I had a great time while in Japan but I know of others who were just miserable. What were your encounters with culture shock and how did you deal with them? Do you still experience culture shock after living in Japan for so long or is "reverse culture shock" now more of an issue when you visit the United States? A: Well, Japan isn't for everyone. I don't think there's any way to know if you'll like it or not unless you actually come and find out for yourself. Of course individual experiences can have a major impact on one's impression of the country. I know some people who fell in love with Japan because they met a lot of great people and had a number of wonderful encounters. But then again, I also know of people who had a string of bad experiences that negatively affected their opinion of the country.

One thing that I believe is important to keep in mind when visiting any foreign country is maintaining an open mind; that's most likely what helped me to adjust to life in Japan and helped me to avoid any serious culture shock. Now, however, after having spent 20-plus years in Japan, I do suffer the occasional bout of reverse culture shock when I go back to the United States to visit family and friends. I'm reminded of the Japanese saying *Sumeba miyako*, which, essentially, means: If you live somewhere long

enough, it becomes home.

Q: You are the translator of several of Kanazawa-kancho's most important and recent books, such as Karate Fighting Techniques: The Complete Kumite, Black Belt Karate: The Intensive Course, and the newly released book, Karate: The Complete Kata. These books are incredibly valuable to the followers of SKIF, and also to the wider Shotokan community, so we thank you for helping to bring these projects of Kanazawa-kancho to fruition. It can't have been easy to make this happen. Please tell us a little bit about what it takes to translate a book of this scope.

A: Well, I realize that translating may seem like a very glamorous line of work (laughs), but I can assure you it's not. Since you are familiar with Japanese, you can appreciate how different it is from English. Because the two languages are structured so differently, rendering Japanese into natural-sounding English can often pose quite a challenge.

I view translation as a two-step process. First, you need to get the Japanese into some form of working English. Then you need to ignore the original Japanese and clean up the English so that it makes sense and flows naturally. It requires discipline and a discerning eye.

Q: How long does it typically take to translate such a technical book?

A: Well, first of all, I have to confess that I'm a slow translator; I spend a lot of time mulling over each sentence, thinking of the best way to express it in English. In addition, I have a full-time job that keeps me busy from Monday to Friday, not to mention a family. So, I'm limited to week-day evenings and weekends, provided I have the time and energy. As such, completing the first draft can take around six to nine months.

Q: What is the process that the book goes

through from concept to translation to print? A: All three of the books that I've been asked to translate had already been released in Japanese. I didn't receive any special instructions from the publisher so, in each case, basically just used the original Japanese text as my guide and then submitted the translation manuscript. About six months later, the publisher sends me the page proofs for checking. I'll look for typos and other text errors, and make sure that the text and photos are in agreement. I'll also look for missing or incorrect photos, as well as photos appearing out of order. You'd be surprised at how many mistakes there can be at this stage of the layout process. If there are a lot of serious problems with the initial page proofs, then a second round of checks will usually be done before the book gets printed.

Q: You are a long-time member of the Honbudojo and your Japanese language ability is as good as it gets. It seems you are the natural choice to be Kanazawa-kancho's translator in anything and everything he does. When you were asked to be the translator of his books, how did you feel? Was it a surprise, an honor, or a bit of a burden considering your work and family commitments?

A: I'd be lying if I said that I wasn't honored that Kancho thought I was up to the task of translating his books. I was also pleased to be entrusted with the project, knowing that whenever I do translation work, which I've been doing for over twenty years now, I always try to present the material as clearly and concisely as possible while making every effort to maintain the tone and feel of the original text. But, on the other hand, since I do have a full-time job and a family, I must admit that there was also a part of me that wasn't looking forward to the amount of work that I knew the job required.

Q: I can imagine that being a translator of any book can be a bit of a thankless task, yet in many ways it is no less significant than being an author in your own right and this is one of the reasons I wanted to hold this interview to bring your own personal efforts to light. Can you give us an idea of what it takes to be a translator and

also of how much more you have learned about Shotokan karate by being a translator than you would have otherwise learned?

A: It may sound counterintuitive, but I think the single most important factor in being a good translator is being a good writer. If you give it some thought, though, it makes sense: if you have trouble understanding the source text, with a little effort, it's possible to figure out the meaning, provided you get the right help. But the real challenge is translating that into the target language so the reader can understand the proper meaning, context and sentiment. No matter how good you may be at reading and understanding Japanese, for example, if you don't have the skills to render the original text accurately, and efficiently, in English, then there's no way that you can effectively do your job as a translator. And to answer the second part of your question, I believe the translation process I just described has helped me deepen my understanding of Shotokan karate. Karate training is, of course, a physical endeavor—we learn through training. But when you have to think about how to describe the physical nature of karate through words, you gain a new perspective, which often provides new insight and understanding. I believe instructors will be able to appreciate what I'm talking about, because they must give a lot of thought to explaining various aspects of karate when teaching their students.

Q: Another main reason for holding this interview is to help to promote and publicize Kanazawa-kancho's incredible contributions to the Shotokan world and to the wider Karate international community. The man is truly a legend in his own right and has helped to change the lives of many thousands of people around the world through his own example of leadership, compassion, harmony and strong spirit. What has it been like to work with someone of his stature and knowledge in a field in which he is without doubt one of the foremost exponents?

A: It has been a pleasure and an honor to know, train under, and work with Kanazawa-kancho. One of the things in particular that has so impressed me is his promotion of harmony, in all

Page 10 SKIF-USA Newsletter

really quite straightforward, but until you really understand how these different kinds of harmony work and how to incorporate them, it's difficult to fully appreciate their value. In karate, harmony influences breathing, the use of the various parts of the body, training with an opponent, and so much more. When we look at karate books, I think that many of us tend to head straight for the photos, looking for the "fun stuff," but I would encourage those who have Kanazawa-kancho's books to spend some time reading the forewords and other sections that offer his thoughts and advice on karate.

Q: In closing, do you have any special message for the many fellow Shotokan practitioners around the world who are reading this interview?

A: As I touched on in my previous response, there's much more to karate than simply the physical aspect. To anyone seeking to get more out of karate, I would highly recommend pursuing these other aspects, which can be incorporated into most every facet of one's life. I'm not talking about anything of a spiritual or mystical nature, but—for lack of a better word—more of an "attitude," or way of thinking. I believe this is one of the reasons why karate is often called karate-do, referring to the "way," or "path" of karate.

And last of all, if you love karate, keep training. At the Honbu-dojo, we have men and women who began training in their 30s, their 40s, and even their 50s. We also have students who continue training well into their 60s and 70s. Just look at Kancho; he's approaching 80 and shows no signs of slowing down anytime soon.





TRAINING NOTES: TRAINING FOR KARATE JUMPS By Glenn Stoddard

Many karate kata include at least one jump and kihon training also often includes performing jumping kicks, such as nidan geri (jumping double front kick) and tobi geri (jumping side thrust kick). While some karateka are able to learn these jumping techniques on their own without much difficulty, they are difficult for many people to learn. Following are some training tips for developing better karate jumping techniques which have been effective for me and my students.

First, shift your weight and load the driving leg slightly just before the jump or jumping kick and then push off sharply to go up into the air.

Second, for the jumps in Heian godan, Enpi, Kanku Sho, and Meikyo, as you go up in the air quickly pull your legs up underneath you and try to bring your heels up to touch your buttocks for just an instant at the highest point of the jump, then quickly put your feet out and down to land softly on the balls of your feet in the next stance. The same principle applies to the jumping kicks, except that with nidan geri you want the first kick to go out and snap back just as you begin the kick, then you want the second kick to go out and snap back as you reach the highest point of the kick, and then both legs to go out and down quickly so you will be able to land softly in front stance. With tobi geri, the same principle also applies but the driving leg pulls up under you and you touch your buttocks with the inside of the foot and ankle at the height of the kick, while the kicking leg sharply extends out to the side. Both legs then quickly go out to make for a good stance upon landing.

Most people who have trouble with jumps have difficulty with the lift off and with pulling their legs up underneath themselves, because they are afraid they won't get their legs out to "catch" themselves in a stance at the end of the jump. Thus, the fear of a poor landing is what holds them back from making a strong jump up in the first place. To overcome this I recommend initially working on loading the driving leg and then just pushing off to get the feel of the liftoff without worrying about getting the legs up underneath or landing properly. This should be done several times in a training session just to get the feel of the upward push.

Next, I recommend doing the whole jump but keeping it relatively low and then landing in a good stance. After several low jumps, I recommend trying to push higher and working on pulling the legs up underneath and then quickly extending them for a safe landing. After doing this a few times in the air alone, a good way to train this is with a partner who will carefully swing his or her belt low to the ground and underneath you just as you go off the ground. This provides a strong incentive for you to lift your legs up upon jumping.

Another good way to practice jumping is to use a solid step or block and jump off of it onto a lower floor one of two feet below the level of the step or block, landing in stance. By doing this, you have a little more "air time" to lift and then extend your legs to land and this will build confidence in your ability to lift your legs up and get them out in time for your landing.

Finally, jumping techniques can be especially dangerous if not done carefully and correctly. Therefore, is important to be very careful when doing the above types of exercises.

Page 12 SKIF-USA Newsletter

Maine Shotokan Karate Association of Farmington doing their part for 2010 Breast Cancer AwarenessMonth. By Mike Cook

Following a suggestion from Mr. Seamus O'Dowd Sensei from SKIF-Ireland, The Maine Shotokan Karate Association Dojo donned "pink" obis in an effort to help raise funds for Breast Cancer Awareness Month. To date, the Dojo has raised \$300.00 which will be forwarded to the local Breast Cancer Awareness Division of Franklin Memorial Hospital here in Maine.

To celebrate our successful fund drive, the entire class has done "Push-Ups" ... "until our arms could take no more!!! We now have a class of karate-ka with good feelings for helping such a noble cause ... and biceps that would put an envious eye upon anyone in training!

Oss!

Mike Cook Sensei

"More is expected of a Shotokan person!"



Learning About Life From Selected Quotes Offered by Kanazawa Kancho By Mike Cook

"I always try my best in everything that I do."

"Karate-Do is a combination of physical therapy, health keeping routines, self defense, Budo and Zen training."

"All students of Karate-Do should also learn from Kobudo."

"In nature everything is either positive or negative... this is part of the universe and it keeps it in balance. Therefore, in the kata we have two kiai; they teach us positive and negative."

"Hips for technique, hara for power, breathing for health."

"In many Karate-Do Kata we find a lot of self defense techniques against a bo...The relationship of Karate-Do and Kobudo is like the wheels on a car - one cannot function without the other."

"From the time we are born, the only certainty in life is that we will die eventually. Taking each and every moment in your life and living it to its fullest is the underlying basis for the way of Budo."

"In Kihon practice you should be in harmony with yourself. In Kata you should be in harmony with nature. In Kumite, you should be in harmony with your opponent. By practicing all three as one entity, you are able to aim to build your character through your training."

"Not being afraid' means having the confidence to tackle things that life throws your way head-on."

"Not to get angry' means keeping your cool no matter what the situation."

"One of the greatest things I have learned from Karate over the years is to be able to maintain a positive demeanor regardless of the problem at hand, and to keep a brave face whatever happens."

"Oss! ...means to never retreat from problems or hardships, but to stick with it, never giving up and achieving what you set out to achieve. "Perseverance" (Nintai), Effort (Doryoku), and Achievement (Tassei)" are the underlying concepts of "Oss!"

FALL 2010 KANAZAWA NO BO KATA and SKIF KARATE-DO SEMINAR By Mike Cook

Saturday, Sept 25th brought approximately 35 SKIF participants from 6 states and our Canadian friends from the SKIF - Montreal Dojo to Steve Warren Sensei's SKIF Dojo in Rochester, New Hampshire for another Kanazawa No Bo Kata Seminar . Seamus O'Dowd Sensei, 5th Dan from SKIF - Ireland taught a most informative all day seminar featuring both the Kanazawa No Bo Dai and No Bo Sho Kata and included some very interesting bunkai to aid the participants into a better understanding of the dynamics and intracies of these two very good Bo kata developed by Kanazawa Kancho over 30 years ago!

Sensei O'Dowd also assisted the organizers of this Fall's seminar, Jim Shea, Steve Warren, and Mike Cook Sensei, with additional instruction in SKIF Karate-Do Kihon and an in-depth presentation of the kata...Ji'in.

Friday night and again early Sunday morning found a select few Sensei from Maine, New Mexico, New Hampshire, Massachusetts, and Montreal enjoying the benefits of performing the short form Yang Ming Shi Style of Tai Chi. A fine dinner Saturday night at the Granite State Steak House was attended by all of the Sensei...where friendly verbal interactions helped clarify any questions concerning technique, explanations, or proper procedure for a multitude of both Karate and Tai Chi related issues and allowed for stronger bonds to be developed amongst all in attendance.

A very special "Thank you" is sincerely offered to all of Mr. Warren Sensei's supporting parents and adults who put on an awesome and wonderful "free" lunch of veggie and fruit plates, sandwiches, desserts and drinks for all of the seminar participants...without support

all of the seminar participants...without support such as this, none of these events could end on such positive notes!

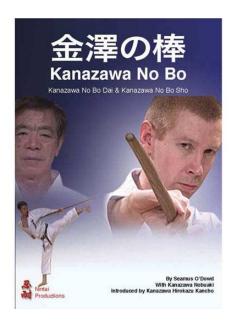
Thank you all for your continued support and participation in these seminars that we are able to organize and offer. ..and to Mr. Seamus O'Dowd Sensei of SKIF - Ireland...a most humbled "Arigato Gozaimasu" for taking time out of your busy international business schedule to come to the United States again and help all of us become better people..."along the Way!"

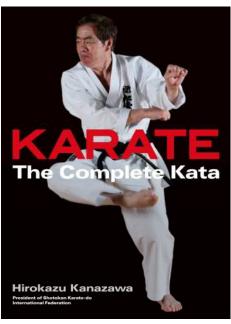






New in the SKIF-USA Catalog www.skifusa.com





See all of the SKIF-USA merchandise catalogue online at: www.skifusa.com