



# Endeavor

*JKA Hawaii Newsletter*

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## **JKA HAWAII**

[www.jkahawaii.com](http://www.jkahawaii.com)

[info.jkahawaii@gmail.com](mailto:info.jkahawaii@gmail.com)

Follow us on Instagram!  
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## **Teaching Karate Journey**

I have been teaching karate over 30 years. When I first started teaching, my sensei told me that if I could teach children well, I would be a full-fledged instructor. Adult students can understand the theory to some extent; however, children (especially from 5 to 12-3 years old) have some difficulties unless I show them the movements.

Today, we have many young karateka train with us at JKA Hawaii. What I always keep in mind when teaching them is that I teach them equally.

However, if I see a student who can go to the next level, I might be stricter to him/her because I believe the student can responds to my stricter coaching.

I've taught over 300 students in the past, and I'm deeply moved when a student who was a slow starter passed the black belt test over time.

日本語版は5ページ目をご覧ください。





## Bows 礼法

As proper manners pertinent to the dojo, there are three ways to show respect.

- Ritsurei (standing bow)
- Mokurei (eye-contact bow)
- Zarei (sitting bow)

### How to Ritsurei (standing bow) Properly

1. Keep both heels together. Keep the feet 30 degree from the center, 60 degrees from one another.
2. Keep the upper body upright and relax the shoulders. Hold the neck straight. The knees should be extended naturally and the fingers should be kept together and the arms extended. The arms are held on each side of the body.
3. Look at your opponent straight in the face and bow your head in a natural manner. Take a breath at the moment your head bows down, and keep your head down for the duration of one breath. Then silently, quietly, straight your head.
4. When facing the national flag or religious representation, your body should be tilted forward 30 degrees. At the time of a practice or a match in a tournament, your body should be tilted 15 degrees toward your opponent. When performing all acts of etiquette, your back should be straight and your neck must never be bent. It must always be held straight.

*Excerpt from Fundamentals of Karate-Do by Master Masataka Mori*

## UPCOMING EVENTS March April 2022

**Friday, March 25**

Instructor and Advance Class

At St .Patrick dojo

No regular class, brown belts 1-kyu and black belt only.

**Saturday, April 9**

Kyu Exam (details TBC)

**Friday, April 29**

Instructor and Advance Class

At St .Patrick dojo

No regular class, brown belts 1-kyu and black belt only.



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)

## Meet JKA Hawaii Karateka: Sally Mito - 6th Kyu



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

**A:** I started at the beginning of last year, 2021, when I was nine years old.

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

**A:** Senpai Ty invited us, I tried and had so much fun so I decided to join.

**Q: What do you like about karate?**

**A:** I like karate because I train with my friends and karate dojo feels like my comfortable and happy place.

**Q: What is your favorite kata?**

**A:** My favorite kata is Heian Yondan because it has a lot of cool moves that I like.

**Q: What is your happiest karate moment?**

**A:** My happiest moments are when I practice with my friends and when I pass all my kyu tests.

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

**A:** Besides karate I like to practice dance ballet, play basketball, piano, and go to the beach.

### 今月の日本語 KARATE TERMINOLOGY "Striking Techniques"

Tsuki = punch 突き

Gyaku-zuki = reverse punch 逆突き

Kizami-zuki = jab 刻み突き

Oi-zuki = lunge punch 追い突き

Nukite = spear hand 抜き手

Shuto = knife hand 手刀



### Dojo Safety: Covid-19 Reminder

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





# January 15, 2022 Kyu Test Result

- 8th Kyu: Eden Leung, Hannah Leung, Maile Liu, Joan MacNaughton, Ren Murakami, Zen Murakami, Kayla Pang, Carter Takahashi, Renee Young, Christopher Lam
- 7th Kyu: Briella Boyd, Nami Kimoto, Freddy Mito, Maven Nutter
- 6th Kyu: Koharu Garner, Daniel Kidani, Sally Mito
- 5th Kyu: Kailer Ogata, Rian Palmieri
- 4th Kyu: Radha Allin
- 3rd Kyu: Akitaka Garner, Kendo Kajita

*Congratulations!*

## JKA Hawaii Spring Enbukai | February 5, 2022

We finally did it! We held our first Enbukai (Karate Performance) for the first time in two years. Over 50 students participated in the Enbukai. Everyone did FANTASTIC job!

Photos courtesy of Mr. Kajita





# message

FROM SENSEI

## 前田先生の今月のメッセージ

私が空手指導を始めたのが今から30数年前になりますが、  
私自身の先生から、子供を指導できるようになれば一人前だと教えられました。

大人の生徒には理論である程度理解して貰えますが、  
子供（特に幼年5歳から12-3歳ぐらいまで）は私自身が見本を示し、  
動作を目で覚えてもらわなければ難しいものがあります。

今日、我がJKAハワイ道場にも沢山の子供たちが元気に稽古をしています。

私が常に彼らを指導するにあたって心がけていることは、  
それぞれが皆平等に指導を得ているかということです。

しかし、ある生徒には「ここでもう一步努力すれば次のステップに行ける」という思う  
から、ついつい他の生徒よりも強い指導になってしまうこともありますが、  
それはその生徒が私の厳しい指導に答えてくれると信じているからです。

過去百人以上もの子供たちを指導して来ましたが、スロースターターだった生徒が、  
時を経て初段を合格した時は、感慨深いものがあります。



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

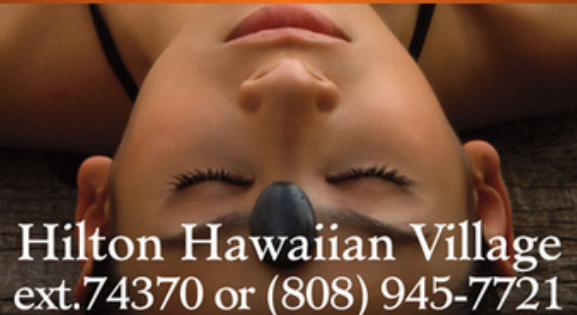
Available Sizes

Adult: Extra Large, Large, Small

Keiki: Medium



MANDARA  
— SPA —



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