



ISKF Alaska Region Newsletter

Alaska Shotokan Karate since 1981
September 2010 Issue

Summer Camp!

What a terrific camp with Sensei Cathy Cline. Sensei Cline's excellent instruction was supported by our own instructors: Sensei's Tony Nakazawa, Pat Andrews, Charles Holness, Catherine Pinch, Diana Stevens, Susan Jones, Michael Tavoliero, Andy Rembert, and Ted Berry—representing instructors from across the State. We had almost 90 students in attendance for the full camp, 14 for the Child's Day Camp, and 50 students testing for Kyu and 7 students testing for Dan. It was a most excellent camp with great training, good camaraderie, and great food! We want to offer special thanks to Paula Toms who has cooked for us for 14 years! We look forward to next year's camp and hope you all can join us.

The previously arranged photographer didn't show up, so George Haynes filled in like a champ. If you would like a copy of the group photo, visit George Haynes' site and you can download and print this at no charge at: <http://501blues.smugmug.com/Karate/ISKF-Summer-Camp-2010/> This year's theme is shown at the bottom of the photo.



The rest of the camp photos are posted at: <http://501blues.smugmug.com/>

Dan Test Results from Summer Camp 2010

Dan Test Results

A number of our brown belt students tested for their black belts at Summer Camp with Sensei Cline, Congratulations to our new shodan black belt students!!

Shodan:

| | | |
|---------------------------|-------------------------|------------------------|
| David Horst (Eagle River) | Dean Sundmark (Juneau) | Delores OMara (Juneau) |
| James Peters (Fairbanks) | Sandra Burgess (Juneau) | Martha Krohn (Homer) |

Retest 6 months

Gavin Mumford

My Experience at Master Camp in Philadelphia, PA **By James Peters**

This year at the ISKF Master Camp was my first time attending and it was quite the memorable experience for me. Getting to train with people from all over the world was very cool, and it was rewarding to hear them talk about their insights about karate; theories on techniques, how to perform them, and what to focus on. It was interesting to see so many interpretations of what I knew; all the same but seen from different angles.

Every morning started with a jog down the camp road for a distance that increased each day. Although it was grueling by the end, it got me ready for the day and was a fun way to start the day. Classes three times a day was often exhausting, but it was excellent training and it taught me how to train in the face of exhaustion. Sometimes training was very technical; these classes were often focused on kata, and I was very grateful for them, not only because they weren't as exhausting as other trainings, but because I learned so much from them. I must have learned at least one new point for each of the katas I know.

The afternoon optional trainings was always very interesting, they would focus on an aspect or idea of training, like speed or proper driving through the legs, and develop it for an hour. These classes were rewarding and fun because of the subject matter and because of the fact that they were optional, which meant that attendance was much lower than the regular trainings. We never knew what would be taught at an optional training either, which made them quite the mystery until training began.

The part that I liked best about master camp was that it was an inspirational experience for me; it gave me new heights to aspire to in my own training. I trained with people from all over, who had been doing this for many years. Their ability, often at such an older age, was incredible. A fellow Karate-ka I met from Puerto Rico told me something I took to heart. He said that while training is a very serious thing and you have to do your best to improve, you have to also have

some fun and enjoy doing it. I was well aware of the serious aspect of training; it was all I ever focused on. To me, training was a serious thing, not a time for messing around, which is absolutely true. But just like almost anything else that becomes part of your life, you have to enjoy it and have fun in order for it to truly become part of you. I believe this is the true spirit of Karate. So I will keep this in mind as I continue to do my best and keep training.

Alaska State Fair Demo

On Sunday Sept 5th AMAC presented a demonstration at the State Fair. It was a mixed presentation of both dance and Karate. Karate students participating were Scott Toms, Andrew Tooyak, Abram Tooyak, Elle Gray, Kellen Halford, and Tru Volden. John Toms coordinated and lead the karate demonstration.

ISKF Nationals Schedule, Registration and Training 2010

Lynette Nakazawa sent out the registration forms for the 2010 Nationals to each instructor. The 2010 ISKF National Tournament will be held in Sioux Falls, SD, November 6 and 7. See your instructor to register for this National Tournament. This includes the individual competitions, seminars, banquet reservations, and T-shirts. **All registration forms and fees must be submitted to your instructor by September 15.**

All instructors: As soon as possible, please send the names of all competitors from your dojo to Charles Holness, team captain (holness@acsalaska.net).

Any student wishing to take the dan test at Nationals must coordinate test registration with your instructor. Please fill out the dan registration form (including passport picture), sign the tournament release form, and write 2 checks for the test and registration fees. Hand in registration form and fees to your instructor by September 15. See your instructor for registration instructions.

Team captain, Charles Holness will coordinate the kata and kumite teams. Tony Nakazawa will coordinate the judges' exam application and selection of tournament judges. Please send to Tony the names of individuals who want to take the judges exam and to be a tournament judge by September 6.

If you have any questions, please contact Sensei Lynette at 227-0053.

Nationals Team Training Schedule

For those who wish to participate in this year's round of team practice the schedule is below. Classes will be organized and led by Sensei Charles Holness.

Team training will be held at AMAC every Sunday thereafter from 1:30pm to 3:00pm until Nationals.

If there is an AMAC event that conflicts on a Sunday, that day will be rescheduled.

Congratulations!

Officers for 2010-2011 elected at Alaska Summer Karate Camp:

President Charles Holness, 5th Dan,
Vice President Pat Andrews, 5th Dan
Treasurer Scott Toms 3rd Dan
Secretary Jennifer Frazier 4th Dan

Sensei Jennifer Frazier received the Alaska ISKF Meritorious Award for 2010 and will be recognized at Nationals in November at Sioux Falls, SD.

The Cheryl Phillips Spirit Award for 2010 was presented to Tina Racy from the Daigaku Dojo.

2010 ISKF International Goodwill Tournament Camp Green Lane, PA

By: Heather Foltz

The International Goodwill Tournament is an event that is held at the end of each annual ISKF Master Camp. Master Camp is attended by hundreds of people, from all around the globe, which makes it a truly international event — this also means that there is World Champion level competition at the Goodwill tournament. This *shiai* is held in the true style and tradition of Shotokan karate, and is always an exciting event.

Six Master Camp attendees from Alaska competed in this year's tournament, and all of those competitors represented ISKF Alaska well. Our region had competitors in the following divisions: James Peters and Dean Sundmark competed in Men's Brown Belt Kata and Kumite, as well as Men's Team Kumite; Joe Foltz competed in Men's Black Belt Individual Kata and Kumite, as well as Men's Team Kumite; I personally competed in Women's Black Belt Kata; Yuka Ungwiluk competed in Women's Black Belt Kata and Kumite; and Martie Krohn competed in Women's Brown Belt



Kata and Kumite. Everyone who competed did so with strong spirit, and we all had a great time. We even brought home some medals!

The Alaskan medal results are as follows:

James Peters:

3rd Place Men's Brown Belt Kata
2nd Place Men's Brown Belt Kumite

Martie Krohn:

1st Place Women's Brown Belt Kata
2nd Place Women's Brown Belt Kumite

Joe Foltz:

2nd Place Men's Team Kumite



The Goodwill Tournament is a great way to close out the week of exceptional training and fellowship that one experiences at Master Camp. It really showcases the talent and camaraderie that exists within ISKF as well as between ISKF and other Shotokan organizations around the world. Even our ISKF Alaska members competed as teammates with karate ka from Denver, California, and Arizona. Camp is a great time to catch up with old friends (and compete against them!)—even those who may live in other places, and to make new friends who will soon become old ones. I encourage everyone to attend Master Camp if they get the chance, and to participate in the Goodwill Tournament at the end of the week; it is an amazing experience.

To See More of Alaska Shotokan – go to <http://501blues.smugmug.com/Karate>



A Very Special Person - Todd Hardy

By: Diana Stevens

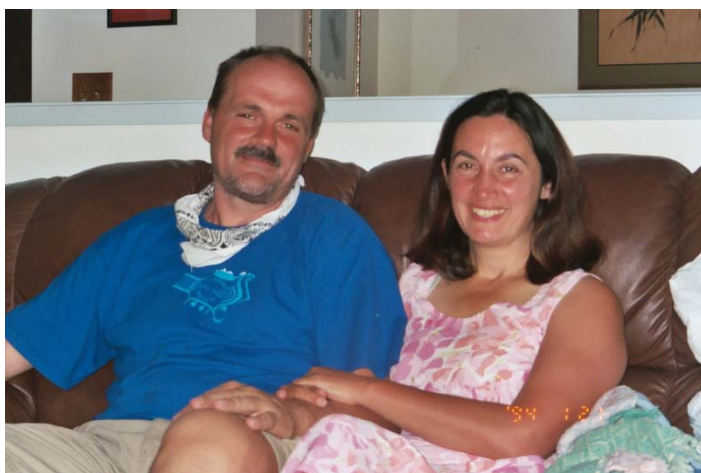
Todd Hardy was a man that inspired. No matter what he did, he did it with energy and passion. If Todd was training in karate, he would train as hard as a person could train. If he was teaching the class, you were in for an intense workout where you would give 110 percent, work harder than you knew you were capable of doing and be completely exhausted and exhilarated in the end. Todd had a trademark karate stance, it was enormous. Because he was big in stature and had incredibly strong legs, these stances did not impact his speed. Training next to Todd or being partnered with Todd, you realized very quickly these stances did not slow him down at all. In fact it might run through your mind to suggest he use an even longer stance, so you stood a chance of getting out of his way when he was coming at you.....

Todd was born in Murrayville, B.C. in 1957 and moved to the Yukon as a young boy. He made his living as a carpenter and was a business agent for the Carpenters Union/Plumbers Union. He started his political career at age 39, being elected to the Yukon Legislative Assembly and serving as the Minority Opposition Leader.

Todd was introduced to the Alaska Region in the mid 1980's. The Juneau Shotokan Karate Club and the White Horse Karate Club shared workouts several times over the years, including a special camp with guest instructor Sensei Greer Golden, a Regional Camp held in Juneau, and a International training between Alaska and the Yukon Dojo's. Due to Todd's position in the Government the Alaska karateka visited the Yukon Parliament. Todd and his wife Louise opened their home several times for these exchanges and housed many of the Alaska Karateka.

In the summer of 2006 Todd rode a bicycle from White Horse to Juneau, where he spent several weeks in Juneau, joined by his wife Louise (a very strong Karateka herself) the last week of the visit. He then rode his bike back through the Yukon, to the Kenai Peninsula and back up to the Birchwood 2006 Regional Karate Camp. Don't think hundreds of miles of bicycling slowed him down, or riding in the rain, sleeping in damp tents, eating campfire food, nope, he was still a force to be reckoned with at camp too. Meeting Todd at camp that summer were his two sons, Tytus and Lymond. During the skits we learned just what a talented family the Hardy's were when the boys wrote a very entertaining poem and sang songs with the rest of their cabin.

Shortly after Todd returned to the Yukon he was diagnosed with Leukemia. He spent 11 months in Vancouver, BC with his wife Louise undergoing a stem cell transplant. Todd continued his political career even from his hospital bed until February, 2009. He continued to inspire and support his karate students even when he himself no longer had the energy to move from his bed. He is survived by his wife Louise, their children, Janelle, Tytus, Tess and Lymond, and granddaughter Ellazora. Louise and family can be contacted at the following address. 804 Jarvis Street, Whitehorse, YT Y1A 2J3



Todd & Louise Hardy. Taken in Juneau, July 20

Good Luck Andy

By: Becky Hesser

On August 29th the Eagle River Karate Club held a “send-off” BBQ for Sensei Andy Rembert and his family. Andy, Susan and Chelsea are moving to Renton, Washington, while Alyssa will remain in Alaska.



Andy began his training with the Eagle River dojo 14 years ago and has been teaching youth and adult classes for the last 6 years. From the day when he first put on his crisp new gi and white belt Andy has been a dedicated karate-ka. He leaves Alaska as a san dan. Alyssa, Chelsea and Susan have also been part of the karate family.

Andy and Susan are both excited about being able to train with Sensei Cline in Washington. Andy will also be missed by the Alaska Moving Arts Center. As a board member he contributed many hours helping to keep the organization running smoothly. (When you train next time on the nice floor at the Eagle River Dojo think of Andy)

His dedication to the club and his passion for the art has been an inspiration to those of us who have been fortunate enough to train and teach alongside him.

