



ISKF Alaska Region Newsletter

Celebrating 25 years of Shotokan Karate in Alaska 1982-2007
December 2007

Denali Shotokan Karate Club

By
Sensei Dan Rogers

As part of ISKF Alaska Region's 25th year celebration, this month we will highlight the Denali Shotokan Karate Club headed by Sensei Dan Rogers.

The newest of the ISKF-Alaska dojos, Denali Shotokan, Anchorage, is at the Alaska Club-South, at the corner of the New Seward Highway and O'Malley road. Classes are Wednesdays and Fridays: Intermediate Youth Class, 5:00 - 6:00 PM and Adult Class, 7:00 - 8:00 PM. A Youth Beginner's class is Fridays from 6:00 - 7:00 PM.



Denali Shotokan started at the Alaska Club-West in 2002. Dan Rogers initiated contact with the Alaska Club and proposed to teach Shotokan karate to their members as a part of the Alaska Club's Group Fitness program. This led to classes for both adults and children. The idea behind teaching at the Alaska Club was to reach a new demographic of potential students who may not necessarily be motivated to seek out a traditional *dojo*. Additionally, the Alaska Club has a successful youth fitness program that Alaska Shotokan taps into, resulting in additional youth learning and training in Shotokan karate.

Beginning at the Alaska Club-West in 2002, Mike Tavoliero, Becky Brocies and Dan Rogers taught the classes. As a club, we were fortunate to have Alaska Region instructors come by as guest instructors to spice up the workouts, including Senseis Tony and Lynette Nakazawa, and Charles Holness. Other ISKF Alaska Sempai stopped by to train and assist, including Phillipia Holness, George Haynes, Amber Nakazawa, and Susan Jones.

Since this was a new club, almost all of the students were white belts. After training with Alaska Shotokan clubs for more than 20 years, it was odd to not have a core group of *sempai* to train with. The instructors at Denali, rather than teaching and working on free sparring, *sente* and advanced *kata*, and advanced basics, spent three years teaching basics – basic *kihon*, *Heian kata*, and three step sparring. This was as beneficial and necessary for us as instructors, as it was required for the beginning students. In many ways, it helped the Club instructors develop (or re-develop) a beginners mind (“*Shoshin ni kaere*” or “Back to Beginner's Mind”).

While Ms. Brocies has left Alaska for more temperate climates, Sensei Catherine Pinch now instructs the beginning youth class on Friday evenings. We often see as many as 30 to 40 beginner kids in the class on the first day of a four-week session. Michael Tavoliero teaches the Adults' class on Fridays, and Dan Rogers teaches the remaining classes. Bob Manley is invaluable in covering the classes as a substitute, and Rob Taylor assists and often teaches the kids' classes. The group of instructors covers for each other for business travel, sickness, and other life events. The Alaska Club has repeatedly commented on the dedication and positive attitude of the ISKF-Alaska Instructors, as well as their commitment to the karate program. We all enjoy watching the students test for their new ranks and learn about karate as a martial art.

The Club is growing in size, while maintaining a significant percentage of the core students that have started over the years. Additionally, the goal of acting as a feeder club to the other ISKF-Alaska clubs has been realized as our students began training at the other ISKF dojos and participated in seminars and camps.

Denali Shotokan has benefited greatly from the assistance and leadership of the *sempai* from the other ISKF Alaska dojos during its short history. The students and instructors of Denali are grateful to the family that is the ISKF-Alaska region.

*Calendar of Events 2007 - 2008****

December:	Dec 22	Self – Def class by Sensei Grady, Chief Instructor of US Renbukai Assn.
January:	Jan 13	Monthly ISKF-Alaska Instructor Training at Eagle River Dojo @ 1:30pm (monthly Instructor Training will always be the 2 nd Sunday at the AMAC)
	Jan 19	Kan-Gei-Ko at Eagle River dojo 9 to 11 am (all ranks invited)
March:	Mar 29	ISKF Alaska State Tournament, Spenard Rec Center, Anchorage
April:	April 12	Alaska State Open Karate Championship, UA Anchorage
	April 25-30	Testing and Clinics, Master Yaguchi – Anchorage and Juneau
	May 17-18	Alaska Moving Arts Center Spring Recital
June:	June 6 - 13	ISKF Master Camp, Philadelphia PA
August:	August 14-17	Alaska Summer Karate Camp, Birchwood
October:	October 8-14	ISKF Shotocup, Toronto, Canada
December	Dec TBA	Kyu testing in: Anchorage/Palmer; Juneau; UAF; Bethel; Gambell

***** Note: Saturday Training for ISKF-Alaska in Anchorage, Eagle River and Palmer:** To get ready for Master Yaguchi upcoming rank testing on April 25-30th, all 4th kyu and above (adults and youth) **will be required to attend at least one session per month** starting in January 2008 to be allowed to test for rank with Master Yaguchi. There is no charge for this extra training. Saturday class sessions are from 9-10:30 am: 1st and 3rd Saturdays at Anchorage Boys and Girls Club Dojo and 2nd, 4th and 5th Saturdays of the month at the Eagle River AMAC Dojo. Sensei of these sessions will be Sensei Nakazawa, Andrews and Jones. The focus will be on advanced kihon, kata and kumite. If you have any questions please see your instructor.

2007 ISKF-Alaska Awards - Congratulations to All !!!

The December 8th testing at the Alaska Shotokan Karate Boys & Girls Club with Master Yaguchi went very well with excellent participation by students and instructors. The Instructor Trainee Clinic and General Training Clinic on December 9th at the Eagle River Dojo were also well attended. Following the Clinics there was a celebration of Master Yaguchi achieving 9th Dan in recognition of his great contributions towards the growth and development of the International Shotokan Karate Federation.

New Black Belts include: *Bob Manley, Nidan; Susan Martin, Shodan; Heather Foltz, Shodan.*

After the Clinics were over the 2007 ISKF-Alaska Awards were announced (see below).

ISKF National Meritorious Service Award*

ISKF Alaska Region Recipient
Jane Hagensieker

Cheryl Phillips Spirit Award*

Joe Foltz

Outstanding Instructor

Andy Rembert

Outstanding Competitor

Phillipia Holness

Outstanding Team

Senior National Team

*Charles Holness
Michael Tavoliero
Dan Rogers
Mike Crotty*

Women's National Team

*Amber Nakazawa
Phillipia Holness
Jennifer Frazier
Janet Hagensieker*

Outstanding Junior Competitor

Junior National Team

*Kyle Lindsey
Jacquelyn Wood
Charles Wood*

Outstanding Contributors

*Courtney Brown
Susan Rembert
Faulkenberry & Associates*

*Announced at Alaska Summer Karate Camp this past July.

Thoughts for the New Year by Sensei Nakazawa

As a philosophy towards living a more abundant life, there is much to be gained by endeavoring to study the traditional dojo kun and Master Funakoshi's niju kun. As we move forward into 2008 and the 26th year of ISKF-Alaska, there will be many changes happening with our organization as Master Okazaki and Master Yaguchi lead our ISKF group to be truly an international organization – with karate-ka in Europe, Asia, Africa and the Middle East joining us in North and South America, and in this way, reflecting upon Master Funakoshi's ideal that Karate belongs to the world. And so, I still see on the shelf at the Alaska Moving Arts Center some additional copies of Master Okazaki's text *Perfection of Character: Guiding Principles for The Martial Arts and Everyday*

Life.....and we will over the course of the coming year study this text through the lens of a karate life (karate ginsei), to help make our own lives more meaningful and enriched. We live in a time of change, here in Alaska, and in the world and it is our core values that will help us to make sense of the ever changing world around us. For karate ka, core values included the philosophy handed down through our Masters. Master Okazaki's text is such an item. Through Master Okazaki's insights into Funakoshi's Niju Kun, and our reflection upon the niyu kun, we can add some needed perspective for these changing times. And so... Keep Training!

20 (Ni-ju) Kun by Master Funakoshi

1. Karate is not only dojo training.
2. Don't forget that Karate begins with a bow and ends with a bow.
3. In Karate, never attack first.
4. One who practices Karate must follow the way of justice
5. First you must know yourself. Then you can know others.
6. Spiritual development is paramount; technical skills are merely means to the end.
7. You must release your mind
8. Misfortune comes out of laziness.
9. Karate is a lifelong training.
10. Put Karate into everything you do.
11. Karate is like hot water. If you do not give heat constantly it will again become cold.
12. Do not think you have to win. Think that you do not have to lose.
13. Victory depends on your ability to tell vulnerable points from invulnerable ones.
14. Move according to your opponent.
15. Consider your opponent's hands and legs as you would sharp swords.
16. When you leave home, think that millions of opponents are waiting for you.
17. Ready position for beginners and natural position for advanced students.
18. Kata is one thing. Engaging in a real fight is another.
19. Do not forget (1) strength and weakness of power, (2) expansion and contraction of the body, (3) slowness and speed of techniques.
20. Devise at all times.

**Alaska Shotokan Karate Instructors wish you all a health,
happy, prosperous, and thoughtful New Year!**

Think snow?!?!



PS: Please remember to sign up for 2008 ISKF-Alaska membership at

www.iskf-alaska.net/