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Welcome!

This year marks the first National Collegiate Karate Championships of the 21<sup>st</sup> century. The past 100 years brought us many advances, including a moon landing, personal computers and much more. It was a dynamic century, but one in which we also recognized the damage we have done to our environment such as depleting the ozone layer. If we continue this direction without any changes, we may destroy ourselves, so it is important that as we enter this new century we take a step back for the three we have gone forward. In this way, we can look at what we have done, consider that history and make adjustments for the future.

Some religious people see the new century as an uplifting time for spiritual growth. In karate also, we must consider this a time for spiritual renewal. Karate is not the win-or-lose competition of sports alone. The starting point for karate is self-realization, self-improvement and mental health. The emphasis is on the internal aspects of training, not just the external physical benefits. Look hard for these in your own training. This is an especially important message for college students. You are society's future leaders, so you need to know how karate helps to develop a person mentally and physically. Search for this meaning.

Kata is a very strong method of training to build confidence. Some people develop confidence by seeking victory in competitions. Even when there are few competitors, they bask in the praise of their friends and family. But these are all external values. That kind of confidence is like a thin coating around a person's true self. When such a person starts to lose, that coating is peeled away and his or her confidence is gone. To develop a strong inner confidence, you must recognize that what you need to conquer is your own mind. Also, your goal in training kata is not a trophy. It is proper application of strength, expansion and contraction, and speed. No one will teach you this goal. You must set it for yourself, watch your practice, recognize mistakes, correct them and keep going. Eventually, you will understand the importance of internal values such as modesty that the dojo kun directs us to pursue.

When I was young, my instructor said, "You must eat humble pie." I didn't understand what he meant. Then my instructor asked me, "In a fight between willpower and imagination, which one wins?" I answered, "Willpower. You need guts!" He just smiled and said, "That is wrong." Recently, as I have gotten older, I have come to understand his lesson. Willpower is limited, just like our physical abilities, and eventually begins to fade away. But you can use your imagination for your entire life to overcome just about anything. It took a long time and lots of experience for me to learn this.

The brain works in two ways. The surface layer is conscious thought. Below that level is the subconscious. Willpower is a conscious act. Imagination is more of a subconscious process. We need to input fairness, confidence and other positives into our subconscious to develop our personal character. For example, it is impossible to train 100 katas in a row on willpower alone. The deliberate thought of pushing yourself in such a difficult task naturally causes stress and body tension, which then limits the body's effectiveness. But using your imagination to draw upon beauty, goodness, truth and art, you can complete those 100 katas.

This approach applies to your life beyond karate. You can learn something from any subject if you choose to. To accomplish this, you must develop good skills, like the subject and rejoice in its practice. This will let the euphoria out as your brain produces pleasure hormones such as dopamine, reinforcing your efforts and push your skills to grow even more. Of course, dojo training is very important, but if you understand even heian shodan, try in your own training to find these internal values. Choose one subject such as training a kata with the emphasis on breathing, or modesty, or fairness, or confidence, and try this over and over again. Eventually, the door to your subconscious will open and let this in.

When you are young, competition is very important, but true karate is also very good at sharing environmental wisdom. Please make your own research and use the wisdom you gain throughout your whole life. I know it will be of great benefit.

Sincerely,

Shojiro Koyama  
Chairman, National Collegiate Karate Association



**INTERNATIONAL SHOTOKAN KARATE FEDERATION**  
*Chairman & Chief Instructor, Teruyuki Okazaki*  
*Member of Japan Karate Association/World Federation*

Greetings!

The National Collegiate Karate Association is now embarking on its 11th year! I am very proud of this division of the ISKF. Under the direction of Mr. Shojiro Koyama, it has grown prosperously both technically and fundamentally. Our collegiate members are our future but also, we must remember that much of our Shotokan roots were established in universities and colleges. Many of our first demonstrations were held in the collegiate arenas. So, much of our growth in the ISKF as a whole is due in large part to our collegiate families.

I would also like to thank the many instructors and assistants who organize, teach and administer to our collegiate members. It is their efforts and continuity that not only help to maintain the Shotokan tradition within this environment, but also help to pass on the most important facet of our martial art, which is the Dojo Kun.

I would like to take this opportunity to wish the National Collegiate Karate Association directors, associates and members much success in the year to come.

Sincerely,

Teruyuki Okazaki  
Chairman & Chief Instructor  
International Shotokan Karate Federation

# Educational Karate

## “Seek Perfection of Character”

By Shojiro Koyama

As we gather to compete in the International Shotokan Karate Federation National Karate Championships and National Collegiate Tournament, it is a good time to take a moment to reflect on the reasons we are here. For some of you, this may be the only tournament you compete in during the year while others may enter many. It is easy to view a karate tournament solely as a sports competition. Indeed tournaments are often organized with competition as the dominant purpose. But that is not the case here. The I.S.K.F. is dedicated to the principles of Master Gichin Funakoshi, which are the outline for educational karate.

So how is educational karate different from sports? In sports competition, the primary purpose is to win. The score is all-important. As legendary football coach Vince Lombardi once said, “Winning isn’t everything, it’s the only thing.” Educational karate has a much deeper meaning. Its purpose is lifetime exercise towards the first principle Master Funakoshi included in the Dojo Kun: “Seek perfection of character.” Sports competition may provide great emotional rewards for the winners on the day of a victory, but over the long run competitors who are focused only on wins and losses with no greater purpose will either reach the end of their prime athletic years or burn out. In our karate, the daily sweat of practice towards personal improvement is what matters. Our opponents are ourselves. Some of us may want to conquer nervousness. Others may seek greater physical fitness, improved flexibility or an outlet for workplace stress. Dojo training helps to provide guidelines and support for this effort. We can experience the group psychology of common purpose while we learn about human relations within a clear set of rules for etiquette. With this approach, anyone can then compete in a tournament and achieve success regardless of the score in a match. The goal is the key, not victory alone.

I would like to share a short story that may

provide some insight into this point.

A while back I was driving around and stopped at a garage sale to look around. On one of the tables were many trophies from baseball, bowling and golf victories. The man running the sale told me he had spent a lot of time and effort to get good enough to win the trophies so I asked him why he was selling them. He said he had injured his knee and could no longer compete. “It’s a good memory,” he said. “But that is in my mind. I don’t need my cabinet filled with trophies. That is the past.” When I asked him how much he wanted for the trophies, he replied, “Fifty cents. Take everything.”

I know this man was a great competitor at one point. He put blood, sweat and tears into his practice. Even today he is not wasting his effort by looking back at the past. His focus is on what is ahead of him. His competition days are over, but he still umpires baseball, volunteers with various youth sports organizations and sponsors teams when he can. This is an important lesson beyond recreational sports. It applies equally to your job, your relationships and more.

So as you compete, keep in mind what your goals are. What is the meaning behind your training and your competition? What is the application of a particular movement in the kata you are performing? Do not fall into the trap of practicing techniques just to score a point. Have a greater purpose to your efforts. And, finally, absorb the energy, spirit and beauty around you. It is as Henry Wadsworth Longfellow wrote:

“My heart leaps up when I behold a rainbow in the sky. So it was when my life began. So it is now that I am a man. So be it when I shall grow old or let me die! The child is father of the man. And I could wish my days to be bound each to each by natural piety.”

Even as we get old, it is a great art to keep our hearts leaping up in our chests just like Longfellow describes. This is the future I wish for you.

# National Collegiate Karate Tournament

## Team Kata Results

YEAR	LOCATION	1st PLACE	2nd PLACE	3rd PLACE
1980	Philadelphia	U. of New Orleans	U.C. Riverside	Temple University
1981	Sioux Falls	Temple University	Arizona State U.	U. of New Orleans
1982	Denver	Temple University	Ohio University	L.S.U.
1983	Miami	Temple University	Drexel University	P.J.C.
1984	Santa Monica	Temple University	U. of New Orleans	Arizona State U.
1985	Cleveland	Temple University	Georgian Court	University of Alaska
1986	New Orleans	Temple University	L.S.U.	U.C. Riverside
1987	Phoenix	Temple University	Georgian Court	University of Alaska
1988	Philadelphia	Temple University	Drexel University	U.C. Riverside
1989	Sioux Falls	Drexel University	U.C. Riverside	Temple University
1990	Denver	U. of Arizona	U. of Chicago	Temple University Drexel University
1991	Miami	Drexel University	University of Alaska	Temple University U of Illinois–Chicago
1992	Anchorage	University of Alaska	Temple University	Santa Rosa Jr. College
1993	Denver	Delta State University	Temple University	St. Cloud State University
1994	Santa Monica	U. of South Florida	Temple University	University of Alaska
1995	Santa Rosa	U. of South Florida	Temple University	College of William & Mary
1996	Indianapolis	Temple University	Drexel University	Ohio University
1997	New Orleans	U. of Northern Colorado	Drexel University	Illinois
1998	Phoenix	City College S.F.	Drexel University	Louisiana State University
1999	Denver	Louisiana State Univ.	Univ. of New Orleans	Drexel University
2000	Philadelphia	Louisiana State Univ.	Drexel University	Temple University

# National Collegiate Karate Tournament

## Team Kumite Results

YEAR	LOCATION	1st PLACE	2nd PLACE	3rd PLACE
1980	Philadelphia	U. of New Orleans	Temple University	Cornell University
1981	Sioux Falls	Arizona State U.	U. of New Orleans	L.S.U.
1982	Denver	Temple University	U.C. Riverside	Ohio University
1983	Miami	Temple University	P.J.C.	Drexel University
1984	Santa Monica	U.C. Riverside	Temple University	U. of New Orleans
1985	Cleveland	Temple University	Ohio University	University of Alaska
1986	New Orleans	Temple University	Tulane	U.C. Riverside L.S.U.
1987	Phoenix	U.C. Riverside	Ohio University	U.C. Riverside
1988	Philadelphia	Drexel University	U.C. Riverside	U of New Hampshire
1989	Sioux Falls	Ohio State	Drexel University	University of Alaska
1990	Denver	U of Arizona	Mt. States	East Coast
1991	Miami	Manikato State	Temple University	U of Illinois—Chicago Florida State
1992	Anchorage	University of Illinois	Mankato State	Temple University
1993	Denver	Delta State University	St. Cloud State University	Temple University
1994	Santa Monica	Temple University	UCLA	University of Alaska
1995	Santa Rosa	College of William & Mary	Temple University	Santa Rosa Jr. College
1996	Indianapolis	Temple University	Drexel University	Ohio University
1997	New Orleans	Drexel University	U. of Northern Colorado	U. of New Orleans Illinois
1998	Phoenix Women's Men's	Drexel University Drexel University	Louisiana State Univ.	
1999	Denver (Brown & Black Belt) Men's	Louisiana State Univ.	Drexel University	
2000	Philadelphia (Brown & Black Belt) Women's Men's	Tulane Louisiana State Univ.	Penn State Tulane	Temple University Drexel University

# National Collegiate Karate Tournament

## Men's Kata Results

YEAR	LOCATION	1st PLACE	2nd PLACE	3rd PLACE
1980	Philadelphia (Brown & Black Belt)	Tom Hyder Arizona State U.	Mike Urpschot U. of New Orleans	David Biggs Arizona State U.
1981	Sioux Falls (Brown & Black Belt)	Hiroyoshi Okazaki Temple University	Ken Wang U.C.R.	David Biggs Arizona State U.
1982	Denver (Brown & Black Belt)	Hiroyoshi Okazaki Temple University	Jerry Kattawar L.S.U.	Aaron Jacobs Temple University
1983	Miami (Brown & Black Belt)	Hiroyoshi Okazaki Temple University	Mike Urpshot U. of N.O.	3 KYU and Higher John Caluda C.I.A.
1984	Santa Monica (Brown & Black Belt)	Hiroyoshi Okazaki Temple University	Bob Shibasaki El Camino	Stuart Smith U. of Arizona
1985	Cleveland (Brown & Black Belt)	Hiroyoshi Okazaki Temple University	Jerry Kattawar Delta State U.	Greg Dubois A.C.C., Alaska
1986	New Orleans (Brown & Black Belt)	J. Kattawar, Jr. Delta State	Scott Johnson Metro State	P. Crapanzano L.S.U.
1987	Phoenix (Brown & Black Belt)	Bob Shibasaki El Camino College	Tufic Akil Florida Int'l Univ.	Morris Lawrence Washtenau C.C.
1988	Philadelphia (Brown & Black Belt)	Tufic Akil Florida Int'l Univ.	Lawrence Wastenaus C.C.	Pautz U.C. Riverside
1989	Sioux Falls (Brown & Black Belt)	Hiroshi Yaguchi U. of Colorado	Dean Mori U. of AK Anchorage	Eric Renner S.S.U.
1990	Denver (Brown & Black Belt)	Brian Treanor UCLA	Jamie Gisevius South	George Hernandez Central-U. of Illinois of Chicago
1991	Miami (Brown & Black Belt)	Kengo Inatu U. of S. Alabama	August Antenoracruz U. of Illinois	Paul Lapansri U. of S. Alabama



## Men's Kata Results (continued)

YEAR	LOCATION	1st PLACE	2nd PLACE	3rd PLACE
1992	Anchorage (Brown & Black Belt)	Tomoya Kawasaki Temple University	Charles Baerlin Santa Rosa Jr. College	Chad Drachenberg Mankato State
1993	Denver (Brown & Black Belt)	Tomoya Kawasaki Temple University	Hiroshi Ando Temple University	Victor Sein Western Region
1994	Santa Monica (Brown & Black Belt)	Masahiro Hori Taishou University	Takahiro Kimura Taishou University	Kouji Motoyoshi Kokushikan University
1995	Santa Rosa (Brown & Black Belt)	Justin Nepo West Chester U.	Takamichi Maeshima Temple University	Joshua Rau U. of Northern Colorado
1996	Indianapolis (Brown & Black Belt)	Justin Nepo West Chester Univ.	Errol Mahoney Univ. of South Florida	Kallan Resnick Univ. of Pennsylvania
1997	New Orleans (Brown & Black Belt)	Ricky Supnet University of Hawaii	Toshihide Nakamura University of Illinois	Jorge Miangos Santa Clara
1998	Phoenix (Brown & Black Belt)	Toshihide Nakamura University of Illinois	Gary Ho Santa Clara	Phuc Nguyen EC
1999	Denver (Brown & Black Belt)	Tony Nakamura University of Illinois	William Huffstetler Newport Univ.	Satoshi Kuwahara Univ. of CA-San Diego
2000	Philadelphia (Brown & Black Belt)	Steven Keifer Santa Monica	William Huffstetler Christopher Newport U.	Nathan Smith Penn State

一つ 人格完成に努むること。

**Hitotsu! Jinkaku kansei ni tsutomuru koto.  
To strive for the perfection of character.  
Seek perfection of character.**

# National Collegiate Karate Tournament

## Men's Kumite Results\*

YEAR	LOCATION	1st PLACE	2nd PLACE	3rd PLACE
1981	Sioux Falls (Brown & Black Belt)	John Caluda U. of New Orleans	Fahmi Hasish Arizona State U.	David Biggs Arizona State U.
1982	Denver (Brown & Black Belt)	John Caluda C.I.A.	Bobby Miles U.C.R.	H. Okazaki Temple University
1983	Miami (Brown & Black Belt)	John Caluda Culinary Inst.	Hiroyoshi Okazaki Temple University	S. Montgomery, Drexel Patrick Geis, P.J.C.
1984	Santa Monica (Brown & Black Belt)	Rene Vildosola Santa Monica Col.	Stuart Smith U. of Arizona	H. Morimoto U. of Arizona
1985	Cleveland (Brown & Black Belt)	Jarra Kattawar Delta State U.	Hiroyoshi Okazaki Temple University	Greg Dubois A.C.C., Alaska
1986	New Orleans (Brown & Black Belt)	J. Kattawar, Jr. Delta State	David Lukas Mesa Com. Col.	Steven McDermott Temple University Robert Schorr, L.S.U.
1987	Phoenix (Brown & Black Belt)	James Butwin U. of Arizona	Tufic Akil Florida Int'l Univ.	Steve McDermott Temple University
1988	Philadelphia (Brown & Black Belt)	Mike Tan U.C. Riverside	Tufic Akil Florida Int'l Univ.	Harvey Coon Drexel University
1989	Sioux Falls (Brown & Black Belt)	Samer Atassi U. of Miami	Dean Mori U. of AK Anchorage	Eddie Ribinson South Central Region
1990	Denver (Brown & Black Belt)	Jamie Gisevius South	Eric Renner Mankato	Moris Kennedy, Temple Brian Treanor SW UCLA
1991	Miami (Brown & Black Belt)	Morris Kennedy Temple University	Pete Johnson Delta State	August Antenoracruz U. of Illinois
1992	Anchorage (Brown & Black Belt)	George Hernandez University of Illinois	Morris Kennedy Temple University	Francis Foo Santa Rosa Jr. College Tomoya Kawasaki Temple University

## Men's Kumite Results\* (continued)

YEAR	LOCATION	1st PLACE	2nd PLACE	3rd PLACE
1993	Denver (Brown & Black Belt)	Pedi Johnson Delta State University	Tony Kelly Delta State University	Steven Davenport Delta State University
1994	Santa Monica (Brown & Black Belt)	Takahiro Kimura Taishu University	Yasuhiro Minowa Kokushikan University	Norimitsu Yamamoto Komazawa University
1995	Santa Rosa (Brown & Black Belt)	Tony Kelly Delta State University	Norihito Kodama College of William & Mary	Devin Fadaol (Southern Region)
1996	Indianapolis (Brown & Black Belt)	Devin Fadaol Tulane University	Justin Nepo West Chester University	Zak Cook UCLA
1997	New Orleans (Brown & Black Belt)	Dan Dalio U. of New Orleans	Isao Nakayama U. of Southern Miss.	Gary Ho M. Orhoa Santa Clara U.N.Orlins
1998	Phoenix (Brown & Black Belt)	Ricky Pampo LSU	Tony Kelly Delta State University	T. Nakamura B. Towels U of Illinois Drexel U.
1999	Denver (Brown & Black Belt)	Satoshi Kuwahara Univ. of CA-San Diego	Darryl Rappold Louisiana State Univ.	Frank Garcia Univ. of Texas
2000	Philadelphia (Brown & Black Belt)	Steven Keifer Santa Monica	David Armentor LSU	William Huffstetler Christopher Newport U. Alexi Faktoravich Amherst

\* There was no Men's Kumite competition in 1980.

一つ 誠の道を守ること。

**Hitotsu! Makoto no michi o mamoru koto.  
To protect/defend the paths of truth.  
Be faithful.**

# National Collegiate Karate Tournament

## Women's Kata Results

YEAR	LOCATION	1st PLACE	2nd PLACE	3rd PLACE
1980	Philadelphia (Brown & Black Belt)	Laurie Endo U.C.R.	Jackie Spiro Rutgers University	Karen Antonatos U. of New Orleans
1981	Sioux Falls (Brown & Black Belt)	Karen Antonatos L.S.U.	Carol See Tai Fl. Atlantic U.	Kim Young S.D.S.U.
1982	Denver (Brown & Black Belt)	Carol See Tai Fl. Int'l U.	Terri Bettemak Phoenix Comm.	K. Kirchner Ohio University
1983	Miami (Brown & Black Belt)	L. Muso-Ris U. of Miami	Terri Bettamak Arizona State U.	C. Greenburg U.M.
1984	Santa Monica (Brown & Black Belt)	L. Muso-Ris Fl. Int. U.	Terri Bettamak Arizona State U.	Carol Lombard U. of New Orleans
1985	Cleveland (Brown & Black Belt)	Cynthia Eldridge Ohio University	Nancy Ding Arizona State U.	Cathy Lombard U. of New Orleans
1986	New Orleans (Brown & Black Belt)	Sheila Red U.C.R.	Won Yee Cheng U.C.R.	Noel Haeglin U.C.R.
1987	Phoenix (Brown & Black Belt)	Elizabeth Fanning Phila. Coll. Pharm.	Rose Cooney Cal. State, L.A.	Shawn Sullivan Delta State U.
1988	Philadelphia (Brown & Black Belt)	Dao Vuong Univ. of S. Florida	Amy Tompkins Georgian Court C.	Noel Haegelin U.C. Riverside
1989	Sioux Falls (Brown & Black Belt)	Dao Vuong South Atlantic Region	Deanne Mariinez Colorado U.	Christian Tupa Georgian Court C.
1990	Denver (Brown & Black Belt)	Christina Blair Northwest	Maria Iwasu Drexel University	Michelle LaBlanc University of Alaska
1991	Miami (Brown & Black Belt)	Heidi Hegg University of Alaska	Diane Bennett Univ. of New Mexico	Jennifer Sandvik University of Alaska
1992	Anchorage (Brown & Black Belt)	Heidi Hegg University of Alaska	Diane Bennett Univ. of New Mexico	Michelle Linstad Sacramento State

## Women's Kata Results (continued)

YEAR	LOCATION	1st PLACE	2nd PLACE	3rd PLACE
1993	Denver (Brown & Black Belt)	Nicole Naylor University of Alaska	Dona Rule-Petersen Western Region	Julie Petersen Western Region
1994	Santa Monica (Brown & Black Belt)	Natalie Mladenov U. of South Florida	Patricia Mladenov U. of South Florida	Jennifer Kruszynsky Santa Rosa Jr. College
1995	Santa Rosa (Brown & Black Belt)	Natalie Mladenov U. of South Florida	Caryn Cravens Barry University	Patricia Mladenov U. of South Florida
1996	Indianapolis (Brown & Black Belt)	Caryn Cravens Barry University	Jennifer Kruszynski Santa Rosa Jr. College	Ina Deasis Ohio State University
1997	New Orleans (Brown & Black Belt)	Caryn Cravens Barry University	Tarra Kuusisto U. of Northern Colorado	Rebecca Rakow Harvard
1998	Phoenix (Brown & Black Belt)	Josephine Valdes City College S.F.	Amelia Valero Drexel University	Raymunda Semana Univ. of New Orleans
1999	Denver (Brown & Black Belt)	Amber Nakazawa Arizona State	Raymunda Semana Univ. of New Orleans	Amelia Valero Drexel University
2000	Philadelphia (Brown & Black Belt)	Raymunda Semana U. of New Orleans	Abby Jefcoat Temple University	Edith Pike Tulane

一つ 努力の精神を養うこと。

Hitotsu! Doryoku no seishin o yashinau koto.  
To foster the spirit of effort.  
Endeavor to excel.

一つ 礼儀を重んずること。

Hitotsu! Reigi o omonzuru koto.  
To honor the principles of etiquette.  
Respect others.

# National Collegiate Karate Tournament

## Women's Kumite Results\*

YEAR	LOCATION	1st PLACE	2nd PLACE	3rd PLACE
1983	Miami (Brown & Black Belt)	Dian Dawson P.J.C.	Maylie Colon Georgian Court	Beatrix LaMilia Georgian Court Carol Greenburg, U.M.
1984	Santa Monica (Brown & Black Belt)	Debbie Aguirne Mesa Com. College	Rose Shutt N.E. Louisiana U.	Ramona Meyer Louisiana State U.
1985	Cleveland (Brown & Black Belt)	Jackie Piper Georgian Court	Cathy Lombard U. of New Orleans	Rose Shutt N.E. Louisiana U.
1986	New Orleans (Brown & Black Belt)	Sheila Reed U.C.R.	Won Yee Cheng U.C.R.	Myriam Perez Georgian Court Rose Mary Clooney Santa Monica College
1987	Phoenix (Brown & Black Belt)	Shawn Sullivan Delta State U.	Elizabeth Fanning Phila. Coll. Pharm.	Rose Cooney Cal. State, L.A.
1988	Philadelphia (Brown & Black Belt)	Shawn Sullivan Delta State	Beth Hyatt UCLA	Noel Haegelin U.C. Riverside
1989	Sioux Falls (Brown & Black Belt)	Shawn Sullivan Southern Region	Deanne Martinez Colorado U.	Amy Knecht Mankato State
1990	Denver (Brown & Black Belt)	Cindy Wilkins U. of N. Hampshire	Michelle LeBlanc University of Alaska	Maria Iwasu, Drexel Christina Blair Santa Rosa Jr. College
1991	Miami (Brown & Black Belt)	Heidi Hegge University of Alaska	Amy Knecht Mankato State	Carol Reiger University of Alaska
1992	Alaska (Brown & Black Belt)	Christina Blair Santa Rosa Jr. College	Heidi Hegge University of Alaska	Diane Bennett New Mexico Jennifer Sandvik University of Alaska
1993	Denver (Brown & Black Belt)	Nicole Naylor University of Alaska	Laurel Corpin University of Alaska	Heather Cresceco North Central Region

## Women's Kumite Results\*

(continued)

YEAR	LOCATION	1st PLACE	2nd PLACE	3rd PLACE	
1994	Santa Monica (Brown & Black Belt)	Wendy Williams Glendale Comm. College	Boby Lou Bottu Santa Rosa Jr. College	Jennifer Kruszynsky Santa Rosa Jr. College	
1995	SantaRosa (Brown & Black Belt)	Natalie Mladenov U. of South Florida	Boby Lou Bottu UC Davis	Debra Farnsworth Mankato State U.	
1996	Indianapolis (Brown & Black Belt)	Caryn Cravens Barry University	Wendy Williams Arizona State Univ.	Shana Wilcox Univ. of Mississippi	
1997	New Orleans (Brown & Black Belt)	Caryn Cravens Barry University	Tarra Kuusisto U. of Northern Colorado	R. Rakow Harvard	Amber Minogue U of Northern Colo.
1998	Phoenix (Brown & Black Belt)	Rebecca Rakow Harvard	Leah Santos CCSF	R. Semana U of N.Orlns	S. Wilcox Wash. U.
1999	Denver (Brown & Black Belt)	Amber Nakazawa Arizona State	Teresa Marzolph Adams State	Amelia Valero Drexel University	
2000	Philadelphia (Brown & Black Belt)	Raymunda Semana U. of New Orleans	Edith Pike Tulane	D. Langford Tulane	A. Nakazawa Arizona State

\* There was no Women's Kumite competition in 1980, 1981, and 1982.

一つ 血気の勇を戒むること。

Hitotsu! Kekki no yu o imashimuru koto.  
To guard against impetuous courage.  
Refrain from violent behavior.

### ISKF Camps for 2002

Camp	Date	Location	Information
Northwest Spring Camp	Late May	Washington	(425) 451-8722
ISKF Master Camp	Mid-June	Pennsylvania	(215) 222-9382
Grand Canyon Karate Camp	Early July	Arizona	(602) 274-1136
Mountain States Camp	Early August	Colorado	(303) 733-8326
Alaska Summer Karate Camp	Late August	Alaska	(907) 694-8915
Santa Monica Karate Camp	Early September	California	(310) 395-8545

# Directory of Karate Clubs and Classes in U.S. Colleges and Universities 2001

College & Instructor	Mailing Address	Phone/Email
<b>ALABAMA</b>		
Auburn University David McGee	215 N. College St. Auburn, AL 36830	(334) 826-1001
University of South Alabama Mike Urpschot	4150 Chambord Lane Mobile, AL 36618	---
<b>ALASKA</b>		
Kodiak Community College M. Narra	P.O. Box 3132 Kodiak, AK 99615	(907) 486-5405
University of Alaska Anchorage C. Holness	P.O. Box 105024 Anchorage, AK 99501	(907) 279-2410 <Phil@ukpik.com>
University of Alaska Southeast D. Stevens-Hayes	P.O. Box 34404 Juneau, AK 99803	(907) 790-4199 <hooligan@gci.net>
University of Alaska, Fairbanks T. Nakazawa	P.O. Box 81710 Fairbanks, AK 99708	(907) 457-4918 <FNATN@UAF.edu>
<b>ARIZONA</b>		
Arizona State University S. Koyama	Dept. of Physical Education Tempe, AZ 85287	(602) 274-1136
Arizona Shotokan Karate-East Valley Chuck Coburn	2054 E. Southern Tempe, AZ 852282	(480) 345-6275
Mesa YMCA Karate Club Sanseido Stan Hirohata	207 N. Mesa Drive Mesa, AZ 85201	---
Rendokan Karate Dojo Ken Carson	3401 East Hawthorn Tucson, AZ 85716	---
Scottsdale Community College S. Koyama	Dept. of Physical Education 9000 E. Chaparral Road Scottsdale, AZ 85250	(602) 274-1136
University of Arizona Paul Hurtado	5065 E. 5th Street Tucson, AZ 85711	(520) 881-2103
Yuma Karate Assoc. Jerri Morgan	P.O. Box 1607 Yuma, AZ 85366	---
<b>CALIFORNIA</b>		
Santa Rosa Junior College Marty Callahan	5299 Hall Road Santa Rosa, CA 95401	(707) 575-1681 FAX: (707) 575-9815
University of CA at Los Angeles James Field	1218 5th Street Santa Monica, CA 90401	(310) 395-8545



# Directory of Karate Clubs and Classes in U.S. Colleges and Universities 2001

College & Instructor	Mailing Address	Phone/Email
<b>COLORADO</b>		
Adam's State College Randy Newell	1 Bellwood Drive Alamosa, CO 81102	(719) 589-4509
University of Colorado Bruce Green	4373 Apple Ct. Boulder, CO 80301	(303) 442-3289
U. of Northern Colorado Kambiz Khalili	1309 51st Ave Crt Greeley, CO 80634	(970) 356-6558
<b>CONNECTICUT</b>		
Yale University Elizabeth Farrell	P.O. Box 2543 Yale Station New Haven, CT 06520	(203) 498-1920
<b>FLORIDA</b>		
Florida Atlantic Univ. (Boca Raton) Carol S. Geraci	5021 N. W. 64th Drive Coral Springs, FL 33067	(305) 755-1093
University of Florida Jerome Guilford	2343 NW 64 Place Gainesville, FL 32653	(904) 337-2675
<b>HAWAII</b>		
University of Hawaii - Manoa Harry Tagomori	P.O. Box 61214 Honolulu, HI 96839	(808) 956-7606 <tagomori@hawaii.edu>
<b>ILLINOIS</b>		
University of Chicago David Tang Wee	8406 W. 168th Pl Tinley Park, IL 60477	(708) 633-0552
<b>IOWA</b>		
Iowa State University David Halstead	314 Wilhelm Hall, ISU Ames, IA 50011	(515) 294-1943 <halstead@ameslab.gov>
<b>LOUISIANA</b>		
University of New Orleans Pat Jennings	6426 Gen. Haig Drive New Orleans, LA 70124-3912	---
Louisiana State University Steve Robichaux	1036 Castlekirk Street Baton Rouge, LA 70808	(504) 767-4767 <SROBICH@unix1.SNCC.LSU.EDU>
Delgado Karate Club Doug Walsh	2563 Metairie Road Metairie, LA	---
Zavier Karate Club Pat Jennings	6426 Gen. Haig Drive New Orleans, LA 70124-3912	---

# Directory of Karate Clubs and Classes in U.S. Colleges and Universities 2001

College & Instructor	Mailing Address	Phone/Email
<b>LOUISIANA (continued)</b>		
Tulane University Kryako Papadolos	--- ---	(504) 895-8417 [home]
<b>MARYLAND</b>		
Frostburg State University Avalon Ledong	148 Depot St. PO Box 632 Frostburg, MD 21532	(301) 687-4105 <dzpcled@fra00.fsu.umd.edu>
<b>MASSACHUSETTS</b>		
Amherst College Jose Betances	Karate Club, Box 471 Amherst, MA 01002-5000	--- <jbetances@amherst.edu>
University of Massachusetts Sara Grimes	--- ---	(413) 253-3732 <sgrimes@journ.umass.edu>
<b>MINNESOTA</b>		
SW State University - Marshall Liz Hess	RR1, Box 166A Cottonwood, MN 56229	(507) 532-5478
<b>MISSISSIPPI</b>		
Delta State University Tony Kelly, c/o H. Sullivan	111 Parkway Ave. Cleveland, Miss 38733	---
<b>NEW YORK</b>		
University of Rochester Martin Vaughn	1990 East River Rd. Rochester, NY 14623	(716) 475-5141
<b>NORTH DAKOTA</b>		
University of North Dakota Dan Burkhart	473 Burdick Crt Grand Forks, ND 58203	(701) 772-3184 FAX: (701) 777-2415
<b>OHIO</b>		
Ohio University Howard Beebe	113 Franklin Ave. Athens, OH 45701	(614) 594-8737
<b>PENNSYLVANIA</b>		
Drexel University James Sim	4106 Baltimore Avenue Philadelphia, PA 19104	(215) 222-1775 FAX: (215) 222-4182 E-mail: jsx@jsxnet.com
Temple University Takamichi Maeshima	--- ---	(215) 222-9382 <pskc@iskf.com>
Thomas Jefferson University Patti Lucas	23 E. Mercer Ave. Havertown, PA 19083	(215) 955-6708

# Directory of Karate Clubs and Classes in U.S. Colleges and Universities 2001

College & Instructor	Mailing Address	Phone/Email
<b>PENNSYLVANIA (continued)</b>		
West Chester University Paul K. Smith	Dept. of Kinesiology West Chester, PA 19383	(610) 436-2764 <psmith@wcupa.edu>
Univ. of Pennsylvania ---	---	---
		<pskc@iskf.com>
<b>RHODE ISLAND</b>		
Brown University Natasha Shekdar	PO Box 1930 Brown Univ. Providence, RI 02912	(410) 863-6335
<b>TEXAS</b>		
Baylor Karate Club James Milton	Chapel Rd. Route 1, Box 361 Loreana, TX	---
El Paso J.K.S. L. Dean Van Matre	1530 Lomaland El Paso, TX 79935	---
<b>VERMONT</b>		
Dartmouth College Joseph Schoenig	22 Eagle Lane Norwich, VT 05055	(802) 649-2320 <jschoenig@valley.net>
<b>VIRGINIA</b>		
College of William & Mary David Sobec	---	---
Univ. of VA Karate Club David Stackpole	---	(804) 979-3722 <iskf@virginia.edu>
<b>WASHINGTON</b>		
Pacific Luthern University Mark Cordice	14207 C St. South #A-16 Tacoma, WA 98444	(253) 537-4350 <jkaofwas@hotmail.com>

**Please let us know if there are any corrections.**

Send them to: Tony Nakazawa, Box 81710, Fairbanks, Alaska 99708  
Phone: 907-457-4918 Pager: 907-459-7918 FAX: 907-457-4913 E-mail: fnatn@uaf.edu

**Thanks!**



## INTERNATIONAL SHOTOKAN KARATE FEDERATION — U.S.A.

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Co-Vice President

***Everett King***

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National Collegiate Karate Association

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***Shojiro Koyama***

ISKF / Technical Director

***Shigeru Takashina***

### ISKF / US Regions

#### **Alaska**

Tony Nakazawa  
(907) 457-4918

#### **Central Region**

Masanobu Nihei  
(314) 427-1155

#### **East Coast Region**

Teruyuki Okazaki  
(215) 222-9382

#### **Hawaii**

Harry Tagomori  
(808) 956-3816

#### **Mid-America Region**

Greer Golden  
(614) 261-8673  
Jerry Baker  
(513) 836-1984

#### **Mountain State Region**

Yutaka Yaguchi  
(303) 733-8326

#### **North Central Region**

Lee Doohen  
(605) 332-6572

#### **Northwest Region**

Cathy Cline  
(425) 451-8722

#### **Puerto Rico**

Carlos Santiago  
(809) 873-7318

#### **South Atlantic Region**

Shigeru Takashina  
(305) 346-0035

#### **Southern Region**

Takayuki Mikami  
(504) 835-6825

#### **Southwest Region**

James Field  
(310) 395-8545

#### **Western Region**

Shojiro Koyama  
(602) 274-1136

web page: [ISKF.com](http://ISKF.com)  
e-mail address: [iskf@iskf.com](mailto:iskf@iskf.com)

## **Purposes of the NCKA**

1. To increase awareness of traditional Japanese karate as a sport in the U.S. college and university system.
2. To develop organized collegiate karate across all traditional Japanese styles.
3. To maintain and instill the mental and physical values and benefits of Karate-do.

## **NCKA Eligibility Requirements**

1. Full time college student (at least 12 credits per semester/quarter).
2. Individual and team event contestant rules follow the official ISKF rules.
3. All team members must attend the same University and/or College.
4. Permission to compete from Regional ISKF Director.
5. Collegiate contestants have only 4 academic years in which to complete their NCKA eligibility.
6. Contestants must maintain a GPA of 2.000 (and validated by ISKF Regional Director).

## **NCKA Activities**

1. 2001 National Collegiate Karate Tournament - November 3 & 4, 2001, Sioux Falls, South Dakota. Sponsored by the International Shotokan Karate Federation. All styles welcome.
2. National Collegiate Karate Association 2001 Annual Meeting (in conjunction with the 2001 ISKF National Collegiate Karate Tournament). For information, contact Mr. S. Koyama (602) 274-1136.
3. 2001 Directory of Karate Clubs and Classes in U.S. Colleges and Universities. Please send your club information or any revisions to the National Collegiate Karate Association (NCKA), 6324 N. 7th Street, Phoenix, AZ 85014. FAX: (602) 943-3350
4. To submit articles to be considered for publication please send them to Tony Nakazawa, Box 81710, Fairbanks, Alaska 99708. Phone: 907-457-4918 FAX: 907-457-4913 Pager: 907-459-7918 E-mail: fnatn@uaf.edu

