



Endeavor

JKA Hawaii Newsletter

In This Issue

Karate-Do: Bows

Upcoming Events

**Meet JKA Hawaii
Karateka**

Karate Terminology

**2022 Spring
Tournament Report**

**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)



Message from Sensei: How to win

The first JKA Hawaii karate tournament in 3 years was held on May 21 and we had over 40 participants.

The purpose of this tournament is to try out the techniques that you have trained on a daily basis. Use that experience as a steppingstone to your next goal. We hold club tournament twice a year—spring tournament on Oahu and fall tournament on Maui.

During the last tournament, I saw one of the winners raised his fist in victory. It reminded me of one of the Dojo kun—"Respect Others". In karate-do, we respect the opponents. Without the opponents, you cannot have a match, thus, you cannot win.

Respecting your opponent is a true victory.

It is totally OK to celebrate what you victory but remember to respect your opponent and celebrate after you leave the court.





Bows 礼法

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

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

How to Zarei (Sitting Bow) Part 2: Zarei is a bow from Seiza.

- Face forward and focus on the national flag, the chief instructor, or the opponent. Note that your fingers must be straight. Concentrate and control our conscious thoughts.
- While keeping your upper body perfectly straight, place your hands together on the floor quietly and slowly. The fingers of each hand should be kept together, and each hand should be angled slightly inward. The palms of the hands should be lightly place on the floor.
- Lower your upper body toward the floor. Do not raise your buttocks during the bow. Your buttocks must remain seated on your heels.
- Take a short breath and pause, for five to six seconds.
- Then raise your upper body in the same, slow manner. Regard your opponent, instructor, or flag again with the same focus and concentration as before. Your concentration and mental strength should be focused in your "tanden" area. The tanden lies one inch below your navel. Your shoulders should be relaxed.

Excerpt from Fundamentals of Karate-Do by Master Masataka Mori

UPCOMING EVENTS July / August 2022

Monday, July 4

Waikiki class will be canceled in observance of Independence Day

Thursday July 21

Dan, Kyu Exam Maui Dojo

Hawaii Kai Class is canceled.

Friday, July 29

Master Class and Special Intermediate Class at St Patrick Dojo

Saturday, August 20

Dan, Kyu Exam Oahu Dojo

No class the day.

Friday, August 26

Master Class and Special Intermediate Class at St Patrick Dojo.

Saturday, September 17

JKA Hawaii Fall Club Tournament in Maui



**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: Lauren Elliott - 4th Kyu



Q: When did you start practicing karate?

A: I started practicing karate in the fall of 2019.

Q: What made you start practicing karate?

A: I started karate when I moved to Hawaii and wanted something to do in my free time, and karate was something I was really interested in and wanted to try.

Q: What do you like about karate?

A: I like learning about self defense, and I have made some friends through karate.

Q: What is your favorite kata?

A: My favorite kata is Heian Godan because it has the jump and big big kicks.

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

A: I also like drawing, baking, swimming, playing the trombone in band, and scuba diving.

今月の日本語
KARATE
Competition
"Kumite"

Aka = red 赤

Shiro = white 白

Hajime = begin 始め

Yame = stop 止め

Ippon = full point 一本

Waza-ari = half point 技あり

Ai-uchi = mutual score (no point) 相打ち

Jogai = out of bounds 場外



JKA Hawaii 2022 Spring Tournament | Saturday, May 21

We finally did it! The first JKA Hawaii Tournament in 3 years was held on Saturday, May 21. Over 40 JKA Hawaii members participated in it. For many new members, this was their first time experiencing the tournament. As Sensei said, "the most important thing is what you learn from this experience." We hope you learned something from this tournament. Ossu!

Congrats!

MVP Male: Taisei Isono (Waikiki Dojo)

MVP Female: Megan Kurisu (Maui Dojo)

Best Spirit Award: Namiko Kimoto (Waikiki Dojo)

Mr. Kajita (Kendo's dad) who is a professional photographer took these wonderful photos during the tournament. BIG MAHALO!!!



JKA Hawaii 2022 Spring Tournament | Saturday, May 21



Message from Sensei

先月5月21日に3年ぶりに行われた道場トーナメント、
参加者40数名での開催となりました。
この道場トーナメントの目的は、日頃自身が鍛錬してきた技術を試し、
その経験を次の目標の足掛かりにすること。
例年、春はホノルル、秋はマウイにおいて年2回行っています。

この試合中で私はある勝者に思わず注意を促したことがありました。
それは、試合直後に勝者が歓喜のあまりガッツポーズをした事への忠告です。

武道である空手の試合において、試合相手へのリスペクトはなくてはならないもの。私の教わった武道学では、相手がいてこそ初めて自身の勝敗が決定する故、
対戦相手に敬意を示すことが真の勝利となるのです。

ガッツポーズはせめてコートの外に出てからだと思います。



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