



# JKA HAWAII NEWSLETTER

January & February 2021 / Vol . 23

## 謹賀新年

### MESSAGE FROM SENSEI

新年明けましておめでとうございます。

Happy New Year!

As the challenging year finally came to an end, I have no doubt that 2021 will be a much better year for all of us. We have gotten used to the "new normal" by now and things will get better with the vaccine.

During the difficult time, we tried our best to stay connected and practice together through virtual and outdoor socially-distanced classes. At times, it was difficult but I wanted to provide you the opportunity to keep learning karate. I appreciate everyone's willingness to learn, and my deepest appreciation goes to all the parents/guardians of our young members who supported them throughout the year.

Wishing you and yours a safe, healthy, and prosperous new year!

H. M. Maeda / JKA Hawaii Chief Instructor



A Kyu exam was held at the St. Patrick School Gym in July.

### MAHALO!

Since November, we have been able to use the St. Patrick School's gym to practice every Saturday thanks to Sempai Ty. He spends his Friday afternoons cleaning up the gym so we can use it on Saturday mornings. Thank you, Sempai Ty for all your help and support! We would also like to extend our sincere appreciation to those who help us clean the dojo after the third class on Saturdays. THANK YOU ALL!

## UPCOMING EVENTS - January 2021 Practice Schedule

### TUESDAY @Hahaione Elementary

- 4:00 pm - 5:00 pm: Beginners, White - Purple Belts
- 5:05 pm - 6:15 pm: Brown and Black Belts

### WEDNESDAY @Kapiolani Park

- 4:00 pm - 5 pm: Beginners, White - Purple Belts, Youth Brown Belt
- 5:05 pm - 6:15 pm: 1kyu Brown, adult Brown and Black Belts

### THURSDAY @Hahaione Elementary

- 4:00 pm - 5:00 pm: Beginners, White - Purple Belts
- 5:05 pm - 6:15 pm: Brown and Black Belts

### FRIDAY @Kapiolani Park

- 4:00 pm - 5 pm: Beginners, White - Purple Belts, Youth Brown Belt
- 5:05 pm - 6:15 pm: 1kyu Brown, adult Brown and Black Belts

### SATURDAY @St. Patrick School

- 9 am - 10 am: Beginners, White, Yellow and Orange Belts
- 10:05 am - 11:10 am: Green and Purple Belts
- 11:15 am - 12:30 pm: Brown and Black Belts

\*Schedule subject to change. February schedule to be announced later.

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 KARATEKA: Richelle Kikiloi - 1st Kyu

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

**A.** I started practicing karate when I was 5 years old with other dojo. I joined JKA Hawaii in 2015. I took 1st Kyu test this summer in the middle of pandemic and I passed!

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

**A.** My father used to take karate when he was a kid and wanted the same for me. I was also very interested in Japanese Martial Arts.

### Q. How often do you practice?

**A.** I go to classes twice a week with my father and brother.

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

**A.** The thrill and excitement of going through kata is probably my favorite thing about karate.

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

**A.** Currently, my favorite kata is Bassai Dai. It is a long kata but has lots of moves I like.

### Q. What are your happiest karate moments?

**A.** Being able to learn karate with everyone together is very fun. I also enjoy karate events, tournaments, and demonstrations.

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

**A.** Aside from karate, I love to do art, go on hikes, and go to the beach.

## WHAT IS KARATE?

First, karate is an art of self-defense without any weapon. By training our hands and feet systematically, we turn them into reliable weapons for defending ourselves from unexpected enemies, just with one punch or one kick.

Second, karate is a physical exercise that carries our bodies in all directions equally: forward and backward, right and left, up and down. It enables us to make all kind of movements: ducking, jumping, balancing.

Third, karate is a sport in which we compete with our technique, aiming to create explosive power by the concentration of the entire body in a blow. "Karate" means empty hands. It refers to a humble state of mind without weapons in our hands or vanity or preoccupations in our minds.



## MEET JKA OHANA OF JAPAN

By Yasunobu Ohama Sensei, Chief Instructor  
Shotokan Karatedo Ohama Juku Headquarters

Ossu! I am Yasunobu Ohama from Japan. Our dojo "Ohama Juku" was founded in 1963 by my late father. We have a main dojo in Osaka and several branch dojos throughout the Kansai area of Japan.

We have produced a handful of Japan champions as well as world champions. After my father's passing, I have followed his footsteps and took on the sacred job of teaching karate. I met Maeda Sensei over 30 years ago when I went to the U.S. to train on a special program sent by JKA Headquarters.

This year, so much has changed about the way we live and practice karate due to the pandemic. At Ohama Juku, we currently practice under the COVID-19 guidelines put out by JKA Headquarters. Our members' health and wellbeing are our number one priority. We require our members to wash/sanitize their hands and check their temperature before entering the dojo. During practice, all members are required to wear face masks and keep their distance from each other. Kumite practice with others is not permitted. It is a new normal we need to get used to. It has not been easy but all of the members follow the guidelines. Through all these hardships in 2020, I realized how much our members are passionate about karate and we are so grateful that we can practice together. I am sure that some of the karateka in the world are still not able to practice.

Karate will make its first appearance at the Tokyo Summer Olympics this year. I believe that karateka from all over the world will be able to come together and compete by then. Until then, we will be patient a little longer. I look forward to meeting with karateka from around the world someday soon. Please keep up your good work! Ossu!



Ohama Sensei (front center) with his students.

## KARATE TERMINOLOGY

Body Parts

今月の日本語

Te = hand 手

Hikite = pulling hand 引手

Ashi = foot 足

Hara = abdomen 腹

Tanden = abdominal center 丹田

Koshi = hips 腰

Obio = belt 帯





## BLACK BELT CIRCLE by Darryll Leiman

It is estimated that the art of karate is practiced by 100 million people in 192 countries worldwide (according to an article on Nippon.com, "Global Allure of Karate", please see URL below). Of this number just 2% reach the rank of black belt. To the general public, "black belt" is perceived as one who has mastered the art of karate. Achieving a black belt, while certainly a notable accomplishment, does not mean one is a karate expert. Systematically progressing through the "kyu" grades or colored belts, and after a number of years of dedicated training, one may test for "Shodan" black belt or the 1st rank of black belt leading to what ultimately can become a lifelong challenge along the difficult but rewarding road of karate-do.

A few months ago, Maeda Sensei had the idea of forming a "Black Belt Circle" at JKA Hawaii. The aim, Sensei envisioned, was to be a source of additional information, learning material and both local and international news, to black belt members of JKA Hawaii.



The Black Belt Circle took off quickly and soon brought word of the 'Gichin Funakoshi On-Line Festival' launched by JKA Honbu dojo (world headquarters) in Tokyo. Participants from all over the world were invited to learn an "unsoku" version of Tekki Shodan kata and submit personal videos performing the kata. Please check JKA HQ YouTube Channel (please see URL below). A big Ossu to Sempai Ty and Benson for participating in this international on-line festival.

Another area of focus by "Black Belt Circle" is that black belt members who train on a particular kata taught by Sensei Maeda in class, can usually expect to receive a demonstration of the kata via email performed by one of the JKA ranking senseis or top international competitors. It is a chance to review in more detail the nuances of the kata at home.

So, all aspiring JKA Hawaii members, keep up the training and hopefully, with a will, commitment and dedicated training, YOU too will achieve black belt and become a member of the JKA Hawaii's 'Black Belt Circle'. Ossu!

Global Allure of Karate Article URL: <https://www.nippon.com/en/views/b06601/>

JKA HQ YouTube Channel Gichin Funakoshi Festival URL: <https://www.youtube.com/watch?v=EfPEZdcEn-s&feature=youtu.be>



## CONGRATULATIONS, SENSEI LARRY!

Sensei Larry was one of the JKA Hawaii Associate Members who had contributed to the club greatly. He relocated to the East Coast in 2019. He joined JKA Virginia and has been practicing under Sensei Hanjani.

Sensei Larry recently completed the JKA Instructor training successfully and he is now an official JKA certified instructor. The process of becoming a JKA certified instructor is long and enduring. I would like everyone to join me in congratulating him for this achievement!