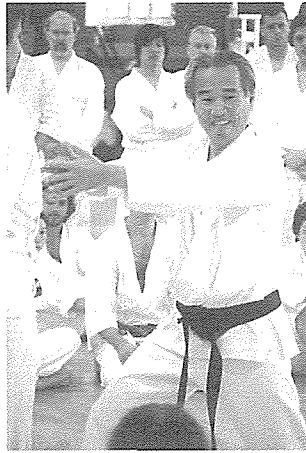


# Shotokan



## North Carolina Celebrates 25th Anniversary With Mr. Ohshima

By Nora Beidler  
and Shanon Schuster



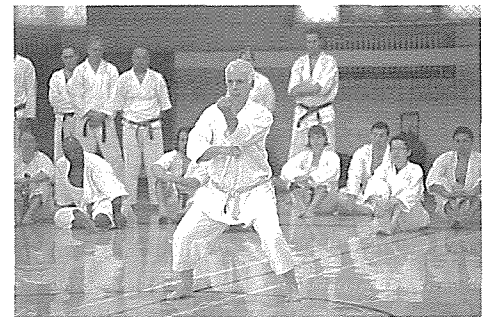
**T**wenty-five years ago, the two of us were unaware of the events that were taking place in the southeastern United States. A new dojo was born, bringing the traditions of Shotokan Karate to North Carolina. We were certainly not conscious of the impact Karate practice would have on our lives. Throughout the years, thanks to the leadership of Larry Lazarus, the dojo has flourished.

Over the weekend of April 26–27, 2003, we were honored to celebrate the dojo's Silver Anniversary with Ohshima Sensei. Sensei traveled to North Carolina to lead three practices, giving many people their first opportunity to meet and train with him. The East Coast was buzzing for weeks in anticipation of the event, and more than 200 people joined in the celebration. And what a celebration it was, as old friends reconnected in an atmosphere focused on practice, but without the single-minded energy required for Special Training. North Carolina in April is graced with sunshine, warmth, and trees in bloom, and for most of the weekend, visitors were able to see the area in its glory.

The first practice on Saturday was focused on eliminating conscious power in order to let the true inner power come out. We went through some drills showing how proper breathing and alignment can be used to direct that power. Sensei stressed the importance of kime in techniques and demonstrated on several eager students. By the looks on their faces, the lesson was brought home. Even the youngest participants had a chance to feel the effect of kime directed through Sensei's finger. A highlight of the practice was making continuous kicks up and down the floor, to practice breathing and one continuous feeling.

The afternoon practice started late because Mr. Ohshima had an impromptu practice with the East

*Continued on page 5*



## INSIDE

Notices	
26 Years Ago in SKA	2
47th Annual Nisei Week Tournament & Exhibition	3
Training Schedule	4
Sensei's Calligraphy & Message	8
Trainer's Corner	10
Letters	11
Canada East Fall Special Training	12
Special Training Application	13
SKA General Store Order Form	15
Events Calendar & Notices	16



The above symbol is the trademark of Shotokan Karate of America. The tiger was painted by the great Japanese artist, Hoan Kosugi, to honor Master Funakoshi who used it on the cover of his first book to symbolize strength and courage. Just as SKA's teachings embody those of the Master, the words *Shotokan Karate of America* surround the tiger.

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Attention: Newsletter Editor

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Tsutomu Ohshima, Shihan

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## NOTICES

### All Black Belts Urged to Attend Annual Convention

**O**n February 7, 2004, SKA will hold its annual Black Belt Convention at Yakumo Residence in Santa Barbara, California. I cordially invite and strongly encourage all SKA and Canada Shotokan black belts to attend. The Convention is where we discuss the management and future of our great organization. We will review 2003 and plan for 2004 and beyond. Of special note is the upcoming 50th Anniversary of SKA in 2006. We'll need members to get involved and help make this important event a great success.

— Ron Thom, SKA President

### Fighters and Officials Needed to Represent SKA in France

**F**rance Shotokan will celebrate their 40th Anniversary next summer, July 9–11, 2004. This is going to be a very big event, with Shotokan visitors from all over the world coming together for practices, banquets, demonstrations and tournaments.

SKA is in the process of selecting the people who will represent the United States in these tournaments. There will be a women's individual tournament and a team tournament for designated representatives of each participating country (no overall individual tournament is planned). SKA will select five people for the team competition as well as women for the women's competition. We will also select a few senior members to act as judges and referee. We will know soon exactly how many women and officials we can appoint.

SKA will offer an honorarium (amount to be announced later) to those who are selected to represent the U.S. in the team and women's tournaments. There may also be an honorarium for the judges and one referee.

It is very important for SKA to have a great representation in the event. Interested members should have excellent jiyu kumite skills and experience. Seniors who will attend and are interested in officiating should also be well-seasoned veterans of judging and refereeing. Regional leaders and seniors, please encourage qualified black belt fighters to participate! Black belt fighters from the East region are strongly encouraged to consider participating, because of the relatively economical travel expense.

Anyone who wishes to be considered for fighting or officiating should contact Tom Muzila at 714-636-4437(h), 562-716-0514(cell), or by email to tommuzila@juno.com.

## TWENTY-SIX YEARS AGO IN SKA

**H**ave you ever wondered what your seniors or fellow karateka were doing 10, 20, or 30 years ago? What items were considered newsworthy then? Let's travel back in time to 1977 and an article that originally appeared in the *Los Angeles Times*.

### One Woman in a Crowd is Too Much for Thief

By Ed Meagher, *Times* Staff Writer

Dozens of men were in the downtown crowd of office workers walking to their jobs Tuesday morning when right in front of them a youth thrust his hand into a woman's purse, pulled out a wad of bills and fled.

"I was walking behind two women," said Dorothy Martin, 28, of Pasadena, "when I saw this kid take the money from one of their purses and sprint off.

"I was trying to decide whether I should do anything, when he slowed down to a walk and then I made up my mind. I went after him.

*Continued on page 4*

## 47th Nisei Week Highlights SKA's Tradition

**S**hobu ippon...hajime! The words you hear at the start of every tournament never fail to make my heart clutch with fear, whether I'm competing or not. But even before we arrived at the Nishi Hongwanji temple in Little Tokyo on August 16, 2003, we knew that this year's Nisei Week tournament and exhibition would be especially exciting.

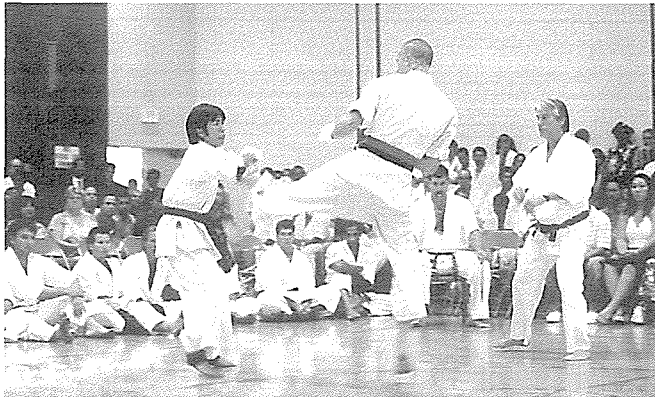
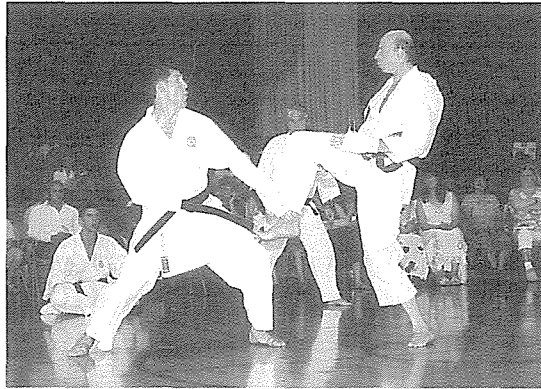
The event had brought competitors from Canada, the Pacific Northwest, the Midwest and Northern California, to join fighters from Los Angeles and San Diego. After elimination rounds in the morning, 28 black belts were lined up to fight in the open tournament, and for a third year, the final match of the women's tournament would be held at Nisei Week.

As hundreds of on-lookers filled the gymnasium, I reflected on the amazing fact that this was the 47th year of SKA's Nisei Week Tournament—the oldest Karate competition in the country, and still the only Karate tournament that allows women to compete directly against men. Added to that distinction, this tournament has no weight classes. All the competitors fight against whichever opponents they draw—creating exceptional challenges that make SKA's tournament unique in the martial arts.

Several guests joined Mr. Ohshima at the head table with their families, including SKA President Ron Thom, Vice President Don DePree, Jim Sagawa of San Francisco, and one of Mr. Ohshima's first students, Mr. Roe Suzuki.

There was another difference this year: for the first time we would have some serious attention from the media. In the weeks leading up to the tournament, thanks to Nisei Week organizer Kei Teramoto, and Ramon Espinosa of the Maryknoll dojo, there had been public service announcements about Nisei Week in Spanish, English and Japanese on local television and radio stations.

That wasn't all. Ramon had also convinced a reporter from Fox News to shoot the tournament and conduct some inter-



views. The reporter was already there, asking people to comment on camera about what made this event unique. Another video producer with the Public Broadcasting System was busy setting up two cameras for footage to include in a possible documentary.

Downstairs we lined up in the hallway in preparation for the matches—each of us opposite our opponent. I was there to report on the competition, but I was competing as well, so I had that sense of a wonderfully concentrated mind one is supposed to get before one's execution.

While we covertly tried to size up our opponents, Gary Shockley of Temecula Valley and Dave Lechuga of Garden Grove demonstrated legal vs. illegal attacks, with announcer Jeff Honick of Valley dojo explaining the scoring.

After we filed in, bowed, and sat on the floor to wait our turns, the first match pitted Bill Edwards of Garden Grove dojo against Hoi-Ching Wee of North Delta dojo in Vancouver, Canada. Ching scored first, then won. From then on it was clear that one of the winners that day would be gyakuzuki.

Many of the reverse punches that scored were laser-quick. Either they beat the attack, or the fighter succeeded in evading or blocking the attack before delivering the reverse punch. This was

particularly striking in the case of my opponent, Adam Johnson, a Shito-Ryu Karate practitioner from one of Fumio Demura's dojos, who made my career in the open tournament a very short one—leaving me time to relax and watch the other matches.

As the round proceeded, there was plenty of action, but the judges, led by head referee Tom Muzila, interceded often, keeping injuries to a minimum.

Some flashy techniques were tried early in the competition, but frequently proved ineffective. The spinning back kicks of one fighter, for example, did not work that well when repeatedly jammed by his opponent. In fact, kicks rarely seemed to score, although when solid

PHOTOS BY HECTOR AGUILAR

*Continued on page 6*

# 26 YEARS AGO IN SKA

Continued from page 2

"I got in front of him, and told him to return the money. He said he hadn't taken any money. He waved the wad of bills at me and said they were his. But I told him I'd seen him take it and to give it back.

"He started to back away. I grabbed him by the wrist and he swung at me. I sensed it and ducked away, but not quite fast enough. It grazed the back of my head, just behind my ear.

"I moved in quickly, stepped behind him and got a choke hold on him and held him right there."

What the struggling suspect could not possibly have known was Miss Martin's credentials for hand-to-hand combat.

She is the holder of a second-degree black belt in Karate. Moreover, she knows well how to apply what is called a police choke hold. She had been taught by her brother, Pat Martin, a Los Angeles police officer, and had practiced it often in subduing shoplifters while working as a department store security officer for a couple of years.

Miss Martin said she had been studying Karate for almost five years, going back to her student days at California State University, Long Beach. She said she still works out once a week in a dojo (gym).

She didn't take up Karate particularly for reasons of self-defense, however. "It's an art," she said, "and I enjoy it. It polishes you and keeps you in great shape."

Miss Martin is 5 feet, 7 inches tall and weighs 134 pounds. The suspect, police said, was 6 feet, 1 inch tall and weighed about 175 pounds.

Miss Martin had been holding the suspect a minute or so when Los Angeles Police Sgt. Lance Romero arrived.

"I thought the man was attacking you," he said, shaking his head as he sized up the situation, "but it looks as though it was the other way around."

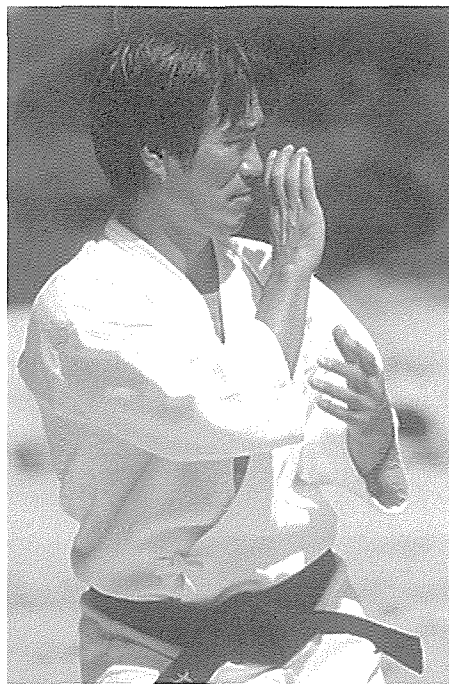
Police later identified the suspect as Malcolm Mann, 19, unemployed. He was booked on suspicion of grand theft.

Miss Martin, an oil buyer for the Mitsui Co., returned the money to its

Continued on page 10

# TRAINING CALENDAR

Tsutomu Ohshima, Shihan



ANN EKHAML

## JANUARY

*"The present is a result of the past;  
the future is a result of the present."*

### JUNIORS

**Kata:** Bassai (*To Penetrate a Fortress*)

**Kihon:** Ude-uke (*forearm block*) with gyakuzuki (*reverse punch*); tetsui-uke (*hammer block*) with gyakuzuki, shutō-uke (*sword-hand block*) with gyakuzuki

**Kumite:** Sanbon gumite (*three-time engagement*) with strong blocks and counterattacks

### SENIORS

**Kata:** Bassai (*To Penetrate a Fortress*)

**Kihon:** Fumikomi (*stomping kick*); yokogeri-kekomi (*side thrust kick*)

**Kumite:** Ippon gumite (*basic one-time engagement*), with kicks as attacks and counters (be careful not to injure your fingers!)

## FEBRUARY

*"Attainment will only come after you are strengthened through the struggle."*

### JUNIORS

**Kata:** Heian Shōdan (*Heian #1*)

**Kihon:** Gedan-barai (*down block*), age-uke (*rising block*), oizuki (*front punch*)

**Kumite:** Ippon gumite (*basic one-time engagement*), sanbon gumite (*three-time engagement*)

### SENIORS

**Kata:** Kwanku (Kankū; *"To Look at the Sky,"* or *"To See through Emptiness"*)

**Kihon:** Continuous techniques, study of vital points and resuscitations

**Kumite:** Jiyū kumite (*free style*), mind and body moving together

## MARCH

*"Those who achieve the most are not the most skilled, but are those who concentrate long after others have given up."*

### JUNIORS

**Kata:** Heian Nidan (*Heian #2*)

**Kihon:** Shutō-uke (*sword-hand block*); kōkutsu-dachi (*back stance*); maegeri (*front kick*)

**Kumite:** Sanbon gumite (*three-time engagement*) without using hands to block. Avoid the opponent's attacks with a strong mentality and hip movements.

### SENIORS

**Kata:** Jutte (*Ten Hands*)

**Kihon:** Suwari-zuki (*attacking with oizuki from sitting form*)

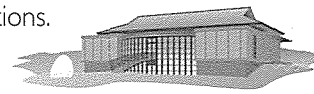
**Kumite:** Iai, suwari-iai

## Thank You for Continued Support of the Shotokan Ohshima Dojo

Sincere thanks to all our members and friends for their continuing support and donations. Regardless of how large or small, your contribution makes you a part of a truly historical, priceless legacy to future generations.

In order to be recognized for 2003, Building Fund donations must be received at SKA Headquarters by December 31. A complete list of 2003 donors will appear in the next issue of *Shotokan*.

And remember, all donations for the preservation of the Shotokan Ohshima Dojo are tax-deductible! Gift acknowledgements for 2003 will be mailed in January.



# COVER STORY

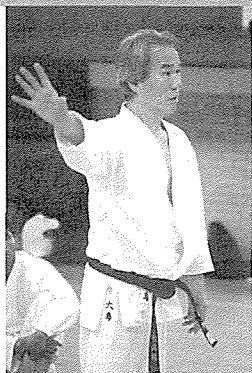


## NC 25th Anniversary

*Continued from the cover*

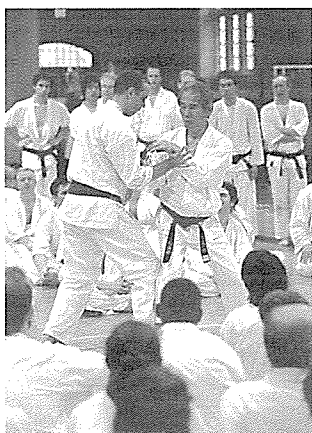
Coast yodans in the corner of the gym. Soon the entire gym was filled with all of us crowding into the corner to witness the charisma and wisdom of the leader we knew largely through others' stories. Once practice was underway, Mr. Ohshima led the entire group in making Heian Shodan. Then the white belts sat down and those remaining made Bassai, with detailed instruction from Sensei. Once the brown belts took seats on the floor, Mr. Ohshima led a kata practice for black belts. Juniors then watched their seniors receive direction and pointers from Mr. Ohshima.

Saturday evening's banquet was held at a favorite local restaurant in Durham called George's Garage. The North Carolina dojos arranged for an evening of entertainment and fellowship with old friends, complete with flamenco dancers and fine food. Although our group had become so large that extra tables had to be brought in at the last minute, a close and familial atmosphere remained. Larry was a gracious host, bestowing thanks to



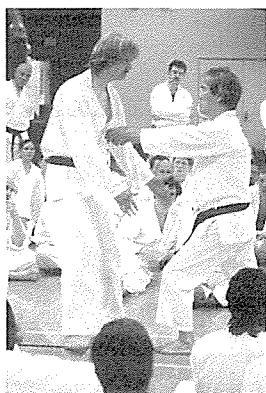
many local members for their work and dedication to their own practice and to the dojo. Many also offered their thanks to Larry for his devotion and leadership to his students and to the North Carolina dojo.

Sunday's practice focused on Gate of Heaven as one of the cornerstones of our practice. During the final part of practice, black belts were chosen to participate in jiyu kumite matches, and some of the senior members demonstrated favorite kata. Despite disappointment that the weekend was over so quickly, memories were made to last long beyond the festivities of the weekend.



We are thankful to Ohshima Sensei for the insightful practices and the wisdom he imparted to us; to Larry Lazarus for his continued leadership; to all of our seniors who challenge us with new ways of learning; and to all who traveled to celebrate with us. We look forward to many more years of practice in SKA.

— Nora Beidler  
and Shanon Schuster



PHOTOS BY SHUMIN WU

# NISEI WEEK 2003

*Continued from page 3*

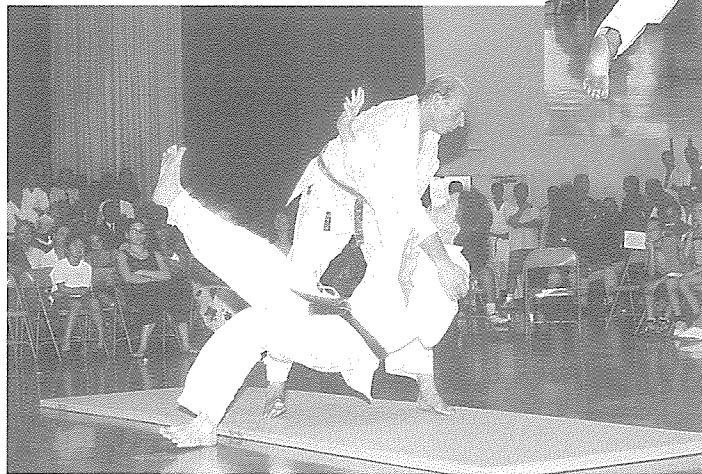
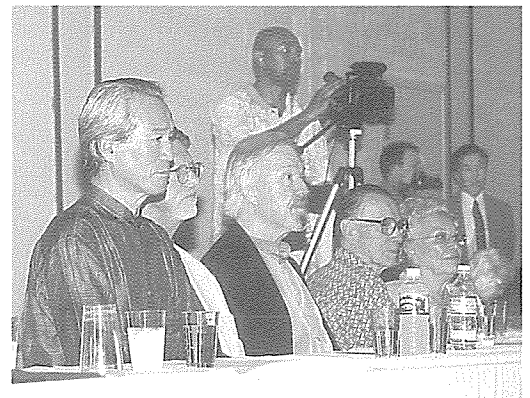
and well-timed they frequently stopped attacks.

One competitor was disqualified for going out of bounds several times, and the judges issued a warning for excessive force against a fighter who landed a hard maete on an opponent's nose. In another case, a face-level punch launched pre-emptively, right after hajime, won a match, while a later fighter won with a barrage of successive maetes.

One of the more dramatic matches was between Tom Heyman of Santa Barbara dojo, and Michel Singer from Vancouver, Canada. Using some feints and catching Michel's kicks, Tom pitched him to the floor a couple of times. But Michel twice scored with reverse punches and won the match.

The first round matched another woman who was competing, Betsy Marvit of San Francisco dojo, against Daniel Baird of San Diego. After she tried a roundhouse kick, he got in with a maete and scored a half-point. Then Betsy charged in with a kick, winning a half-point with a back fist. She again tried a front kick attack followed by a maete; however, Daniel came in with a reverse punch and won.

Front kicks also were the preferred technique for Gregg Henrikson (independent), who fought Yann Chemla of Berkeley. But Yann, with his effortless side-thrust kicks and sharp gyakuzuki, won a half-point, then won by a decision when time ran out. A sudden-death



overtime in another match—a particularly wild one—ended with one competitor winded from a kick to the solar plexus—but it was a legal kick, and his opponent won the match.

In the bout between Tim Makuta of Rocketdyne dojo and Jeremy Murphy of CSU Long Beach, Jeremy took the first half-point on a face-level punch. Then he tried a jumping-in front kick followed by a maete—but Tim, evading the kick and blocking the punch, won a half-point on a reverse punch. After time ran out, Tim attacked face-level and won in sudden-death overtime. In the match between Eric Grothues of Garden Grove, and Seth Johnson

(identical twin of Adam), Eric's front kick was jammed by Seth, who came in with a gyakuzuki and won the bout.

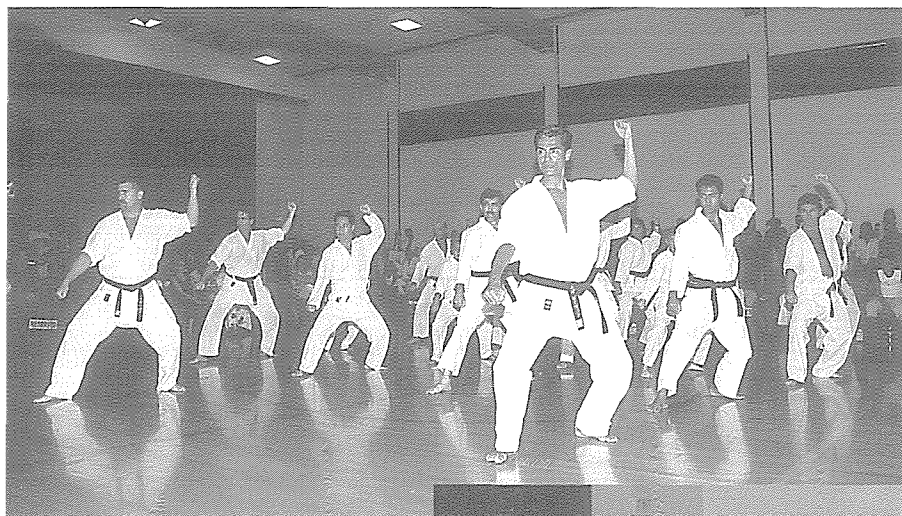
During the break before the next round, the audience watched demonstrations of Heian Yodan by Simi Valley dojo and Taikyoku Shodan by the children of Valley Dojo, led by godan Christopher Hunt.

The matches in the second round continued the pattern. Adam Johnson scored with a gyakuzuki against Ching Wee, then dodged Ching's front kick and again got in with a reverse punch. Fred Pool of Portland also scored twice with reverse punches against Jason Thompson of Northern Illinois.

Contrasting styles were vividly demonstrated in the semi-final match between Michel Singer and Daniel Baird. Daniel got the first half-point with a mid-level punch. Michel continued his trademark kick-punch attacks, scoring with a face-level punch.

While Daniel was able to evade several of Michel's combinations, Michel finally scored again with a mid-level punch during overtime. Yann Chemla and Tim Makuta were next, with Tim scoring on a maete, then a gyakuzuki.

But the tables were turned in the semi-final round, when Michel twice feinted in and pulled back against Tim—then got in with a maete and reverse punch in quick succession for his first half-point, winning the match with a chudan-geri.



PHOTOS BY HECTOR AGUILAR



audience knew it was Seth who wore the red belt. Adam attacked with a maete, and Seth countered with a reverse punch, but there was no point. Bouncing almost in unison until they attacked, each tried kicking, and Seth succeeded in bringing his brother to the floor. He finally won with the technique of the day: reverse punch.

What stood out about the matches? I asked sandan Joel Blakely of North Seattle to comment, based on a videotape of the tournament.

"The Johnsons fought the way Japanese tournament fighters do," he said, "with a light feeling, sort of bouncing and always ready to move in or back. You can tell they practice a lot of tournament-style jyu kumite."

"Michel Singer, with his long limbs and speed, was good at pressing his opponents and catching them when they weren't quite ready, while Pete Panaguiton, compact and powerful, had moments where he put some really good combinations together and made good connections."

The event ended with Mr. Ohshima awarding medals to the winners. The Best Competitor (best fighting spirit) award went to Daniel Baird. All in all, it was a day that again proved you can gain great experience from participating in a tournament, but you can't predict what will happen there. You can also never predict

what the press will cover. At 11pm that night, Fox Sports devoted a 90-second spot on the local news station to the Nisei Week tournament, including an interview with Ron Thom.

— Anne Paxton, North Seattle dojo

rated by a 100-pound weight difference (at least). Watching Liny, who has lightning-quick moves, throwing Ching around was awe-inspiring.

The women's final was next—a match between Betsy Marvit from San Francisco, and me. We both fought hard, and after more than a minute, we had each scored with a gyakuzuki. Then I managed to get in for another half-point. I felt I would never hear more beautiful words than "Aka: Jodan-zuki—wazari."

After the women's final, the Berkeley dojo demonstrated Heian Godan and there was a Bassai demonstration by CSU Long Beach. The final exhibitions of the event were Michel's smooth demonstration of nagewaza against Yann Chemla, and a demonstration of Empi by Frank Lee.

At last, we reached the final rounds. In the match for third place, Pete Panaguiton of Garden Grove faced Michel, who got a half-point right away with a reverse punch followed by a front kick. Pete did several front kicks in a row, catching one of Michel's front kicks. There were several clashes when each tried roundhouse kicks, front kick-punch combinations, and back fist attacks without either scoring. But in the end, Michel caught Pete with a face-level punch and won.

The final match was a first in Nisei Week history; it pitted identical twins Adam and Seth Johnson, both with the same light, bouncing fighting style, against each other. Fortunately, the

We were treated to a demonstration of torite by Liny Chan of Burnaby, British Columbia and Hoi-Ching Wee, who are separated by a 100-pound weight difference (at least). Watching Liny, who has lightning-quick moves, throwing Ching around was awe-inspiring.

## Tournament Results

### Open Competition

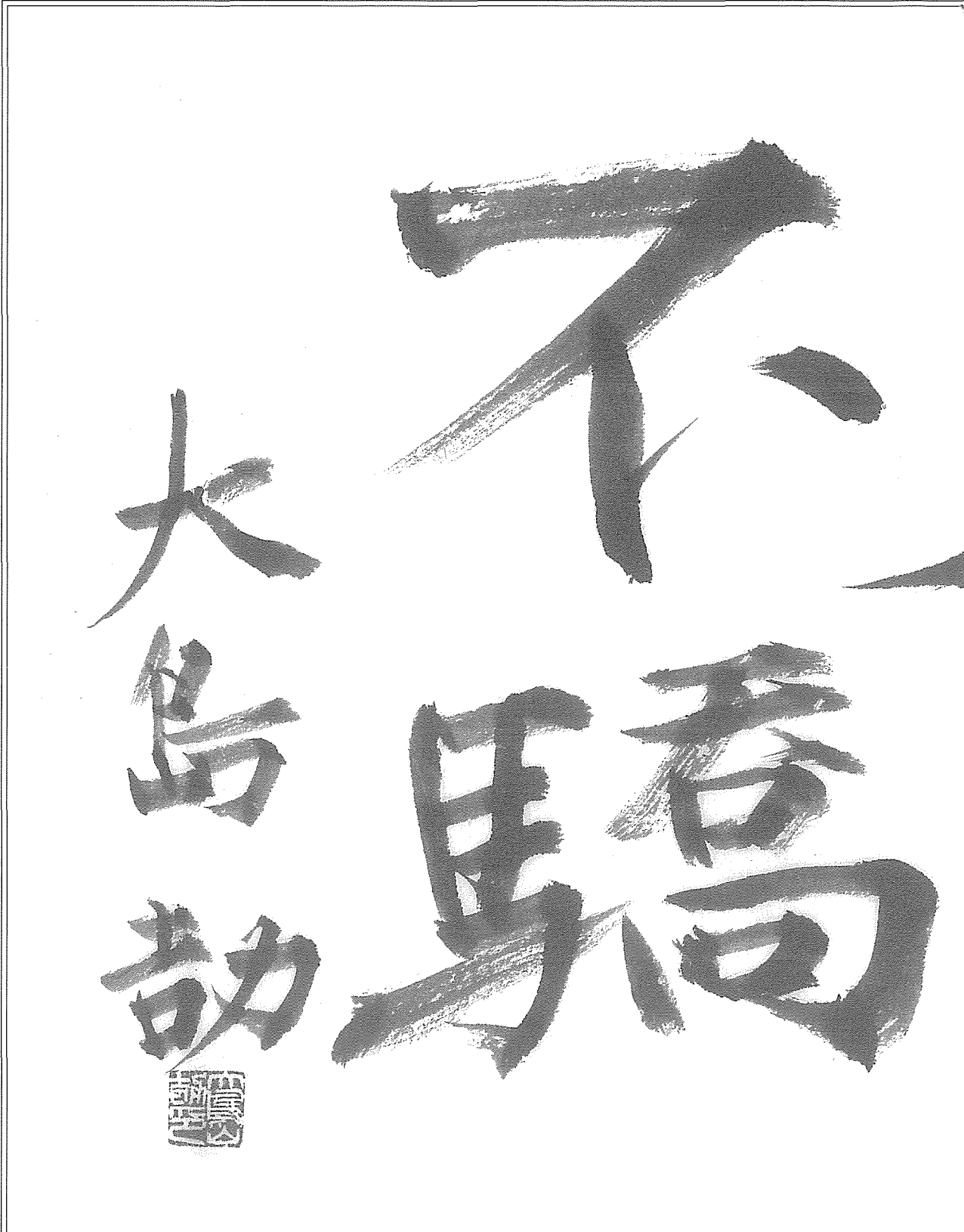
First Place ..... Seth Johnson  
 Second Place ..... Adam Johnson  
 Third Place ..... Michel Singer  
 Fourth Place ..... Pete Panaguiton

### Best Competitor

Daniel Baird

### Women's Competition

First Place ..... Anne Paxton  
 Second Place ..... Betsy Marvit



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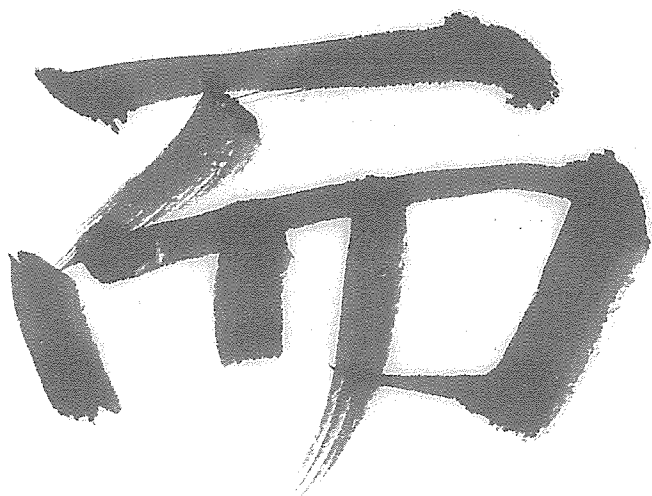
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## With Confidence, Yet Humble

The first character on the upper right means *confidence*, and the second character means *yet*. The third character on the upper left means *no*, and the fourth character means *arrogant*. The words are from Confucius. The whole sentences from the book are "An accomplished human being is confident, yet humble. A small mentality is arrogant, yet lacks confidence."

*Merry Christmas &  
Happy New Year!*

— Tsutomu Ohshima

# TRAINER'S CORNER

By Dee Langohr

## Methods of Stretching

In the previous newsletter I jumped on my soapbox to impress the need for safe warm-ups, cool-downs, and the benefits of flexibility training. This article will focus on the general methods of stretching, the hamstring muscles, and my favorite warm-up and cool-down hamstring stretches.

### What is Flexibility?

Flexibility refers to the total range of motion of a joint or group of joints. Flexibility differs from person to person and from joint to joint. It encompasses all components of the musculoskeletal system and specific neuromuscular pathways of the body. Flexibility is limited by four factors: (1) the elastic limits of the ligaments and tendons crossing the joint; (2) the elasticity of the muscle tissue itself; (3) the bone and joint structure; (4) the skin. The goal of all stretching programs is to optimize joint mobility while maintaining joint stability. Injury is more likely to occur in individuals with limited flexibility so it is an important part of every exercise program.

### Methods of Stretching

There are three general categories of stretching: passive, dynamic, and static.

**Passive Stretching** techniques are usually performed with a stretching aid (such as a towel, strap, gi belt) or partner who applies a stretch to a relaxed joint. Partner stretching requires careful communication between partners, and a slow application of the stretch

in order to prevent injuries due to forceful manipulation of the muscle or joint.

**Dynamic Stretching** causes the elastic part of the muscle to contract through a range of motion which places the opposing muscle group in a stretched position. Active stretching, which involves continuous fluid movements used in a warm-up activity (such as continuous Taijyoku Shodan) is one example of dynamic stretching. Ballistic stretching, like stretch kicks, enforces a high-force, short-duration bouncing action in the stretch. This style invokes a stretch reflex or contraction that is a response from the body trying to protect the muscle from overstretching. Karate is a dynamic activity, therefore ballistic stretching is not entirely inappropriate. However, with both ballistic and passive stretching there is a need to control numerous factors to insure safety, so be cautious and clear if you introduce these techniques. Proprioceptive neuromuscular facilitation stretching (PNF) is another example of dynamic stretching. PNF stretching involves an initial isometric contraction against maximum resistance for approximately ten seconds followed by relaxation and a slow and passive stretch to the point of pain-free limitation. This sequence is usually repeated several times. PNF stretching techniques are very effective for increasing flexibility.

**Static**, or hold stretching, is probably the most commonly used flexibility technique and is very safe and effective. Static stretching involves slow, gradual, and controlled elongation of the muscle, typically held in a position for 15 to 30 seconds. When performing a static stretch, people

should stretch to the point of feeling tension in a muscle, but not pain.

### Hamstring Anatomy 101

The hamstrings are the muscles in the back of your thigh. There are actually three muscles that are collectively referred to as the hamstrings. They cross the hip and knee joints, originating in the lower pelvis and attach to the bones of your lower leg. The hamstrings stabilize the knee, decelerate the lower leg during walking, extend the hip and flex the knee. All three muscles control the forward lean of the torso from a standing position.

Tight hamstrings seem to be synonymous with inflexibility. Can you touch your toes? Can you sit comfortably with your back in neutral and your legs straight out in front of you? With normal muscle length you should be able to lie down and lift one leg, with a straight knee, to 90 degrees while the opposite leg lies flat along the floor. You should also be able to sit with the spine in neutral and your legs extended in front of you with straight knees.

Tight hamstrings can be a cause of low-back pain. The hamstrings attach to the lower part of the pelvis, so if they are tight they can pull it back, tucking the tailbone under and flattening the lower back. This flexed position of the back stretches the low-back ligaments and increases the mechanical stress placed on the discs. This can cause painful problems, especially when lifting heavy loads, or if this position is maintained for long periods of time.

**Dee's Favorite Warm-up Hamstring Stretch** is the *Single Standing Hamstring*

## One Woman in a Crowd

*continued from page 4*

owner, Marie Schrock, 27, a secretary of La Crescenta.

"She thanked me," Miss Martin said, "and then she said something about a bunch of men standing around in the crowd but that it had been a woman who acted." Miss Martin, bespectacled and demure, smiled sweetly.

This article was reproduced in the

Dec/Jan 1978 issue of *Shotokan*, accompanied by the following commentary:

"Today, in our local *Los Angeles Times*, was quite an interesting article about one of our fellow SKA members, Miss Dorothy Martin, who single-handedly stopped a crime from being committed.

Although many of us, after reading the article, joked and kidded with Dottie, the fact remains that she acted to prevent what she thought was an injustice, while her fellow spectators remained idle and

just watched. Many times we see this type of occurrence with people afraid or hesitant to prevent a wrong or even a death from occurring in their presence and nobody going to the rescue. This time however, Dottie stood up for the cause of justice, and in her own way, carried out the ideal way of Karate-do; that in daily life, one's mind and body be trained and developed in a spirit of humility; and that in critical times, one be devoted utterly to the cause of justice." 🌟

*Stretch.* After the warm-up activity, it is a good idea to include light stretching techniques. The following hamstring stretch is easy for any participant to perform, regardless of his/her fitness level or flexibility.

To stretch the right hamstrings, place your right heel forward and put all your body weight on the left foot. Bend forward from your hip keeping your back straight and sternum lifted. As you bend, lift your tailbone and lengthen your torso as if trying to touch your toes with the bottom of your sternum. Make sure your hips are "square," or even with each other, and press the tailbone back, as you would if you were trying to touch a wall behind you. Then lift the tailbone slightly, as if to slide your hips up the wall.

Hold the stretch for three to five deep breaths. With each inhalation attempt to create more space between your knee and tailbone. With each exhalation attempt to bend a little more at the hip. If desired, rotate the front leg inward and hold, then outward to intensify the stretch for the medial and lateral hamstrings. Repeat on the other side.

**Dee's Favorite Cool-down Hamstring Stretch** is the amazingly simple *Seated Hamstring Stretch*. Include safe and effective static or PNF stretches when the vigorous portion of practice is over. The muscles and tendons stretch better when they are warmed up. The following hamstring stretch is easy and safe for all levels.

Sit on the floor with both legs straight out in front of you. Flex your right knee and slide your heel toward your buttocks, resting the outside of your right thigh and calf on the floor. Place your right foot against the inside of your left thigh so that your lower right leg almost forms a 90 degree angle with your left leg. Rest your hands on the floor in front of you. To begin the stretch, exhale as you bend at the waist, lowering your torso toward your left thigh while keeping your left leg straight and reaching with your arms toward your toes. Hold the stretch for 15 to 20 seconds and return to the starting position. Repeat on the other side. People with tight hamstrings can use a towel or gi belt wrapped around the arch of the foot to help with the stretch.

### When Not to Stretch

There are some situations when it is best not to stretch. These include:

1. Connective or muscular tissues are recently sprained or strained.
2. A bone has been recently fractured.
3. In the presence of osteoporosis (a physician should be consulted).
4. A muscle or joint is inflamed or infected.
5. The stretch produces a sharp pain in the muscle or joint.

### Flexibility Training Guidelines

1. Assess your students' flexibility in order to pinpoint limitations and fitness levels.
2. Warm-up before stretching to increase the body temperature and range of motion.
3. Perform stretching exercises daily.
4. Stretch all major muscle groups as well as opposing muscle groups.
5. Focus on the muscles involved in the stretch and minimize movement in other body parts.
6. Hold stretches between 15 and 30 seconds. Research suggests that four sets of 15 to 20 seconds per stretch will result in optimal gains. (Taylor et al., 1990).
7. Stretch to the limit of movement, not to the point of pain.
8. Keep the breathing slow and rhythmical while holding the stretches.
9. Stretch the muscles in various positions to enhance muscle relaxation and improve overall range of motion at the joint.
10. Attempt to relax the target muscle before going into the stretch.
11. Stretch AFTER a vigorous workout.
12. If the stretch yields pain, back off and make sure the stretching technique is correct. It may be necessary to modify or try another technique.

**Next Issue: Save the Psoas!** The spring newsletter will include safe stretches for the iliopsoas or hip-flexors, along with examples of high risk hip flexor stretches. The hip flexors have their origins on the pelvis, cross the hip joint and are powerful flexors of the thigh.

— Dee Kaulay, Editor

## From a Proud and Appreciative SKA Karateka

As are all members of SKA, I am proud of the new Dojo in Santa Barbara, California. The Shotokan Ohshima Dojo embodies the spirit of Ohshima Sensei and of all his students who have worked so hard to share the many physical, psychological and spiritual benefits that come from the practice of Shotokan Karate.

I am proud to make a donation to SKA and the Dojo Fund in the names of two of Mr. Ohshima's senior students, John Teramoto and Dominick Pizoli. Each in his own way helped me to understand the art, philosophy and spirit of training in Shotokan Karate. Over the years I have benefited in many ways from their dedication to SKA and its practitioners.

Due to family, job and physical reasons, I am not currently practicing, but I will continue at a later date. Irrespective of one's practice schedule at any given time, the spirit, attitude and strength developed through the practice of Karate does not wane, and helps in one's daily life. I know that there are many like me who also appreciate John's and Dominick's sharing of their Karate practice and all that comes with it.

— Rick Schuler, Lake Forest, IL

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— Donald W. DePree

## Impressions From a First Special Training...at age 51!

I flew into Sept Îles on the north shore of the St. Laurent River in north Quebec for the Canada East Fall Special Training, held August 29–31, 2003. From the plane Sept Îles looks like the Caribbean, with blue water, sandy beaches and seven islands. The difference is, as I learned later, that the water temperature rarely gets above 18 degrees Celsius, and that they have to live with six months of snow cover.

Russell Girard picked me up at the airport, and we went to his house, where his wife Therese received us with a nice lunch. After that, we went on a tour of the town. First we went to an old fort, built some 200 years ago as a fortified outpost for trading between the local Indians and French merchants. Then we went to the Shaputuan museum. There I saw the lifecycle of the local Indians in earlier years, who traveled between the shores of the 80km-wide St. Laurent Bay, where they fished in the summer, and the endless northern forests that were their hunting grounds in the winter. The Regional Museum of the North Coast gives a very good overview of the economic and industrial development in the region, which today depends mostly on exports of iron ore pellets, aluminum, fish and seafood, as well as wood and paper products.

In the evening I registered at the Queen Elizabeth High School where the dojo is located, in a large gymnasium with a well-kept wooden floor. From a panel on the wall the portraits of Master Funakoshi and Mr. Ohshima looked upon us. Between them is a list of the names of about 30 shodans who passed their tests at previous Special Trainings.

We made our beds on mattresses on the floors of classrooms and assembled for the first practice at 10:30pm. The rules were announced: no alcohol, drugs, sex or excursions from the building without authorization of the seniors, yodans Michel Lejeune (the leader), Russell Girard and Claude Vallée. It sounded like a serious training camp.

We started with kihon, followed at 6am the next morning by the famed and feared kibadachi session: 90 minutes for those under 40, 60 minutes for those between 40 and 50, and 45 minutes for people like me who are over 50. I was happy not to have too much difficulty or sore muscles after it. I think it helped that we prepared ourselves by doing several slow motion Heian Shodan and some breathing exercises, combined with reflections on adaptations for aging. It felt good to hear that others also experience a slowing down of movements and aches from time to time. Age needs to be taken into account in order to avoid



accidents and problems with joints and muscles. On my 50th birthday a friend told me, "If you are over 50 and wake up one day with no part of your body aching, chances are that you are dead."

We continued with kicks and 20 of each of the five Heian kata, followed by a session of Ten no Kata, which closed the day. At least I thought so. Shortly before midnight the lights went on, and out we went for another session of about 1500 oizuki in pitch dark-

ness, moving from one end of the gymnasium to the other. It reminded me of samurai warriors marching toward the battlefield, preparing to penetrate the fortress above them, as described in James Clavell's novel, *Shogun*. I could very well imagine their mixture of fear and excitement.

The next morning we practiced sanbon and ippon gumite, which I always enjoy, especially with so many different and unknown partners. Then we watched the testing of two shodan candidates, and were happy that they both passed very well. We finished with 100 Tekki Shodan, which again gave me the good feeling of moving in a group with discipline and a common direction.

Between practices we enjoyed good, light food, mainly vegetables and fish or chicken, and slept regularly. I didn't regret not leaving the dojo at all. On Saturday night, however, I would certainly have enjoyed a good beer.

Returning home I felt a bit stiff and aching here and there, like after a long, arduous mountain hike, but fortunately without blisters, thanks to the good flooring and some borrowed foot balm. I lost a bit of weight and gained a lot of motivation to train more regularly, particularly at home, to get closer to the 5,000 repetitions of my favorite kata and of Bassai, which are requested for the shodan test. I also plan to do more reading, and ordered Mr. Ohshima's *Notes on Training*.

The various comments and explanations of the seniors provoked continued thoughts on how to age with dignity and strength, and how to integrate more discipline and rigor into my practice. I also realized, more than before, the key role of breathing deeply, in coordination with my movements.

I left with the feeling of having explored new geographical, physical and mental territories, and having found some new friends. I look forward to seeing them again. Thanks for the hospitality and inspiration.

— Ansgar Eussner  
Montreal, September 4, 2003

SHOTOKAN KARATE OF AMERICA

# Winter/Spring Special Training 2004 Application for Attendance

 **IN ORDER TO APPLY FOR ATTENDANCE AT SPECIAL TRAINING YOU MUST DO THE FOLLOWING:**

1. Obtain permission from your instructor.
2. Read carefully and **SIGN** the attached Assumption of Risk, Release of Liability, and Indemnification Agreement, indicating that you have read the entire agreement
3. Please **PRINT** the information requested.
4. Mail this application with a bank check or money order for the amount indicated, payable and addressed to the person indicated for the Special Training you are applying for. **Your application must be received by the deadline or a late fee of \$25 will be charged.**
5. If you are 16 or 17 years of age, your parent or guardian must complete the **Parent's or Guardian's Additional Assumption of Risk, Waiver & Indemnification** section at the bottom of page 2 of this form. Note: No one under the age of 16 may attend Special Training.
6. All participants must be SKA Members. **Your SKA dues must be paid or your application will be rejected.**

**PLEASE PRINT CLEARLY**

NAME: \_\_\_\_\_  2004 SKA/BBC DUES PAID

ADDRESS: \_\_\_\_\_

CITY, STATE, ZIP: \_\_\_\_\_

COUNTRY: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMERGENCY PHONE: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_

SEX: \_\_\_\_\_ RANK: \_\_\_\_\_

DOJO: \_\_\_\_\_

LENGTH OF TRAINING: \_\_\_\_\_

NUMBER OF PREVIOUS SPECIAL TRAININGS: \_\_\_\_\_

PHYSICAL PROBLEMS: \_\_\_\_\_

ALLERGIES: \_\_\_\_\_

MEDICATIONS YOU ARE USING: \_\_\_\_\_

MEDICAL INSURANCE COMPANY: \_\_\_\_\_

POLICY NUMBER: \_\_\_\_\_

**SKA WEST – LONG BEACH** Application Deadline: **Jan 9, 2004**  
 Date: January 23–25, 2004 Fee: \$125(US)  
 Make checks payable to SKA  
 Mail to: David Lechuga, 13 Orchard Road, Ste. 103, Lake Forest, CA 92630

**CANADA WEST** Application Deadline: **Jan 15, 2004**  
 Date: January 23–26, 2004 Fee: \$150(CDN) \$115(US)  
 Make checks payable to Canada Shotokan Karate  
 Mail to: Hoi-Ching Wee, 352 E. 62 Ave., BC V5X 2E9, Canada

**SKA WEST – STANFORD** Application Deadline: **Jan 16, 2004**  
 Date: January 24–26, 2004 Fee: \$125(US)  
 Make checks payable to SKA  
 Mail to: Susumu Harada, 796 Escondido Rd. Apt 23A, Stanford, CA 94305

**SKA EAST** Application Deadline: **Jan 16, 2004**  
 Date: January 30–February 1, 2004 Fee: \$125(US)  
 Make checks payable to Randolph-Macon Shotokan  
 Mail to: Ray Berry, Dept. of Arts, Randolph-Macon College, Ashland, VA 23005

**SKA WEST – CALTECH** Application Deadline: **Jan 31, 2004**  
 Date: February 13–15, 2004 Fee: \$125(US)  
 Make checks payable to Caltech Karate Club  
 Mail to: Tom Livermore, 485 N. Lima St., Sierra Madre, CA 91024

**CANADA EAST** Application Deadline: **Feb 10, 2004**  
 Date: February, 20–22 2004 Fee: \$150(CDN)  
 Make checks payable to SKA  
 Mail to: Jocelyn Bourdeau, 165 Lac Gravel, St. Beatrix, PQ, Canada J0K 1Y0

**SKA CENTRAL (Spring)** Application Deadline: **March 1, 2004**  
 Date: March 12–14, 2004 Fee: \$150(US)  
 Make checks payable to Jim Sangster  
 Mail to: Jim Sangster, 636 W. 57th Terrace, Kansas City, MO 64113

**SEE CALENDAR FOR MORE DETAILS**

DETACH ALONG PERFORATION

**CONTINUES ON FOLLOWING PAGE. READ ENTIRE AGREEMENT AND SIGN.** 

# 2004 WINTER/SPRING SPECIAL TRAINING APPLICATION FORM

## SHOTOKAN KARATE PARTICIPANT ASSUMPTION OF RISK, RELEASE OF LIABILITY, AND INDEMNIFICATION AGREEMENT

In consideration for being allowed to be a participant in the Shotokan Karate training, I understand there are dangers in any karate exercise, special training, practice, demonstration, competition, refereeing or testing [together called "Karate Activities"] with the possibility of serious permanent physical and emotional injury, and possibility of death.

I understand that no amount of care, caution, instruction or supervision can eliminate the dangers inherent in these activities.

I hereby personally and volitionally assume all these risks, and I waive any liability for negligence which may result from the conduct, acts or omissions, land or building conditions, equipment or facilities of the Shotokan Karate of America, Inc., Shotokan's domestic and foreign affiliates, Tsutomu Ohshima, and their employees, agents, officers, directors, volunteers, independent contractors, instructors and guests [called "Released Parties"].

I agree to hold these Released Parties harmless, release, and discharge the above named Released Parties from any and all liabilities, claims demands, or causes of action that I may have.

I also agree to indemnify the above-named Released Parties in the event I or my family cause personal injury or property damage to any person or property during the Shotokan Karate Activities.

I understand that this indemnification includes payment for all loss, including any court or arbitration costs, attorney's fees, awards incurred by or adjudged against the above-named Released Parties.

I certify that I have adequate insurance to cover any injury or damage I may cause or suffer while participating, or else I agree to bear the costs of such injury or damage myself. I further certify that I am willing to assume the risk of any medical or physical condition I may have.

I stipulate and agree that in the event of any dispute regarding this Agreement or pertaining to the Karate Activities, that the venue, forum and jurisdiction shall only be in Los Angeles County, California USA. In the event that I file a lawsuit against any Released Party, I agree to do so solely in the State of California, and I further agree that the substantive law of California shall apply in that action.

If any portion of this agreement is found to be void or unenforceable, I agree that the remaining portions shall remain in full force and effect.

UNDERSTOOD AND AGREED TO ON (DATE)

BY (PRINT YOUR NAME)

YOUR SIGNATURE

[If participant is under 18 years of age, she or he must sign this form and the parent or guardian must complete the form below.]

## PARENT'S OR GUARDIAN'S ADDITIONAL ASSUMPTION OF RISK, WAIVER & INDEMNIFICATION

In consideration of...

(PRINT MINOR CHILD'S NAME):

...being permitted to participate in the Shotokan Karate Activities, I as parent or guardian of said minor child, further agree to assume the risk of harm to my child, agree to release the Released Parties and hold them harmless for all injury to my minor child, and agree to indemnify the Released Parties from any claims which are brought by, because of, or on behalf of my minor child, which are in any way connected with such use or participation by my minor child.

SIGNATURE OF PARENT OR GUARDIAN:

DATE:

PRINT NAME OF PARENT OR GUARDIAN:

Please provide all emergency contact numbers for parent or guardian:

HOME PHONE:

WORK PHONE:

PAGER:

MOBIL PHONE:

ALTERNATE CONTACT NAME AND PHONE:



**Dear SKA Members,**

This form is for your convenience in ordering items from SKA. We continue to accept MasterCard and Visa for orders over \$10. Please note that the profits from the sale of General Store items go to the Dojo Fund.

**Thank You!**

**To order:**

Write a check or money order (U.S. Funds), payable to SKA or provide Visa or Mastercard information and mail with this form to:

**SKA, 222 S. Hewitt Street, Room 7  
Los Angeles, CA 90012**

**Or:**

You may now order from the SKA website at: **www.ska.org**  
(username: ska password: kiai!)

Allow 4 to 6 weeks for delivery.



NAME \_\_\_\_\_

PHONE ( ) \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_

COUNTRY \_\_\_\_\_ POSTAL CODE \_\_\_\_\_

CREDIT CARD# \_\_\_\_\_

EXP. DATE \_\_\_\_\_

SIGNATURE \_\_\_\_\_

**SKA BOOKS, ALBUMS, CARDS, INSIGNIAS**

ITEM:	PRICE	QUANTITY	SUBTOTAL
<b>KARATE-DO KYOHAN</b> (add \$6 S&H per book) 10% discount on orders of 20 or more books (S&H for 20 books is \$25)	\$40.00		
<b>NOTES ON TRAINING</b> by Tsutomu Ohshima (add \$6 S&H per book, \$3 for each additional book ordered)	40.00		
<b>HARMONY 1990 PHOTO ALBUM</b> (Price includes S&H)	35.00		
<b>CALLIGRAPHY NOTECARDS</b> by Tsutomu Ohshima Boxed set of 12 cards with 4 cards each of 3 designs (In times of peace be prepared for crisis; Look at yourself with eyes [as strict and severe as those] of a demon; Look at yourself honestly and unflinchingly to the very bottom of your mind.)	15.00		
<b>SKA STUDENT GUIDE</b>	5.00		
<b>SKA TIGER PATCH</b>	5.00		
<b>SKA DECAL</b>	3.50		

**SKA VIDEOTAPES**

ITEM:	PRICE	QUANTITY	SUBTOTAL
<b>Shotokan Ohshima Dojo GRAND OPENING</b>	\$29.95		
<b>HEIAN SHODAN</b> (performed by Mina Choi)	29.95		
<b>TEKKI SHODAN</b> (performed by Manfred Chiu)	29.95		
<b>KWANKU</b> (performed by Norman Welch)	29.95		
<b>EMPI</b> (performed by Ron Thom)	29.95		
<b>1966 SPECIAL TRAINING</b> (Shows some original SKA seniors, and other seniors as white belts at one of the first Special Trainings ever filmed)	29.95		
<b>HARMONY 1990</b> (Shotokan World Gathering in Santa Barbara, CA. Int'l tournament, lectures and practices led by Ohshima Sensei)	29.95		
<b>Mr. Ohshima and the SKA: 40 Years in America</b> (The inspirational story of Mr. Ohshima and the beginnings of SKA)	29.95		

Special price  
any 4 videos  
for \$100!

**SKA UNIFORMS**

ITEM:	SIZE	QUANTITY/PRICE	SUBTOTAL
<b>SKA OFFICIAL 100% COTTON GI</b> With SKA tiger emblem tag. Specify lightweight (with elastic/drawstring combo) or heavyweight (regular drawstring) <b>S&amp;H \$12 per gi.</b> Sizes: 3: 5'0"-5'3" 4: 5'4"-5'7" 5: 5'8"-5'11" 6: 6'0"-6'4" 7: 6'5" and over (Cost of heavyweight gi is \$20 more than lightweight.)	size 3 size 4 size 5 size 6 size 7	___\$35 or ___\$55 ___\$36 or ___\$56 ___\$37 or ___\$57 ___\$38 or ___\$58 ___\$39 or ___\$59	

**SHOTOKAN T-SHIRTS & CAPS**

ITEM:	COLOR	SIZE	PRICE	QUANTITY	SUBTOTAL
<b>TANK STYLE SHIRT</b> (specify S, M, L, XL)			\$13.00		
<b>SHORT-SLEEVE SHIRT</b> (specify S, M, L, XL)			15.00		
Navy blue or white heavy-duty 100% cotton shirt, printed with white or blue ink. "Shotokan" is printed in brush-style lettering across back, small Shotokan emblem front left.					
<b>WOOL CAP</b> (Navy w/embroidered silver-grey brush-style "Shotokan" lettering)			\$15.00		

**GRAND OPENING SHIRTS & CAPS**

ITEM:	COLOR	SIZE	PRICE	QUANTITY	SUBTOTAL
<b>POLO-STYLE SHIRT</b> (specify L, XL, XXL)			\$20.00		
<b>SHORT-SLEEVE T-SHIRT</b> (specify L, XL, XXL)			15.00		
<b>BASEBALL CAP</b> (one size adjustable)			12.00		

Polo shirts, with 9-color embroidered logo, are denim blue, emerald green, heather grey, and natural.  
T-shirts, with 2-color screen-printed logo, are sage green, lt. denim blue, camel, heather grey and natural.  
Caps, with 9-color embroidered logo, are solid khaki, or khaki crown with navy, burgundy, or hunter green bill.

**TRAINING ITEMS BY SENIORS**

ITEM:	PRICE	QUANTITY	SUBTOTAL
<b>EXPLOSIVE POWER</b> Comprehensive weight training strategy for the martial artist, created and written by Tom Muzila.	\$19.95		
<b>7 TEACHING VIDEOS from Tom Muzila</b> #1: Warm-ups, stretching, basic striking, blocking and kicking techniques. #2: Combinations, horse stance, striking, Heian Shodan and Nidan. #3: One-time engagement, basic, and for close-in combat. Heian Sandan, Yodan, and Godan. #4: 3-time engagement, kicking, angular moves, iai concentration, quick attacks, Bassai, Kwanku. #5: Ten no Kata, advanced techniques, kicking combinations. Tekki Shodan, Nidan and Sandan. #6 & 7: "The Inner Power," volumes 1 & 2, teaches combination of modern sports technology and ancient martial arts philosophies, and about how to develop and generate maximum ki.	29.95(ea.)	___ Vol. 1 ___ Vol. 2 ___ Vol. 3 ___ Vol. 4 ___ Vol. 5 ___ Vol. 6 ___ Vol. 7	
<b>MENTAL TRAINING AUDIO CDs from Tom Muzila</b> Affirmation CD to aid in building a positive, goal-directed mentality (Specify white, brown or black belt)	19.95	___ white belt ___ brown belt ___ black belt	

Special price  
any 4 videos  
for \$100!

\*\*For add'l instructional videos, seminar videos, and affirmation audio CDs by Tom Muzila go to: <http://members.cox.net/tommuzila/>

California residents add 8.25% sales tax

Add \$6 per item for S&H unless otherwise noted

**TOTAL**

DETACH ALONG PERFORATION

# EVENTS CALENDAR

## ■ Winter & Spring Special Trainings

Please see the Special Training Application Form on page 13 for deadlines and fees.

### LONG BEACH

**Date:** January 23–25, 2004  
**Where:** CSU Long Beach  
**Contact:** David Lechuga, (h)949-858-7406, (fax)949-837-0274, dlechuga@neuroclinic.com  
**Details:** First practice will be at Belmont Pier. Registration starts at 6pm. Fee: \$125, no lodging or meals.

### STANFORD

**Date:** January 23–25, 2004  
**Where:** Stanford University, Roble Gym  
**Contact:** Susumu Harada, 650-387-9578(cell), email: harada@stanford.edu  
**Details:** Fee is \$125, includes place to sleep, no meals.

### CANADA WEST

**Date:** January 23–26, 2004  
**Where:** Camp Elphinstone, Gibson, B.C.  
**Contact:** Hoi-Ching Wee, 604-709-8180(h), 604-551-7648(cell), email: hwhee@hyperdream.com  
**Details:** To get to Camp Elphinstone, catch the Langdale ferry from the Horseshoe Bay ferry terminal. The ferry ride is 40 minutes long. Plan to catch the 3:30 or 5:30pm ferry at the latest. Due to rush hour traffic, plan to be at the ferry terminal 1.5 to 2 hours prior to departure time. The first practice will be Friday evening and the last practice will be early Monday morning. Fee: \$150 Cdn, \$115 US. Food and lodging is included.

### EAST

**Date:** January 30–February 1, 2004  
**Where:** Randolph-Macon College  
**Contact:** Ray Bery 804-752-7337, email: rberry@rmc.edu  
**Details:** Bring sleeping bag and money for meals on the town, usual SKA equipment. Fee is \$125, no meals.

### CALTECH

**Date:** February 13–15, 2004  
**Where:** Polytechnic Schools, 1030 East California Blvd. Pasadena, CA  
**Details:** Registration is in front of the Brown Gym on the Caltech Campus 5–7:30pm, followed by first practice. Last practice on Sunday afternoon. Fee is \$125, no lodging or meals are included. Participants will be able to sleep in the gym between practices.  
**Contact:** Peter Ilott: 310-489-8308(cell), 818-957-0337(h), email: Peter.Ilott@jpl.nasa.gov, Tom Livermore, 818-354-1118, Thomas.R.Livermore@jpl.nasa.gov

### CANADA EAST

**Date:** February 20–22, 2004  
**Where:** cegep Joliette, Joliette, Québec, Canada  
**Contact:** Jocelyn Bourdeau, 450-883-5045, email: itca@sympatico.ca  
**Details:** Meet Friday at 9:30pm. Fee: \$150Cdn, meals included.

### MIDWEST SPRING

**Date:** March 12–14, 2004  
**Where:** Kansas City Shotokan Karate Club, 2026 Broadway, Kansas City, MO  
**Contact:** Jim Sangster 816-860-7919, email: james.sangster@umb.com, http://kc-shotokan.com/events/sprtm.htm

**Details:** Check in Friday, March 12 at 5pm sharp. First practice will begin Friday at 6pm. Last practice will be completed by 12noon Sunday. Schedule return flights after 3pm Sunday. Fee: \$150. All participants are required to sleep at the dojo. Bring money for food.

## ■ Annual Black Belt Convention

**Date:** Saturday, February 7, 2004  
**Where:** Yakumo Residence, Santa Barbara, California  
**Details:** Social Hour: Noon to 1pm  
 Convention: 1pm to 6pm  
 All SKA/CSK black belts are welcome and encouraged to attend.  
**Contact:** If you are planning to attend, please contact SKA HQ so that we may plan accordingly. email: skahq@earthlink.net, phone: 213-437-0988, fax: 213-437-0988

## ■ Midwest Summer Special Training

**Date:** June 2–6, 2004, check in 5–7pm  
**Where:** Missouri Western State College, 4525 Downs Drive, St. Joseph, MO  
**Contact:** Mike Kostroske, 913-888-3233(h), email: kostroske@everestkc.net, http://kc-shotokan.com/events/sst.htm  
**Details:** Fee: \$250, includes food and lodging.

## ■ France Shotokan 40th Anniversary Celebration

**Date:** July 9–11, 2004  
**Where:** Mulhouse, Alsace, France  
**Details:** Will include practice with Mr. Ohshima, yodan and godan gradings, kumite competition, demonstrations, and dinner. Book now for this memorable event.

## ■ SKA 50th Anniversary Celebration in 2006

**Date:** Summer, 2006  
**Where:** Santa Barbara, California  
**Contact:** SKA Headquarters, email: skahq@earthlink.net, phone: 213-437-0988, fax: 213-437-0988



## 2004 Practice Schedule

All practices will be led by Mr. Ohshima 11am–1pm at the Shotokan Ohshima Dojo. Contact SKA Headquarters for details.

### SUNDAY FEBRUARY 8

Black Belt Practice (day after Black Belt Convention)

### SATURDAY MARCH 6

Women's Practice

### SUNDAY APRIL 4

Brown Belt Practice

### SATURDAY MAY 1

Sandan Practice

### SATURDAY JUNE 5

Shodan/Nidan Practice

### SUNDAY AUGUST (TBA)

Open Practice (day after Nisei Week Demonstration)

## Beautiful Wool Tiger Rugs

SKA is pleased to offer for purchase tiger rugs of the highest quality wool, identical to the one just inside the entrance of the Shotokan Ohshima Dojo. The rugs, generously donated by Norman Welch, measure 4 by 4 feet, and are \$200 each. Shipping costs \$25 for delivery inside the U.S., and \$100 to Canada. Please contact SKA Headquarters to order.

## Newsletter Deadlines

Shotokan newsletter is published on a quarterly basis. Items for the Events Calendar WILL be accepted after the submission deadline as space and time allow.

Issue	Submission Deadline	Mailing Date
Spring 2004	Jan 25	Mar 1
Summer 2004	April 25	June 1



SKA NAT'L HEADQUARTERS  
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PERIODICALS

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 Send in your SKA dues today!