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Table of Contents

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October 2005

Greetings NCKA members:

This year will mark the 26th annual ISKF collegiate championship tournament. Twenty-six years is quite a long time. For example, a 26 year old person is often married and may already have several children. Unfortunately, unlike its human counterpart, the NCKA has not grown or changed much over its own lifespan.

People often wonder why karate is not more like other collegiate sports organizations such as the NCAA. The primary reason for the difference is that growth and development of organizations such as the NCAA depend on financial backing by the host universities, which in turn depends on a large fan base and audience support. In that regard, karate is unlike such collegiate sports as football, basketball and baseball. Secondly, there are many different styles of collegiate martial arts, each with very different rules and regulations, which makes collegiate karate difficult if not impossible to standardize or to organize into a cohesive national body. Thirdly, geographically, the territory of organizations such as the NCAA is very large. Financial support for travel and attendance at intercollegiate tournaments is quite limited, largely for the reasons stated above.

One of the limiting factors faced by collegiate karate organizations is the population structure of practitioners of the art. In sports such as baseball and football, there exists an organized pathway by which children become initiated into the sport, and are then systematically advanced through stages which culminate in college, and sometimes in professional levels. Even though as they follow this pathway, fewer and fewer individuals have the talent and drive to make it to the next level, there do exist structured opportunities and programs for large numbers of them to do so. Such is simply not the case for karate. Without the support of an organized pathway of progression, most youngsters who begin training soon quit. As a result, creating an organized activity at the collegiate level is much more difficult for karate than for those sports that have begun the process of systematic organization at much lower levels and with much younger participants.

I have heard it argued that karate organizations should simply ease up on the strict traditional behavioral expectations placed on practitioners, and by doing so, the numbers of participants would likely increase immediately. In other words, were the NCKA to permit colorful school uniforms, less restrictive tournament rules and so forth, more students might be tempted to join. Unfortunately, once we sacrifice our philosophical principles for mass appeal in that manner, we might become successful as a sport, but we would, I believe, be finished as an art. And we should not forget that the NCKA, as the collegiate representative of the umbrella ISKF organization, must first and foremost be dedicated to promoting the art and spirit of traditional Shotokan karate.

We have operated under the ISKF umbrella for 26 years now. While it may be true that we do not enjoy the commercial and popular success of NCAA collegiate sports, we have been faithful to our overriding principles and objectives since our inception. Step-by-step, our tournament has grown, developed and improved. While we have not yet achieved all of our objectives, we will continue to pursue them, and we are committed to doing so without sacrificing our guiding ideology as embodied in Master Funakoshi's dojo kun.

Good luck in your training and academic endeavors.

Yours,

Shojiro Koyama
Chairman, National Collegiate Karate Association

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October 2005

Greetings!

It is with great appreciation that I extend my gratitude to all the instructors and members of the National Collegiate Karate Association. You all should be very proud, as I am, that this is the 26th Anniversary of this extraordinary group. It is quite impressive how it has grown. It is difficult alone to get any martial arts organization to withstand the test of time. And to achieve this milestone in a time where our college students are thought of as "the fast food generation" is incredible. In order for any association to last it takes determination, skill and consistency. These characteristics are very descriptive of Mr. Shojiro Koyama, Director of the National Collegiate Karate Association. Without his fortitude the NCKA would not be where it is 26 years since its inception. I'd like to thank Master Koyama, as well as Dr. Tony Nakazawa and Dr. Paul Smith for all their time and support to the NCKA. Your example and guidance to all of our collegiate instructors is apparent in the skill demonstrated by our collegiate members.

Many of our ISKF Masters, including myself, began our training in schools, colleges and universities. I truthfully hope that all of our collegiate members continue to train once you've left school. Finishing your academic career is different from your karate training. Our training never ends. Take what you've learned in your karate classes, especially and most importantly the Dojo Kun, with you in everything you do in your future. If you do this, you will surely be successful in whatever path you choose.

I wish everyone in the National Collegiate Karate Association, instructors, administrators and students a wonderful 26th Anniversary with many more years to follow.

Sincerely,

Teruyuki Okazaki
Chairman & Chief Instructor
International Shotokan Karate Federation

“Exercise as an Antidote to Physical and Emotional Decline”

By Shojiro Koyama
(with Lana Susskind-Wilder, Psy.D.)

Youth is a beautiful time. Throughout history, people have idealized youth as a time of pleasure, joy, exuberance and boundless energy. The body is strong and beautiful and the youngster does not need to worry about exercise schedules and formal workout routines to keep it so. At the same time, the youthful mind and spirit are carefree and open to limitless possibilities. Youth is a time for dreams, natural wonder, awe, and the joy of discovery.

You are young now, and your youth may seem eternal. Unfortunately, though, everyone must eventually face the fact that with age comes the inevitable and inescapable loss of natural youthful energy, resiliency and easy strength. Simultaneously, mental and emotional health can decline. Dreams may fade, possibilities become restricted and wonder turns to ennui. Keeping the body strong and conditioned with physical exercise is one of the most effective ways we know of to avoid this sort of physical, psychological and emotional decline. More and more scientific research supports the connection between regular exercise and what the medical community refers to as “healthy aging.”

Much evidence suggests that the human life follows a seven year cycle; that is to say that one’s physical, mental and emotional makeup changes every seven years. Statistically, people seem to go through major crises at roughly seven year intervals. These crises can be in the form of serious physical or psychological illness, dramatic lifestyle changes or other highly stressful circumstances. For example, at the age of about 42 (6 X 7 years), many people hit what is popularly referred to as a “midlife crisis.” Divorce rates hit statistical highs at this age, rates of depression and certain diseases increase, and so forth. Medical experts agree that a regular exercise routine involving cardiovascular conditioning at least three times per week can help stave off such emotional and physical crises.

Many people believe that karate is really a competitive sport, but this belief represents a misunderstanding. Most competitive sports such as football, basketball and baseball hold games at least weekly during their season. Generally, competitive events are much less frequent in the case of traditional karate. For example, the NCKA holds a national tournament only once each year, and while some practitioners do attend competitive events hosted by other organizations, such opportunities are relatively few and far between. Our style of karate is clearly not a competitive sport at all. Instead, it can be characterized more realistically as a forum for regular structured exercise, just like the doctors recommend! Participating in karate training at least three times a week can be an excellent way to bolster mental and physical health over a lifetime.

Of course, our society is very competitive, and therefore victory is quite important. Winning represents the pinnacle of beauty, truth and goodness. A champion is always warmly welcomed and praised by all, while a loser tends to be ignored or even ridiculed and disdained. This type of social mindset is truly unfortunate because over a lifetime, qualities such as perseverance and determination, especially in the face of defeat, are at least as important as victory.

Sprinting is a sport of youth because of the large, rapid bursts of energy that are required by the sprinter. Lifetime exercise is more like a marathon than a 100 meter dash. Of course, even in a marathon there is a winner, but unlike many other sports, anyone who perseveres and finishes the race receives praise and admiration. Perseverance through hardship is important. Keep going, don't give up and you will eventually reach your goals. Not everyone can be a competitive champion; most people take part in an activity for the simple pleasure of participation. Of course, in youth, competition and the quest for victory are important. For those of us who have passed beyond the spring and summer of our lifetimes, just as you yourself must someday do, the true value of an activity such as karate can be found in the opportunity that it provides for enjoyment and for regular exercise that is needed to maintain health and fitness.

One of the ways in which karate promotes physical and mental health is through its emphasis on the development of spatial perception and optimal range of motion. Effective spatial perception is critical as much for successful human relations as it is for effective physical activity. Interpersonal problems occur when people invade one another's personal space. Karate relies on effective use of spatial perception and personal space, particularly when it comes to free sparring. The rules of shobu ippon kumite support the development, use and understanding of proper spatial perception, which is, of course, good for the individual and ultimately, helpful in maintaining a peaceful society as well.

Please continue to support the NCKA. By doing so, you become an important participant and contributor to the spirit of goodwill as embodied in Master Funakoshi's Shotokan karate. And continue to train at least three times a week so that you will be physically and mentally healthy enough to enjoy long life and happiness.

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Greetings:

As Coordinator of the Master Camp Lecture Series I have continually been impressed with the quality and quantity of academic talent within the International Shotokan Karate Federation (ISKF) and national and international collegiate karate communities. It was apparent to me that there was a need of a vehicle to publish some of the excellent work done by our talented members. When Mr. Shojiro Koyama, Chairman of the NCKA, and Dr. Anthony Nakazawa, Executive Editor of the JNCKA, approached me about working with the NCKA and the Journal of the National Collegiate Karate Association (JNCKA) in the capacity of academic editor, I jumped at the opportunity to bring some of my ideas for the creation and dissemination of this knowledge to fruition. This edition of the JNCKA marks the beginning of what I see as an exciting era for the publication and the acknowledgement of some of the work done to add to our knowledge base of the martial art we all are so committed to understanding. I am sure there is room for improvement in what we have created and we will certainly be "seeking perfection" with our journal.

To this end, we are initiating a peer review process for academic articles submitted for publication in the JNCKA under the auspices of the ISKF and NCKA. This is a giant step for the professional acknowledgement of our contributing authors. The peer review process is said to be the hallmark of academia and is, simply stated, the review of works on a given subject by professionals working in that field. This process allows for critique and feedback by reviewers knowledgeable in the subject area prior to publication.

The purpose of instituting this process fosters the publication of quality academic works on the subject of classical Japanese karate and acknowledges those who create and disseminate those works in a tangible, meaningful way. It is our intention to publish several reviewed articles each year from a wide variety of academic disciplines, including, but not limited to, topics such as philosophy, history, physiology of exercise, biomechanics, medicine, nutrition, and pedagogy using our online format. The JNCKA editors have selected and are recruiting quality reviewers, primarily, but not exclusively, karate practitioners, from various academic disciplines that relate to karate.

One of our debut articles, Nutrient Intake of Highly Competitive Japanese Senior High School Karate Players, by K. Miyahara, H. Imamura, A. Yamashita, N. Miyamoto and R. Masuda represents the collaborative research of nutritional scientists from three Japanese institutions and defines and critiques the nutritional status of competitive karate athletes and offers advice to enhance the subject's nutritional base. Exercise as an Antidote to Physical and Emotional Decline, by Mr. Shojiro Koyama, NCKA Chairman, is a philosophical discourse on the value of karate to the quality of life. This is valuable and interesting information for karate practitioners and we are honored that the authors have selected the JNCKA to present their work.

If you are interested in submitting an article for publication in the JNCKA or serving as a reviewer, please contact me at psmith@wcupa.edu or (610) 436-2764.

Respectfully yours in karate,

Paul K. Smith, Ph.D.,
Academic Editor NCKA

Nutrient Intake of Highly Competitive Japanese Senior High School Karate Players

By: Keiko Miyahara[1], Hiroyuki Imamura[1], Asuka Yamashita[1], Noriko Miyamoto[2], Reika Masuda[3]

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Abstract

Nutrient intakes of 30 male (M Group) and 20 female (F Group) highly competitive senior high school karate players were compared. The results were also compared with the Japanese recommended dietary allowances (RDAs). The M Group showed significantly higher intakes of energy and many nutrients than the F Group. However, there were no significant differences between the M and F Groups in the mean %RDAs in energy, protein and fat. These mean values of %RDAs were above the respective RDA, except energy (91.7±17.6% of RDA) in the F Group. The M Group showed significantly higher mean %RDAs in carbohydrate, iron, vitamin A, vitamin C, phosphorus, and potassium than the F Group. The mean nutrient intakes of calcium and dietary fiber in the M Group and iron and dietary fiber in the F Group were marginal (<75% of the RDA). Eighteen (60%), 12 (40%), and 30 (100%) subjects in the M Group, and 13 (65%), 15 (75%) and 19 (95%) subjects in the F Group showed marginal intakes of calcium, iron, and dietary fiber, respectively. Consumption of green vegetables (51.0±40.1 vs. 23.0±17.1 g, respectively) and other vegetables (114.4±89.0 vs. 77.1±41.6 g, respectively) in both M and F Groups were low. The carbohydrate and protein intakes of the M Group met the recommended targets for athletes, however, the intakes of the F Group were lower than the recommended targets. The subjects, especially for the F Group, were advised to consume adequate energy from a variety of foods to maintain body weight and to increase green and other vegetables intakes to increase mineral, vitamin and dietary fiber intakes.

Key words: Diet records, energy requirements, body composition, senior high school karate players

Introduction

Karate is one of the most popular martial arts practiced both inside and outside of Japan. Traditional karate training consists of the practice of basic techniques, kata and sparring. The basic techniques such as punching, kicking, blocking and striking are practiced either in the stationary position or with body movements in various formal stances. Kata are set forms in a

pre-established sequence of defensive and offensive techniques and movements. Movements in kata are very formal, systematic and sometimes very slow, in prescribed stances and directions. Sparring is the execution of defensive and offensive techniques while freely moving against an opponent. In addition to the traditional karate training, many competitive practitioners cross train by following strenuous running and weight training programs to increase endurance, muscle development and power.

In a previous study from our laboratory (Teshima et al., 2002), we compared nutrient intake of 29 male and 16 female highly competitive collegiate karate players and the results were also compared with the Japanese recommended dietary allowances (RDAs). The male players showed significantly higher mean %RDAs in iron, vitamin B_1, phosphorus, magnesium, sodium, and significantly lower values in calcium than the female players. However, many of the mean %RDAs were below RDAs in both groups. It is concluded that the male and female highly competitive collegiate karate players in this study may be at risk of sub-optimal nutrient intakes, which increases the potential for nutrient deficiency.

Nutrition is a major component of training in adolescents for achieving optimal performance, and avoiding injuries and problems that may arise due to nutritional deficiencies. Furthermore, adolescents need adequate energy intake to ensure proper growth and development (Petrie et al., 2004). Thus, nutritional needs for highly competitive senior high school karate players may possibly differ from highly competitive collegiate karate players.

The purpose of this study was to investigate nutrient intakes of male and female highly competitive senior high school karate players.

Methods

Subjects

Thirty male (M Group) and 20 female (F Group) highly competitive Japanese senior high school black belt karate players volunteered to participate in this study. They were members of the 6 senior high school karate teams in Japan and were recruited through their head coaches. These teams usually practiced for 3 to 6 hours everyday. Men and women trained together in each team, and karate was the only current type of training for at least for 3 years in both groups. These players competed in sparring matches all year round, and dietary information was collected in June, which was considered representative of their physiologic status during training for their next competition. All subjects in the present study participated in a national senior high school sparring competitions. Of these 6 teams, 3 teams won 1st place in the team and/or individual sparring competitions in the past 5 years. The traditional karate sparring competitions are held under non-contact rules. Contact is not allowed to the head, face and neck, but semi-contact is allowed to the abdomen. The competition was held without weight divisions. The study protocol was approved by the Ethics Committee of the Nakamura Gakuen University. Informed consent was obtained from each subject.

Anthropometric Measurements

The weight and height were measured to the nearest 0.1 kg and 0.1 cm, respectively. The body mass index was calculated as weight/height (kg/m^2). The triceps and subscapular skinfold thicknesses were measured with a Harpenden caliper on the right side of the body with the subject in a standing position. The average of 3 measurements at each site was used to calculate the body density (Nagamine and Suzuki, 1964) and percent body fat (%Fat) (Brozek et al., 1963).

Dietary Information

Dietary information was collected using a 3-weekday diet record. The voluntary recording was made on standard forms given to the players by a dietitian who instructed them in the procedures involved in accurately recording dietary intake. The subjects were asked not to alter their usual diet during this 3-day period. At the end of the 3-day period, accuracy of the records was checked through individual interviews with prescribed equipment including household measuring cups and spoons, serving and eating utensils and food models. Each player was questioned by the investigators as to whether or not he/she was using nutrient supplements, on a diet, and other daily physical activities such as how many hours the subject sit for study and walk to commute and so on. Each food item was coded according to the Tables of the Japanese Foodstuff Composition (The Resources Council of the Science and Technology Agency, 2001). The coded data were computer processed to obtain the daily average intake of the nutrients. Data were compared with the Japanese RDAs. Energy requirements were calculated for sex, age and the levels of physical activities based on reference individuals with average heights and body weights. The nutrient intake less than 75% of the RDA was considered "marginal" for a particular nutrient (Clark et al., 2003)

Statistical Analysis

Descriptive statistics included means and standard deviations (SD). Differences in mean values between the M and F Groups were analyzed by two tailed t-test.

Results

The characteristics of the subjects are shown in Table 1. There were no significant differences between the M and F Groups in age and body mass index. However, the M Group showed significantly higher mean body height, weight, lean body mass and karate experience and significantly lower mean percent body fat and fat mass than the F Group.

Table 1 Characteristics of the subjects

	Boys (n=30)	Girls (n=20)	
Age (years)	17.0 ± 0.6	16.8 ± 0.6	
Height (cm)	169.7 ± 6.6	160.9 ± 4.2	*
Weight (kg)	64.1 ± 7.3	55.5 ± 5.7	*
BMI (kg/m^2)	22.2 ± 2.6	21.3 ± 1.7	
%Fat	14.5 ± 2.9	20.0 ± 4.2	*
Fat Mass (kg)	9.4 ± 3.0	11.3 ± 3.3	*
LBM (kg)	54.7 ± 5.0	44.3 ± 3.4	*
KE (years)	8.9 ± 3.7	6.7 ± 3.8	*

BMI=body mass index, %Fat=percentage of body fat, LBM=lean body mass, KE=karate experience. *$p<0.05$.

The nutrient intakes in the M and F Groups are shown in Table 2. The M Group showed significantly higher energy intake and many nutrient intakes than the F Group.

Table 2 Nutrient intake of the subjects

	Boys (n=30)	Girls (n=20)	
Energy (kcal)	3116.2 ± 695.1	2287.6 ± 445.6	*
(kcal ·kg^{-1})	49.09 ± 11.50	41.82 ± 10.17	*
Protein (g)	99.0 ± 23.8	74.4 ± 15.1	*
(g ·kg^{-1})	1.57 ± 0.44	1.36 ± 0.33	
Animal Protein (g)	38.3 ± 16.5	30.2 ± 9.4	
Fish Protein (g)	10.2 ± 6.3	8.8 ± 6.7	
Fat (g)	95.8 ± 32.0	80.2 ± 22.7	
(g ·kg^{-1})	1.51 ± 0.53	1.46 ± 0.45	
Animal Fat (g)	36.9 ± 17.7	29.7 ± 11.8	
Fish Fat (g)	3.6 ± 2.6	2.6 ± 2.2	
Carbohydrate (g)	449.1 ± 99.0	307.3 ± 59.5	*
(g ·kg^{-1})	7.07 ± 1.59	5.64 ± 1.43	*
Calcium (mg)	584.9 ± 259.7	556.3 ± 308.6	
Phosphorus (mg)	1418.9 ± 380.6	1074.8 ± 272.7	*
Magnesium (mg)	311.2 ± 86.8	246.1 ± 90.4	*
Iron (mg)	10.7 ± 3.1	8.3 ± 3.2	*
Animal Iron (mg)	2.4 ± 1.3	1.8 ± 0.8	
Sodium (mg)	4064.2 ± 1169.5	3462.2 ± 692.9	*
Potassium (mg)	2815.3 ± 921.8	2111.0 ± 506.7	*
Salt (g)	10.3 ± 3.0	8.8 ± 1.8	*
V.A (IU)	2491.3 ± 1167.9	1594.9 ± 726.4	*
V.B_1 (mg ·1000kcal^{-1})	0.44 ± 0.07	0.44 ± 0.10	
V.B_2 (mg ·1000kcal^{-1})	0.52 ± 0.20	0.56 ± 0.14	
V.C (mg)	105.5 ± 60.4	70.4 ± 26.1	*
Dietary Fiber (g)	13.2 ± 4.4	10.4 ± 2.8	*
Dietary Fiber (g ·1000kcal^{-1})	4.3 ± 1.0	4.6 ± 1.2	
%E-Carbohydrate	60.0 ± 5.8	55.7 ± 4.5	*
%E-Cereal	49.9 ± 7.4	43.5 ± 9.1	*
%E-Protein	12.8 ± 1.9	13.0 ± 1.8	
%E-Fat	27.3 ± 4.8	31.3 ± 4.5	*
%-Animal protein	47.9 ± 10.9	51.3 ± 9.7	
%-Animal fat	38 ± 11.7	36.7 ± 11.0	

V=vitamin, %E=percentage of energy intake. *$p<0.05$.

The RDAs and nutrient intakes expressed as percentages of the RDAs are shown in Table 3. There were no significant differences between the M and F Groups in the mean %RDAs in energy, protein and fat. These mean values of %RDAs were above the respective RDAs, except energy (91.7±17.6% of RDA) in the F Group. The M Group showed significantly higher mean %RDAs in carbohydrate, iron, vitamin A, vitamin C, phosphorus, and potassium than the F

Group. The mean nutrient intakes in calcium and dietary fiber in the M Group and iron and dietary fiber in the F Group were marginal (<75% of the RDA).

Table 3 Nutrient intakes expressed as a percentage of the recommended dietary allowances (RDAs)

	Boys (n=30)		Girls (n=20)		
	RDAs	%RDA	RDAs	%RDA	
Energy (kcal)	2850-3100	102.6 ± 23.0	2350-2500	91.7 ± 17.6	
Protein (g)	75.0-80.0	124.1 ± 30.0	65.0	114.4 ± 23.3	
Fat (g)	71.3-93.2	106.7 ± 37.3	58.8-76.4	106.0 ± 28.7	
Carbohydrate (g)	427.5-465.0	98.5 ± 21.6	352.5-375.0	82.2 ± 15.6	*
Calcium (mg)	700-800	74.7 ± 33.5	600-700	80.0 ± 43.9	
Iron (mg)	10.0-12.0	92.1 ± 30.0	12.0	69.2 ± 27.0	*
V.A (IU)	2000	124.6 ± 58.4	1800	88.6 ± 40.4	*
$V.B_1$ ($mg \cdot 1000kcal^{-1}$)	0.42	104.2 ± 15.6	0.42	105.5 ± 24.2	
$V.B_2$ ($mg \cdot 1000kcal^{-1}$)	0.48	109.1 ± 41.5	0.48	116.8 ± 29.6	
V.C (mg)	90-100	115.3 ± 66.3	90-100	77.7 ± 28.5	*
Phosphorus (mg)	700-1200	131.2 ± 51.9	700-1200	92.5 ± 25.4	*
Magnesium (mg)	290-310	106.3 ± 29.3	250	98.5 ± 36.1	
Potassium (mg)	2000	140.8 ± 46.1	2000	105.5 ± 25.3	*
DF ($g \cdot 1000kcal^{-1}$)	10	42.6 ± 10.3	10	46.1 ± 12.0	

V=vitamin, DF=dietary fiber. *p<0.05.

The number and percentage of the subjects who consumed more than 100%, between 76% and 100%, or less than 75% of the RDAs are shown in Table 4. Eighteen (60%), 12 (40%), and 30 (100%) subjects in the M Group, and 13 (65%), 15 (75%) and 19 (95%) subjects in the F Group showed marginal intakes of calcium, iron, and dietary fiber, respectively.

Table 4 The number and percentage of the subjects who consumed more than 100% between 76% and 99%, or less than 75% of the RDAs

	Boys (n=30)			Girls (n=20)		
	number of subjects (%)			number of subjects (%)		
	≥ 100%	76~99%	<75%	≥ 100%	76~99%	<75%
Energy	15 (50)	11 (37)	4 (13)	5 (25)	13 (65)	2 (10)
Protein	23 (76)	5 (17)	2 (7)	15 (75)	4 (20)	1 (5)
Fat	15 (50)	6 (20)	9 (30)	12 (60)	7 (35)	1 (5)
Carbohydrate	13 (43)	12 (40)	5 (17)	2 (10)	11 (55)	7 (35)
Calcium	6 (20)	6 (20)	18 (60)	6 (30)	1 (5)	13 (65)
Iron	10 (33)	8 (27)	12 (40)	1 (5)	4 (20)	15 (75)
V.A	18 (60)	7 (23)	5 (17)	8 (40)	3 (15)	9 (45)
$V.B_1$	18 (60)	12 (40)	0 (0)	10 (50)	9 (45)	1 (5)
$V.B_2$	16 (53)	10 (33)	4 (13)	14 (70)	4 (20)	2 (10)
V.C	13 (43)	8 (27)	9 (30)	3 (15)	8 (40)	9 (45)
Phosphorus	21 (70)	7 (23)	2 (7)	7 (35)	8 (40)	5 (25)
Magnesium	17 (57)	9 (30)	4 (13)	5 (25)	12 (60)	3 (15)
Potassium	23 (77)	5 (17)	2 (7)	11 (55)	7 (35)	2 (10)
DF	0 (0)	0 (0)	30 (100)	0 (0)	1 (5)	19 (95)

V=vitamin, DF=dietary fiber.

Food stuff intakes of subjects are shown in Table 5. The M Group showed significantly higher mean intakes of rice, green vegetables, beverages, meat, and eggs than the F Group.

Table 5 Foodstuff intake of subjects

Food (g)	Boys (n=30)	Girls (n=20)	
Rice	314.9 ± 102.8	182.2 ± 44.9	*
Breads & Noodles	147.8 ± 80.0	128.4 ± 73.2	
Nuts	1.4 ± 1.7	1.2 ± 1.9	
Potatos	45.4 ± 46.1	41.6 ± 40.1	
Sugars	7.6 ± 7.5	8.3 ± 8.4	
Confectionaries	62.4 ± 65.5	57.6 ± 54.2	
Fats & Oils	29.2 ± 13.4	26.3 ± 11.9	
Soybeans & Soybean Products	38.1 ± 54.7	35.1 ± 34.0	
Fruits & Fruit juices	47.6 ± 79.0	58.7 ± 63.4	
Green vegetables	51.0 ± 40.1	23.0 ± 17.1	*
Other vegetables	114.4 ± 89.0	77.1 ± 41.6	
Mushrooms	2.5 ± 6.5	0.1 ± 0.2	
Seaweeds	3.8 ± 7.0	6.9 ± 13.0	
Beverages	898.1 ± 514.4	602.5 ± 491.5	*
Fish (Raw & Processed)	54.1 ± 35.9	44.7 ± 32.2	
Meat (Raw & Processed)	141.9 ± 63.8	106.4 ± 37.9	*
Eggs	47.5 ± 30.5	30.7 ± 17.8	*
Milk & Daily Products	190.1 ± 200.3	202.2 ± 150.5	

*$p<0.05$.

Discussion

Anthropometric Data

The mean body height for the M Group was 0.8 cm shorter and for F Groups was 1.9 cm taller than the values for non-athletic persons of similar age as determined by the Laboratory of Physical Education, Tokyo Metropolitan University (2000). The mean body weight and body mass index for the M and F Groups were 2.4 and 2.9 kg and 1.0 and 0.5 kg/m^2, respectively, higher than the values for non-athletic persons of similar age as determined by the Laboratory of Physical Education, Tokyo Metropolitan University (2000). The mean percentage of body fat for the M Group was higher (14.5±2.9% v.s. 10.7±2.0%) and for F Group was lower (20.0±4.2% v.s. 23.9±4.1%) than the values for highly competitive male (Imamura et al., 1998) and female (Imamura et al., 2002) karate players.

Nutrient Intakes

It is recommended that young athletes consume at least 50% of their total daily energy intake as carbohydrate, 25 to 30% from fat, and about 12% to 15% from protein (Petrie et al., 2004). The results of the present study showed that diet compositions of the M Group (60.0%, 27.3%, and 12.8%, respectively) and F Group (55.7%, 31.3%, and 13.0%, respectively) compare favorably with this recommendation. Also, diet compositions of the M and F Groups in the present study were similar to the diet compositions reported in the previous study using highly competitive male and female collegiate karate players (Teshima et al., 2002). Similar results were reported in NCAA Division I women's soccer players (Clark et al., 2003). On the other hand, the lower intake of carbohydrate and higher intake of fat has been reported in 13 male and

14 female members of the US Nordic Ski Team (Ellsworth et al., 1985). It is noted that these skiers ate a typical American diet: high in fat and relatively low in carbohydrate. The mean carbohydrate intake for men was 45% of total energy intake and for women was 46%, and fat intake for men was 39% and for women was 38%. Similar results were reported in university athletes in various other sports in the US (Short and Short, 1983) and South African national level throwing field athletes (Faber and Benade, 1991).

In the joint position statement, the American College of Sports Medicine, the American dietetic association, and the Dietitians of Canada (ACSM, ADA, and DC, 2000) recommended that a diet providing 6 to 10 $g \cdot kg^{-1} \cdot day^{-1}$ to maintain blood-glucose levels during exercise and to replace muscle glycogen. It was also stated that although high-carbohydrate diets, more than 60% of energy intake, have been advocated in the past, it may be misleading in terms of providing optimum nutrition. When energy intake is 4,000 to 5,000 kcal per day, a diet containing 50% of the energy from carbohydrate will provide 500 to 600 g of carbohydrate (approximately 7 to 8 g/kg for a 70 kg athletes), which is adequate to sustain muscle glycogen stores during training and competition. The carbohydrate intake of the M Group met this recommended target (7.1 ± 1.6 $g \cdot kg^{-1} \cdot day^{-1}$), however, the intake of the F Group was lower than this recommended target (5.6 ± 1.4 $g \cdot kg^{-1} \cdot day^{-1}$). The carbohydrate intake of the highly competitive male and female collegiate karate players were also lower than this recommended target (5.73 ± 1.77 vs. 4.77 ± 1.12 $g \cdot kg^{-1} \cdot day^{-1}$, respectively) (Teshima et al., 2002) .

The American and Canadian Dietetic Associations (1993) stated that providing 12% to 15% of total energy from protein may be excessive for athletes with exceptionally high-energy intake or may be inadequate for athletes with very low energy intake. ACSM, ADA, and DC (2000) recommended to consume 1.2 to 1.4 $g \cdot kg^{-1} \cdot day^{-1}$ for endurance athletes and 1.6 to 1.7 $g \cdot kg^{-1} \cdot day^{-1}$ for resistance and strength-trained athletes. Tarnopolsky et al (1992) investigated the dietary protein requirements of strength athletes compared with sedentary subjects. They reported that the protein intake for zero nitrogen balance for strength athletes was 1.41 $g \cdot kg^{-1} \cdot day^{-1}$; with a safety margin of ±1 SD, the suggested recommended intake for strength athletes was 1.76 $g \cdot kg^{-1} \cdot day^{-1}$. Because many competitive karate players cross train by following strenuous running and weight training programs to increase endurance, muscle development and power in addition to the traditional karate training and sparring, which might cause muscular damage (Imamura et al., 1997), we recommended 1.5 to 2.0 $g \cdot kg^{-1} \cdot day^{-1}$ for the subjects in the present study. The protein consumption of the M Group met this recommended target (1.6 ± 0.4 $g \cdot kg^{-1} \cdot day^{-1}$), however, the consumption of the F Group was lower than this recommended target (1.4 ± 0.3 $g \cdot kg^{-1} \cdot day^{-1}$). The protein intakes of the highly competitive male and female collegiate karate players were also lower than this recommended target (1.38 ± 0.46 vs. 1.17 ± 0.35 $g \cdot kg^{-1} \cdot day^{-1}$, respectively) (Teshima et al., 2002).

In the diet of teens, calcium and iron are 2 minerals frequently identified as being deficient and could affect health and physical performance (Clarkson and Haymes, 1995). Eighteen (60%) subjects in the M Group and 13 (65%) subjects in the F Groups showed marginal intake of calcium. Calcium is necessary for muscle contraction and plays an important role in controlling the excitability of peripheral nerves and muscle (Ellsworth et al., 1985). Furthermore, bone requires an adequate supply of calcium. Milk and dairy products, algae, egg, lean meats, broccoli, tofu, poultry, legumes and nuts are good sources of calcium.

Twelve (40%) subjects in the M Group and 15 (75%) subjects in the F Groups showed marginal intake of iron. Iron deficiency can be manifested by decreased oxygen uptake and work tolerance and increased blood lactate concentrations (O'Neil et al., 1986). Liver, shell fish, algae, lean meats, poultry are good sources of iron.

Thirty (100%) subjects in the M Group, and 19 (95%) subjects in the F Group showed marginal intakes of dietary fiber. Apples and pears with their skins, raisins, peas, bran and whole- wheat muffins are good sources of fiber.

In the present study, it was not possible to determine if the subjects observed were suffering from any nutrient deficiencies in minerals and vitamins. However, the Japanese RDAs for minerals and vitamins are specified for reference individuals with average body heights and weights and are not specified for sports people. Thus, highly competitive senior high school karate players may require more minerals and vitamins than the RDAs. To increase mineral, vitamin and dietary fiber intakes, the Research Institute of Health and Nutritional Information (2000) recommended the consumption of 200 g of milk and dairy products, 120g of green vegetables and 230 g of other vegetables. According to these recommendations, consumption of green vegetables (51.0±40.1 vs. 23.0±17.1 g, respectively) and other vegetables (114.4±89.0 vs. 77.1±41.6 g, respectively) in both M and F Groups were low.

ACSM, ADA, and DC (2000) stated that vitamin and mineral supplements should not be required if an athlete is consuming adequate energy from a variety of foods to maintain body weight.

Conclusion

The carbohydrate and protein intakes of the M Group met the recommended targets, however, the intakes of the F Group were lower than the recommended targets. The mean nutrient intakes in calcium and dietary fiber in the M Group and iron and dietary fiber in the F Group were marginal (<75% of the RDA). Consumptions of green vegetables and other vegetables in both M and F Groups were low. The subjects, especially for the F Group, were advised to consume adequate energy from a variety of foods to maintain body weight and to increase green and other vegetables intakes to increase mineral, vitamin and dietary fiber intakes.

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National Collegiate Karate Tournament

Team Kata Results

YEAR	LOCATION	1st PLACE	2nd PLACE	3rd PLACE
1980	Philadelphia	U. of New Orleans	U.C. Riverside	Temple University
1981	Sioux Falls	Temple University	Arizona State U.	U. of New Orleans
1982	Denver	Temple University	Ohio University	L.S.U.
1983	Miami	Temple University	Drexel University	P.J.C.
1984	Santa Monica	Temple University	U. of New Orleans	Arizona State U.
1985	Cleveland	Temple University	Georgian Court	University of Alaska
1986	New Orleans	Temple University	L.S.U.	U.C. Riverside
1987	Phoenix	Temple University	Georgian Court	University of Alaska
1988	Philadelphia	Temple University	Drexel University	U.C. Riverside
1989	Sioux Falls	Drexel University	U.C. Riverside	Temple University
1990	Denver	Drexel University	U. of Chicago	Temple University Drexel University
1991	Miami	Drexel University	University of Alaska	Temple University U of Illinois-Chicago
1992	Anchorage	University of Alaska	Temple University	Santa Rosa Jr. College
1993	Denver	Delta State University	Temple University	St. Cloud State Univ.
1994	Santa Monica	U. of South Florida	Temple University	University of Alaska
1995	Santa Rosa	U. of South Florida	Temple University	College of Wm. & Mary
1996	Indianapolis	Temple University	Drexel University	Ohio University
1997	New Orleans	U. of N. Colorado	Drexel University	Illinois
1998	Phoenix	Drexel University	Louisiana State Univ.	University of Alaska, Anchorage
1999	Denver	Louisiana State Univ.	Univ. of New Orleans	Drexel University
2000	Philadelphia	Louisiana State Univ.	Drexel University	Temple University
2001	Sioux Falls	Tulane University	Drexel University	Penn State University
2002	Orlando	Drexel University	University of Alaska	Penn State University
2003	Honolulu	Penn State University	U. of N. Colorado	Drexel University
2004	Columbus	Penn State University	Drexel University	University of North Colorado
2005	New Orleans *			

* No tournament held.

National Collegiate Karate Tournament

Team Kumite Results

YEAR	LOCATION	1st PLACE	2nd PLACE	3rd PLACE
1980	Philadelphia	U. of New Orleans	Temple University	Cornell University
1981	Sioux Falls	Arizona State U.	U. of New Orleans	L.S.U.
1982	Denver	Temple University	U.C. Riverside	Ohio University
1983	Miami	Temple University	P.J.C.	Drexel University
1984	Santa Monica	U.C. Riverside	Temple University	U. of New Orleans
1985	Cleveland	Temple University	Ohio University	University of Alaska
1986	New Orleans	Temple University	Tulane	U.C. Riverside L.S.U.
1987	Phoenix	U.C. Riverside	Ohio University	University of Alaska
1988	Philadelphia	Drexel University	U.C. Riverside	U. of New Hampshire
1989	Sioux Falls	Ohio State	Drexel University	University of Alaska
1990	Denver	U. of Arizona	Mt. States	East Coast
1991	Miami	Manikato State	Temple University	U. of Illinois-Chicago Florida State
1992	Anchorage	U. of Illinois	Mankato State	Temple University
1993	Denver	Delta State University	St. Cloud State Univ.	Temple University
1994	Santa Monica	Temple University	UCLA	University of Alaska
1995	Santa Rosa	College of William & Mary	Temple University	Santa Rosa Jr. College
1996	Indianapolis	Temple University	Drexel University	Ohio University
1997	New Orleans	Drexel University	U. of Northern Colorado	U. of New Orleans U. of Illinois
1998	Phoenix Women's Men's	 Drexel University Drexel University	 Louisiana State Univ.	 University of Alaska
1999	Denver Men's	(Brown & Black Belt) Louisiana State Univ.	 Drexel University	 University of Alaska
2000	Philadelphia Women's Men's	(Brown & Black Belt) Tulane University Louisiana State Univ.	 Penn State Tulane	 Temple University Drexel University
2001	Sioux Falls Women's Men's	(Brown & Black Belt) Penn State University Drexel University	 Tulane University Tulane University	 Penn State University
2002	Orlando Women's Men's	 Tulane University Louisiana State Univ.	 Penn State University Penn State University	 University of Alaska
2003	Honolulu Women's Men's	 Penn State University Tulane University	 Drexel University	 Louisiana State Univ.
2004	Columbus Women's Men's	 Drexel University LSU	 Penn State University Tulane University	 LSU Drexel University
2005	New Orleans *			

* No tournament held.

National Collegiate Karate Tournament

Men's Kata Results
Brown & Black Belt

YEAR	LOCATION	1st PLACE	2nd PLACE	3rd PLACE
1980	Philadelphia	Tom Hyder Arizona State Univ.	Mike Urpschot Univ. of New Orleans	David Biggs Arizona State Univ.
1981	Sioux Falls	Hioyoshi Okazaki Temple University	Ken Wang U.C.R.	David Biggs Arizona State Univ.
1982	Denver	Hiroyoshi Okazaki Temple University	Jerry Kattawar L.S.U.	Aaron Jacobs Temple University
1983	Miami	Hiroyoshi Okazaki Temple University	Mike Urpshot U. of New Orleans	John Caluda C.I.A.
1984	Santa Monica	Hiroyoshi Okazaki Temple University	Bob Shibasaki El Camino College	Stuart Smith Univ. of Arizona
1985	Cleveland	Hiroyoshi Okazaki Temple University	Jerry Kattawar Delta State Univ.	Greg DuBois A.C.C., Alaska
1986	New Orleans	Jerry Kattawar Delta State Univ.	Scott Johnson Metro State	P. Crapanzano L.S.U.
1987	Phoenix	Bob Shibasaki El Camino College	Tufic Akil Florida Int'l Univ.	Morris Lawrence Washtenau C.C.
1988	Philadelphia	Tufic Akil Florida Int'l Univ.	Morris Lawrence Washtenau C.C.	Paultz U.C. Riverside
1989	Sioux Falls	Hiroshi Yaguchi U. of Colorado	John Nunez Mankato State Univ.	Eric Renner S.S.U.
1990	Denver	Brian Treanor UCLA	Jamie Gisevius South	George Hernandez U. of Illinois-Chicago
1991	Miami	Kengo Inatu U. of S. Alabama	August Antenorcruz U. of Illinois	Paul Lapansri U. of S. Alabama
1992	Anchorage	Tomoya Kawasaki Temple University	Charles Baerlin Santa Rosa Jr. College	Chad Drachenberg Mankata State
1993	Denver	Tomoya Kawasaki Temple University	Hiroshi Ando Temple University	Victor Sein Arizona State Univ.

(Continued on next page.)

National Collegiate Karate Tournament

Men's Kata Results (continued)
Brown & Black Belt

YEAR	LOCATION	1st PLACE	2nd PLACE	3rd PLACE
1994	Santa Monica	Masahiro Hori Taishou University	Takahiro Kimura Taishou University	Kouji Motoyoshi Kokushikan University
1995	Santa Rosa	Justin Nepo West Chester Univ.	Takamichi Maeshima Temple University	Joshua Rau Univ. of N. Colorado
1996	Indianapolis	Justin Nepo West Chester Univ.	Errol Mahoney Univ. of S. Florida	Kallan Resnick Univ. of Pennsylvania
1997	New Orleans	Ricky Supnet Univ. of Hawaii	Toshihide Nakamura Univ. of Illinois	Jorge Miangos Santa Clara
1998	Phoenix	Toshihide Nakamura Univ. of Illinois	Gary Ho Santa Clara	Phuc Nguyen E.C.
1999	Denver	Tony Nakamura Univ. of Illinois	William Huffstetler Newport Univ.	Satoshi Kuwahara Univ. of CA-San Diego
2000	Philadelphia	Steven Kiefer Santa Monica	William Huffstetler Newport Univ.	Nathan Smith Penn State
2001	Sioux Falls	Steven Kiefer California State	Dimitri Papadopoulous Tulane University	Arthur Derbes L.S.U.
2002	Orlando	Jumbo Banaria UC Santa Cruz	Dimitri Papadopoulous Tulane University	Steven Kiefer Columbia College
2003	Honolulu	Dimitri Papadapoulous Tulane University	Jumbo Banaria UC Santa Cruz	Greg Hoplmazian Penn State University
2004	Columbus	Jumbo Banaria UC Santa Cruz	Dimitri Papadopoulous Tulane University	George Pappaas Penn State University
2005	New Orleans *			

* No tournament held.

National Collegiate Karate Tournament

Men's Kumite Results
Brown & Black Belt

YEAR	LOCATION	1st PLACE	2nd PLACE	3rd PLACE
1980	Philadelphia *			
1981	Sioux Falls	John Caluda U. of New Orleans	Fahmi Hasish Arizona State Univ.	David Biggs Arizona State Univ.
1982	Denver	John Caluda C.I.A.	Bobby Miles U.C.R.	Hiroyoshi Okazaki Temple University
1983	Miami	John Caluda C.I.A.	Hiroyoshi Okazaki Temple University	S. Montgomery, Drexel Patrick Geis, P.J.C.
1984	Santa Monica	Rene Vildosola Santa Monica Col.	Stuart Smith Univ. of Arizona	H. Morimoto Univ. of Arizona
1985	Cleveland	Jarra Kattawar Delta State U.	Hiroyoshi Okazaki Temple University	Greg DuBois A.C.C., Anchorage
1986	New Orleans	Jarra Kattawar Delta State U.	David Lukas Mesa Comm. Col.	Steven McDermott Temple University Robert Schorr L.S.U.
1987	Phoenix	James Butwin Univ. of Arizona	Tufic Akil Florida Int'l Univ.	Steven McDermott Temple University
1988	Philadelphia	Mike Tan U.C. Riverside	Tufic Akil Florida Int'l Univ.	Harvey Coon Drexel University
1989	Sioux Falls	Samer Atassi Univ. of Miami	Dean Mori Univ. of Alaska, Anchorage	Eddie Ribinson South Central Region
1990	Denver	Jamie Gisevius South	Eric Renner Mankato	Moris Kennedy, Temple Brian Treanor, SWUCLA
1991	Miami	Morris Kennedy Temple University	Pete Johnson Delta State	August Antenorcruz Univ. of Illinois
1992	Anchorage	George Hernandez Univ. of Illinois	Morris Kennedy Temple University	Francis Foo Santa Rosa Jr. College Tomoya Kawasaki Temple University

***** There was no Men's Kumite competition in 1980.

(Continued on next page.)

National Collegiate Karate Tournament

Men's Kumite Results (continued)
Brown & Black Belt

YEAR	LOCATION	1st PLACE	2nd PLACE	3rd PLACE
1993	Denver	Pedi Johnson Delta State Univ.	Tony Kelly Delta State Univ.	Steven Davenport Delta State Univ.
1994	Santa Monica	Takhiro Kimura Taishu University	Yasuhiro Minowa Kokushikan University	Norimitsu Yamamoto Komazawa University
1995	Santa Rosa	Tony Kelly Delta State Univ.	Norihito Kodama College of Wm. & Mary	Devin Fadaol Southern Region
1996	Indianapolis	Devin Fadaol Tulane University	Justin Nepo West Chester Univ.	Zak Cook UCLA
1997	New Orleans	Dan Dalio Univ. of New Orleans	Isao Nakayama U. of Southern Miss.	Gary Ho, Santa Clara M. Orhoa, U.N. Orleans
1998	Phoenix	Ricky Pampo L.S.U.	Tony Kelly Delta State Univ.	T. Nakamura Univ. of Ill. B. Towels, Drexel
1999	Denver	Satoshi Kuwahara Univ. of CA-San Diego	Darryl Rappold L.S.U.	Frank Garcia Univ. of Texas
2000	Philadelphia	Steven Kiefer Santa Monica	David Armentor L.S.U.	William Huffstetler, Newport Univ. Alexi Faktoravich, Amhearst
2001	Sioux Falls	Dimitri Papadopoulous Tulane University	Steven Kiefer California State	Miquel Radillo Miami-Dade Comm. Col.
2002	Orlando	Dimitri Papadopoulous Tulane University	Jarno Vinsencius Columbia College	Jumbo Banaria University of CA Sean Oliver Univ. of Louisiana
2003	Honolulu	Dimitri Papadapoulous Tulane University	Jean Dejace Tulane University	Jihone Du Arizona State University Lee Enibeam Louisiana State Univ.
2004	Columbus	Dimitri Papadapoulous Tulane University	Lee Guilbeau LSU	Korey Champayne LSU Barry Wise Penn State University
2005	New Orleans *			

* No tournament held.

National Collegiate Karate Tournament

Women's Kata Results
Brown & Black Belt

YEAR	LOCATION	1st PLACE	2nd PLACE	3rd PLACE
1980	Philadelphia	Laurie Endo U.C.R.	Jacki Spiro Rutgers Univ.	Karen Antonatos U. of New Orleans
1981	Sioux Falls	Karen Antonatos L.S.U.	Carol See Tai Florida Atlantic U.	Kim Young S.D.S.U.
1982	Denver	Carol See Tai Florida Int'l Univ.	Terri Bettemak Phoenix Comm.	K. Kirchner Ohio University
1983	Miami	L. Muso-Ris Univ. of Miami	Terri Bettamak Arizona State Univ.	C. Greenburg U.M.
1984	Santa Monica	L. Muso-Ris Florida Int'l Univ.	Terri Bettamak Arizona State Univ.	Carol Lombard U. of New Orleans
1985	Cleveland	Cynthia Eldridgei Ohio University	Nancy Ding Arizona State Univ.	Cathy Lombard U. of New Orleans
1986	New Orleans	Sheila Red U.C.R.	Won Yee Cheng U.C.R.	Noel Haeglin U.C.R.
1987	Phoenix	Elizabeth Fanning Phil. College Pharm.	Rose Cooney Cal. State, L.A.	Shawn Sullivan Delta State Univ.
1988	Philadelphia	Dao Vuong Univ. of S. Florida	Amy Tompkins Georgian Court C.	Noel Haegelin U.C. Riverside
1989	Sioux Falls	Dao Vuong South Atlantic Region	Deanne Martinez Colorado Univ.	Christian Tupa Georgian Court C.
1990	Denver	Christina Blair Northwest	Maria Iwasu Drexel University	Michelle LaBlanc Univ. of Alaska
1991	Miami	Heidi Hegg Univ. of Alaska	Diane Bennett Univ. of New Mexico	Jennifer Sandvik Univ. of Alaska
1992	Anchorage	Heidi Hegg Univ. of Alaska	Diane Bennett Univ. of New Mexico	Michelle Lindstad Sacramento State

(Continued on next page.)

National Collegiate Karate Tournament

Women's Kata Results (continued)
Brown & Black Belt

YEAR	LOCATION	1st PLACE	2nd PLACE	3rd PLACE
1993	Denver	Nicole Naylor Univ. of Alaska	Dona Rule-Petersen Western Region	Julie Petersen Western Region
1994	Santa Monica	Natalie Mladenov U. of South Florida	Patricia Mladenov U. of South Florida	Jennifer Kruszynsky Santa Rosa Jr. College
1995	Santa Rosa	Natalie Mladenov U. of South Florida	Caryn Cravens Barry University	Patricia Mladenov U. of South Florida
1996	Indianapolis	Caryn Cravens Barry University	Jennifer Kurzynski Santa Rosa Jr. College	Ina Deasis Ohio State University
1997	New Orleans	Caryn Cravens Barry University	Tarra Kuusisto Univ. of N. Colorado	Rebecca Rako Harvard
1998	Phoenix	Josephine Valdes City College S.F.	Amelia Valero Drexel University	Raymunda Semana Univ. of New Orleans
1999	Denver	Amber Nakazawa Arizona State	Raymunda Semana Univ. of New Orleans	Amelia Valero Drexel University
2000	Philadelphia	Raymunda Semana Univ. of New Orleans	Abby Jefcoat Temple University	Edith Pike Tulane University
2001	Sioux Falls	Kristen Hoffman Temple University	Jennifer Baker Temple University	Dominique Langford Tulane University
2002	Orlando	Yvonne Clarabal Skyline College	Jennifer Baker Temple University	Elizabeth Randolph Franklin & Marshall
2003	Honolulu	Josaphine Valdez Skyline College	Elizabeth Randolph Franklin & Marshall	Kelley Doohen
2004	Columbus	Kristen Hoffman Pittsburgh	Ashlie Junot Univ. of NW Louisiana	Kelly Doohen North Central
2005	New Orleans *			

* No tournament held.

National Collegiate Karate Tournament

Women's Kumite Results
Brown & Black Belt

YEAR	LOCATION	1st PLACE	2nd PLACE	3rd PLACE
1983*	Miami	Dian Dawson P.J.C.	Maylie Colon Georgian Court	Beatrix La Milia Georgian Court Carol Greenburg, U.M.
1984	Santa Monica	Debbie Aguime Mesa Comm. College	Rose Shutt N.E. Louisiana U.	Ramona Meyer L.S.U.
1985	Cleveland	Jackie Piper Georgian Court	Cathy Lombard U. of New Orleans	Rose Shutt N.E. Louisiana U.
1986	New Orleans	Sheila Reed U.C. Riverside	Won Yee Cheng U.C. Riverside	Myriam Perez Georgian Court Rose Mary Clooney Santa Monica College
1987	Phoenix	Shawn Sullivan Delta State U.	Elizabeth Fanning Phil. Coll. Pharm.	Rose Cooney Cal. State., L.A.
1988	Philadelphia	Shawn Sullivan Delta State U.	Beth Hyatt UCLA	Noel Haegelin U.C. Riverside
1989	Sioux Falls	Shawn Sullivan Southern Region	Deanne Martinez Colorado Univ.	Amy Knecht Mankato State
1990	Denver	Cindy Wilkins U. of N. Hampshire	Michelle LeBlanc Univ. of Alaska	Maria Iwasu Drexel Christina Blair Santa Rose Jr. College
1991	Miami	Heidi Hegge Univ. of Alaska	Amy Knecht Mankato State	Carol Reiger Univ. of Alaska
1992	Anchorage	Christina Blair Santa Rosa Jr. College	Heidi Hegge Univ. of Alaska	Diane Bennett New Mexico Jennifer Sandvick Univ. of Alaska
1993	Denver	Nicole Naylor Univ. of Alaska	Laurel Corpin Univ. of Alaska	Heather Cresceco North Central Region
1994	Santa Monica	Wendy Williams Glendale Comm. College	Boby Lou Bottu Santa Rosa Jr. College	Jennifer Kruszynsky Santa Rosa Jr. College
1995	Santa Rosa	Natalie Mladenov U. of South Florida	Boby Lou Bottu UC Davis	Debra Farnsworth Mankato State
1996	Indianapolis	Caryn Cravens Barry University	Wendy Williams Arizona State	Shana Wilcox Univ. of Mississippi
1997	New Orleans	Caryn Cravens Barry University	Tarra Kuusisto U. of Northern Colorado	Rebecca Rakow Harvard Amber Minoque UNC

* There was no Women's Kumite competition in 1980, 1981 and 1982.

(Continued on next page.)

National Collegiate Karate Tournament

Women's Kumite Results (continued)
Brown & Black Belt

YEAR	LOCATION	1st PLACE	2nd PLACE	3rd PLACE
1998	Phoenix	Rebecca Rakow Harvard	Leah Santos CCSF	Raymunda Semana U. of New Orleans Shana Wilcox Washington Univ.
1999	Denver	Amber Nakazawa Arizona State	Teresa Marzolph Adams State	Amelia Valero Drexel University
2000	Philadelphia	Raymunda Semana U. of New Orleans	Edith Pike Tulane University	Dominique Langford Tulane University Amber Nakazawa Arizona State
2001	Sioux Falls	Kristen Hoffman Temple University	Jennifer Baker Temple University	Dominique Langford Tulane University
2002	Orlando	Irina Sherbaty University of Science	Madina Papadopoulous Tulane University	Dominique Durand Univ. of Louisiana Jean Tsai University of Arizona
2003	Honolulu	Lidja Jorio N. Virginia Comm. Coll.	Josaphine Valdez Skyline College	Hannah Moore Univ. of N. Colorado Elizabeth Randolph Franklin & Marshall
2004	Columbus	Ashlie Junot Univ. of NW Louisiana	Hannah Moore North Colorado	Deb Hoffman Westchester Kristen Hoffman Pittsburgh
2005	New Orleans *			

* No tournament held.

ISKF Camps for 2006

Camp	Date	Location	Information
Northwest Spring Camp	Late May	Washington	(425) 451-8722
ISKF Master Camp	Mid June	Pennsylvania	(215) 222-9382
Grand Canyon Karate Camp	Early July	Arizona	(602) 274-1136
Mountain States Camp	Early August	Colorado	(303) 733-8326
Santa Monica Karate Camp	Early September	California	(310) 395-8545
Alaska Summer Camp	Mid-August	Alaska	(907) 457-4918

Directory of Karate Clubs and Classes in U.S. Colleges and Universities – 2005

College & Instructor	Mailing Address	Phone / E-mail
ALABAMA		
University of South Alabama Mike Urpschot	4150 Chambord Lane Mobile, AL 36618	
ALASKA		
Kodiak Community College M. Narra	P.O. Box 3132 Kodiak, AK 99615	(907) 486-5405
University of Alaska Anchorage C. Holness	P.O. Box 105024 Anchorage, AK 99501	(907) 279-2410 Philh@umialik.com
University of Alaska Southeast D. Stevens	P.O. Box 34404 Juneau, AK 99803	(907) 790-4199 hooligan@gci.net
University of Alaska Fairbanks T. Nakazawa	P.O. Box 81710 Fairbanks, AK 99708	(907) 457-4918 fnatn@uaf.edu
ARIZONA		
Arizona State University S. Koyama	Dept. of Physical Education Tempe, AZ 85287	(602) 274-1136
Mesa YMCA Karate Club Sanseido Stan Hirohata	207 N. Mesa Drive Mesa, AZ 85201	
Rendokan Karate Dojo Ken Carson	3401 East Hawthorn Tucson, AZ 85716	
Scottsdale Community College S. Koyama	Dept. of Physical Education 9000 E. Chaparral Rd. Scottsdale, AZ 85250	(602) 274-1136
University of Arizona Paul Hurtado	5065 E. 5th St. Tucson, AZ 85711	(520) 882-2103
CALIFORNIA		
Santa Rosa Jr. College Marty Callhan	5299 Hall Road Santa Rosa, CA 95401	(707) 575-1681 (707) 575-9815 FAX
University of CA at Los Angeles Beth Hyatt	PO Box 2445 Culver City, CA 90233	(310) 287-2652
COLORADO		
Adam's State College Randy Newell	1 Bellwood Drive Alamosa, CO 81102	(719) 489-4509
University of Colorado Bruce Green	4373 Apple Court Boulder, CO 80301	(303) 442-3289
University of Northern Colorado Kambiz Khalili	1309 51st Ave. Court Greeley, CO 80634	(970) 356-6558

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College & Instructor	Mailing Address	Phone / E-mail
FLORIDA Univ. of West Florida Suzanne Tuzzeo	11000 University Parkway Pensacola, FL 32513	(850) 221-1413 Suzanne32@hotmail.com
HAWAII University of Hawaii-Manoa Harry Tagomori	P.O. Box 61214 Honolulu, HI 96839	(808) 956-7606 tagomori@hawaii.edu
IOWA Iowa State University David Halstead	314 Wilhelm Hall, ISU Ames, IA 50011	(515) 294-1943 halstead@ameslab.gov
KENTUCKY Transylvania University Okazaki Teruyuki	300 North Broadway Lexington, KY 40508 - USA	(859) 233-8196 http://homepages.transy.edu/~gerfani/TU%20Karate%20Club.HTM
LOUISIANA University of New Orleans Rick Mekdessie Louisiana State University Steve Robichaux Tulane Karate Club Kyriakos Papadopoulos Xavier Karate Club Bob Roberts	P.O. Box 740722 New Orleans, LA 70174 7250 Perkins Rd # 418 Baton Rouge, LA 70808 4825 Carondelet New Orleans, LA 70115 6426 Gen. Haig Drive New Orleans, LA 70124-3912	(504) 908-7773 info@neworleanskarate.com (504) 767-4767 srobich@lsu.edu 504-895-8417 pops@tulane.edu http://www.tulane.edu/~karate/
MAINE University of Maine Charles Austin	15 Main St. Dexter, ME 04930	(207) 924-5697 austin2411@netzero.com
MARYLAND Frostburg State University Avalon Ledong Johns Hopkins University Janet Padgett	148 Depot St. P.O.Box 632 Frostburg, MD 21532 4222 Falls Rd. Baltimore, MD 21211	(301) 687-4105 dzpcled@fra00.fsu.umd.edu (410) 662-7701 jpadgett@csa.com
MASSACHUSETTS Amherst College Jose Betances University of Massachusetts Sara Grimes	Karate Club, Box 471 Amherst, MA 01002-5000 8 Clifton Ave. Amherst, MA 01002	jbetances@amherst.edu (413) 219-7774 sgrimes@journ.umass.edu
MINNESOTA SW State University-Marshall Liz Hess	3274 290th Ave. Cottonwood, MN 56229	(507) 532-5478 jnlhess@starpoint.net

Directory of Karate Clubs and Classes in U.S. Colleges and Universities – 2005

College & Instructor	Mailing Address	Phone / E-mail
MISSISSIPPI		
Delta State University Tony Kelly, c/o H. Sullivan	111 Parkway Ave. Cleveland, Miss. 38733	
NEW YORK		
Binghamton University Tamas Nagy	C/O Club Sports Office-East Gym P.O. Box 6000 Binghamton, NY 13902	(607) 227-2792 ojng1234@aol.com
Shotokan Karate Club at Cornell University Tamas Nagy	406 Ridge Rd. Lansing, NY 14882	(607) 227-2792 tn35@cornell.edu
University of Rochester Ksenia Dolgaleva	407 Quinby Rd. Rochester, NY 14623	(585) 424-4945 ksenia@optics.rochester.edu
NORTH DAKOTA		(701) 772-3184
University of North Dakota Dan Burkhart	1191 10th Ave Thompson, ND 58278	(701) 777-2415 fax sensei_dan@hotmail.com
OHIO		
Ohio University Howard Beebe	113 Franklin Ave. Athens, OH 45701	(740) 594-8737
PENNSYLVANIA		
Bucknell University Jason Haase	238 North Shaffer Hill Rd. Cogan Station, PA 17728	(570) 321-0729 JasonHaase@webtv.net
Drexel University James Sim	4106 Baltimore Avenue Philadelphia, PA 19104	(215) 222-1775 FAX: (215) 222-4182 jsx@jsxnet.com
Lycoming College Shotokan Karate William Bubb	1913 Blaire St. Williamsport, PA 17701-3833	(570) 321-9017 bubb@lycoming.edu
Penn College George Vance	151 Shaffer St. Duboistown, PA 17702-6727	(570) 322-3642
Penn State University Kim Barron	238 W. Irvin Ave. State College, PA 16802	(610) 428-2957 kab386@psu.edu
Temple University Takamichi Maeshima	222 South 45th St. Philadelphia, PA 19104	(215) 222-9382 FAX: (215) 222-7814 iskf@iskf.com
Thomas Jefferson University Thomas Weber	P.O. Box 2083 Haddonfield, NJ 08033	(856) 795-3372 Fax: (856) 795-3372 tw9045@earthlink.net
West Chester University Paul K. Smith	Dept. of Kinesiology West Chester, PA 19383	(610) 436-2764 FAX: 436-2860 psmith@wcupa.edu

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College & Instructor	Mailing Address	Phone / E-mail
RHODE ISLAND Brown University Ahmed Abdullah	66 Gallatin St. #3 Providence, RI 02907	(401) 383-7196 Aabdullah@aol.com
TEXAS El Paso J.K.S. L. Dean Van Matre	1530 Lomaland El Paso, TX 79935	
VIRGINIA College of William & Mary Steve Pohle University of Virginia David Stackpole	P.O. Box 1537 Newport News, VA 23601 1824 North Ode St. Arlington, VA 22209	(757) 875-5339 phlesj@aol.com (434) 409-2125 karateclub@Virginia.edu
WASHINGTON Pacific Lutheran University Mark Cordice Washington State University Scott Randall/Tim Daulton	14207 C St. South #A-16 Tacoma, WA 98444 Pullman, WA	(253) 537-4350 jkaofwas@hotmail.com

Please let us know if there are any corrections.

Send them to: Tony Nakazawa, Box 81710, Fairbanks, AK 99708
Phone: (907) 457-4918 Cell: (907) 460-0825 Fax: (907) 457-4913
E-mail: Anthony.Nakazawa@uaf.edu

Thanks!

INTERNATIONAL SHOTOKAN KARATE FEDERATION - U.S.A.

President
The Honorable Paul Ribner

Co-Vice President
Everett King

Co-Vice President
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Alaska Tony Nakazawa (907) 457-4918 E-mail: Anthony.Nakazawa@uaf.edu	**Mid-America Region** Greer Golden (614) 261-8673 James Nelson (810) 635-7841 E-mail: SenseiN@aol.com	**Puerto Rico** Miguel Vázquez Sanantonio (787) 873-4306
Central Region Toshihide Tony Nakamura (312) 217-2400 E-mail: tony@uickarate.com	**Mountain States Region** Yutaka Yaguchi (303) 985-4209 http://www.uniques.com/shotokan	**South Atlantic Region** Shigeru Takashina (305) 346-0035 E-mail: saka@iskfsaka.org
East Coast Region Teruyuki Okazaki (215) 222-9382 E-mail: pskc@iskf.com	**North Central Region** Lee Doohen (604) 332-6572 E-mail: SFSHOTOKAN@sio.midco.net	**Southern Region** Takayuki Mikami (504) 887-1402 E-mail: BHayley@tulane.edu
Hawaii Harry Tagomori (808) 956-3816 E-mail: tagomori@hawaii.edu	**Northwest Region** Cathy Cline (425) 452-4858 E-mail: cathycline@worldnet.att.net	**Southwest Region** James Field (310) 395-8545 E-mail: info@jkasm.com E-mail: jkasm@earthlink.net
ISKF web: www.ISKF.com E-mail: iskf@iskf.com		**Western Region** Shojiro Koyama (602) 274-1136 E-mail: azkarate@earthlink.net

Purposes of the NCKA

1. To increase awareness of traditional Japanese karate as a sport in the U.S. college/university system.
2. To develop organized collegiate karate across all traditional Japanese styles.
3. To maintain and instill the mental and physical values and benefits of Karate-do.
4. To develop good will among people and places.

NCKA Eligibility Requirements

1. Full time college student (undergraduate or graduate) in good academic standing (2.0 GPA for undergraduate and 3.0 GPA for graduate students on a 4.0 scale for the most recent completed semester). Individual and team event contestant rules follow the official ISKF rules.
2. All team members must attend the same University and/or College. (Teams may consist of members who attend multi-campuses within one University system.)
3. Permission to compete from the Regional ISKF Director.
4. Collegiate contestants have 4 academic years in which to complete their NCKA eligibility. The 4 years may be non-consecutive, and without an age limitation (excepting that kumite age restrictions will be according to ISKF rules-45 years of age).
5. Regional Directors will be responsible for validating student eligibility status as regards full-time attendance, academic standing, and number of participating years.

NCKA Activities

1. 2005 National Collegiate Karate Tournament - November 12 - 13, 2005. New Orleans, LA. *Cancelled due to Hurricane Katrina.*
2. National Collegiate Karate Association 2005 Annual Meeting. *Cancelled due to Hurricane Katrina.* For information, contact Mr. S. Koyama (602) 274-1136.
3. National Collegiate Karate Association 2006 Annual Meeting will be held in conjunction with the 2006 NCKA Tournament September 1-3 at the Egan Convention Center, in Anchorage, Alaska. For information, contact Mr. S. Koyama (602) 274-1136. NCKA Summer Meeting at 2006 ISKF Master Camp – all U.S. Regional Representatives will attend (See iskf-alaska.com for more information).
4. 2006 Directory of Karate Clubs and Classes in U.S. Colleges and Universities. Please send your club information or any revisions to the National Collegiate Karate Association (NCKA), 6324 N. 7th Street, Phoenix, AZ 85014. FAX: (602) 943-3350
5. To submit articles to be considered for publication and peer review please send them to: Dr. Paul Smith, NCKA Academic Editor, psmith@wcupa.edu 1-610-436-2764.