

April
2010

国際松濤空連

Shotokan News

2010 Spring Camp Dan Exam
Congratulations!

Shodan

Keene Patarakun

Kyle Ferguson

Alexander Zaplatin

Nidan

Jim Turpin

Fred Lien

Sandan

Andrew Krohn



Spring Camp Kyu Exam
Congratulations!

8th Kyu

Mark Pierce

Leslie Villalobos

7th Kyu

Natsuki Kanno

Lauren Oliver

6th Kyu

Yerry Guardado

5th Kyu

Susumu Sito

Up Coming Events

Western Region ISKF Events in Red

Kyu Exam

May 6th Thursday 6:pm

Shotokan Tournament

UC Riverside, CA. May 15th

44th International Master Camp

June 11-18 Camp Green Lane, PA.

KWF Summer Camp

(Hosted by Sensei Hyder)

July 9-11 Payson, AZ

Kyu Exam

July 15th Thursday 6:pm

Colorado Summer Camp

July 29-Aug 1, Greeley, CO

Host Master Yaguchi

Bowling Tournament

August 14th Saturday

Fall Camp & Cactus Cup

October 15-17 Arizona

Master Okazaki

32nd ISKF Nationals

November 6-7, Sioux Falls, SD

Spring Camp Reflections

This year was our 3rd Annual Spring Camp and each year it has been a pleasure to host it with so many pleasant and dedicated people in attendance.

The camp's first activity is the Annual "Master Yaguchi Cup" Golf Tournament. It's a blast and we have variety of the level of golfers from White to Black Belts.

The good, the bad, and ugly - golf is a rough sport for some of us.

The camp's first training session started with the optional training Friday morning with Master Yaguchi & Sensei Field at the SKA dojo. It could be rated as the best class of the camp - it's like being at their dojo and training there. A smaller group, up close and personal-no where to hide!

This year we added an ISKF Instructor Class taught by Sensei Field, a Special Youth Activity class coached by Ms. Christina Foo and Michael Cornell. Mr. Diouf held an optional Kumite class with a full group of enthusiastic karateka.

The camp dinner was thumbs up from everyone that I spoke with.

We ran into a little rough area with the Shiai. Next year will require pre-registration to eliminate that problem.

For those that haven't ever trained under Master Yaguchi, you are really missing something special. To this day, he still amazes me with his knowledge and physical abilities. You're always learning something new from him and it shows what karate can and should be, at any age! He is a very unique and gifted person who remains in excellent health. Take advantage of any opportunity to train with him. He is one of a kind!

Till next time - OSS ! - Chuck Coburn, Camp Director

"Carpe Diem" The secret to success is to seize the moment when the opportunity comes.

Spring Camp 2010.....Ganbatte!! by Valeria Grijalva

Camp with **Master Yaguchi** and **Sensei Field** is something I will always remember. In fact, I think it's something that every karateka should experience.

Why? It's good practice, awesome motivation, and gets some of those drinkers from the night before a painful but effective dose of workout. Maybe it's the wooden floors that leave blisters on your feet, or maybe it's the burning that hurts so good on your legs while Sensei Yaguchi explains application.... You're in kokutsu dachi.

Everyone remembers Mr. Jeff's gankaku stretching. Jeff was a graceful crane on a rock-- balanced and fluent-- while the rest of us were ahiru (ducks), wobbling, leaning, and jumping to regain our balance.

We got to practice basics, application, and kata.

I'm happy to say that I came home knowing Chinte and a taste of Bassai-Sho. We had a small shiai after the camp for those feeling for a little competition.

Spring camp was the place to reunite with fellow karateka from other dojo and train under a couple of the most honored Sensei's in Shotokan Karate.

OSS!



The Saturday Night Camp Dinner Was packed! Over 75 people! WOW

We had to turn people away this year! The next event, get signed up early or you could be left out. Great food coupled with excellent service, and fun entertainment. Mr. Tariq Rasool (aka Shotokan Tiger) started with his group and various musical instruments, mainly the traditional African drums. They were GREAT! Even Master Yaguchi was getting into the rhythm. Mr. Rasool, from Tucson, committed to us that he will be rejoining the ISFK. Next up, Mr. Gordon McDaniel from Denver. He led the group in row, row, row your boat and was assisted by Paul Hurtado, Jim Butwin, and Christina Foo. It was hilarious. It was fun for all and a wonderful way for the camp participants to gather together and have a good night together; drinking, eating and enjoying each other's company without sweating!

3rd Annual Master Yaguchi Golf Cup - Report

The Heat was Turned Up!!!

Everyone was Fired Up & Ready to Go

3rd Annual Master Yaguchi Golf Tournament Report by Dave Bracklow

All participants of the golf tournament had a good time with a lot laughs.

The ASU Golf course is not for high handicappers. No wonder Sergei posted a “record” 250 strokes. To quote Julian Gates. “I’ve never seen that high a score.”

To re-cap the day’s events:

Sergei received the “honest” golfer with a score of 250.

(I guess we should have told him about the double par max.)

Julian Gates shot 78 to win the tourney. (Dave Bracklow still questions that score)

Michael Bausch took runner up. (He was last year’s winner)

Sensei Coburn had longest putt.

There was a snake sighting non-venomous.

We raised \$100.00 for future team events.

A special thanks to Sergei, Julian Gates and Marty Alvarez for donating the prizes.

Clean up Golf Team Report by Donna Kawana

Usually when you think of being in the clean up position, you think of a team’s best hitter. In the case of this clean up foursome that was not the case. Their scores went from the lowest being the same as a hot Phoenix summer day to Sergei’s high score being hotter than boiling water. I think the heat was affecting Sergei before he even teed off. First he showed up without the proper golf attire of a collared shirt & having flip flops on to not having a hat to wear or seeing the need for sunscreen. The heat must have also have affected his counting process. If he had a good hole for him, he would say I think that was a good hole give me a 12 and if it was a bad hole he would say give me a 15, neither of which were even close to being correct. Little did we know we were going to need a calculator to add up his final score. As for Fred L. well that was another story. After hitting 3 balls in the water on #9 and hitting his fourth shot in the fairway, he said that was 1. I then had to remind him that is was actually 7.

It was a long hot trying day on the links for the clean up team!



The Yaguchi Cup Golf Tournament

April 2010 Tempe, Arizona



Fred Lien

Jeff Heermans
Golf Meditation Pose

The International Shotokan Karate Federation Instructor program is growing by leaps and bounds. It provides a strong basis for the future instructors helping insure Traditional Shotokan is taught properly and continuing its progress in the modern world.

Official Instructor trainee's must hold the rank of Nidan and above and be at least 22 years of age to be accepted into the program.

The subjects areas of study are:

Technical Knowledge and Skills.

Actual Karate Techniques, Principals of Karate Instruction, Principals of Judging,

Academic Subjects. Physical Education Course of Study.

Organizational Management.

Cardiopulmonary Resuscitation

Trainees are expected to continue regular training, attend instructor classes monthly, write 43 research papers, assist in teaching weekly, attend two Master Camps, and supplement study with independent research which is generally required of an individual seeking a degree in Physical Education Instructor. Complete requirements may be found in the official Instructor trainee handbook.

The trainee should complete the program in two - four years. Once all requirements are fulfilled the trainee may then take Instructor, Examiner, Judge examinations that are administered each year at the ISKF Master Camp and ISKF Nationals.

The ISKF instructor program is one of the most comprehensive and complete programs offered anywhere in the world. Very few programs such as this can be found anywhere or are offered.

Shotokan[®]

LLC

Karate of Arizona



ISKF Instructor Program Western Region, USA



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Instructor Enrollees 2010

Julian Fisher

Andrew Krohn

Dave Bracklow

Andre McWilliams

Fred Kess

Cheryl Coburn



Ippon News

Were you aware we have a World Champion Power Lifter in the Dojo? Who? Mr. Jim Turpin one our newest Nidan's. Want to know more - talk with him.

New ISKF Club in Tucson !

ISKF Club at NAU Flagstaff now has Karate for PE credit & and a club.

Yoko Ishida tears ACL and had surgery last week. Her mom spent the past week with her - home cooking.

Welcome back Maria & Michael Bolar. Maria began with us when she was only 3 yrs old. They trained for one year then Maria became a dedicated gymnast. Her gymnastic training sessions were 4+ hrs long ! So we don't want to hear anyone complaining about 1-2 hr karate classes. She has a very bright future in karate if she stays with it.

Missing in Action will be out in a few days. We have quite a long list!

Alex Zaplatin makes Black Belt (Shodan) then moves. He works for Intel and has accepted a job at the Berkley, CA location. We will miss the Russian accent around the Dojo. Keep Training - Don't give up! All the best Alex - OSS!

Western Region members attending Master Camp thus far; Adrian Rus, Julian Fisher, Callum Fisher, Alexis Sosa, and Sergei Sheydayi. Did we miss anyone else?

