



Endeavor

JKA Hawaii Newsletter

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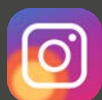
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Message from Sensei: Karate-do

"Do" in "Karate-do" literally means "the Way or the Path." The term is used not only for martial arts (such as "Ken-do", "Ju-do", "Aiki-do", "Sumo-do") but also used for Sa-do (tea ceremony) and Ka-do (Japanese traditional flower arrangement.) "Do" expresses something that can be mastered by practicing and training. The path is long but takes you where you want to go. The knowledge and skills gained through daily practice is very important. It may take you a couple of days to go one step forward, and it may take you 2-3 years to do the same. The environment that surrounds us can be difficult, but it is important that each of us have own purpose and follow that "path" step by step.

空手道の道: 私が修行している空手を空手道と言い、この「道」の持つ意味は剣道、柔道、合気道、相撲道等の武道に加え、茶道、華道とその道を見極めるものにはこの「道」が使われます。この「道」は一直線で真っ直ぐに進む道のことです。毎日の稽古で得た知識や技術の大切さ。目的に向かって道を一步一步進み、まるで終わりのない旅に出るかの如く、数日かけて一步一步進む事もあれば、数年かけて二歩、三歩と進む事もあります。私たちが囲む環境には困難なことも少なからずありますが、それぞれの目的を持ちその「道」を一步一步進むことが大切であると私は信じます。





The Essence of Karate Techniques and Karate-do

The essence of karate techniques is "kime." Kime means focus, referring to the concentration of power, with the maximum impact in an instant exploding with precision to the target. In ancient times, "Ichigeki-hissatsu" (kill with one blow) was a slogan of karate. This is a phrase that expresses kime.

In our practice, we set the targets just before vital points of the opponent's body. We must control our attacks without any contact, to make kime at the imaginary targets. Spirit first, techniques second. Because we learn techniques that can be lethal, we must always emphasize the importance of discipline. In our everyday training in dojo, we respect each other and train ourselves to improve our mental and physical power. And only when we encounter an emergency, we fight for justice with all we have. That is karate-do. Karate-do includes not only techniques but, more important, discipline.

UPCOMING EVENTS July 2021 Practice Schedule

MONDAY @Kapiolani Park

- 5 pm - 6 pm: Beginners, White - Purple Belts, Youth Brown Belt
- 6 pm - 7 pm: 1kyu Brown, Adult Brown and Black Belts
- *NO practice on July 5th.

TUESDAY & THURSDAY

@Hahaione Elementary

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

WEDNESDAY & FRIDAY

@St. Patrick School

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

SATURDAY @St. Patrick School

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

*Schedule subject to change.

August schedule will be announced later.

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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 (日本語サイト) www.tokaido.tokyo

Meet JKA Hawaii Karateka: Lynden Judd (Shodan)



Q. When did you start practicing Karate?

A: I started practicing karate in April 2015, 6 or so years ago.

Q. What made you start practicing Karate?

A: My cousins (Malia and Maile) had joined and I thought it would be a good idea if I tried it too.

Q. What do you like about Karate?

A: I like the social aspect of it all. You get to train and work hard but be able to make friends, and train hard with them as well.

Q. Do you have a favorite Kata?

A: I like all of the various kata(s), because each one is unique in its own regard.

Q. What are your happiest karate moments so far?

A: Being able to participate in tournaments for the state and the club.

Q. Besides karate what do you like to do?

A: Besides karate, I like to enjoy time with friends and family (although the global pandemic has made that hard) I've been able to manage.



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Keiki: Medium



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THE INSIDE - FOSTERING SELF THROUGH TRAINING

by Andrew Bakoleadis 5th Dan, JKA Montville (Connecticut)



When Maeda Sensei met Bakoleadis Sensei over 30 years ago in New York, Bakoleadis Sensei was an aspiring young karateka. He has competed in both national and world tournaments and is a Chief Instructor of JKA Montville, Connecticut. Please enjoy Sensei Bakoleadis' inspiring essay.

When I was 15, I saw the movie Bloodsport and instantly became interested in the martial arts. I went to a local Goju Ryu dojo to observe a class a week later. However, I never started as I was unable to commit to the training schedule. Nonetheless, I was impressed by the awesome display of skill and strength I saw in the movie. Five years later at the University of Connecticut, a friend recommended I sign up for a credit course in karate and I was instantly taken back to those images of flashy displays of prowess. The training I began was anything but flashy and it was nothing like I expected. However, I soon realized that the training was demanding but it was more than physical. There was an inner struggle, one apparently I desperately wanted and needed but never realized.

For more than thirty years, I have seen those inexperienced, like myself years ago, be disillusioned as if they expected to be performing tobi kekomi geri in the first week of training. And like many different “do,” or paths, there is an inside and outside. The way of the empty hand is indeed a process of forging the fist and the body into a weapon, but karate-do of course is a way that entails a massive effort and consistent discipline for the student to make any meaningful progress. But progress toward what? Toward being a better fighter? Does the student of kyudo only wish to be good at piercing her target? Does the student of chado only wish to slake his thirst? The way takes on many forms, and, on the outside, students can be seen traveling on many different roads. What one sees as an observer is merely the outside, never knowing the inside and the demands of the inner struggle and the character and tranquility it creates for the student; making possible what the observer sees.

Is the student of karate only interested in flashy skills to demonstrate or in becoming a self-defense machine? For some observers and some schools, perhaps. To endeavor on the focused path of perseverance for the task you choose, such as karate-do, means to choose the road that will develop more self-respect and a finer appreciation for others and their struggles (self-imposed or otherwise). Self-discoveries through hard and spirited training allow us to go to places deep inside ourselves, make more meaning of our experiences, and discover more about who we are and what we can become.

After about 5 years of rigorous and consistent training, I had a moment that brought more clarity and meaning to all my efforts. While driving about 30 mph and glancing to my left, a dog ran out in front of my car from the right. I only noticed it as I brought my eyes back to the road to see it already entering the roadway. The me of 4 years earlier would have tensed up, eyes bulging, swerving, and slamming on the brakes while I shouted expletives. What happened was a response probably generated from my kumite training under sensei Bob Jacobs, not to react to every technique or stimulus put in front of you creating a weakness your opponent can exploit. I just calmly depressed the brake pedal and averted a tragedy. I drove away laughing aloud that the dog had no idea how lucky he was because the old me would have accidentally killed him for sure. It was as if the dog was the attacker and I was the defender in the car, and so I just used some tai sabaki (with no counterattack of course) and literally life went on. I began to see the calmness in my life and it spurred me to seek more in my training over all these years. These days, I try to get others to get more from their training as an instructor.

Is your training taking you to places deep within you or is it still only superficial? Guard against training that is devoid of inquiry and sincere effort. Make sure to challenge your notions you hold and grow from your failures and questioning. Begin to feel more content about where your life is going and how you do things differently because of your improved respect for self as you overcome adversity. As a progressing student, you continue to raise expectations for yourself at home and at work. Bring the inside to the outside and extend the respect for yourself to respect for others. The deeper you dig inside, the more you have to provide on the outside. In this way, observers may never know what is your “do,” but only your true nature. This is the essence of life-long training for long-life living in the spirit of karate-do.

Kyu Exam Report

The first kyu exam of 2021 for Maui Dojo was held on May 30. Maeda Sensei traveled to Maui to oversee the exam. On July 3, 22 students from Waikiki and Hawaii Kai Dojos took the kyu exam at Waikiki Community Center. Congratulations for those who passed the test!

May 30 Maui Kyu Exam Result

[RESULTS]

- 8th Kyu: April Ney, Jennifer Battles, Leonard Tengan*
- 3rd Kyu: Gabe Herder
- 2nd Kyu: Adam Fukunaga*
- 1st Kyu: Megan Kurisu, D'Marco Rabang



July 3 Kyu Oahu Exam Result

[RESULTS]

- 8th Kyu: Daniel Kidani, Freddy Mito*, Robert Garcia, Sally Mito, Kailer Ogata, Rian Rio Palmieri
- 7th Kyu: Luc Delaune*, Miley Izawa,
- 6th Kyu: Grace Washington, Hiro Abiko, Hudson Lucas, Raphael Yip, Riko Isono
- 5th Kyu: Kendo Kajita
- 4th Kyu: Jaxon Watland, Yuto Mata
- 3rd Kyu: David Fukuda
- 2nd Kyu: Alexei Terebenkov, Braja Allin, Haru Greene, Namiko Montegudo, Yuto Kawaguchi

*Pending: Sensei will re-evaluate in 2-6 weeks.



今月の日本語 KARATE TERMINOLOGY "Striking Techniques"

Tsuki = punch 突き

Gyaku-zuki = reverse puch 逆突き

Kizami-zuki = jab 刻み突き

Oi-zuki = lunge punch 追い突き

Empi = elbow strike 猿臂

Nukite = spear hand 抜き手

Shuto = knife hand 手刀

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