



JKA HAWAII NEWSLETTER

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MESSAGE FROM SENSEI



PRACTICE MAKES PERFECT. The act of doing the same thing over and over again is important for any musician, artist, or athlete to master his/her skills. During the process, he/she will encounter various problems, failures, frustrations, or hopelessness. However, if you do not experience these things, you will not be able to reach your goals. The same can be said for karate.

Schools are closed, the streets of Waikiki are empty, and the COVID-19 pandemic has caused unprecedented challenges all over the world. During this difficult time, I encourage you to keep doing what you can, whether it's karate, soccer, playing music, or dancing—I am sure there are things you can do at home. There's a saying that goes, "Even the darkest night will end and the sun will rise again." I look forward to the day when I see all of you at the JKA Hawaii Dojo. Until then, please stay safe and healthy.



空手道

SHOTOKAN KARATE KATA

There are 27 different katas in Shotokan Karate, each with their own emphasis on fast and slow or controlled and powerfull movements. Virtually all of the katas taught today in the Shotokan system have two kiai points. Before becoming a black belt karate-ka, you will have to learn total of ten katas. What is your favorite kata?

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| 1. Taikyoku Shodan 太極初段 / First cause first level | 15. Gankaku 岩鶴 / Crane on a rock |
| 2. Heian Shodan 平安初段 / Peaceful way first level | 16. Jion 慈恩 / Thought to be named after the Chinese temple Jion-ji |
| 3. Heian Nidan 平安二段 / Peaceful way second level | 17. Bassai Sho 拔塞小 / To storm a fortress (sho=minor) |
| 4. Heian Sandan 平安三段 / Peaceful way third level | 18. Kanku Sho 観空小 / To view the sky (sho=minor) |
| 5. Heian Yondan 平安四段 / Peaceful way fourth level | 19. Jiin 慈陰 / Named after the saint |
| 6. Heian Godan 平安五段 / Peaceful way fifth level | 20. Sochin 壯鎮 / Preserve peace |
| 7. Tekki Shodan 鉄騎初段 / Iron Horse first level | 21. Nijushiho 二十四歩 / 24 steps |
| 8. Tekki Nidan 鉄騎二段 / Iron Horse second level | 22. Unsu 雲手 / Hands of a cloud |
| 9. Tekki Sandan 鉄騎三段 / Iron Horse third level | 23. Gojushiho Dai 五十四歩大 / 54 steps (dai=major) |
| 10. Bassai Dai 拔塞大 / To storm a fortress (dai=major) | 24. Gojushiho Sho 五十四歩小 / 54 steps (sho=minor) |
| 11. Kanku Dai 観空大 / To view the sky (dai=major) | 25. Meikyo 明鏡 / Mirror of the soul |
| 12. Jitte 十手 / Ten hands | 26. Chinte 珍手 / Incredible hands |
| 13. Hangetsu 半月 / Half Moon | 27. Wankan 王冠 / Crown of a king |
| 14. Empi 燕飛 / Flying swallow | |

UPCOMING EVENTS - To be announced.



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: Alyssa Landis - 2nd Dan

Alyssa joined JKA Hawaii in 2013 when she was 11 years old. At that time, she was already an accomplished black belt karate-ka; however, since she studied at a school with a different style, Alyssa began training with JKA Hawaii from the lower ranks, and with dedicated training, she worked her way up over time. Alyssa successfully tested for her Nidan last summer—Sensei Maeda's first young student who reached such a level. As Alyssa is graduating from high school and getting ready for a new phase of her life, we asked Alyssa some questions about her journey in karate.



Q. What made you start practicing karate?

A. I started practicing karate when I was 6 years old. At that time, I was trying out a bunch of different sports to see which one I liked most, from swimming to ice skating to soccer. Although I was only 6 years old, I could immediately tell after my first karate class that this was the sport I wanted to stick with.

Q. When you joined JKA Hawaii, was it a hard transition? If so, how did you overcome it?

A. It wasn't too difficult of a transition when I joined JKA Hawaii because the style of karate was somewhat similar to my last dojo. However, it was a little difficult to keep up with the katas because the movements were slightly different from the katas that I already knew. I overcame this pretty quickly just by practicing until my new style of karate was etched into my brain.

Q. What have you learned from 12 years of practicing karate?

A. I have learned countless things over the last 12 years of practicing karate. One important lesson that I learned from sensei is that there is always room for improvement. For example, even when I think I have a move down, there will always be some small tweaks to

make it much better. Other than this, karate has also taught me the very important values of discipline, respect, and perseverance.

Q. What does Karate mean to you?

A. Karate is more of a lifestyle than a sport to me since I've been practicing it for the majority of my life. As I mentioned before, karate has given me many important values, and I feel like because of this, karate has molded my personality in a positive way.

Q. What is your happiest karate moment?

A. One memorable moment was when I was finally able to win a kumite match at a tournament. Kata has always been my strong suit, so improving in kumite was something that I really had to work at. Winning at tournaments is definitely not the most important part of karate, but it was rewarding to see my hard work pay off.

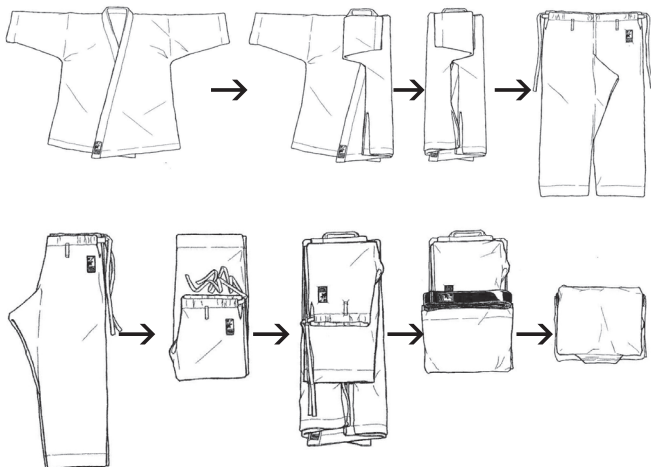
Q. Do you have a message to your fellow karate-ka?

A. I've learned that with karate, you really get back what you put in. So the more effort and dedication you put into karate, the more you will improve with each class. Rather than just showing up to class, you also have to "be" there and be present, and you will learn so much more.

DOJO ETIQUETTE: HOW TO FOLD "GI"

"Gi" must be clean. After each use, we must wash the "Gi" and then fold it properly. In doing so, we mentally prepare for the next practice.

Proper way of folding "Gi"



JAPANESE WORDS OF THE MONTH

今月の日本語

Mae Geri = Front Kick 前蹴り

Yoko Geri = Side Kick 横蹴り

Yoko Keage = Side Snap Kick 横けあげ

Yoko Kekomi = Side Thrust 横蹴込み

KARATE & ME by Sensei Bob Spear



My martial arts life has been a journey...

The first steps in my martial arts journey began in my early 20's by taking a class in Kung Fu, inspired by my friend Steve and Bruce Lee movies. Steve and I trained together for about a year, then I moved from my family home in California to Bellingham in Washington state to finish college where I stepped off my journey's path for a couple of years.

I returned to my martial arts journey when I began training in Shito-ryu karate. I trained in Shito-ryu for more than a year and then moved to Eugene, Oregon to work on my Ph.D. This time I was able to continue my karate training, but not in Shito-ryu. When I arrived in Eugene I signed up for a P.E. class at the University of Oregon. This class was taught by Sensei Robert Graves and the style of karate was JKA Shotokan.

It took only a short while to realize that this was the style of martial arts I wanted to study and I soon joined sensei's dojo. I trained with Sensei Graves for nine years and earned both my shodan and nidan under sensei. After finishing my Ph.D. in 1986 I moved again, this time to Hawaii where I stepped off of my path again...for 20 years.

One day my two daughters were playing Power Rangers and I asked them if they would like to try martial arts for real. Having seen a flier for Sensei Maeda's class at Hahaione Elementary School I knew where I wanted them to learn karate. The day I first entered sensei's Hawaii Kai dojo was the day I stepped back on to my journey's path. That was 12 years ago and I've never looked back.

As with any journey, mine has included smooth going and rough patches. My most recent rough patch occurred about a year ago when I was diagnosed with Parkinson's Disease. While this disease definitely impacts my ability to do karate, it does not stop me from learning about Shotokan and about myself. So, my journey continues with sensei, and all of you! Ossu!