



Endeavor

JKA Hawaii Newsletter

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JKA HAWAII

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Message from Sensei: Endeavor!

Dojo Kun is the foundational principle of Shotokan karate. Master Funakoshi Gichin created the Dojo Kun, and it serves as a condensed guide to proper conduct both inside and outside the dojo. As you know, one of the Dojo Kun is "endeavor." We have decided to name our newsletter "ENDEAVOR" because the word is important not only inside the dojo but in your everyday life. Endeavor means earnest and industrious effort, especially when sustained over a period of time. You endeavor to achieve your goals; sometimes you may feel disappointed or discouraged, but you have to remind yourself to "endeavor" until you achieve it. Ossu!

松濤館流の創始者である船越義珍先生によって創られた道場五訓の一つに『努力の精神を養うこと』があります。この度当ニュースレターの名称を「ENDEAVOR」としてを此の言葉を引用いたしました。この言葉は、空手道の用語だけではなく、人間が生きていく上で最低限必要な言葉のように思います。どのような分野でも努力によって新しい記録が生まれたり、発明があったり、人助けに繋がったりするのではないのでしょうか？ 時には挫折することもあるかも知れませんが、その精神を忘れないでいれば必ず実りが訪れると私は信じています。

Meet JKA Hawaii Karateka: Haru Greene



Q. When did you start practicing karate?

A. I started karate when I was around 6 or 7 years old and I moved from Indiana to Hawaii.

Q. What made you start practicing karate?

A. I started karate because I wanted to continue doing the martial arts that I started at Indiana.

Q. What do you like about karate?

A. What I like about karate is that its teachings can be applied to many different situations like tests, interviews, etc.

Q. Do you have a favorite kata?

A. I like Bassaidai because the expectations are high and the moves like the sweeping block are useful in other kinds of maneuvers.

Q. What are your happiest karate moments?

A. The happiest karate moment so far was becoming a brown belt. After many many years I kind of thought my goal of becoming a black belt was realistic so I was very happy.

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

A. Other hobbies except for karate would be ukulele and volleyball. I do them a lot when I have time other than homework and karate.

February 6 Kyu Exam Report

The first test of 2021 was held on February 6 at St. Patrick School. 14 students took the test and everyone did a great job. Congratulations!!!

[RESULTS]

- 2ND KYU: Taisei Isono
- 2ND B KYU: Mark Nakai
- 5TH KYU: Jaxon Watland
- 6TH KYU: Kendo Kajita
- 6TH B KYU: Lauren Elliot
- 7TH KYU: Riko Isono, Mahina Kaholokula
- 7TH B KYU: Hiro Abiko, Hudson Lucas, Raphael Yip
- 8TH KYU: Luc Delaune, Miley Izawa, Grace Washington
- 9TH Kyu: Aaron Elliot



JKA HAWAII T-shirts Available for Sale!

Available Sizes

Adult: Extra Large, Large, Small

Keiki: Medium



WHAT IS KARATE-DO?

"Do" literally means "the Way" or "the Path." Do is a discipline, the way one lives, the structure for study and training. Do is the path to the goal; one walks the path toward a better self, with a feeling of gratitude for the opportunity. The student must adopt a proper attitude when studying karate-do. The following points should be observed:

- Study seriously and diligently, as if one were to live or to die solely relying on one's skills.
- Strengthen the heart, soul, and body together, as if they were one.
- Take up a strong and confident mental attitude.
- Follow the principles of karate.
- Maintain a respectful manner.
- Believe what is right, and respect others. Value this quality.
- Be faithful to one's study of what is good and proper, and what is true to karate.
- Respect and be faithful to other people and the larger society and commit yourself to world peace. This is to become a personal objective.

空手道

UPCOMING EVENTS March 2021 Practice Schedule

NEW! MONDAY @Kapiolani Park

- 4:30 pm - 5:25 pm: Beginners, White - Purple Belts, Youth Brown Belt
- 5:30 pm - 6:30 pm: Ikyu Brown, Adult Brown and Black Belts

TUESDAY @Hahaione Elementary

- 4:30 pm - 5:25 pm: Beginners, White - Purple Belts
- 5:30 pm - 6:30 pm: Brown and Black Belts

WEDNESDAY @Kapiolani Park

- 4:30 pm - 5:25 pm: Beginners, White - Purple Belts, Youth Brown Belt
- 5:30 pm - 6:30 pm: Ikyu Brown, Adult Brown and Black Belts

THURSDAY @Hahaione Elementary

- 4:30 pm - 5:25 pm: Beginners, White - Purple Belts
- 5:30 pm - 6:30 pm: Brown and Black Belts

NEW! FRIDAY @St. Patrick School

- 6 pm - 7 pm: Purple and Youth Brown Belts
- 7:05 pm - 8:30 pm: Brown and Black Belts

SATURDAY @St. Patrick School

- 9 am - 9:55 am: Beginners, White, Yellow and Orange Belts
- 10:00 am - 11:00 am: Green, Purple Belts and Youth Brown Belt
- 11:05 am - 12:30 pm: 1 Kyu and Adult Brown, Black Belts

*Schedule subject to change. April schedule to be announced later.



古川先生

Meet Furukawa Sensei of Maui Dojo

Deron Furukawa Sensei is the chief instructor at Maui Karate Association. He is a sandan (3rd degree black belt) and began training in 1985 under Sensei Ted Kesaji and the Karate Association of Hawaii.

Among many things in life he enjoys, he always stood by his most favorite: Karate. While attending the University of Hawaii on Oahu, Furukawa Sensei trained under Hawaii Shotokan Karate and the International Shotokan Karate Federation and is now under the direction of the Japan Karate Association of Hawaii.

No matter where he has trained, there was always one constant being stressed: Basics. The importance of basics has remained the top priority in training Furukawa Sensei's students. He said that as long as a student has a solid basic foundation, that student can thrive in any other martial art or any other endeavor in life.

He draws parallel to this concept by having a set of core values and principles as life's "basics." As life gets more complicated than it should be, or when faced with challenges and all seems like a mess, it is always good to take a pause, step back, and return to your basics. In other words, simplify.

Although the Covid 19 pandemic has changed the way we live, this should be the time for our karate to get stronger, especially if you are training at home. This is the perfect time to refocus on your basics. Stances, conditioning, stretching; all of these can be done with little space. Furukawa Sensei encourages everyone to keep training hard and is looking forward to seeing you all soon. Ganbatte!

今月の日本語

KARATE TERMINOLOGY "Stances"

Zenkutsu Dachi = front stance 前屈立ち

Kokutsu Dachi = back stance 後屈立ち

Kiba Dachi = horse-riding stance 騎馬立ち

Neko-Ashi Dachi = cat stance 猫足立ち

Hangetsu Dachi = half-moon stance 半月立ち

Fudo Dachi = immovable stance 不動立ち

Hanmi = upper body at 45 degree 半身

Gyaku-Hanmi = up body at 45 degree to lower body 逆半身

ANY QUESTION? Please email us at info.jkahawaii@gmail.com