



# Endeavor

*JKA Hawaii Newsletter*

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**JKA HAWAII**

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## Message from Sensei: Karate & Sports

Many children learn to walk, then run, bounce, and when they get into the water, they learn to swim, and so on, challenging unknown possibilities one after another. It is natural to try more difficult things as they get older and I am glad that you (and your children) decided to challenge karate. While karate emphasizes martial arts, it is also considered as a sport as it has recently become an Olympic event. Karate should be regarded as martial arts when practicing and it should be considered as a sport during the competition. Karate is a martial art that not only trains you physically, but also teaches you how to discipline yourself, respect for others and endeavor.

多くの子供たちは歩くことを覚えると、次に走ったり飛んだり跳ねたりするようになり、水に入れば泳ぐことを覚えるなど次々と未知の可能性に挑戦します。そして年齢を重ねるとより難しいことにチャレンジし、多数ある選択肢の中から空手に挑戦することを選んでいただき指導者として感謝しています。空手は武道性を重視する一方、この程オリンピックの種目にもなったように競技としても行われています。しかし、あくまでも稽古時は武道、競技はスポーツとして捉え、自己の基本的な体幹を鍛えるだけでなく、人格形成、礼儀、他に対する尊敬や自身の努力をする精神力を向上し、自らの可能性を高める武道と考えます。



# Meet JKA Hawaii Karateka: Annika Cry



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

**A.** I joined JKA Hawaii in August of 2018.

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

**A.** I was looking for a sport/activity I could do after school and in my free time. I saw my friend Hannah Lenander practicing karate, and I thought it was pretty cool. I went for a lesson and I loved it. I am now very passionate about it.

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

**A.** My favorite kata is Bassaidai.

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

**A.** I think my happiest moment was seeing Maeda Sensei proud of me after the Maui Fall Tournament in 2019. Hearing him say that I had represented the dojo well especially in helping win the team kumite gold medal.

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

**A.** I play the piano, and I take horse riding lessons in Waimanalo. I also surf every once in a while.

## Japan Karate Association Resources

JKA Hawaii is the only Karate School in Hawaii affiliated with the Japan Karate Association and your JKA rank will be recognized throughout the world. It's important to learn about Japan Karate Association and our JKA family dojos around the world.

<HERE ARE SOME WEBSITES TO EXPLORE>

Japan Karate Association Headquarters [www.jka.or.jp/en/](http://www.jka.or.jp/en/)

JKA New York Dojo [www.jkany.org/](http://www.jkany.org/)

JKA Chiba Ichikawa Shibu [www.jka-ichikawa.com](http://www.jka-ichikawa.com)

JKA Osaka Kyobashi Shibu [www.jka-kyobashi.com](http://www.jka-kyobashi.com)

<UPCOMING EVENTS>

JKA New York Headquarters Upcoming Events

- July 7 - 11: Summer Camp & Instructor Training

JKA International Schedule

- May 2: Anniversary of the Foundation of the JKA
- June 26 - 27: JKA All Japan Tournament in Takasaki Arena, Japan

**東海堂** -TOKAIDO-  
SINCE 1956

Since 1956, Tokaido has been supplying karatekas in Japan and all over the world with the finest uniforms (karate gi), belts (obi) and protectors for the combat sports. Please check out their websites: [www.tokaidojapan.com](http://www.tokaidojapan.com) (日本語サイト) [www.tokaido.tokyo](http://www.tokaido.tokyo)



## What is Karate-do?

In order to develop and become independent in karate-do, one draws on all the strength in one's spirit and heart, to the limit of one's endurance. One must decide what is right and be completely focused and serious. One must proceed forward and act without wasted breath on discussion and talk. One must develop one's academic pursuits and karate-do in parallel, in order for both to advance.

Karate-do has four aspects, beyond its basic techniques:

- self-defense
- physical exercise
- sport
- martial art

Depending on a student's age, physical condition and character, the emphasis on each one could be varied which is the main purpose of training. However, we have to balance them all. Karate-do is a synthesis of these four aspects, plus mental development to maturity.

空手道

## UPCOMING EVENTS May 2021 Practice Schedule

### 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

- 5:30 pm - 6:25 pm: Beginners, White - Green Belts
- 6:30 pm - 7:30 pm: Purple, 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

- 5:30 pm - 6:25 pm: Beginners, White - Green Belts
- 6:30 pm - 7:30 pm: Purple, Brown and Black Belts

### FRIDAY @St. Patrick School

- 6 pm - 7 pm: All

### 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. June schedule to be announced later.

## KARATE and Me by Matthew Arakawa

Ted Kesaji Sensei introduced me to Shotokan karate while we were both attending the University of Hawaii. That was the beginning of my Shotokan karate trek under Chief Instructor Kenneth Funakoshi, a distant relative of Shotokan founder, Gichin Funakoshi. In the years following, I met and trained under some talented and well-respected karatekas. It was during those grueling years of intense training I realized that with your mind you can achieve a certain mental level to push yourself beyond any self-imposed limits. I have hung on to that experience throughout my life.



荒川先生

After a long hiatus from karate of a couple decades, I began a search to join a martial arts dojo. Kesaji Sensei, then suggested that I should look into JKA Hawaii's dojo whose Chief Instructor is Maeda Sensei. That was ten years ago. I consider myself fortunate to continue my training under Maeda Sensei and Senior Sensei Spear, Leiman and Khan-Smith. I have learned from Maeda Sensei that karate is more than the ability to fight. Karate is the path to better your stamina, mental discipline, overall health, and of utmost importance, your "perfection of character".

For those in their youth, it is said that if you do not have an innate talent or ability, you can surpass a person with natural talent if you devote ten years of daily practice. In Shotokan karate, perfecting just the delivery of punching and kicking techniques takes years. Coupled with the basics, to perform and understand each movement of a kata with its six elements may take a lifetime. It is with a long-term perspective that I push myself to practice Shotokan karate. My experience in karate is that there will be times when you feel some boredom, or you feel you are on a plateau. Life nowadays has many distractions. It is during these times you need to persevere and keep on practicing to experience the benefits of karate. A saying of JKA great Masahiko Tanaka is "Shori ni chikamichi nashi" – the way to success has no shortcuts. With karate, as in life, the real struggle is against yourself.

In the words of Maeda Sensei, "torture yourself". In other words, keep your stance low in executing basic movements. The low stance is the cornerstone of Shotokan karate. It takes time and sweat to have a proper foundation. Another famous commandment of Maeda Sensei is, "no kiai no karate," that is, you can have spirit without karate, but there is no karate without spirit. Now that I am in my senior years, I see Shotokan karate as being timeless. There is no age limit to karate. Hopefully, there will be that moment where body, mind & soul are one. Have the grit to make Shotokan karate your lifelong pursuit, you will not be disappointed. OSSU!



**JKA HAWAII T-shirts Available for Sale!**

Available Sizes

Adult: Extra Large, Large, Small

Keiki: Medium



## JKA Hawaii Instagram: @jka\_hi

Are you following JKA Hawaii Instagram?

Launched two years ago, we now have close to 700 followers. It is a good way to connect with karateka all over the world.

We are always looking for more content. If you have some great photos/videos that can be posted on our Instagram account, please send them over to [info.jkahawaii@gmail.com](mailto:info.jkahawaii@gmail.com). Mahalo nui loa!

\*JKA Hawaii will review photos/videos submitted before posting them.

## 今月の日本語

### KARATE TERMINOLOGY "Blocks"

Age Uke = rising block 上げ受け  
 Soto Uke = outside block 外受け  
 Uchi Uke = inside block 騎馬立ち  
 Gedan Barai = lower level block 下段払い  
 Shuto Uke = knife-hand block 手刀受け  
 Tate Shuto = vertical knife hand 縦手刀  
 Morote Uke = two-hand block 両手受け  
 Juji Uke = X-block 十字受け

## Dojo Safety Update



As we continue social distance outdoor practices, we would like to remind you of the safe protocol during COVID-19.

- Sanitize hands prior to class
- Keep social distance
- Wear face masks during practice
- We will check temperature before entering the dojo in case of indoor practice.

**We appreciate your kokua!**

Please be advised that all JKA Hawaii sensei's including Maeda Sensei and senior karateka who teach classes have been fully vaccinated.

Let us all stay safe and healthy!

ANY QUESTION? Please email us at [info.jkahawaii@gmail.com](mailto:info.jkahawaii@gmail.com)