

SKIF-USA Newsletter

A publication of SKIF USA
Editor: Ali Arsanjani



KANCHO'S 2004 TOUR PROMISES TO BE YET ANOTHER UNIQUE EXPERIENCE

This year Kancho will tour the USA from June 12 (Hawaii) , going through Houston, Wisconsin, Minneapolis, California and Connecticut (June 27th) . Don't miss the chance to train with Shotokan's Living Legend! For a full schedule of Kancho's tour see page 5.

Kancho is here performing a technique from Nijuhachi –ho which consists of deflecting, grappling and striking in one fluid movement. This kata has unique hand techniques that train the karateka in new methods and techniques. **Come to the seminars and learn the secrets firsthand!**

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US TEAM BRINGS SIX SILVER MEDALS FROM SKIF PAN-AMERICAN CHAMPIONSHIPS

The US Team brought back a slew of silver medals marking the turning point of the SKIF USA involvement and key participation in tournaments. Our proud silver medallists are:

Dennis Livotto, Men's Kata, 50+
Patrick Richoux, Men's Kumite, 40-49
Veronica Richoux, Women's Kumite, 18-30
Chris Johnson, Women's Kata, 50+
Lynda Crimmins, Women's Kata & Kumite, 40-49

Congratulations Team!!



US TEAM WITH KANCHO

Editor's column: "To win: unleash the animal? Or stay in Harmony?"



"True karate is this: that in daily life one's mind and body be trained and developed in a spirit of humility, and that in critical times, one be devoted utterly to the cause of justice."

— *Master Gichin Funakoshi*

Sensei Murakami Demonstrating the Finer Points of Kumite

It is sometimes very difficult to explain Karate to novices and especially parents of children who trust us as instructors to train their children in the ways of the traditional martial arts. Violence is frowned upon inside and outside the dojo – in fact one of the Dojo Kun is “refrain from violent behavior”. So we try and explain this to students and parents and strive to emulate this in our own lives.

However, someone asked, “how do you win at kumite?” In a recent seminar, I heard a high ranking Japanese instructor mention something to the effect that before you enter the tatami you are kind and peaceful, then you discard that frame of mind and “become an animal” inside the tournament; or at least have that level of fighting spirit and then when you step out again, you are again gentle and proper.

The problem some parents have with this is that the children (some of the them in their 40's !) find it difficult to “refrain from violent” thoughts and behavior when “push comes to shove”. Indeed we sometimes see injuries in kumite and tournaments that is a direct result of this animal-like instinct not having been refined in the karateka.

So I think the hard answer is to try and learn from Kancho's “way of harmony”. Harmony is a way of balance and when in mental and physical balance, one does not step out and engage in animal-like behavior, but remains strong and fast, yet calm and collected. This state of mind is not to be gained merely by conducting everyday life; rather, meditation is required to familiarize the mind with this source of peace within.

In the wham-bang pop-culture of today, driven by media frenzy, it may seem to be difficult to instill the values of meditation in our youth. But you might be surprised: meditation has actually become a fashionable thing !

So perhaps those of us who do not do it, or as often as one might, should continue meditation and inner cultivation and become examples for our students and encourage them to do the same. After all, without inner cultivation, karate is another killing technique (karate jitsu versus karate-do).

— Ali Arsanjani, *Godan*, editor SKIF Newsletter, aarsanjani@mum.edu



Sensei Murakami Tour (Jan 30—Feb 4th 2004)

Sensei Manabu Murakami, 6th dan, is one of the up and coming karateka who is also the head of international section of the SKIF. He is a long-time student of Kancho and a renowned world champion.

He conducted two seminars, one in the University of Houston and the second one in snowy Minnesota.

He went over the basics of kihon which is part of the standard instructors course of the SKIF.

His emphasis on modern methods for kumite was evident as he spent an entire session painstakingly dissecting a deceptively simple kizami-gyaku zuki combination; but with a twist for jiyu-kumite and tournaments. His take on the traditional Bushido version of kizami then gyaku zuki as Kancho teaches in kyogi-kumite, was interpreted and modified for tournaments to be a two beat (“ton-ton”) slightly jumping combination of moves.

He explained that there is a preparation (where the karate-ka engage in eye contact and slowly bob up and down waiting for an opening in the opponent’s mind and then body), which is referred to as “skuri”. Then we proceed with kime to execute the technique and recover from the execution with spirit (zanshin).

Therefore, the technique itself is bracketed within a preparatory sequence of jiyu-kamae gentle and deliberate up and down bobbing motions, followed by a swift and decisive jump forward to execute the techniques (jump-jump or “ton-ton” as he clapped his hands to mark the beat with which we were to jump forward and score, fast and easy, recover immediately then execute gyaku zuki, then recover in hikite kamae and then jiyu-kamae. The rhythm and psychological factors were paramount in getting this exercise right; skuri, opening, distance, timing, kime, zanshin.

— Ali Arsanjani, *Godan*



Sensei Murakami Seminar in Minnesota



1. Skuri; getting ready to execute the technique when an opening offers itself...



2. Slide in and execute kizami, maintain distance, don't lose your balance or your ground...



3. Step in long and execute gyaku-zuki, ready to spring back up, and performing hikite kamae with kime and ...



4. And hikite-kamae to maintain zanshin or poise, at the same time, withdrawing from danger.

TEAM USA BRINGS HOME THE SILVER

The 5th SKIF Pan American Championships was a 'first' for the U.S. This year SKIF-USA sponsored a team to attend this event. The eight member team included Paul Danos, Florida; Charles Lee, New Jersey; Patrick and Veronica Richoux, Texas; Dennis Livotto, Texas; Susan Lee, Wisconsin; Lynda Crimmins and Chris Johnson, Minnesota.

The Pan American Championships, hosted by SKIF-Trinidad/Tobago, was held April 8th – 10th and attended by over 500 hundred competitors from 12 countries. A seminar started all of the activities on Thursday. In addition to the usual basics, Kancho covered Sanbon #5 and a 4-way attack using juyi ipon defenses. Both of these were sets I had never seen before and made for a great seminar!

For Sanbon #5, the defenses are jodan uke, uichi uke, and gedan bari with gyaku zuki. The difference is that you turn with each defense! The first turn is to the left (jodan uke), second is the right (uichi uke), and the third is to the left again (gedan bari).

The next challenge was the 4-way attack. The attacks were chudan, jodan, mae geri, and mawashi geri. The defenses are chudan #2, jodan #1, mae geri #2, and mawashi geri #1. The set starts with chudan attack from the front followed by a jodan attack from the back. The mae geri comes from the right side (when facing the jodan attacker) and the set finishes with mawashi geri.

The tournament officially started on Friday. Most of the individual events were held that day. After a long day of waiting and competing, the U.S. team came away with six silver medals! Here are the results:

Dennis Livotto, Men's Kata, 50+

Patrick Richoux, Men's Kumite, 40-49

Veronica Richoux, Women's Kumite, 18-30, (<55kg)

Chris Johnson, Women's Kata, 50+

Lynda Crimmins, Women's Kata and Kumite, 40-49

Saturday's events started with the Opening Ceremonies. The presentation of the 12 participating countries was followed by two local dance groups and a group of kung fu practitioners. The performers weren't there just to entertain either. Their routine told a story of unity and peace through martial arts – how appropriate!

The Team events as well as the Men's 18-39 Kumite & Kata events were held on Saturday. Although no medals were achieved, the Women's Kata Team (Chris, Susan, and Lynda) or Paul (Men's Kumite, +75 kg), all did well considering the excellent level of competition.

Another long day ended with the awards presentation and farewell party. Known for their love of parties, the "Trinis" hosted a farewell party that included good food, good music, lots of dancing and lots of fun! Sunday wrapped up the tournament weekend with "sun, sand, and surf". Most of the U.S. team along with several teams from other countries relaxed on the sand or played in the surf at Maracas Bay, an area beach.

Everyone from the U.S. team had a great time and we were all glad we had the opportunity to attend this wonderful event. The next tournament will be hosted by Costa Rica and will be in 2006 or 2007. Keep this in mind so we can send an even larger team (children included) to the next tournament!

-Lynda Crimmins, *Sandan*



US delegates attending the Pan-American tournament



Patrick and Veronica Richoux, A Winning Couple!



Kancho
Kanazawa
is a living
legend of
Shotokan
Karate-do

KANCHO KANAZAWA 2004 USA TOUR

Dan Grading will occur for SKIF-USA members only, please make arrangements for grading prior to the seminar you will be attending. Yondan Grading requires you submit a 2-3 page paper on Martial Arts prior to grading. For Yondan grading and above, please submit your application to

SKIF-USA
P.O. Box 120904
New Brighton, MN 55112

Discounts will be available for all SKIF-USA members. Please include your member number on the registration form. If you have any questions, please contact Glenna Burleson at skifusa@comcast.net or phone 651-631-2379.

June 12-13

Manoa Valley Recreation Center

2721 Kaaipu Ave 808-945-7882
Honolulu HI 96822 sdwpaw@juno.com

Contact Clifford Sasano for schedule and registration information

June 15-17

San Jose State University

Yosh Uchida Hall YUH 6 408-368-8320
San Jose, CA

Contact Mike Richardson for schedule and registration information

June 19-20

University of Houston Shotokan Karate-do Club

University of Houston Recreation Center
Main Campus 4800 Calhoun Road
Houston TX www.uh.edu/shotokan

Contact Deddy Mansyur, Patrick Richoux, or Carter White for schedule and registration information

June 22

Wisconsin - Nekkoosa Karate & Fitness

1st Street and Patton 715-887-2728
Port Edwards WI oil@charter.net

Contact Mike Krueser for schedule and registration information

June 23-24

Minnesota – Peak Performance Shotokan Karate-do

2210 N Silver Lake Road 651-631-2879
New Brighton MN 55112 skifmn@comcast.net

Contact Chris Johnson or Lynda Crimmins for schedule and registration information

June 26-27

New England Shotokan Karate-do

Maine Shotokan Karate Association

Tolland High School Gymnasium One Eagle Hill
Tolland CT 06084 j

psnema@yahoo.com gunnermfc@gwi.net

Contact James Shea or Mike Cook for schedule and registration information

KANAZAWA KANCHO USA TOUR

Last two weeks of June

KANAZAWA KANCHO UNITED STATES TOUR 2004 in June in Connecticut

For details see:
www.maineshotokan-skif.com.

KANAZAWA KANCHO UNITED STATES TOUR 2004 in June in Houston

You are invited to attend the Kanazawa 2004 Seminar at the University of Houston.

For more info, please contact Deddy Mansyur at deddy@wt.net or on the web at www.uh.edu/shotokan.

Visit us on the web at www.skifusa.com
Send pictures and articles, letters for the next newsletter to aarsanjani@mum.edu

Upcoming Events

SKIF USA Central Region Open Karate Tournament

September 23 - 25, 2004

This will be the first SKIF USA Central Region Tournament. It will be open to all traditional karate styles.

Day 1, September 23

Seminar covering competition kata and kumite

Day 2, September 24

Seminar covering Referee and Judges training.

National certification will be given to those who successfully pass the exam following the training.

Day 3, September 25 SKIF-USA Open Tournament

This event is hosted by Peak Performance Shotokan Karate-Do. Contact Chris Johnson or Lynda Crimmins for further information at skifmn@comcast.net or 651-631-2379.

New DVD now available

Hangetsu "Breathing Power of Karate"

New Book now available

"Karate My Life" by Kanazawa Kancho

Also available is our new "Kyu and Dan Examination Requirements Training Manual"; Kata and Kumite Books

We now accept Visa and MasterCard, call Glenna Burleson at 651 631-2696 or email to SKIFUSA@comcast.net

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