

## 謹賀新年

HAPPY NEW YEAR



### MESSAGE FROM SENSEI

新年明けましておめでとうございます。

Happy New Year! I hope you and your family had a wonderful holiday season.

I often tell people that I have over forty children. Boys and girls, they have different goals and hobbies but they come to see me with one common purpose. Yes, they are my karate students. I consider all my young karate students as my own children - I hope it is OK with their parents, though. I look forward to seeing them. I sometimes scold them, we sometimes get excited about mastering difficult techniques, we go through many things together. Unfortunately, most of them leave JKA Hawaii as they go to the next phase of their lives. I truly hope that the experience they get through karate will be a meaningful one. I look forward to welcoming many new students in 2020.

### NOVEMBER/DECEMBER JKA HAWAII UPDATE

As always it was a busy but fun end of the year. First of all, seven JKA Hawaii karate-ka bravely fought at Hawaii State Championships. For most of you, it was not an easy experience but I hope you got inspired by many karate-ka who came to fight from all over the world.

We had LOTS of fun at the annual JKA Hawaii Holiday party & Enbu-kai. It was an opportunity for you to show off what you have learned to your family and friends, and also for us to show our appreciation.

On December 14, we had the last Kyu exam of 2019. Congratulations to the below JKA Hawaii karateka for passing the exam!

Kendo Kajita - 9th Kyu	Leo S. Nakai - 4B Kyu	Mark K. Nakai - 4th Kyu
Lauren Elliott - 8B Kyu	Alexi Terebenkov - 4th Kyu	Annika Cry - 3rd Kyu
Kathy Phung - 8th Kyu	Enzo Leung - 4B Kyu	Hannah Lenander - 3rd Kyu
Radha Allin - 6B Kyu	Braja Allin - 4B Kyu	Yuto Kawaguchi - 3rd Kyu
Yuto Mata - 6B Kyu	Namiko Monteagudo - 4th Kyu	Riki Dixon - 2nd Kyu
Skyler Chase - 4B Kyu	Anna Yamana - 4th Kyu	Andy Ye - 1B Kyu



Benson's kumite at 2019 Hawaii State Championships.



Maeda sensei, Wakana senpai and Ty senpai performed Kanku-dai along with Shigin and Koto performance at 2019 Holiday Party.

### UPCOMING EVENTS

- January 1: In observance of New Year's Day, Waikiki Dojo class will be canceled.
- January 20: In observance of Martin Luther King Jr. Day, Waikiki Dojo class will be canceled.
- January 31: Instructor and Advanced Training at Waikiki Dojo / 6 pm - 8 pm Room #202E
- February 8: Special Joint Training, JKA Hawaii and Nippon Sport Science University Karate Club (日本体育大学 空手部)
- February 17: In observance of Presidents' Day, Waikiki Dojo class will be canceled.
- February 28: 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 KARATE-KA: Yuto Mata - 6th Kyu

Yuto Mata is a green belt karate-ka who practices at Hawaii Kai Dojo. According to his mother Mika, Yuto started karate out of curiosity but now he is so into it. Karate is one of Yuto's favorite extracurricular activities and he practices very hard. Mika strongly feels that karate has given him valuable lessons and appreciates sensei and senpai for their guidance. We asked Yuto some questions.

### Q. When did you start practicing karate?

A. I started taking karate lessons in August of 2018. I was six years old.

### Q. What made you start practicing karate?

A. My sister used to take karate lessons. My uncle in Japan is a karate-ka. Watching them made me want to try.

### Q. How often do you practice?

A. I go to classes twice a week.

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

A. My uncle told me "Karate is the martial art of intelligent people." I want to be strong and smart.

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

A. I don't have a favorite kata. I'm still learning. I like all of them so far.

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

A. I like swimming and playing piano, but I like practicing karate most. I look forward to karate days!



## MAUI NO KA OI - News from Maui Dojo

On December 17, the club celebrated its annual Christmas party with food and games for the kids and their parents. This annual celebration had an exchange gift and prizes, and most important, the parents got to watch their kids do a demonstration. The students also did a surprise dance number choreographed by shodan Kiana Lazo-Corado, and was joined by chief instructor Sensei Deron Furukawa to everyone's delight. Another highlight of the holiday party was a raffle. Lucky students got to go home with JKA-logo towels and draw-string bags imported from Japan. Some won MKA official black and red jackets perfect just in time for the chilly season. - Deron Furukawa Sensei

## ALL ABOUT KARATEDO - JKA Techniques

After mastering the kihon, you move on to the kata, the core of all karate skills. In kata, there is no wasted or meaningless movement. So we emphasize repeating them over and over again. Through constant repetition, your body learns to move automatically, effortlessly and efficiently. Over time, the techniques become unconscious, rather than deliberate mechanical movements. You can do them without thinking, which frees your mind to be still and experience the dynamics of that movement.

## JAPANESE WORDS OF THE MONTH

### 今月の日本語

Yoi = Ready 用意  
Kamae = Position 構え  
Hajime = Begin 始め  
Kiai = Yelling 気合い  
Yame = Stop 止め



## PRACTICE WITH RYU GOTO SENPAI

Ryu Goto is a world renowned violinist with impeccable technical credentials AND he holds a 3rd degree black belt from the Japan Karate Association. As a matter of fact, Maeda sensei taught Ryu senpai when he was 6-10 years old. Ryu senpai was in Honolulu to perform for a music festival in November. Before he left Honolulu, he joined Waikiki class on November 20 and gave handful of lucky students some valuable lessons. Alyssa was one of them. Alyssa says "Training with Ryu senpai was an amazing experience! He brought a contagiously high energy to class and focused on correcting the small details which ultimately led to big improvements." We hope Ryu senpai will come back and practice with us again!



Ryu Goto Official Website: [www.ryugoto.com](http://www.ryugoto.com)