



ISKF Alaska Region Newsletter

*Alaska Shotokan Karate since 1981
September 2008 Issue*

Alaska Shotokan Karate Summer Camp

August 14-17, 2008
Birchwood, Alaska



Alaska Summer Karate Camp 2008 was an **I-S-K-F** [Inspirational – Sensational – Kinesthesia - Fantastic] event. This year we were honored to have Master Okazaki and Sensei Cline visit. The classes were hard, informational, and inspiring. Sensei Okazaki always gives students material they can easily spend the next year perfecting. Sensei Cline offers her extraordinary communication skills and instructional abilities everywhere she goes.

This year the instruction was excellent, and we again realize how fortunate we are to be a part of the legacy started by Sensei Funakoshi and spread world-wide by Sensei Nakayama.

Worthy of mention are the many people who worked hard to put this camp together. Susan Jones once again did an extraordinary job, managing and coordinating the myriad of tasks and people to make the entire event happen. If it were not for her, we might not be able to even have a camp. Becky Hesser held a wonderful day camp for children, ensuring that all of the kids not only received some fresh, fun instruction from Mr. Tavoliero, but received T-shirts and other mementos of the event to take home with them. Andy Rembert not only transported people from the airport, but also managed the store. Paula and John Toms did the cooking for all of our wonderful meals. A myriad of other people also assisted, all volunteers, all dedicated to holding a safe, successful, and enjoyable event. Thank you to everyone.



Featured Dojo

This month we are featuring the Palmer Shotokan Karate Club. Sensei Becky Knowlton is the instructor, and has been teaching and training for over 10 years.

The Palmer Shotokan Karate Club by Sensei Becky Knowlton



I still vividly remember my first karate class with Sensei Sharon Dean in January of 1997. I was the only adult in a sea of 6-year old little boys. And I was in trouble before class even started for coming onto the floor wearing socks. The story of the Palmer Shotokan Karate Club begins in 1987 with Sharon, then a purple belt, teaching through the community schools program. The club trained in the cafeteria of the Palmer Middle School. In 1998 the Palmer Club closed its doors and I began commuting to Eagle River to train

In 2004, two of the Eagle River karate families announced plans to move to the Valley, and an idea was launched to re-open the Palmer Club. We began in September at one of the school district gyms with seven students.

In January of 2005 we had the opportunity to move to a new dance studio on the Palmer-Wasilla Highway, and word of mouth quickly swelled our ranks. By 2007 I was teaching three classes a night and we had still outgrown our space.

It fascinates me how cycles work in our lives. Just about the time I was forced to begin looking for new space for the club, I was also at a point in my life where I was trying to decide what I wanted to do next. And the idea sprouted that maybe we could form a non-profit organization, similar to AMAC, for the Valley. We have a strong possibility on the horizon, and could be moving into a brand new space as early as spring of 2009.

The Mat-Su Martial Arts Center will focus on filling the need for adult education and community space by offering classroom/meeting rooms, as well as the martial arts studio space, for rent to the public. The Palmer Club was created under the community schools program and this would be a way we can give back to the community and help fill a gap in local services.

Meanwhile, the Palmer Karate Club has been very active and supportive. The club continues to grow, both in numbers and in team unity. We have our first crop of homegrown 1kyus preparing for their Dan test.

Oh, and as for Sharon Dean. She went on to earn her Yondan with ISKF before moving to Utah in 2002, ostensibly to retire. That didn't last very long. She discovered a tae kwon do club there, and earned her black belt. Then she went to Monterey, CA, and moved into the jujutsu dojo in Monterey as a full-time student! She has now attained her sixth degree black belt in jujutsu and is teaching and training full-time. She's delighted to hear the Palmer Club is succeeding and sends everyone in Alaska her fondest wishes.

2008 ISKF Master Camp



Masters Kanazawa, Okazaki, Yaguchi and Miura relaxing before the morning warm-up and run

ISKF Master Camp 2008 was an incredible success. The training was exemplary with Sensei Kanazawa showing us the many of the differences between how his group, SKIF, and our group does the kata Gankaku. The differences were quite striking! Master Miura, 9th dan and President of the Technical Committee of the SKI (Shotokan Karatedo International) European Federation and Chief Instructor in Italy, emphasized his moves that involve joint locks and total relaxation of the upper body. He is a true master at this type of technique. He is also one of the most quiet and humble men you could ever meet.

Alaska had a strong participation and Amber Nakazawa did very well at the camp tournament, taking first place in Women's Black Belt Kata.

Exam Results and Recent Awards

Special congratulations to Kennedy Kruchoski and Hannah Martin from the Eagle River dojo for passing their Shodan tests under Master Okazaki at our recent Alaska Summer Karate Camp. Congratulations to Steve Weaver of the Juneau Shotokan Karate-Do for being named the ISKF Alaska recipient of the ISKF Meritorious Service award. (more in later editions)

Fund-Raising Report for 2008 LA Nationals

Fund-raising is happening on a number of different fronts. Mike Crotty, Scott Banks, George Haynes, Dan Rogers, Robert Manley with Michael Tavoliero as committee chair, comprise the fund-raising committee, are coordinating several fund-raising efforts. Mike Crotty had the new team jackets on display at the Birchwood camp, and people were able to admire them and place pre-orders.



Mr. Ogawa posing with some of the ISKF Alaska team

The group is coordinating a raffle to raise funds for the people going to Nationals. The fund-raising committee has also encouraged donations from local businesses. They are going out and speaking and presenting at local businesses to encourage donations. Mr. Ogawa from New York Life donated \$1,000 for the women's team!

If you know of a business that may be willing to donate money to the Alaska team, please contact Michael Tavoliero at 230-1992 or Michael.Tavoliero@gmail.com.

Calendar and Upcoming Events

Saturday Training 9:00 – 10:30 AM

ISKF-Alaska members in Anchorage, Eagle River and Palmer: To get ready for the upcoming rank testing in December all 4th kyu and above (adults and youth) **will be required to attend at least one session per month** before they will be allowed to test for rank. The focus will be on advanced kihon, kata and kumite. If you have any questions please see your instructor. Below is the schedule:

| | |
|--------------------|-----------------------|
| Sept 27 | Eagle River AMAC Dojo |
| October 4, 18 | Boys & Girls Club |
| October 11, 25 | Eagle River AMAC Dojo |
| November 1, 15 | Boys & Girls Club |
| November 8, 22, 29 | Eagle River AMAC Dojo |

September: Sept 28 Nationals Team Training and ER Dojo BBQ (Ticket Donation \$10)

October: Oct 5,12,19,26 Nationals Team Training with Sensei Holness, ER Dojo
October 8-14 ISKF Shoto Cup, Toronto, Canada – Good Luck Amber and Ben!!!
Oct 12 Instructor Training at Eagle River Dojo 1:00 – 3:00 PM
October 18 Fairbanks Karate Tournament

November: Nov 9 Instructor Training at Eagle River Dojo 1:00 – 3:00 PM
Nov 2 Nationals Team Training with Sensei Charles Holness, ER Dojo
Nov 14-16 ISKF Nationals @ LA Airport Westin Hotel, Los Angeles, CA

December: Dec. 6 (tentative) Kyu testing in: Anchorage/Palmer; Juneau; UAF; Bethel; Gambell

Extreme-team training: Sensei Michael Tavoliero is holding special extreme-team trainings after each class at the Eagle River dojo. These classes only go about a half hour, but they are a great way to get into shape and fine-tune your kumite skills.

Congratulations to Sensei Diana Stevens and the Juneau Dojo for celebrating 25 years of Shotokan Karate in Juneau on September 13. There have been hundreds and hundreds of students and their families that trained or sat and watched while a family member trained during these 25 years. Follow this link to a short history of this dojo. <http://www.iskf-alaska.net/ISKF%20NewsletterNov07.pdf>

This past week has been a special week for me especially, as we had a chance to have Sensei Fujiwara of Hawaii visit ISKF Alaska. Sensei Fujiwara, a student of the late JKA Master T Asai, was Lynette's (Nakazawa) and my instructor in the late '70s when we were living in Hawaii. Several of our Alaska sempai have had a chance to enjoy training with Sensei Fujiwara when visiting Honolulu. Special thanks to David Horst for sponsoring Sensei Fujiwara's visit to Alaska.

And in closing, I would like to announce Sensei Catherine Pinch as the new editor for our ISKF Alaska newsletter. Her professional publishing background will contribute greatly to our newsletter.

--Keep Training by Sensei Nakazawa



Thanks to
George Haynes
for this picture.

| September 2008 | | | | | | | October 2008 | | | | | | | November 2008 | | | | | | | December 2008 | | | | | | | | | | | | | | | | | | | | | | | |
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| January 2009 | | | | | | | February 2009 | | | | | | | March 2009 | | | | | | | April 2009 | | | | | | | | | | | | | | | | | | | | | | | | |
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○ Saturday Training at Anchorage Boys and Girls Club Dojo 9:00-10:30 am

Saturday Training at Eagle River AMAC Dojo 9:00-10:30 am

Monthly Instructor Training at Eagle River Dojo @ 1-3 PM
2nd Sunday of month

October 9-13: ISKF Shoto Cup, Toronto, Canada

October 18: Fairbanks Karate Tournament

Nov 14-16: ISKF Nationals @ LA Airport Westin Hotel, Los Angeles, CA

Dec 6 (tentative) – KYU testing

March 28 – Alaska Regional Tournament

Aug 13-16 – Camp 2009

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