



JKA HAWAII NEWSLETTER

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MESSAGE FROM SENSEI

One-Armed Athlete

Five to six years ago, I read news about an one-armed athlete who won the All Japan Kendo Competition. I was so moved by his accomplishment and did some research on him. I came across a video of the very competition. During the interview after he won, he said, "I was able to win because I have only one arm." I thought, he is a true martial artist. He started practicing Kendo after losing one of his arms due to an accident. Even though he has only one arm, he practiced harder than anyone else and achieved an unimaginable victory. He teaches us that "no matter how difficult the situation is, you can reach your goal if you set your mind to it."

片手の剣士

5、6年前に日本で行われた全日本学生剣道選手権大会で片腕の剣士が優勝したという話を聞きました。その話に感動した私は剣士のことを詳しく知りたい思いからインターネットでサーチをし、全国大会で優勝した際の映像に出会いました。優勝後のインタビューの中で「片手だからこそこ処まで来れた」と語った彼の言葉にまさに武道精神を備えた青年だと深く感銘しました。幼い頃事故で右腕の肘から先を失いながら、事故後始めた剣道に身を投じ、片手というハンデを逆手に取り、人知れぬ努力の末日本一になったその精神は、我々に「どんな苦境であつても目的を強く持てば必ず達成できる」ということを改めて教えてくれました。



KIAI! 気合!

Don't be afraid to Kiai!

Common Kiai include "Yai" and "Ei." In general, people tend to Kiai too softly rather than too loudly. If you have a strong Kiai, it will often spur others to work harder, as well. The overall tone of a class is set by the level of spirit of the class, which can be raised with better Kiai. On the other hand, spirit is poor or your Kiai is weak, you might bring down the class spirit. So, let's Kiai big when practice next time! Yaaaaa! Yeeeeei! Eaaaaa!

UPCOMING EVENTS

JKA Hawaii Zoom Virtual Practice (Now until further notice)

Tuesday & Thursday

- 5:30 pm - 6:15 pm: White ~ Purple Belts
- 6:15 pm - 7:30 pm: Brown and Black Belts

Saturday

- 9 am - 9:45 am: White, Yellow and Orange Belts
- 9:45 am ~ 10:30 am: Green, Purple and young Brown (15 yo or younger) Belts
- 10:30 am ~ 11:30 am: 1 Kyu and adult Brown and all Black Belts

*Zoom schedule subject to change. We will keep you updated on the in-person practice and the next Kyu and Dan exams. We appreciate your patience!



JKA HAWAII T-Shirts Available for Sale!

Adult: Extra Large, Large, Small & Keiki: Medium

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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Q. When did you start practicing karate?

A. I started in 2016 when I was eight years old.

Q. What made you start practicing karate?

A. I saw someone at school do martial arts

MEET JKA HAWAII KARATEKA: Megan Kurisu - 2nd Kyu (Maui)

and I thought it would be fun to try. My parents took me to see a class with Deron Sensei and I got excited and wanted to join.

Q. What do you like about karate?

A. I like EVERYTHING about karate! Karate teaches me many things besides self-defense. For example, how to be a good person, to respect people, and to pass on knowledge to future students.

Q. Do you have a favorite kata?

A. My favorite kata is Enpi because it has swift movements and it requires a lot of control with your body.

Q. What are your happiest karate moments?

A. Some of my happiest moments in karate were when I got "Most Outstanding Female" award at our tournament and when everybody at the Zoom class sang Happy Birthday to me (that was really nice!). I'm happiest when my sensei uses me as a good example because I know that I'm doing something right.

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

A. I like to play Animal Crossing on my Switch, watch Anime shows, fish with my Uncle, go to Disney World/Disneyland/Universal Studios, and math and science.

DOJO ETIQUETTE:

If You Need to Leave the Dojo During Class

- It would be most unusual but if you need to leave the dojo during class, bow out after the set, then stand in front of the exit door with feet together, heels together, toes pointed out and hands at your side. Look directly at the sensei. When the sensei motions for you to leave, bow and say "ossu," then exit the dojo. (If you know you will need to leave the class before the end, it would be courteous to advise the sensei prior to commencement of class that you will need to leave early.)
- If you need to re-enter during class, please bow and say "ossu" upon entering the dojo, then sit in seiza position and look at the sensei. This will signal to the sensei that you wish permission to rejoin the class. If you simply wish to watch the rest of the class, then after sitting in seiza position, you may cross your legs and sit comfortably cross-legged. It is improper to simply rejoin the class without sitting in seiza position and getting the sensei's approval to re-enter the class.



KARATE & FAMILY - Sean & Ai Isono (Parents of Taisei & Riko)

The theme of "Karate and Family" is a fitting topic and one of the most appealing characteristics of Maeda Sensei's JKA Hawaii Dojo. Our kids, Taisei (8) and Riko (6) attend the Waikiki early class, and we have the pleasure to see the kids come up the ranks with several other families. Karate class has become a weekly routine our kids look forward to and have enjoyed since their first practice. They are eager to learn and the pace of teaching is a perfect fit for their age.

Taisei has also seen how his karate practice has helped him in his other sports like baseball and soccer. He even inspired his sister to start when she turned five and has really taken to practicing trying to improve.

As parents, we are impressed how Maeda Sensei creates a welcoming environment to families and students of all ages, but also lets everyone know there are rules to follow in and outside of the dojo. Whether they realize it or not, by simply being part of the class, they learn about respect and discipline towards their senpai and to each other.

For us, karate is not only a sport and great exercise, but it helps us feel a little more connected to our family in Japan. Karate is a great way for kids to experience an important part of their heritage while living in Hawaii and sharing that with friends from a multitude of ethnicities and backgrounds.

We know this is a challenging time for everyone and our family hopes to see your family again one day soon at the park or in the dojo!

KARATE TERMINOLOGY

Starting/Finishing Class

今月の日本語

Shugo = assemble, line up 集合

Seiza = sit in kneeling position 正座

Mokuso = meditate 黙想

Yame = stop 止め

Shomen = the front 正面

Rei = bow 礼