



Endeavor

JKA Hawaii Newsletter

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JKA HAWAII

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Message from Sensei

Happy New Year!

All of our lives were changed in the last 2 years or so due to the pandemic. During that time, everyone was forced to live a life that they had never experienced before. At JKA, we also had to make some adjustments by doing virtual and outdoor classes.

During the difficult times, the young students were the ones who helped me continue with the classes. I look forward to training them and they make me want to be a better instructor. I appreciate the opportunity to teach you all.

Wishing all of you a healthy and prosperous 2023! Ossu!



What is Kata? - Part 1

形の意味と形稽古の目的

"Kata," which literally means "form," is a method of training that brings together a variety of exercises.

In the old days, karate students practiced only kata. The basics have been derived from kata in modern times. Historically students did not practice kumite, either. Kumite was developed mainly among college karate clubs, starting around 1941. After the end of the war in 1945, all martial arts were banned, and it was not until around 1951 that college karate clubs resumed their activities. In 1954, Takushoku University held the first tournament, which included free sparring.

JKA has 25 kata. All kata assume imaginary attackers coming from all directions. Making accurate chakugan (focus attention) with full mental power is crucial.

Every kata begins with blocks as a saying put it, "There is no first attack in karate." Karate-do is not for aggression but only for self-defense. (to be continued)

Excerpt from Fundamentals of Karate-Do by Master Masataka Mori

UPCOMING EVENTS Jan / Feb 2023

Monday, January 2

Waikiki class will be canceled in observance of New Year's Day

Monday, January 16

Waikiki class will be canceled in observance of Martin Luther King Jr's Day

Saturday, January 21

New Year "Asaren" (morning practice) on the beach.

Friday, January 27

Master Class and Special Intermediate Class at St Patrick Dojo.

Monday, February 20

Waikiki class will be canceled in observance of President's Day

Friday, February 24

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: Rayden Kikiloi - Shodan



Q: When did you start practicing karate?

A: I started practicing karate when I was 4 years old at another dojo, and joined JKA in 2016.

Q: What made you start practicing karate?

A: What made me start karate was definitely my family. Since they took karate long before me, obviously I too became interested.

Q: What do you like about karate?

A: I mainly like karate due to the fact that it not only is a great source of discipline, but helps me gain more confidence in myself.

Q: What is your favorite kata?

A: My favorite kata is empi mostly because of the jump move at the end of the kata, which I enjoy doing the most. I like to challenge myself to jump as high as possible while doing it.

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

A: Besides karate, I enjoy playing and practicing sports such as volleyball and basketball. I also like to play video games quite often.

今月の日本語 KATA

Bassai-dai 抜塞大

Bassai is most often translated as "Penetrate the Fortress", meaning that one must exhibit the power and spirit required to break through an enemy's castle. The word Dai means "big", describing the kata's larger movements.

ANY QUESTION? Please email us at info.jkahawaii@gmail.com



Kyu Exam Report: December 17, 2022 (Oahu Dojo)

The last kyu exam of 2022 for Oahu Dojos was held on December 17.

38 students took the kyu exam at St. Patrick Dojo.

Congratulations for those who passed the test!

8th Kyu: Jana Wu, Nova Obara, Asahi Enomoto, Ayaka Izumoto, Kylie Ito, Evan-Nea Delima, Marcus Obara, Sabrina Chew
8B Kyu: Violet Obara, Khloe Mo, Hyunjoo Obara, Max Song

7th Kyu: Jace Akimoto, Leo Okuzono, Grace R Kotani, Lauren Nip, Yukari Akina

6th Kyu: Arata Uda

6B Kyu: Ryder Tarutani, Carter Takahashi, Ren L. Murakami, William L.K. Ries, Zen L. Murakami

5th Kyu: Kayla Pang, Sally Mito

5th Kyu B: Brialla Boyd

4th Kyu: Daniel Kidani, Raphel Yip, Hiro Abiko, Koharu Garner

2nd Kyu: Kalena Peterson, Akitaka Garner



CONGRATULATIONS



Karate Mom

by Shizuka Chase

Shizuka's sons, Taylor and Skyler have practiced karate under Sensei Maeda over the years. Her older son, Taylor has become Black Belt two years ago.

子供達が最初に空手を習い始めたのは、Taylorが5歳の頃でした。仲の良いお友達が前田先生のもとで空手を習い始め、彼も興味が湧き道場に通い始めました。その頃は遊びの延長のような感じで、長くは続きませんでした。

でも、空手から離れて2年後のある日、Taylorが「空手教室に戻りたい」と自分から言い出しました。Taylorにとって自分の意思で始めた空手は、最初の頃と違って楽しんでいる様子が伺えました。弟のSkylerもお兄ちゃんの影響で、5歳から空手を始め、彼なりに空手に取り組んでいます。そして、子供たちが空手を習い始めて早くも7、8年が経ちました。

現在は週3回の稽古を重ねていますが、空手の技術だけではなく、礼儀、先生や先輩に対する尊敬、後輩たちを指導する使命感なども見受けられるようになりました。

マウイやオアフで行われる試合にも数々参加させていただき、これによって勇気のある、精神的にも強い子供たちに育っていると思います。これからも空手を続け、段を目標とし精神的、肉体的に強い子供たちに育ってほしいと思います。

Taylor first started taking karate classes when he was five years old. His good friends started learning karate under Maeda-sensei, and he became interested and started going to the dojo. At that time, it was like an extension of play, and it didn't last long, and he decided to take a break from karate.

But two years later, Taylor decided to go back to karate. Since it was his own decision, he seemed more interested in it and more serious about karate. Influenced by Taylor, his younger brother Skyler also started karate when he was five and been practicing hard. It has been eight years since karate has become part of our lives.

Currently, they practice three times a week. They learn not only karate skills, but also have courtesy, respect for teachers and seniors, and a sense of mission to teach younger students.

They have participated in karate tournaments held in Maui and Oahu, and I believe that these experiences have helped them grow up. I hope that they will continue to do karate and grow up mentally and physically strong.



Message

from Sensei

新年明けましておめでとうございます。

コロナ騒動により通常の生活を奪われたこの2年あまり、
その間は、誰もが今まで経験したことのない生活を強いられました。
空手クラスも屋内の道場が使用できず、野外での稽古を余儀なくされましたが、
そんな時も元気にクラスに参加して頂いた会員の皆様のおかげで
変わらぬ指導を続けることが出来ました。

そんな中、特に私を元気付けてくれたのが若い会員たちです。
私が毎日の指導を休まず続けられるのはこの子供たちのおかげだと思います。
彼らの元気な姿に励まされ、毎日の指導にも力が入ります。
新しい年もみんな健康で希望に向かっていきましょう。



JKA HAWAII T-shirts Available for Sale!

Available Sizes

Adult: Extra Large, Large, Small

Keiki: Medium



MANDARA
— SPA —



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