



# JKA HAWAII NEWSLETTER

July & August 2019 / Vol. 21

## MESSAGE FROM SENSEI

**Honor your rivals.** When you think about your "rivals", you think of opponents when competing. However, your fellow karatekas in our own dojo who have the same goals as you can be your rivals. Having rivals is important, it motivates you to become better karatekas and work harder. Your friends can be your rivals.

Mr. John Alpert who still practices karate at a dojo in NYC is one of my best friends and at the same time my rival. We practiced together over 30 years and he embodies samurai spirit as much as I do. We participated in many competitions together. At one competition, he broke his eighth rib before our team kumite. Despite the pain, he didn't hesitate and fought for us and we placed second at a national competition. He still inspires me even today. I hope you have someone like him. Together, you improve yourselves.

## JUNE 2019 KYU EXAM

Four times each year in JKA Hawaii, students are graded according to their proficiency, perseverance, attitude, and dedication. This year's second kyu exam was held on June 22 at Hahaione Elementary School Cafeteria and 17 students were tested.

Congratulations to Zoe, Ryunosuke and Andy for passing 1st Kyu. For students who passed as B-kyu, it means that there's room for improvement. Sensei will review your kata performance and other skill in the coming three months and make final decisions. If you have any question about it, please ask sensei or senior karateka.



## UPCOMING EVENTS

- July 4: In observance of Independence Day, Hawaii Kai Dojo class will be canceled.
- July 10 - 15: JKA/SKDI Summer Camp in Connecticut
- July 26: Instructor and Advanced Training at Waikiki Dojo / 6 pm - 8 pm Room #202E
- August 30: Instructor and Advanced Training at Waikiki Dojo / 6 pm - 8 pm Room #202E
- September 2: In observance of Labor Day, Waikiki Dojo class will be canceled.
- September 14: Kyu Exam (Belt Test) at Hawaii Kai Dojo / 10:30 am to end
- September 21: Fall Joint Training at Maui Dojo in Kahului
- **September 22: Fall Club Tournament at JKA Maui Dojo in Kahului**
- September 27: Instructor and Advanced Training at Waikiki Dojo / 6 pm - 8 pm Room #202E

ANY QUESTION? Please email us at [info.jkahawaii@gmail.com](mailto:info.jkahawaii@gmail.com)



**Please follow JKA Hawaii Instagram @jka\_hi**

Want to be on our Instagram? Please send us your karate photos/video clips to the email address below!



## MEET JKA HAWAII KARATEKA: Taylor Chase - 1st Kyu

**Q.** Taylor started karate when he was four years old then quit after a year. He decided to come back to Dojo when he was nine.

**What made you come back to karate after three years of being away from it?**

**A.** After quitting karate, I didn't participate in any sports. When I was nine years old, my mom encouraged me to take at least one sport. I remembered that I liked karate especially when I was with my friends, and that is why chose

karate again.

**Q. What do you like about karate?**

**A.** Karate is pretty fun and I have some friends over at the dojo.

**Q. Do you have a favorite kata?**

**A.** Yes, I do. I like the kata called "Enpi." This is my favorite kata because I like the 360 degree jumping.

**Q. Which do you like better, kumite or kata?**

**A.** I like kata better because every single kata movement has a meaning to it and I like to learn about them. But I like kumite, too!

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

**A.** I like to play video games with my friends and my brother. I also like to draw and read. I usually draw anime characters from Naruto and Dragon Ball Super.



## ALL ABOUT KARATEDO

Focus on the historical, philosophical, and physical aspects of this uniquely Japanese and Okinawan martial art. Traditional karate training helps reduce stress, improves posture, increases physical stamina and flexibility, and promotes self-confidence and mental discipline. Training consists of the study of kihon (basics), kata (forms), and kumite (sparring). Effective blocking, kicking, punching, striking techniques, as well as shift are introduced along with official tournament categories and rules.

## DOJO ETIQUETTE: "GI" - UNIFORMS

- A properly tied belt must be worn at all times during class. Students who forget their belt may participate in class with no belt, but they lose all privileges of their rank for that class period.
- Female members should wear a blank white tee shirt under their uniform.
- Belts and karate-gi jackets are not to be worn in public except for at officially sanctioned events.
- Always wear a clean uniform.
- Pay careful attention to personal hygiene. Keep fingernails and toenails trimmed. Feet may need to be washed before class and should always be washed after class. Long hair must be tied back.

## JAPANESE WORDS OF THE MONTH

今月の日本語

Te - Hand 手

Ashi - Foot 足

Hara - Stomach (Abdomen) 腹

Tanden - Abdominal Center 丹田

Koshi - Hips 腰



## ASK KARATE MOM Mrs. Setsu Wakana

Mrs. Setsu Wakana is mother of Yuta and Motoya Wakana, who are both black belt karatekas. And she is, of course, wife of Mr. Wakana.

### We asked her tips for raising black belt karatekas.

When Motoya started karate, Maeda Sensei told him NOT to quit until he gets black belt. Motoya never forgot that. Both Yuta and Motoya love karate so much that I never have to push them to practice. The other day, Motoya's school made a special announcement about him getting black belt. His friends and teachers now show him respect and he is proud.

### Why do they like karate so much?

At our dinner table, we talk about karate all the time. My husband and the boys watch karate videos together almost every night. I think creating an environment where karate becomes closer to them might be the key.

### How do you think having black belt help your sons?

A black belt from JKA Hawaii means a lot. It is recognized all over the world. I am sure it will look good on their college resume. However, the most important thing is that it gives my sons tremendous confidence.