



Endeavor

JKA Hawaii Newsletter

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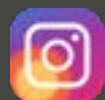
JKA HAWAII

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Message from Sensei: Importance of Reigi

Have you ever been told to put your shoes nicely when entering the dojo by your Sensei and/or Senpais? For younger members, it may be hard to understand why that is important.

Reigi, proper etiquette, pronounced “reye-gee” is steeped within the Japanese culture, and especially in Traditional Martial Arts Schools including JKA. If we have a visitor from other dojo and sees shoes scattered, this person might question about the quality of the dojo.

Put your shoes nicely when you arrive the dojo. Pay respect to the dojo by bowing when you enter. I believe by doing so make you clear your mind and focus on your practice.

Ossu!





The Manners at the Start and the End of Practice

練習前後の作法

At the Start

1. With the assistant instructor's announcement, "Seiretsu" (line -up), students stand in line facing front.
2. With "Seiza," sit with proper sitting manners.
3. With "Mokuso" (meditation), close your eyes and concentrate.
4. With "Mokuso yame" (end meditation), look toward the national flag and give your respect. Then with "Shomen-ni rei" (bow to the front), give a sitting how.
5. After the bow, the instructor faces to the students. With "Sensei-ni rei" (bow to the instructor), give a sitting bow to your instructor.

At the End

1. Same as the start, from "Seiretsu" to "Mokuso yame."
2. With the announcement "Dojo-kun", repeat the dojo-kun after the assistant instructor, one by one.
3. Same as at the start, from "Shomen-ni rei" and "Sensei-ni rei."

UPCOMING EVENTS Sept / Oct 2022

Monday, September 5

Waikiki class will be canceled in observance of Labor Day

Saturday, September 17

2022 JKA Hawaii Fall Tournament in Maui

St. Patrick Class will be canceled.

Friday, September 30

Master Class and Special Intermediate Class at St Patrick Dojo.

Monday, October 10

Waikiki class will be canceled in observance of Indigenous People's Day

Friday, October 28

Master Class and Special Intermediate Class at St Patrick Dojo.



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: Hiro Abiko - 5th Kyu



Q: When did you start practicing karate?

A: I started karate in November of 2019 when I was 5 yrs old.

Q: What made you start practicing karate?

A: My mom recommended me to take karate classes because she wanted me to experience traditional Japanese culture while we live in the US.

Q: What do you like about karate?

A: When I come to karate classes, I can interact with friends regardless of age or school we attend. I like how we encourage and support each other through karate. Senpais teach us gently and kindly. That's why I love karate and I do my best to improve.

Q: What is your favorite kata?

A: My favorite kata is Heian Godan because it's so cool.

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

A: Besides karate, I like soccer, origami, play Minecraft, and watching YouTube. Recently, I enjoy going to cat cafes.

今月の日本語

**KARATE
Competition
"Kumite"**

Chui = warning 注意

Hansoku = violation 反則

Mubobi = failure to protect oneself 無防備

Shikkaku = disqualification 失格

Jikan = time 時間

Hikiwake = tie, draw 引き分け

Encho = extension 延長

Aka/shino no kachi = red/white wins 赤/白の勝ち



Dan/Kyu Exam Report: July 21 (Maui) & August 20 (Oahu)

The special Dan exam was held in Maui on July 21. Maeda Sensei traveled to Maui to oversee the exam. On August 20, 20 students from Waikiki, Hawaii Kai, St. Patrick dojos took test including two members who took Dan Test.

July 21 Dan Exam in Maui Result

Shodan: Yasmine Etrata, Megan Kurisu, D'Marco Rabang

August 20 Dan/Kyu Exam in Oahu Result

8th Kyu: Yukari Akina, Jace Akimoto, Grace R. Kotani, Sham Mallick, Lauren Nip, Leo Okuzono, Jake Tokita

7th Kyu: Anthony Lai, Eden Leung, Hannah Leung, Jessica Logan, William L. K. Ries, Ryder Tarutani, Arata Uda

6th Kyu: Briella Boyd, Robert Garcia, Maile Liu, Kayla Pang

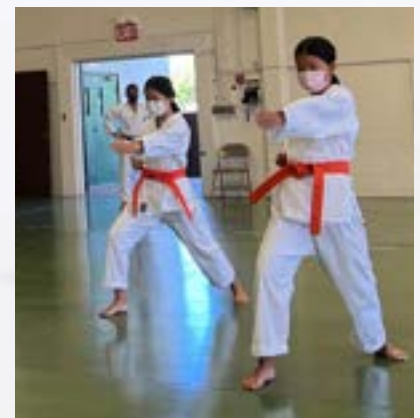
5th Kyu: Koharu Garner

1st Kyu: Haru Greene, Taisei Isono, Yuto Kawaguchi, Leo S. Nakai, Alexei Terebenkov

Shodan: Keith Galang, Mark Nakai



New Black Belt Members from Maui with Deron Sense (L to R) D'Marco, Megam, Yasmin



CONGRATULATIONS

My Karate Journey by Keith Galang



My long journey to Black Belt began in early 1973 when four of us U.S. Navy sailors earned our Green and Purple Belts with JKA Philippines under Sensei Kunio Sasaki while our ship was deployed there. Then I trained with JKA Hawaii from 1974 through 1977. After earning the rank of first kyu, I participated in the Black Belt exam with three others. Two had passed the exam, and myself and another were put on six month probation to improve our kumite skills. Unfortunately, I broke my left thumb in a bicycle accident and never returned to the dojo to complete the shodan exam.

In October of 2020, one of the sailors whom I trained with at JKA Philippines back in 1973, sent me a video of himself doing basics and kata.

Richard was now in his late 60's. Totally inspired and motivated by Richard's performance in the video, I committed myself to train again and continue the journey to Black Belt. After reading "Whether you are 5 yrs old or 65, you are welcome" on the JKA Hawaii website, I quickly sent an email to Sensei Maeda.

Besides the warm welcome and tremendous support received from Sensei, fellow dojo members, and others, and experiencing the discipline and rigors of training with the JKA again, it is with sincere hope and fervent desire that this journey will continue well into the years ahead.

Message from Sensei

道場に入る際に履物（サンダルやスニーカー）を脱いだ折、先生や先輩にきちんと揃えておくように注意された経験はないでしょうか？

若い世代の生徒の皆さんや、ここアメリカの文化の中ではこの習慣を理解できない方も多いと思います。空手の修行は身体の鍛錬だけでなく、日常のこんな習慣も重要と考えます。

もし見学者が道場を訪れた折、履物が散らばっているようではそれだけでその道場の品位や資質が問われます。

道場生は履物を脱いできちんと揃え、履物に対して有り難く思い、道場に入るときは一礼をする。そうして心新たに稽古に望むことにより質の高い稽古が得られることと信じています。



JKA HAWAII T-shirts Available for Sale!

Available Sizes

Adult: Extra Large, Large, Small

Keiki: Medium



MANDARA
— SPA. —

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