



JKA HAWAII NEWSLETTER

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MESSAGE FROM SENSEI

Difference Between Losing and Not Losing

At any game or competition, winners usually get praised. If you lose, you feel defeated and humiliated even you almost won. However, the most important thing is to get motivated NOT to lose next time. In order to win, you need to work harder than anyone else and have a strong determination not to lose. Keep your spirit up and be confident!

負ける事と負けない事との違い

どんなゲームやコンペティションでも勝者を賛美することが常です。ほんの少しだけ勝者に及ばなかった力や技術の結果生まれる勝敗の結果によって、敗者は大きな敗北感や屈辱感を体験するでしょう。しかしそんな時にこそ生まれる「この次は負けない」という気持ちを持つことが重要であると私は考えます。相手に勝つためには人一倍の努力と“負けない”という気持ちが必要です。そして、たとえ負けてもその気持ちを持つことで必ずどんな事にも負けないという強いモチベーションを得ることが出来るはずです。

JULY 4, 2020 KYU EXAM

Four times each year in JKA Hawaii, students are graded according to their proficiency, perseverance, attitude, and dedication. This year's first kyu exam was originally schedule in March but it was canceled due to COVID-19. Special exam was held on July 4th at St. Patrick School Gym and 16 JKA Hawaii students took the test.

Congratulations to all students who took the test for passing. 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.

Big Mahalo to Sempai Ty for arranging the exam venue for us!

[RESULTS]

1ST KYU: Richelle Kikilo

3RD KYU: Skyler Chase, Taisei Isono,

Mark Nakai, Namiko, Okamoto,

Alexei Terebenkov, Anna Yamane

3RD B KYU: Leo Nakai

6TH KYU: Noa Zarate Scullion

7TH KYU: Kathy Phung

7TH B KYU: Alana Zarate Scullion

8TH KYU: Kendo Kajita

8TH B KYU: Riko Isono, Mahina

Kaholokula, Hudson Lucas, Raphael Yip



UPCOMING EVENTS

- Month of July: Outdoor social distance practice will continue.
- Saturday, July 4: Kyu Test at St. Patrick School
- To be scheduled in August: Kyu Test (Details: TBA)

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!

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MEET JKA HAWAII KARATEKA: Kendo Kajita - 8th Kyu

Q. When did you start practicing karate?

A. I started practicing karate last October when I was five years old.

Q. What made you start practicing karate?

A. I saw a TV program on karate when I was four years old and that made me want to do karate. Ever since, I tried to do karate on my own at home. When I became five years old, my parents found JKA Hawaii for me and I joined.

Q. What do you like about karate?

A. I love it! I think punching, Shuto technique, and blocking are cool.

Q. Do you have a favorite kata?

A. I like Heian Shodan especially the 7th routine. I can't wait to take the next Kyu Test so that I get promoted and get to learn new katas. (Kendo passed the Kyu test on 7/4 and he is officially a yellow belt karateka.)

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

A. I started tap dancing. My parents got me a pair of tap shoes and I practice it at home by watching YouTube. I also take music lessons. I used to perform with my music teacher and his music band in front of Whole Foods. Due to COVID-19, we are not able to perform now but I cannot wait for the day that I go back to sing in front of people again!

DOJO ETIQUETTE: If You Arrive Late to Class

- If you arrive after class has begun, warm up and stretch on your own prior to entering the dojo.
- When you enter the dojo, bow upon entry, put your things down, then sit in seiza position and do your own mokuso.
- Once you have finished meditating, open your eyes and look towards sensei (staying in seiza position).
- Wait for sensei's permission to join the class. When he motions you into the class, bow and say "ossu," then if the class has finished group warm-ups, go to the end of the line to the right of the beginners, regardless of rank. If the class is still doing warm-ups, then just join the circle wherever there is room (usually where others of your rank are warming up) and when the class lines up, take your usual place.
- If the class is already in progress, after the sensei motions you to join, regardless of rank, you join in the most junior position of the class. It will be only once the class begins a completely new exercise or training will you fit in according to your actual rank.



KARATE DURING QUARANTINE by Larry Khansmith

(Sensei Larry was one of the JKA Hawaii Associate Members who had contributed to the club greatly. He relocated to the East Coast last fall. We miss him a lot and wanted to see how he was doing during this difficult time.)

I'm currently living in Arlington, Virginia and joined the JKA Virginia dojo when I moved here a year and a half ago. Karate is a passion of mine so I decided to enroll in the Shotokan Karate-Do International (SKDI) Instructor Development Course, which is led by Sensei Shu Takahashi. This course requires a two-year commitment of attending classes once a month plus all quarterly camps.

After seven months of faithful and consistent attendance, COVID-19 put a halt to all this. I was concerned about losing all the gains I had made. I was also disappointed about missing out on the quality instruction and training I was receiving at SKDI and the Virginia dojo. Fortunately, there are many JKA instructors who are also SKDI members here on the east coast. They have picked up the mantle and offered training sessions via Zoom video calls. Between all the instructors, there's at least one class every day of the week! Zoom training may not be the same as physically being at the dojo with other karateka, but the variety of styles, perspectives, and knowledge that each instructor brings has proven to be invaluable.

KARATE TERMINOLOGY

Instructions

今月の日本語

Kihon = basic(s) 基本

Kamae = en garde position 構え

Yoi = ready 用意

Mawatte = turn 回って

Sagatte = retreat 下がって

Kotai = change (partner) 交代

Kyukei = rest (break) 休憩