



Since 1981

Alaska Shotokan Karate

ISKF Alaska Region

P.O. Box 772205, Eagle River, Alaska USA 99577

907-460-0825 ♦ fax: 907-726-1949 ♦ dojo: 907-694-8915

e-mail: fnatn@hotmail.com

www.ISKF-Alaska.net

To: ISKF Alaska Sempai

Re: **Regional News for November 2009**

Kyu Testing and Regional Awards at Eagle River Dojo. The next kyu test is set for the afternoon of December 5 at the Eagle River Dojo. Sensei Jones will be sending you the test schedule and other information. Kyu testing at other ISKF AK dojo will be announced by your Dojo Sensei.

Regional awards will be announced at the Dec. 5 test. Please email your nominations and recommendations for the following awards by Nov 30 to me at fnatn@hotmail.com: Outstanding Instructor, Outstanding Competitor, Outstanding Jr. Competitor, Outstanding Dojo, and Outstanding Contributors.

ISKF National Tournament update: Team Coach Sensei Holness and members of our ISKF Alaska National Team trained hard to compete in the 2009 ISKF National Tournament in Cherry Hills New Jersey on Nov. 14-15. The Alaska team members included: Charles Holness, Jennifer Frazier, Phillipia Holness, Mike Tavoliero, Mike Crotty, Scott Toms, Joe Foltz, Heather Foltz, Ben Cheeseman, Andrew Tooyak III, and Abram Tooyak. Below are the Alaska team results.

Abram Tooyak, 1st place for youth kumite and kata; 1st place for collegiate intermediate kata, 2nd place for collegiate intermediate kumite. Andrew Tooyak, 3rd place for collegiate black belt kumite. Ben Cheeseman, 2nd place for black belt men's kumite. Charles Holness, 2nd place for senior men's kata. Phillipia Holness, 3rd place for senior women's kumite. Senior men's kata team, 2nd place. Women's black belt kata team, 3rd place.

Congratulations! Ben was named for next year's ISKF USA National Team. On test results - Andrew is Nidan and Phil is Yodan!!!!

Special events at Nationals - Sensei Tavoliero received the ISKF National Meritorious Service Award from ISKF President Judge Ribner as part of the National Tournament Festivities. Congratulations Sensei Tavoliero and thank you for your contributions to ISKF Alaska! A hi-light of this year's nationals was the birthday celebration for Master Yaguchi's 77th birthday.

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. We have since 2006 helped the camp building fund. If you are interested in helping Birchwood Camp build a new training center, for all who donate \$100 either cash or to the banquet, 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, over \$9,000 was raised at the banquet. Birchwood Camp is very appreciative of all who attended 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!

Niju Kun for 2009 Niju Kun #2 – In karate, never attack first. Karate ni sente nashi. As we go into the holiday season and the Winter of 2009, I hope that ISKF Alaska sempai will reflect back 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!



Niju Kun #2 (2009)– In karate, never attack first. Karate ni sente nashi.
ISKF Alaska Region /Alaska Shotokan Karate www.ISKF-Alaska.net

- **Eagle River Shotokan Karate Club**
A Nakazawa, Becky Hesser, Andy Rembert, 907-694-8915
Email: becky@alaskamovingartscenter.org
- **Alaska Summer Karate Camp** (Chugiak)
Susan Jones 907-677-7237
Email: s.jones.alaska@gmail.com
- **Boys & Girls Club of Alaska Shotokan Karate** (Anchorage)
Patrick Andrews 907-243-7062
Email: patrel@acsalaska.net
- **Daigaku Shotokan Karate Club** (Anchorage)
Charles Holness 907-868-7787
Email: holness@acsalaska.net
- **Denali / Alaska Club South** (Anchorage)
Dan Rogers 907-244-7584
Email: drogers@epsinc.com
- **Alaska Club Eagle River**
Catherine Pinch, Mike Tavoliero 907-230-1992
Email: michael.tavoliero@gmail.com
- **UAF/Fairbanks Shotokan Karate**
John Phillips/Joe Foltz 451-0038
Email: chevytruckjoe@hotmail.com
- **Juneau Shotokan Karate-Do**
Diana Stevens 907-790-4199
Email: diana@juneaushotokan.org
- **Bethel Shotokan Karate**
Ted Berry 907-543-5512
Email: ted_berry@lksd.org
- **Gambell Shotokan Karate Club**
Yuka Ungwiluk 907-985-5414
Email: yungwiluk@gmail.com
- **Homer Shotokan Karate Club**
Martie Krohn 907-299-8132
Email: smokybay@gmail.com
- **Wasilla Shotokan Karate Club**
Annemarie Acord 907-376 0692
Email: gamacord@gmail.com