



*Since 1981*

**Alaska Shotokan Karate**

**ISKF Alaska Region**

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To: ISKF Alaska Sempai

Re: **Regional News for October 2009**

**Keep Training.** Sensei Holness and members of our ISKF Alaska National Team have been training hard to get ready for the upcoming ISKF National Tournament November 14-15 at Cherry Hills, New Jersey. 2009 Alaska team members include: Jennifer Frazier, Phillipia Holness, Mike Tavoliero, Mike Crotty, Scott Toms, Joe and Heather Foltz, Ben Cheeseman, Andrew Tooyak III, Abram Tooyak.

**Special events at Nationals** - Sensei Tavoliero will be receiving the ISKF National Meritorious Service Award from ISKF President Judge Ribner as part of the National Tournament Festivities. Congratulations Sensei Tavoliero for your contributions to ISKF Alaska!

And very importantly, a hi-light of this year's nationals will be "**Happy Birthday Master Yaguchi of your Kiju (77years old) ! Please take good care of yourself and enjoy life!**"

**Yaguchi Sensei  
Kijyuno Otanjyoubi Omedetougozaimasu!  
Korekaramo Douzo Gokenkoude Ougoshikudasai.**

**Please help.** ISKF Alaska raffle to support our National Team – Raffle Committee Chair Andy Stemp has been contacting all Alaska Shotokan members to help raise funds for the ISKF Alaska National Team. Please help support our team as they go to represent Alaska at the Nationals!

**Congratulations!** Our good friend Master Charles Scott hosted his 43<sup>rd</sup> Kubota Cup Tournament October 17, 2009, at Lathrop High School. The UAF dojo had a good time at the tournament. Results: Men's Team Kumite- Joe Foltz/John Phillips/Ben Wallace 1<sup>st</sup>, Men's Beginner's Kevin Stack 1<sup>st</sup> kata/3<sup>rd</sup> kumite Taylor Hoffman 4<sup>th</sup> kata; Women's Beginners Kelsey Bearden 1<sup>st</sup> kata; Men's Advanced James Peters 1<sup>st</sup> kata/1<sup>st</sup> kumite; Women's Blackbelt Heather Foltz 3<sup>rd</sup> kata; Men's Blackbelt Joe Foltz 2<sup>nd</sup> kata/2<sup>nd</sup> kumite.

**On Alaska Day, Sunday, October 18,** Alaska Shotokan participated in a fund raising banquet at Birchwood Camp to support the building fund for a new training center at the Birchwood Camp. Since 2006 we have contributed to the camp building fund. If you are interested in helping Birchwood Camp build a new training center, for all who donate \$100, we will have your name on a

plaque on the wall of the new training center. Several members of the Juneau Dojo donated over \$1,600, which was matched 50% to increase the donation amount – in total \$9,000+ was raised. Birchwood Camp is very appreciative of all who attended the banquet and donated to the new training center! If you still want to donate to the building fund....send your donation to PO Box 210261 Anchorage, AK 99521 and mark your donation for Birchwood Building Fund. It's not too late!

**December Testing and Annual Awards** – Sensei Jones will be sending out the December testing schedule for all ISKF AK dojos in the near future. Additionally, in December we will be naming the winners of our ISKF Alaska annual awards. Please let you instructor know your thoughts on these awards.

**Niju Kun #2 – In karate, never attack first. Karate ni sente nashi.** As we go into the Fall and then Winter of 2009, I hope that ISKF Alaska sempai will reflect upon this Niju Kun with their dojo kohai. As Master Okazaki many times says to us, “A true martial artist avoids conflicts as much as possible; however, if conflicts do arise, he or she should face them with dignity, and as peacefully as possible. More than merely refraining from violence, the *karate-ka* prefers the way of peace, strives to be friendly and respectful to everyone, and looks for opportunities to help and serve others.”

Keep Training!



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*ISKF Alaska Region /Alaska Shotokan Karate* [www.ISKF-Alaska.net](http://www.ISKF-Alaska.net)

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Master Charles Scott with the UAF Dojo at the 2009 Kubota Cup Tournament in Fairbanks

