



JKA HAWAII NEWSLETTER

September & October 2019 / Vol . 22

MESSAGE FROM SENSEI

Never Be Overconfident. Have you ever heard the story of the rabbit and the turtle? The story goes:

A rabbit and a turtle decided to race to see who was faster. The rabbit shot ahead and ran briskly for some time. Then, seeing that he was far ahead of the turtle, he thought he'd sit under a tree for a while and relax before continuing. He sat under the tree and soon fell asleep. The turtle, plodding along at his slow but steady pace, overtook him and finished first. The rabbit woke up and realized that he'd lost the race.

The moral of the story I take from this story is "Never be overconfident. Be humble. Never underestimate your opponent." As a karateka I discourage "Kashin (過信)=Overconfidence"; however, I encourage you NOT to underestimate your ability and the skills you have, either. You should be proud of what you have achieved, yet I caution you not to be overconfident.

SPECIAL TRAINING BY OGURA SENSEI

We are happy to announce that a special training session with Ogura Sensei (7th Dan) from JKA Headquarters is scheduled as follows:

- Date/Time: Saturday, October 5th / 9 am - 11 am
- Venue: Hilton Hawaiian Village Ballroom
- Fee: Black Belt - \$50, Brown Belt - \$40, all other - \$30

We are so fortunate to have Ogura Sensei visit Hawaii and train us again. Please join us for this special day!



2018 Special Summer Camp with Ogura Sensei

UPCOMING EVENTS

- 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
- **October 5: Special Training & Dan Exam / 9 am at Hilton Hawaiian Village**
- October 12: Asaren (Beach Training) at Magic Island
- October 14: In observance of Discoverers' Day, Waikiki Dojo class will be canceled.
- November 11: In observance of Veterans Day, Waikiki Dojo class will be canceled.
- **November 16: AAU, IKF, 60th All Hawaii State Karate Championships / Manoa**
- **December 7: JKA Hawaii Annual Holiday Embu-Kai (Performing) & Holiday Party**

ANY QUESTION? Please email us at 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: Zoe Rapoza - 1st Kyu

Q. When did you start practicing karate?

A. I started taking karate lessons since January of 2014. I was a kindergartener back then.

Q. What made you start practicing karate?

A. A flyer in the school envelope. I was looking for a new sport to start and we came across the flyer. I asked my parents and since my father used to take karate lesson when he was in college, he encouraged me to start. (Zoe's father Marc joined JKA Hawaii right after Zoe joined and now he is a black belt karateka.)

Q. How often do you practice?

A. I try to go to classes three times a week.

Q. What do you like about karate?

A. I like how karate is not only a physical sport, but also about respect and manners.

Q. Do you have a favorite kata?

A. I like Bassai Sho. I'm not good at it but I like it. I am working to master it.

Q. Besides karate, what do you like to do?

A. I also do gymnastics. Every Sunday, I go to a gym to practice and I love it, too!



ALL ABOUT KARATEDO

Kihon is Kata is Kumite

The foundation of karate is the kihon (basic techniques), the kata (forms), and the kumite (sparring.) Upon these three rest all technique, all speed, all strength and all progress in karate. They are, in essence, one. And they must be studied as one: without the kihon basic techniques, there can be neither kata nor kumite. Likewise, kata separated from kumite is simple rote movement unseasoned with the knowledge that comes from application. Finally, kumite without kata loses the characteristic agility and effortless smoothness inherent in karate. Kihon is kata is kumite.

DOJO ETIQUETTE: Entering Dojo

- Bow each time you enter and exit the dojo.
- Before entering the dojo, we take our shoes off.
- Upon entering, one must be ready for class (thus, for example, the belt must be put on and all jewelry removed, including watches, necklaces, rings, and earrings, prior to entering the dojo).
- Removal of jewelry is also for safety purposes.

JAPANESE WORDS OF THE MONTH

今月の日本語

Zenkutsu-dachi - Front stance 前屈立ち

Kokutsu-dachi - Back stance 後屈立ち

Kiba-dachi - Horse stance 騎馬立ち

Nekoashi-dachi - Cats stance 猫脚立ち



ASK KARATE GRANDPA Mr. Wayne Judd

Mr. Judd is staple amongst the JKA Hawaii community. He is always there when Malia and/or Lynden practice, test and participate in tournaments. Mr. Judd has a total of five grandchildren and three of them are either current or former JKA Hawaii karateka.

Mr. Judd says, "As their grandpa I try to be there for them, observing and supporting them without intruding. I have seen JKA through their highly accomplished Maeda Sensei, Bob Sensei, and the other seniors teach the students many values such as patience, structure, respect, and confidence. They have learned skills such as coordination, flexibility, balance and self-defense. The students as they advance also learn to teach the other newer students." He truly believes that attending the Waikiki dojo advanced Friday classes with the seniors provides Malia and Lynden such valuable lessons as to how best to act in an adult environment, learning more sophisticated skills, and experience the examples of the seniors. He added, "Most importantly, my grandchildren enjoy karate and have a sense of accomplishment."

His dedication to his grandchildren is remarkable and we are so lucky to have a grandpa like Mr. Judd in our JKA Hawaii 'Ohana. Mahalo nui loa, Grandpa Wayne!

SPECIAL REPORT

The 2019 JKA/SKDI Summer Seminar: A Tribute to Mori Sensei by Thomas Tsutumoto



It was a great honor to participate in the Japan Karate Association – Shotokan Karate-do International Summer Camp or Gasshuku held at Mitchell College in New London, Connecticut, July 10 - 14, 2019. Gasshuku literally means “training together.” Over 90 karateka from the Northeastern United States, Canada, Haiti, Columbia, Germany, and the Ukraine gathered together for this five-day training. Highly experienced sensei from JKA Connecticut, New York, Boston and Albany as well as Ogura Sensei and Chubachi Sensei from Japan led each session. This year’s camp was a particularly special tribute to Masataka Mori Sensei for his 50 years of teaching and building a strong foundation for JKA in New York and the Northeast.

The camp was designed to help all participants improve themselves and gain a deeper

understanding of Shotokan karate. Many intended to take examinations for qualification as a judge, examiner, or an instructor while others attended for kyu or dan promotions.

Without a doubt, the practice sessions were intense. Each day included two sessions that ranged from two to three hours in duration. There was no way around the burn of holding a low zenkutsudachi (front stance) for six to ten minutes during some sessions. Through very experienced eyes, each sensei ensured that everyone’s form and technique were aligned with the very high standards of JKA Shotokan karate. With that in mind, anyone considering this type of training must prepare and practice as much as possible months in advance. The final days culminated in a practice shiai (tournament) and examinations for shodan and above.

In closing, this gasshuku was dedicated to the memory of Mori Sensei who was highly revered, respected and considered as a father-figure to some of his students. His passing was very difficult to accept. Through the efforts of those who adopted his strict teaching philosophy and methods, his legacy of excellence will persist for generations to come.

The summer camp was a very valuable, life-changing experience. The kind, welcoming karateka from all over the world made every day exciting and meaningful as we all shared the desire to better ourselves through karate. I hope more students from JKA Hawaii will have an opportunity to experience this kind of training. I would like to extend my heartfelt thanks to Maeda Sensei and the Wakana family as their words of wisdom helped make this experience great!



NEW CLASSES IN SAINT PATRICK CHURCH & SCHOOL

Sempai Ty Kikiloi started teaching beginners karate to Saint Patrick Church & School 5th to 8th graders since this August. A total of 17 students signed up for the class. Saint Patrick Church & School is a Catholic school located in Kaimuki where Rayden (JKA Hawaii karateka) attends. According to Sempai Ty, Sister Anne Clare who is a principal of the school was impressed by JKA Hawaii’s demonstration at the school’s annual Taste of St. Patrick Fundraiser and asked Ty if he could teach a class. Sempai Ty said, “With the blessing of Maeda Sensei, I started teaching the very first karate class as a school curriculum on the island of Oahu. Maybe the very first in the entire State of Hawaii! Ossu!”

