



Endeavor

JKA Hawaii Newsletter

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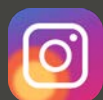
JKA HAWAII

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Message from Sensei: Superhuman

Today, new discoveries and records are born one after another in many fields such as science and sports. Mankind is constantly challenging new records.

The Tokyo Olympic and Paralympic Games came to an end the other day. During the Paralympic Games, I have witnessed so many incredible performances. A female swimmer who was born with no legs and had different left and right lengths competed. A triathlon athlete who lost his shoulder in an accident won a Gold Medal.

They train harder than we can imagine. Impressed by their feats and efforts, I consider them to be "true" superhuman.

日本語版はページ5をご覧ください。





The Attitude toward Karate-do

There are two important points in the attitude we should have in karate-do.

First, we should never forget that **our aim in karate-do is perfection of character**. Through training in karate, we get our spirit and body in shape, and nurture our mental toughness. And through the character of karate-do, we learn to respect and trust each other, to be faithful always, and to strive for better selves. Ultimately our goal is to contribute to the peace and prosperity of our world, each of us loving one's society and nation.

Second, we must not make haste, but **rather be correct and sure**. Karate has so many techniques. We have to spend a significant amount of time on each basic technique. Never rush but complete each technique accurately and surely. Walk, don't run. When you complete one technique, you will find a principle that is common in other techniques. If you proceed to the next technique before you complete one, you will go nowhere.

Excerpt from Fundamentals of Karate-Do by Master Masataka Mori

UPCOMING EVENTS September October 2021

Monday, September 6

In observance of Labor Day,
Kapiolani Park Class will be canceled.

Saturday, September 25

Dan and Kyu Exam
*Details will be forthcoming.

Monday, October 11

In observance of Discoverers' Day,
Kapiolani Park Class will be canceled.

Please be advised that September practice schedule will be announced via email. Please look for email from Maeda Sensei.



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 (日本語サイト) www.tokaido.tokyo

Meet JKA Hawaii Karateka: Braja Allin, 2nd Kyu



Q. When did you start practicing Karate?

A: I started Karate in January of 2018, I was in fourth grade.

Q. What made you start practicing Karate?

A: I wanted to start karate because I wanted to learn self-defense to protect myself.

Q. What do you like about Karate?

A: I like karate overall for its many aspects. I enjoy practicing with my friends.

Q. Do you have a favorite Kata?

A: My favorite kata is Empi and my favorite move in Empi is the jump. Jumping is the most fun move in kata.

Q. What is your happiest karate moment?

A: My happiest karate moment was attending my first tournament. It was a fun experience and I got closer to my friends.

Q. Besides karate what do you like to do?

A. Besides karate, I enjoy talking with friends and drawing.

Karate & Family by Kajita Family



Karate has taught Kendo discipline. We see him train hard and he enjoys it. We are very grateful that he found his passion in karate.

Kata is his favorite. He tries to understand the meaning of each move in kata and he competes with an imaginary opponent when he performs. After each practice, he tells us what he learned from Maeda Sensei and he even makes us practice. (He finally approved our Taikyoku Shodan performance recently.)

All of us enjoy karate through Kendo's experience.

今月の日本語

**KARATE
TERMINOLOGY
"Foot Technique"**

Mae Geri = front kick 前蹴り

(Yoko Geri) Keage = side snap kick (横蹴り) 蹴上

(Yoko Geri) Kekomi = side thrust kick (横蹴り) 蹴込み

Mawashi Geri = roundhouse kick 回し蹴り

Ushiro Geri = back kick 後ろ蹴り

Tobi Geri = flying kick 飛び蹴り

Mikazuki Geri = crescent kick 三日月蹴り

Dojo Etiquette

DOJO ETIQUETTE: "GI" - UNIFORMS

- A properly tied belt must be worn at all times during class.
- Students who forget their belt may participate in class with no belt, but they lose all privileges of their rank for that class period.
- Female members should wear a blank white tee shirt under their uniform.
- Belts and karate-gi jackets are not to be worn in public except for at officially sanctioned events.
- Always wear a clean uniform.
- Pay careful attention to personal hygiene. Keep fingernails and toenails trimmed. Feet may need to be washed before class and should always be washed after class. Long hair must be tied back.



Dojo Safety: Covid-19 Reminder

Please perform a wellness check before attending practice.

Check 1: Symptoms of Illness

If you or your child have any of these symptoms, please do not attend practice:

- Fever
- Chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue (tiredness or weakness)
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore Throat
- Congestion or runny nose
- Nausea
- Diarrhea

Check 2: Recent COVID-19 Exposure

Please do not attend practice if you have (are):

- Recently tested positive for COVID-19
- Waiting for COVID-19 test results
- Self-quarantining due to possible COVID-19 exposure (such as travel quarantine)
- Living with someone with COVID-19
- Been in close contact with someone with COVID-19

Please help JKA Hawaii 'ohana
stay safe and healthy!



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

message

FROM SENSEI

今月のメッセージ by 前田先生

今日、人間がなしえる知恵、発明、或いはスポーツなどにおいて
次から次に新しい発見や新記録が生まれています。
人類は常に新しい記録に挑み続けています。

先日、東京オリンピック・パラリンピックが閉幕しました。
(現在大リーグで活躍されている大谷選手の活躍にも驚嘆しますが)、
パラリンピックで目にした、生まれつき両足がなく
両手も左右長さの違う障害を持つ女子スイマーや、
事故で肩から手を失ったトライアスロンの選手。

彼らは自分を極限にまで持っていき鍛錬を重ね
健常者の何十倍もの努力をしてきた人間だと思います。
彼らの偉業と努力に感銘し、
私は彼らこそ“真の“超人”と考えます。



JKA HAWAII T-shirts Available for Sale!

Available Sizes

Adult: Extra Large, Large, Small

Keiki: Medium



MANDARA
— SPA —



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