



ISKF Alaska Region Newsletter

Alaska Shotokan Karate since 1981

May - June 2008

Alaska Shotokan Karate Summer Camp

August 14-17, 2008
Birchwood, Alaska



It is time to get ready for the Alaska Summer Karate Camp. This year we are honored to have Master Okazaki and Sensei Cline. Camp will feature a unique combination of great instruction, intensive karate classes, lectures, outdoor recreation, and karate testing. Space is limited and registrations are already coming in! Reserve your space! Day Camp is available on August 14 for children not attending the whole camp. Find the forms at the link below or ask your instructor!

<http://www.iskf-alaska.net/SummerCamp/Camp%202008%20Forms.pdf>
or <http://www.iskf-alaska.net/>

Beckie Brocies

Western Washington Shotokan Karate Club

<http://www.wwskc.com/life.htm>

Alaska Shotokan Karate is very proud of one of our former instructors and a close friend. Beckie Brocies left Alaska in late 2006 after directing the September 2006 ISKF National Tournament but has stayed in touch with many of us. She joined Sensei Cline's club when she moved to Bellevue, Washington. Recently she was named *2007 Woman of the Year* for the Western Washington Shotokan Karate Club where she has continued to train and make a contribution as she did here in Alaska.

We want to congratulate Beckie and wish her continued success in her new home.

2007 Woman of the Year



Beckie Brocies

Calendar of Events 2008

Saturday Training 9:00 – 10:30 AM Continued

ISKF-Alaska members in Anchorage, Eagle River and Palmer: To get ready for the upcoming rank testing at Summer Camp (August 14-17th) 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 with Master Okazaki. There is no charge for this extra training. 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. Below is the schedule:

	July 5, 12, 26	Eagle River AMAC Dojo
	July 19	Boys & Girls Club
	August 2	Boys & Girls Club
	August 9, 23, 26	Eagle River AMAC Dojo
	Sept 6, 20	Boys & Girls Club
	Sept 13, 27	Eagle River AMAC Dojo
July:	July 13	Instructor Training at Eagle River Dojo 1:00 – 2:30 PM
	July 13	National's Training at Eagle River Dojo 2:30 – 4:00 PM◆
August:	August 3	National's Training at Eagle River Dojo 2:30 – 4:00 PM◆
	August 10	Instructor Training at Eagle River Dojo 1:00 – 3:00 PM
	August 14-17	Alaska Summer Karate Camp, Birchwood
September:	Sept 13-16	Special visit by Sensei Fujiwara from Hawaii
	Sept 14	Instructor Training at Eagle River Dojo 1:00 – 3:00 PM
October:	October 8-14	ISKF Shotocup, Toronto, Canada
	Oct 12	Instructor Training at Eagle River Dojo 1:00 – 3:00 PM
November:	Nov 9	Instructor Training at Eagle River Dojo 1:00 – 3:00 PM
	Nov 14-16	ISKF Nationals @ LA Airport Westin Hotel, Los Angeles, CA
December:	Dec TBA	Kyu testing in: Anchorage/Palmer; Juneau; UAF; Bethel; Gambell

◆Instructor Sensei Holness

Invitation to Colorado Summer Camp:

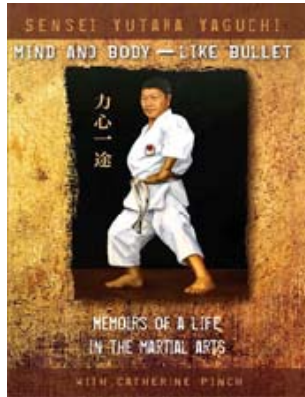
Colorado Summer Camp July 31-August 3.

For more information contact Mr. Gary Swain (karatecoach@comcast.net)

Master Yutaka Yaguchi's Book will be on Sale at Summer Camp 2008

MIND AND BODY LIKE BULLET

Written by Catherine Pinch



The term Riki Shin Ichizu implies a "perfect convergence of mind and body." This term defines the philosophy with which Sensei Yutaka Yaguchi lives his life. Renowned for his abilities as a world-class karate master as well as his skill as an instructor, Sensei Yaguchi has avoided the spotlight... UNTIL NOW. This book is on sale at the Eagle River Dojo for \$35 per copy and will also be available at our Alaska Summer Karate Camp 2008.

For more information: <http://www.yaguchikarate.com/>

Congratulations!!! Special Needs Testing



On Thursday, May 29, Sensei Becky Hesser held a special testing for her Special Needs Class at the Alaska Moving Arts Center in Eagle River. All of the class members performed kata, kihon and kumite for the Eagle River dojo Sempai and the students' parents and friends. The class has been training together for two years with Sensei Hesser and David Horst. Becky's class has also been invited to participate in the opening ceremonies for the upcoming October Alaska Special Olympic event. For further information you may contact Becky at the Alaska Moving Arts Center 694-8915.

Back row left to right

Lonnie Law, Laura Bernier, Danielle Cash, Nicolas Wood, Lisa Carter, Carolyn Carter, Spencer Szewc, Michael Hannon

Note: Due to space limitations you can go to www.ISKF-Alaska.net for the results of Mr. Grady's 2008 Alaska Open State Karate Tournament and to www.ISKF.com for the results of the 2008 Master Camp International Tournament and Testing. We will summarize the results of these events in our next issue.

Adventures in Karate*

Across the Nation and around the world, we have a family of karate-ka and various adventures await us as we visit with each other. Recently, I had one of these adventures in Chicago with Sensei Bambouyani of the International Traditional Karate Association. Traveling to Chicago on March 10-13 for a work-related conference, I asked Sensei Nakazawa, the Alaska Regional Director of International Shotokan Karate Federation for a suggestion of whom to with train with while in Chicago, his quick response was, "Sensei Bambouyani is there and would welcome you to train," So the accustomed contacts were made between the two Sensei's to introduce me and ask permission to train. I have done this during my various travels across the U.S. and in Europe, but the experience in Chicago was much different and very memorable.

The contact lead, not to a karate training session but to attending the Reception for Women's History Month with Sensei Bambouyani, and hearing a very dynamic speech by Richard M. Daley, the Mayor of Chicago. If you are not familiar with Mayor Daley, he was first elected Mayor of Chicago in 1989 and hails from one of America's best-known political families. In 2005, Time Magazine credited Mayor Daley as one of America's best mayors. In early 2007, Mayor Daley was re-elected for a 6th term by more than 70 per cent of the voters, which means that he will equal his father's length of office in December 2010. Mayor Daley's speech focused on the challenges of being a young person today, not only in Chicago but across America. Many adults have misperceptions of youth concerning violence and untimely death. He said the people of Chicago have seen enough violence; have visited too many of their incarcerated children; and been to the morgue too many times. The violence must stop. He inspired the audience to commit to changing this violent direction and promoting a healthier lifestyle. In the audience were many women who, when asked to step forward to help Mayor Daley, all stepped forward. This was a very memorable experience for me, but for those in Chicago, this night sparked a hope for a safer environment and healthier life for the youth of Chicago.

This adventure reflects the caliber of karate instructors who not only dedicated their lives to martial arts training, but to activities directed toward improving their home city. Sensei Bambouyani is a wonderful example of working through his community to make a better life. Thank you to Sensei Nakazawa for the introduction and to Sensei Bambouyani for the highlight of my stay in Chicago.

Note: This story is by Susan Jones, Yondan, who assists Sensei Holness at the Daigaku Dojo. Ms. Jones recently passed her ISKF Instructor's and Examiner's test at the 2008 Master Camp. **Congratulations Susan!*

April Testing with Master Yaguchi!

Thanks to all your hard work at the Saturday training sessions, we had a GREAT testing and clinic with Master Yaguchi here in Anchorage on April 25. Master Yaguchi was in Juneau on April 29 and that was also a GREAT testing. Congratulations to all who tested!

Dan Test Results (Anchorage only, no Dan testing in Juneau):

Courtney L Brown	Nidan	Vladimir Ivanov	Shodan
Irina Geddes	Shodan	Dana Lillian Kujala	Shodan
Jeffrey Sponsler	Shodan	Kennedy Kruchoski	3 Month Re-test

Keep training!
Sensei Nakazawa

ISKF - Alaska Region Shotokan Karate-do Since 1981



**Sensei Kobayashi's
Visit on June 13, 2008**



1981

May 2008							June 2008							July 2008							August 2008						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
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5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13	4	5	6	7	8	9	10
12	13	14	15	16	17	18	9	10	11	12	13	14	15	14	15	16	17	18	19	20	11	12	13	14	15	16	17
19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24
26	27	28	29	30	31		^{23/30} 24	25	26	27	28	29		28	29	30	31				25	26	27	28	29	30	31

September 2008							October 2008							November 2008							December 2008						
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8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9	8	9	10	11	12	13	14
15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21
22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28
29	30						27	28	29	30	31			24	25	26	27	28	29	30	29	30	31				

January 2009							February 2009							March 2009							April 2009						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
			1	2	3	4						1								1			1	2	3	4	5
5	6	7	8	9	10	11	2	3	4	5	6	7	8	2	3	4	5	6	7	8	6	7	8	9	10	11	12
12	13	14	15	16	17	18	9	10	11	12	13	14	15	9	10	11	12	13	14	15	13	14	15	16	17	18	19
19	20	21	22	23	24	25	16	17	18	19	20	21	22	16	17	18	19	20	21	22	20	21	22	23	24	25	26
26	27	28	29	30	31		23	24	25	26	27	28		^{23/30} 24	^{24/31} 25	26	27	28	29		27	28	29	30			

Saturday Training at
Anchorage Boys and Girls
Club Dojo 9-10:30 am

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

Monthly Instructor Training at
Eagle River Dojo @ 1-3:00
PM 2nd Sunday of month

August 14-17: Alaska
Summer Karate Camp,
Birchwood

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

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

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