



Endeavor

JKA Hawaii Newsletter

In This Issue

**Karate-Do: Dojo
Upcoming Events**

**Meet JKA Hawaii
Karateka**

Karate Terminology

Letter from JKA Ohana

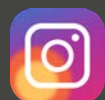
**Message from Sensei
(Japanese)**

JKA HAWAII

www.jkahawaii.com

info.jkahawaii@gmail.com

Follow us on Instagram!
[@jka_hi](https://www.instagram.com/jka_hi)



Mentality over technique

Happy New Year!

Mentality over technique is the 5th of the 20 guiding principles of karate written by Master Gichin Funakoshi.

The principle reminds us the importance of not just improving our technique but also building mental strength in learning martial arts.

Even if your technique is excellent, if you're distracted or badly behaved, your technique will not be truly perfected. Rather, your "true technique" will improve by strengthening your mind such as being calm, thinking about others as well as having respect and a healthy spirit.

I believe teaching my students discipline is equally important as teaching karate technique. Through rigorous trainings, you will acquire skills as well as cultivate the degree of perfection as a human being.

日本語版は5ページ目をご覧ください。





Dojo 道場

The dojo is not a gym or an exercise room. It is where we study karate-do and it is a sanctified area.

The dojo-kun are the precepts and the canons for students of karate-do, It is our will and our aim.

In the dojo we value respect and manners. Proper manners must be honored and followed. Always have an upright heart and always respect the other students. When entering and leaving the dojo, you must give a bow. You say "Onegai-shimasu" (meaning, "Please teach me.") when you enter, and say, "Arigato-gozaimeashita" (meaning "Thank you so much.") when you leave. Shoes must be removed prior to stepping in the dojo. They are placed on a shoe rack with the toes pointing forward. The shoes are arranged neatly together. Before each practice, everyone must clean up the dojo together.

Excerpt from Fundamentals of Karate-Do by Master Masataka Mori

UPCOMING EVENTS January February 2022

Saturday, January 1

In observance of New Year's Day, St. Patrick Class will be canceled.

Saturday, January 15

Kyu Exam

*Details: TBA

Monday, January 17

In observance of Martin Luther King Jr. Day, Waikiki Class will be canceled.

Friday, January 28

Instructor and Advanced Class at St. Patrick. NO regular class (1st Kyu and Black Belts only.)

Saturday, January 29

11th Annual ENBU-Kai (students performance)

*Details: TBA



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: Alexei Terebenkov, 2nd Kyu



Q: When did you start practicing karate?

A: I started practicing karate in late 2017 when I was 7 years old.

Q: What made you start practicing karate?

A: I wanted to become stronger and learn how to protect myself.

Q: What do you like about karate?

A: I like the disciplined approach of karate and that it made me more confident.

Q: What is your favorite kata?

A: My favorite kata is Bassai Dai because it is a powerful kata that I spent a lot of time on, practicing my skills and precision on.

Q: What is your happiest karate moment?

A: My happiest karate moments are when I became a brown belt and learn new katas.

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

A: Besides karate, I like to play soccer and read books.

今月の日本語

KARATE TERMINOLOGY "Kumite"

Aite O Mite = look at your partner 相手を見て
Otagai Ni Rei = bow to your partner お互いに礼
Onegai Shimasu = make a request お願いします
Kotai = change (partner) 交代
Ippon Kumite = one-step sparring 一本組手
Sambon Kumite = three-step sparring 三本組手
Gohon Kumite = five-step sparring 五本組手



Dojo Safety: Covid-19 Reminder

Please perform a wellness check before attending any JKA Hawaii practice. Mahalo!

Letter from JKA Ohana in Japan By Ikeda Kinya Sensei (6th dan), Chief Instructor JKA Chiba Shoto-kai, Nagareyama Branch

Since 2012, male and female first- and second-year middle school students in Japan have to take classes in a traditional Japanese martial arts—such as judo, kendo, sumo, aikido and karate—chosen by schools or local boards of education.

In the city of Nagareyama which is northwest part of Chiba-prefecture in Kanto Area, three middle schools chose karate as part of the martial art programs and I've had a pleasure of teaching these young students the basics of Shotokan karate.

Training them has been such a great experience for me. At one of the schools, over 250 male students performed ENBU (with no count) during the school wide Sports Day festival and the performance was well received.

I believe this is a great opportunity for JKA Karate. We will work diligently with the city's board of education and find ways to have as many students experience JKA Karate in 2022.



Ikeda Kinya Sensei

**JKA Chiba Shoto-kai,
Nagareyama Branch
Website**



message

FROM SENSEI

前田先生の今月のメッセージ

新年明けましておめでとうございます。

我が松濤館流空手道開祖である船越義人先生の松濤二十訓（空手道二十箇条）の
第五条に「技術より心術」という箇条があります。

空手、柔道、剣道、弓道の他に幾多もある武道において
技術を習得すると同時に心術を磨くことの
重要さを指摘されている箇条であります。

技術が優れていても心が乱れていたり悪行を行ってはいは
その技術に真の完成はなく、穏やかな心や他人を思う心、尊敬、
健全な精神など、心を磨くことで真の技術を得ることができるという教えです。

私が空手指導において信条としておりますのはまさしく「技術と心術」。
難しい技術に挑戦し、また厳しい鍛錬を超えて技術を習得してはじめて
人間としての完成度が養われると信じております。



JKA HAWAII T-shirts Available for Sale!

Available Sizes

Adult: Extra Large, Large, Small

Keiki: Medium



MANDARA
— SPA —



Hilton Hawaiian Village
ext.74370 or (808) 945-7721