



JKA HAWAII NEWSLETTER

May & June 2019 / Vol. 20

MESSAGE FROM SENSEI

Late Master Mori is someone who had (and still has) a huge impact on my karate life. Not only did he teach me karate skills, but also how to become a better person. Through him, I learned that karate is not just a sport — it's a martial art which realizes the Samurai Spirits. Instead of showing off your skills and achievements, we have to keep training to become better karateka everyday.

I have trained many young karateka in the last 35 years and I can tell you this: If you put your mind into it and practice hard, anyone can be a great karateka. It has been such a pleasure teaching you and I strive myself to be a better sensei everyday. Ossu!

2019 JKA HAWAII SPRING TOURNAMENT

10th annual JKA Hawaii Spring Tournament was held on Saturday, April 27 at Hahaione Elementary School. We had over 40 students participate in the tournament and we completed all the matches without any injuries. We congratulate all the contestants. Big MAHALO to all the parents and guardians for your support!

Congratulations on the special award winners:

- MVP Male: Toranosuke Kikuchi
- MVP Female: Hannah Lenander
- Best Spirit Award: Skyler Chase

The next JKA Hawaii Tournament will be held in September in Maui. Detailed information coming soon!



UPCOMING EVENTS

- May 27: In observance of Memorial Day, Waikiki Dojo class will be canceled.
- May 31: Instructor and Advance Training at Waikiki Dojo / 6 pm - 8 pm Room #202E
- **New Date! June 22: Kyu Exam (Belt Test) at Hawaii Kai Dojo / 10:30 am to end**
- June 28: Instructor and Advance Training at Waikiki Dojo / 6 pm - 8 pm Room #202E
- July 10 - 15: JKA/SKDI Summer Camp in Connecticut (If interested in participating, please let us know.)

ANY QUESTION? Please email us at info.jkahawaii@gmail.com



Please follow JKA Hawaii Instagram @jka_hi



MEET JKA HAWAII KARATEKA: Malia Judd - Shodan (1st Dan)

Q. What made you start practicing karate?

I played soccer for a couple of seasons when I was younger and I chose not to continue. After hearing about karate from a school's flyer and hearing that my classmate Motoya was in karate, I told my parents that I may be interested in joining karate. I showed them the flyer, and the rest is history. I can't believe that it was over five years ago!

Q. What do you like about karate?

I love my sensei(s) and love my friends at karate. I look forward to karate days because I love what it offers. The katas are amazing. They are like art. I like learning new ones and remembering old ones. I also love kumite. I love the challenges that come with karate. Karate is very fun and I like how

you grow everyday. It is neat seeing everyone grow and get better and better everyday.

Q. Do you have a favorite kata?

Yes, I love Empi. I love the jump in Empi. I think it is fun and I get to jump really high. I also get to learn the meaning behind Empi (flying swallow.) Each movement, focus, fast part and slow part have meaning and I like to learn about them.

Q. How did you feel when you passed the Dan test?

I was so nervous for many weeks before the test because I was so scared of what to expect. However, after taking the test and knowing that I passed, I was so excited! I was very thrilled and happy. It was such an amazing feeling getting to black belt. I also felt a little scared too because I knew, after I

reached black belt, I needed to do more of the Dojo-kun everyday. I also knew that I would get more responsibilities to help and train my classmates. Even though I have more responsibilities now, I love it.

Q. Besides karate, what do you like to do on your free time?

Besides playing with my best sister and my friends, I enjoy arts and crafts. I also am part of the Kamehameha Swim Club. I swim almost as often as I do karate (however I love karate more.) I also take Hula lesson and play the clarinet for school and love to play the piano, too. When I have extra time, I enjoy playing board games with my family. I love winning against them!



ALL ABOUT KARATEDO

JKA Karate Is Scientific and Is Constantly Being Improved

Every technique and movement in JKA karate is based on solid, scientific, physical movement theory. That's why we put such heavy focus far more than any other organization on kihon, the basic foundational techniques, and their proper form, angle and balance. The result speaks for itself: JKA karate is powerful, solid, stable, and smooth flowing; this has proven itself time and again in tournaments. Despite the excellence of JKA karate, however, it is constantly being improved.

SAFETY TIP OF THE MONTH

Safety is MOST Important in Dojo!

Students will not practice any contact techniques or sparring in the dojo before or after class unless an instructor is present and has given permission.

JAPANESE WORDS OF THE MONTH

今月の日本語

Seiza - Sit Down 正座

Kiai - Yelling 気合い

Age Uke - Rising Block 上げ受け

Soto Uke - Outside Block 外受け

Uchi Uke - Inside Block 内受け

Gedan Barai - Downward Block 下段払い



KARATE & ME by Darryll Leiman Sensei

Gichin Funakoshi (1868-1957) father of modern day karate said, "When you look at life think in terms of karate. But remember that karate is not only karate - it is life". Throughout one's karate career, as with life itself, one's goals change. Initially one may become intrigued with something new. Having gained interest, one is then eager to learn as much and as quickly as one can. Goals, achievements and milestones measure progress. As with life itself, a certain level of maturity and experience - and occasional adversity - changes one's outlook. Karate grows from an interest, activity, challenge and eventually a component of one's life. One adapts and sees ever-changing perspectives. As I travel along the long road of karate, I am not yet at the stage where, as Funakoshi says, "karate is life" but that is part of the motivation and intrigue that keeps me going. Look forward to seeing you next time at the dojo.... Ossu!