



ISKF Alaska Region Newsletter

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"Year of the Rooster"

February 2005

ISKF-Alaska Region 2004 Awards

Meritorious Service

John Toms, Anchorage

ISKF Alaska Spirit Award

Craig Lewis, UAF

Instructor of the Year

Janet Hagensieker, Eagle River

Competitor of the Year

Ben Cheeseman, Eagle River

Jr. Competitor

Jourdan Carboy, Eagle River

Outstanding Contributors

*Beckie Brocies, Anchorage Stan Jones, Eagle River John Phillips, UAF
Becky Knowlton, Palmer Susan Martin, Eagle River Dolores Stantorf, Eagle River
George Haynes, Anchorage Gilbert Wilson, Anchorage Faith Rogers, Juneau*

Upcoming Tournaments

International Goodwill Tournament in Whitehorse, YT

Sensei Todd Hardy of Whitehorse and Sensei Tony Nakazawa have organized a special tournament in Whitehorse the weekend of **February 19-20**. Alaska karateka leaving from Juneau include: Diana Stevens, Doug, Malin, and Phillip Murray, Birger Baastrup, Denali Wentz, Andrew and Kevin Heuscher, Tyrel and Ethan Kramp and parents, Shawn Kantola, Sensei Tony Nakazawa, and Dr. Clive Thomas from the UA Southeast, Political Science Department. They will also tour the Yukon Territory Legislative Assembly (Yukon's legislature). Best wishes for a good trip and tournament with our Whitehorse friends.

Spring Kubota Cup

The 42nd spring Kubota Cup will be held in Fairbanks on Saturday, **March 5th**. Out of town competitors and their guests are always welcome to this semi-annual event. Please notify your dojo instructor if you would like to join the car caravan that will be traveling from Anchorage to Fairbanks. Housing is free.

ISKF Alaska Regional Tournament

The Alaska Regional tournament will be held on **March 12th** in Eagle River in the multi-purpose room at Gruening Middle School from 11:00am to 4:00pm.

Notice: Beginning January 15th, the Boys and Girls Club, Anchorage will be co-hosting the Saturday morning trainings from 9:00-10:30am on the first and third Saturdays of the month. Eagle River dojo will host on the second, fourth, and fifth Saturdays.

Travels Around Alaska

Senseis Tony Nakazawa and Kevin Hagensieker flew to Nome, then further west over the Chukchi Sea to Gambel, St. Lawrence Island, the home village of Sempai Yuka and her students at our farthest west ISKF

Alaska dojo. They enjoyed meeting Yuka's family and friends, shared traditional Yupik meals. Besides working out with her students, Yuka, Sensei Kevin, and Sensei Tony entertained the community with a demonstration of Shotokan karate, including board-breaking.

Shotokan Karate Instruction for Seniors

Sensei Greg Dubois is interested in providing Shotokan karate instruction to senior citizens and wrote to Master Koyama for his advice and guidance. He responded:

“Dear Mr. DuBois--Thank you for your letter of inquiry regarding karate instruction for senior citizens. You posed a number of excellent questions, and here are my answers based on my own teaching experience:

- 1) Length of classes: I believe that half-hour (30 minute) sessions would be appropriate for most seniors.
- 2) Belt tests: Kyu exams for seniors are a good idea, as they provide challenge and stimulation. However, gradings (exams) for senior students are best kept separate from gradings held for general classes.
- 3) Type of training: For senior students, the most appropriate training would be stretching and breathing, along with basics (kihon) using high stances and slow movements. Snap kicking is unnecessary. Kata training (Heian shodan) is also appropriate.
- 4) Stretching: Slow, gentle stretching would be best. Avoid bouncing which can be dangerous.
- 5) ISKF membership: ISKF membership would only be required for those students who wish to participate in ranking examinations. If a non-testing student wishes to join and pay dues, he or she would of course be permitted to do so.

Thank you again for your interest. Shojiro Koyama, Chairman, ISKF Western Region”

Message from Sensei Nakazawa

Oss for 2005 – we are so very lucky to be living and training in ISKF/JKA karate in the wonderful state of Alaska! Next year in 2006, ISKF Alaska Region will be hosting the ISKF National and Collegiate Championships at the Egan Convention in Anchorage, Alaska! This will be exciting to host Master Okazaki and our ISKF family here in our home state of Alaska. Many people dream of one time in their lives to have the chance to visit Alaska. We live that dream everyday! Let's all work together to make this a very memorable event for all of our friends who will be coming to visit us in 2006. While we know that there is a lot of work to be done, each and everyone of our ISKF Alaska group will have the opportunity to participate and make this a wonderful event. For this I want to say “Thank You!”

Calendar of Events

2005

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| February: | Feb 18-21 | Whitehorse International Goodwill Tournament |
| March: | Mar 5 | Spring Kubota Cup, Lathrop HS, Fairbanks |
| | Mar 12 | Alaska Regional Tournament, Gruening Middle School |
| | Mar 15-20 | Spring Break, UAF |
| | Mar 21-25 | Spring Break, UAA |
| May | May 6 - 9 | Master Yaguchi in Alaska: Juneau and Anchorage |
| | May 15 | Alaska Karate Championship, Anchorage |
| June | June 3-10 | ISKF Master Camp, Green Lane, PA |
| August | Aug 18-21 | Alaska Summer Camp, Master Okazaki and Sensei Cline |
| | Aug 22 | Juneau Training and Testing with Master Okazaki |
| November: | Nov 11-13 | ISKF US Nationals in New Orleans, LA |
| December: | Dec 3-6 | Master Koyama in Alaska: Fairbanks, Anchorage, Juneau |

2006

September Sept 1-4 **ISKF Nationals, Anchorage, Alaska**

Zanshin (the remaining mind)!!!

Please register for ISKF 2005 – the forms are at your Dojo or go to:

<http://www.iskf-alaska.com/2005%20RegForm.pdf>

For submission of newsletter items, please contact Nora Kelly, newsletter editor, at fnnlk@uaf.edu