



JKA HAWAII NEWSLETTER

November & December 2019 / Vol. 23

MESSAGE FROM SENSEI

“石に立つ矢 - Ishi Ni Tatsuya”

This is one of my favorite Chinese proverbs that I recite all the time. It literally means “an arrow shot into a rock.” A Chinese soldier thought he saw a tiger and shot his arrow but it was a rock not a tiger. However, amazingly the arrowhead got stuck into the rock.

This proverb teaches you that “Faith can move mountains.”

Set your goal. Even if it is difficult to achieve, don't give up. Rather, think of a way to achieve it, put your mind to it and work hard. You can achieve anything. You can even put an arrowhead into a hard rock. Ossu!



JKA HAWAII FALL TOURNAMENT IN MAUI

JKA Hawaii Fall Tournament was held on Sunday, September 22 at Binhi At Ani Community Center in Kahului, Maui. We had over 30 students including students of JKS Lahaina Dojo participate in the tournament. Students from Oahu dojos did exceptionally well and all of them received medals. Two students from Oahu also were awarded MVP. Great job, everyone!



Congratulations to the special award winners:

- MVP Male: Benson Leung
- MVP Female: Alyssa Landis
- Best Spirit Award: Daniel Alcantara of JKA Hawaii Maui Dojo



Congratulations!

Toranosuke Kikuchi & Lucy Yee - 1st Dan
Alyssa Landis & Donn Natori - 2nd Dan

SPECIAL TRAINING AND DAN TEST

JKA Hawaii had the honor of having Master Yasunori Ogura (8th dan/Managing Director of Japan Karate Association) give us special training on October 5th. Master Ogura is one of the top ranking members of JKA and trains karate-ka all over the world. Despite his busy schedule, he managed to visit us to give JKA Hawaii students very important lessons. He also conducted a special dan test and we are happy to announce that the following JKA Hawaii members passed the test.



Please follow JKA Hawaii Instagram @jka_hi

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

JKA HAWAII | www.jkahawaii.com | info.jkahawaii@gmail.com



MEET JKA HAWAII KARATE-KA: Benson Leung - Shodan

Q. When did you start practicing karate?

A. I started in 2010 when I was five years old and have practiced karate for over eight years.

Q. What made you start practicing karate?

A. I started because my mom enrolled me in the class and the Waikiki dojo was close to my apartment.

Q. How often do you practice?

A. I practice three times a week and I practice 1.5 - 2.5 hours depending on the day.

Q. What do you like about karate?

A. What I like about karate is that it teaches you not only self defense skills but also teaches you to be respectful and have self discipline.

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

A. After I passed the dan test, I was very happy because I accomplished something huge after seven years of hard training and dedication.

Q. Having the Black Belt made you different?

A. When I wear a black belt during training or tournaments, I feel more

confident because I know that my hard work has paid off.

Q. What is your favorite kata?

A. My favorite kata is Jion because it contains very basic movements, which makes it harder to get high scores because the moves are not as flashy. This motivates me to try harder.

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

A. I like to play volleyball and go out with my friends.



ALL ABOUT KARATEDO: The Dojo-kun 道場訓 Seek Perfection of Character

人格完成に努むること (Jinkaku Kansei ni Tsutomuru Koto)

"The ultimate aim of the art of karate lies not in victory or defeat, but in the perfection of the character of the participant"

- Gichin Funakoshi, founder of shotokan karate

This dojo-kun we usually recite first is the base of other four dojo-kun. To "seek perfection of character", you have to "be faithful", "endeavor", "respect others" and "refrain from violent behavior."

DOJO ETIQUETTE: Entering Dojo

Any time we enter or leave the dojo, we bow toward shomen, as a sign of respect for everything that the dojo means to us. Shomen (正面) is the front wall of the room; sho means "true" and men means "face". In traditional dojos, the kamiza (miniature Shinto shrine), hata (club's flag), and dojo-kun are placed at shomen, thus making it into a somewhat sacred area. Bowing is a Japanese custom for displaying respect and humility. It is not a matter of "bowing down" to a superior; as you notice, black belts bow to lower belts and vice versa.

UPCOMING EVENTS

- November 9: Asaren (Morning Beach Training) at Magic Island, start at 6:30 am (Hawaii Kai Dojo class will be cancelled on 11/9/19.)
- November 11: In observance of Veterans Day, Waikiki Dojo class will be canceled.
- **November 23: AAU, IKF, 60th All Hawaii State Karate Championships / Manoa**
- November 28: In observance of Thanksgiving Day, Hawaii Kai Dojo class will be canceled.
- **December 7: JKA Hawaii Annual Holiday Embu-Kai (Performing) & Holiday Party**
- **December 14: Kyu Exam (Belt Test) at Hawaii Kai Dojo / 10:30 am to end**
- December 25: In observance of Christmas Day, Waikiki Dojo class will be canceled.
- December 27: Instructor and Advanced Training at Waikiki Dojo / 6 pm - 8 pm Room #202E
- December 31: In observance of New Year's Eve, Hawaii Kai Dojo class will be canceled.
- January 1: In observance of New Year's Day, Waikiki Dojo class will be canceled.

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

JAPANESE WORDS OF THE MONTH

今月の日本語

Uke - Block 受け

Tsuki - Striking 突き

Age Uke - Rising Block 上げ受け

Oi Zuki - Lounge Punch 追い突き

Soto Uke - Outside Block 外受け

Gyaku Zuki - Reverse Punch 逆突き



Please Save the Date!

JKA Hawaii Annual Christmas Party
will be held on Saturday, December 7!