



# Endeavor

*JKA Hawaii Newsletter*

## *In This Issue*

**Karate-Do: Bows  
Upcoming Events**

**Meet JKA Hawaii  
Karateka**

**Karate Terminology**

**Pray for Lisa**

**Kyu Test Report**

**Mahalo and A Hui Hou!**

**JKA HAWAII**

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

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

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



## **Message from Sensei: Success and Failure**

As you live your life, you experience many kinds of successes and failures.

If you succeed, you will gain self-confidence and the praise of those around you, and if you fail, you will experience great setbacks and you choose to try to escape from it or try it again.

It is said "failure is the mother of success." I believe every failure is a stepping stone to success, and we can succeed by learning from our mistakes.

### 今月のメッセージ：失敗と成功の関係

私たちは幼い頃から失敗や成功を繰り返してきました。成功すれば自己の自信や周りの人達の称賛を得て、失敗すれば大きな挫折を経験し、その事から逃避することもあるれば、再度挑戦することもあります。

「失敗は成功の母」などと言われますが、失敗する事で成功への鍵が見つかることはよくある事だと思います。失敗から得た教訓を見出し、失敗を恐れない。自信のある人間形成に努めることが成功への道だと思います。





## 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 Mokurei

Look right at your opponents' eyes, and show your respect without bowing.

### How to Zarei (Sitting Bow) Part 1: Seiza (Square Sitting)

- Seiza is the traditional formal way of sitting in Japan.
- (From Ritsurei position), draw the left foot half a step back, and kneel on the left knee. You should not put your hand on the floor.
- Put the right knee to the floor together with the left knee, and sit with the legs tucked beneath you. Ladies put both knees together, and gentlemen keep some space between the knees. Rest the buttocks on the heels, with the tops of the feet flat on the floor.
- Keep the upper body straight. Put the both hands on the thighs, with the fingers together and straight.
- When you stand up, step your right foot forward, kneeling on the left knee again. Stand up without putting your hand on the floor.

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

## UPCOMING EVENTS May June 2022

**Saturday, May 21**

JKA Hawaii Spring Tournament 2022

8 am - 3 pm

At St. Patrick School Gym

**Friday, May 27**

Instructor and Advance Class

At St. Patrick Dojo

\*No regular class, brown belts 1st kyu and black belt only.

**Monday, May 30**

Waikiki class will be canceled in observance of Memorial Day.

**Friday, June 24**

Instructor and Advance Class

At St. Patrick Dojo

\*No regular class, brown belts 1st 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: Ryder Tarutani - 8th Kyu



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

**A:** I started practicing karate in November of 2021 when I was 7 years old.

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

**A:** My father wanted my sister and I to practice karate to develop self-discipline and to learn self-defense. I also wanted to be stronger and thought karate had some cool moves.

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

**A:** I love learning new skills and katas and it makes me proud when I get them correct. I like watching all my senpai do difficult katas and I look forward to being like them some day.

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

**A:** I just started learning Heian Nidan so that's my favorite kata right now, but I like watching my senpais do Heian Godan and Bassai Dai.

**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 playing soccer with my friends, basketball with my mom, and I like to play video games with my dad. Oh, and I like math too.

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

Haito = inside knife hand (Unsu) 背刀

Kagi-zuki = hook punch (Tekki Shodan) 鍵突き

Morote-zuki = double punch (Tekki Shodan) 両手突き

Tettsui = hammer fist (Heian Sandan) 鉄槌

Teisho = palm heel strike 底手

Kuma-de = bear hand (Enpi) 熊手

Yama-zuki = vertical double punch (Bassai Dai) 山突き

Yumi-zuki = bow & arrow punch (Jion) 弓突き



## Pray for Lisa

JKA Headquarters recently received a sad news from Ukraine. One of the JKA WF of Ukraine members, Lisa (7 years old) was killed by Russian troops in Mariupol.

She was a member of JKA family and practiced JKA Karate enthusiastically just like you. No one has the right to take away anyone's life especially young girl like her.

JKA Hawaii joins the international community in hoping for a speedy and peaceful resolution to this terrible conflict.

Please rest in peace, Lisa.



### April 16, 2022 Kyu Test Result

- 8th Kyu: Ryder Tarutani, Arata Uda
- 8th Kyu B: Seinosuke Kuwaji, William Ries, Arleen Umali
- 7th Kyu: Christopher Lam, Maile Liu, Ren Murakami, Zen Murakami, Kayla Pang, Allen Shin
- 7th Kyu B: Carter Takahashi
- 5th Kyu: Hiro Abiko, Daniel Kidani
- 5th Kyu B: Raphael Yip
- 4th Kyu: Lauren Elliott
- 3rd Kyu B: Yuto Mata, Jaxon Watland

*Congratulations!*



# Mahalo and A Hui Hou!

by Ryunosuke Masuda 増田龍乃輔

As some of you might know, we are moving to Iran in May due to my father's job.

I joined JKA Hawaii 3 years ago and I have so many precious memories, such as participating in tournaments, performing at Christmas events, practicing in the park during Covid-19, and morning training on the beach.

However, the most memorable one is the first day of training at JKA Hawaii dojo. I was very nervous because we just moved to Hawaii and I didn't speak good English but Maeda sensei and JKA Hawaii members welcomed me warmly. I could not communicate with everyone well verbally but I felt connected through karate and I will never forget that feeling.

Karate is very popular in Iran and I look forward to practicing karate there. I will take what I learned in Hawaii and do my best to make Sensei proud.

この度、父の仕事の都合で5月いっぱいイランに引っ越すことになりました。JKAハワイで皆さんと空手の練習に励んだ3年間で、僕はたくさんの思い出ができました。大会に参加したことや、クリスマスのイベント、コロナになって公園で稽古をしたこと、ビーチでの朝練など。

その中でも1番印象に残っているのは稽古初日です。初めての英語の世界で不安でしたが先生が温かく受け入れてくれて、そして習いにきてるみんなが僕を仲間に入れてくれて本当に嬉しかったです。あの時は言葉は分からなかったけれど空手で通じ合えたあの日のことは忘れません。

イランも実は空手が盛んです。先生方に指導していただき、そして仲間と共に歩んできたHawaiiの空手道を胸に、先生の弟子だと堂々と言える空手をイランでも頑張ります。

Good Luck!



## 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