



ISKF Alaska Region Newsletter

Celebrating Shotokan Karate in Alaska Since 1981

March/April 2008

Bethel Shotokan Karate Club

By Sensei Ted Berry

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

The Bethel Club was accepted into the ISKF in January. The dojo is located in Mikelnguut Elitnaurviat Elementary School gym (M.E. for short) and training is on Mondays and Wednesdays (6 pm juniors, 7 p.m. seniors) and Saturdays (10:30 and 11:30). Visitors are definitely encouraged.

The club has humble beginnings. In October 2006, after a break of 4 years, Sensei Ted Berry (1st Kyu) started training on his own in his original style (ShoKu-Kai). He was trained in Cairns, Australia, under Sensei Matsumoto on and off for twenty-five years. People would walk past the M.E. gym and say things like, "if you ever decide to teach, let me know." Ted's wife, Pam Lau, was the first to join him. By the end of last summer there were a handful of adults training with Ted and the style had changed to Shotokan. Ted had been in contact with Sensei Pat Andrews (5th Dan) and was greatly impressed with his technique and style. After Ted returned from the summer camp at Eagle River, sempais Andrew Stemp, Myrna Peter and Pam Lau met and decided to form a Shotokan club and open up enrollment to students. Andrew has been admirably assisting teaching basic kihon ever since. Pam is also a great help, especially with the younger students.

The enthusiasm from the community is a welcome bonus that we did not expect. Bethel, population about 6000, is unique among US cities in that it is 400 miles off the road system and to get around the area we use the rivers as ice roads in the winter and for boats in the summer. We also use snow machines and, of course, light planes, weather permitting. Even though Bethel is a hub for all the surrounding villages, there are only four grocery stores, a couple of quick stop shops and no shopping malls. There are plenty of open spaces for snow machine riding, hunting and fishing; however, there are virtually no recreation opportunities for young people such as skating rinks, bowling alleys, movie theaters and so on. There are boys and girls Scouts and a Judo club; other

than that, there is not that much for young people to do, especially the boys. Even in temperatures in the -30°s and -40°s with a wind chill down to -70°, student still come to training.

There is tremendous parents support for this program. We have a monthly meeting where parents and club members brainstorm fund raising, ideas and form committees for various activities. At Christmas



At the Christmas 2007 demonstration

we had a celebration attended by parents, friends and community members. Students demonstrated what they had learned and we had a Japanese feast and Japanese arts and crafts. The parent involvement was the key to the success of the function.

Saturday the 16th of February was a day we had been looking forward to for some time - Sensei Pat Andrew's visit. He was busy the minute he set foot here. He led both junior and senior sessions and in the afternoon mentored us on various karate issues and the upcoming tournament. His workshop was invaluable and inspirational. Even though he was here for one day, his teaching lingered on long after his visit... well, the videos helped.

Two weeks after Sensei Pat left, we had our own tournament. From the process, we selected four members to go to the March 29 State tournament in Anchorage. Currently we are busy doing fund raising for the airfare to Anchorage is about \$540 each person. The rest of the club will, on the same weekend, provide a kata and kumite demonstration at the Camai Festival in Bethel. The Festival is famous throughout this area and brings dancers and performers from all over the world to dance and to perform various movement, music and dramatic arts.

Right now we are all white belts with the exception of Sempai Andrew Stemp (7th Kyu) and Sensei Ted Berry (1st Kyu). However, what we lack in rank, we make up in ambition and enthusiasm. Please visit us when you are in Bethel.

Calendar of Events 2008 ♦

- April:** April 5&19 Anchorage Boys and Girls Club Dojo 9-10:30 am ♦
April 12 Eagle River AMAC Dojo 9-10:30 am ♦
April 12 Alaska State Open Karate Championship, UA Anchorage
- April 13** **Instructor Training at Eagle River Dojo 1:00 – 3:00 PM**
- April 25-30 Testing and Clinics, Master Yaguchi – Anchorage and Juneau
- May:** **May 11** **Instructor Training at Eagle River Dojo 1:00 – 3:00 PM**
May 17-18 Alaska Moving Arts Center Spring Recital
May 22-25 Camp Brotherhood: contact **Cathy Cline** <cathycline@worldnet.att.net>
- June:** June 6 - 13 ISKF Master Camp, Philadelphia PA
- August:** August 14-17 Alaska Summer Karate Camp, Birchwood
- October:** October 8-14 ISKF Shotocup, Toronto, Canada
- November:** **Nov 14-16** **ISKF Nationals @ LA Airport Westin Hotel, Los Angeles, CA**
- December** Dec TBA Kyu testing in: Anchorage/Palmer; Juneau; UAF; Bethel; Gambell

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

**ISKF-Alaska State Tournament
Saturday, March 29, 2008**

Outstanding Dojo for 2008 State Tournament:
**Bethel Shotokan Karate Club
Daigaku Shotokan Karate Club**

Outstanding Female Competitor: Morgan Johnson, UAF Dojo

Outstanding Male Competitor: Joe Foltz, UAF Dojo

Outstanding Junior Female Competitor: Rebekah Martin, Eagle River Dojo

Outstanding Junior Male Competitor: Kyle Lindsey, Eagle River Dojo

**Joe Foltz, UAF Dojo
Outstanding Male Competitor**



**Rebekah Martin, Eagle River Dojo
Outstanding Junior Female Competitor**



Photos by George Haynes

Complete Results of the ISKF Alaska 2008 Regional Tournament

Alaska Regional Tournament 2008

Individual Children and Youth

<u>Division</u>	<u>Place</u>	<u>Kata</u>	<u>Kumite</u>
Beginners (less than 7 years)	1 st	Jayden Brandon (Dai)	
7-8 years	1 st	Liam Walsh (ER)	Noah Brandon(DAI)
	2 nd	Kevin Lewis(DAI)	Kevin Lewis (DAI)
	3 rd	Tylor Burgan (DAI)	Marcus Cosby (PMR)
	3 rd	Marcus Cosby(PMR)	
9-10 years	1st	Kyle Morrison (AKClb)	Brock Kruskie (DAI)
	2nd	Trevor McNamara (ER)	Kalea Sponsler (PMR)
	3rd	Brock Kruskie (DAI)	Aleya Gile(DAI)
	3rd	Aleya Gil (DAI)	Trevor McNamara (ER)
11-12 years	1st	Max Vinnikov (AKClb)	Sarah Haddow (ER)
	2nd	Patrick Gile (DAI)	Max Vinnikov (AKClb)
	3rd	Sara Haddow (ER)	Patick Gile (DAI)
	3rd	Nate Sidell (BTH)	Joshua Mendal (BTH)
Intermediate 9-10 years	1 st	Emma Allen (AKClb)	Jonathan Berlin (DAI)
	2 nd	Gavin Mumford (DAI)	Shayla Nelson (PMR)
	3 rd	Shayla Nelson (PMR)	Alyssa (TIA) Berlin (DAI)
	3 rd	Alyssa (Tia) Berlin (DAI)	Gavin Mumford (DAI)
11-13 years	1 st	Mike Berlin (DAI)	Ryan Lavey (ER)
	2 nd	Ryan Lavey (ER)	Mike Berlin (DAI)
	3 rd	Stephen Sponsler (PMR)	Stephen Sponsler (PMR)
	3 rd	Christopher Bailey (PMR)	Christopher Bailey(PMR)
Advanced 9-12 years	1st	Kennedy Kruchoski (ER)	Michelle Boelter (ER)
	2nd	Michelle Boelter (ER)	Elle Gray (ER)
	3rd	Haley Carr (ER)	Lindsey Heimerl (ER)
	3rd	Charlie Emmi (PMR)	Kennedy Kruchoski (ER)
13-14 years	1 st	Wade Nelson (PMR)	Wade Nelson (PMR)
	2 nd	Sarah Boelter (ER)	Sarah Boelter(ER)
	3 rd	Eric Schoff (ER)	Eric Schoff (ER)

<u>Division</u>	<u>Place</u>	<u>Kata</u>	<u>Kumite</u>
Advanced Girls 15-17 years	1 st	Rebekah Martin (ER)	Rebekah Martin (ER)
	2 nd	Hannah Martin (ER)	Dana Kujala (B&G)
	3 rd	Dana Kujala (B&G)	
Boys 15-17 years	1st	Kyle Lindsey (ER)	Kyle Lindsey (ER)
	2nd	Charles Wood (B&G)	Charles Wood(B&G)
	3 rd	Tel Nelson (PMR)	Tel Nelson (PMR)
	3 rd	Daniel Nott (PMR)	Daniel Nott (PMR)
Individual Adults BEGINNERS	1st	Morgan Johnson (UAF)	Morgan Johnson (UAF)
	2nd	Christine Nelson (PMR)	Christine Nelson (PMR)
	3rd	Shelly Burgan(DAI)	Shelly Burgan (DAI)
	3 rd	Linda Brandon(DAI)	Linda Brandon (DAI)

(continued on page 5)

INTERMEDIATE/ADVANCED	1 st	Brandon Norquist(B&G)	Brandon Norquist(B&G)
	2 nd		Vladimir Ivanov(UAF)
	3 rd		Jeff Sponsler(PMR)
BLACK BELT WOMEN	1st	Rebakah Martin(ER)	Courtney Brown(DAI)
	2 nd	Heather Foltz(UAF)	Rebakah Martin(ER)
BLACK BELT MEN	1 st	Joe Foltz(UAF)	Joe Foltz(UAF)
	2 nd	John Phillips(UAF)	John Phillips(UAF)
	3 rd	Lance Davis(ER)	Duane Kujala(B&G)
	3 rd	Mike Crotty(DAI)	Lance Davis(ER)

SENIOR KATA (AGE OVER 45)

<u>Division</u>	<u>Place</u>	
Females	1st	Joanne Nott (PMRP)
Males	1ST	Duane Kujala (B&G)
	2 nd	Jeff Sponsler(PMR)
	3 rd	Vladmir Ivanov(UAF)
	3 rd	Steve Street(BTH)

TEAM KATA

Division Place

Youth Beginner

- 1st T,B,& D (Tylor Burgan, Brock Kruskie, Devin Smith) (DAI)
 2nd Eagles (Kevin Lewis, Jayden Brandon, Noah Brandon) (DAI)
 3rd Pandas (Patrick Gile, Aleya Gile, Dylan Pullman) (DAI)

Youth Intermediate

- 1st Flying Tigers (Alyssa Berlin, Mike Berlin, Jonathan Berlin) (DAI)
 2nd Silver Tigers (Gavin Mumford, Jonathan Berlin, Alyssa Berlin) (DAI)

Youth Advanced (13-16)

- 1st Karateers (Wade Nelson, Charlie Emmi, Samuel Nott) (PMR)
 2nd Eagle River 1 (Hannah Martin, Erik Schoff, Kennedy Kruchoski) (ER)
 3rd Eagle River 2 (Michelle Boelter, Elle Gray, Haley Carr) (ER)

Adults

- 1st Eagle River Men (Lance Davis, Thomas Blackley, Kyle Lindsey)
 2nd Daigaku Ladies (Linda Brandon, Gwen Pullman, Shelly Burgan)

TEAM KUMITE

ADULT MALE

- 1ST Northern Men UAF (Joe Foltz, John Phillips, Vladimir Ivanov)
 2nd Southern Men ER (Lance Davis, Mike Crotty, Thomas Blackley)

2008 Fur-Rondy Karate Demonstration

On March 2, Sensei Catherine Pinch and a group of Anchorage students participated in Mr. Tanaka's Fur-Rondy Asian Cultural & Martial Arts Expo 2008. On the big stage at West Anchorage High School, they performed Heian Shodan and Heian Nidan, then went through a series of basic techniques, sanban kumite, ippon kumite, and jiyu ippon kumite. As the finale, Catherine and Rebecca performed Bassai-Dai. The whole group came back out for a final bow.

After the demonstration, several people came up to Catherine asking where they could find ISKF classes...it was quite a hit!

The demonstrators were: Catherine Pinch; Rebecca Martin; Gail, Emma and Rachel Allen; Michael, Tia, and Jonathan Berlin; and Gwen and Dylan Pullman. Everyone did a wonderful job.

There were other martial arts featured in the program, including Judo, Aikido, Kendo, and Tae Kwon Do. Dancers from Korea and China added color and music. The Taiko drummers finished up the event with thundering noise, color, and movement.



**Do not forget that karate begins
with a bow and finishes with a bow**

*Karate-do wa rei ni hajimari rei ni
owaru koto o wasureruna*

Niju Kun #1 by Master Gichen Funakoshi,
translated by Master Teruyuki Okazaki in
Perfection of Character, 2006.

Photo by Michael Tavoliero

April 2008 Testing with Master Yaguchi!

Karate Clinics and Testing
Anchorage and Juneau
April 25-30 2008

Master Yaguchi, 9th Dan, Director of the Mountain States Region
(For information, contact your instructor or go to www.iskf-alaska.net)

The Way Continues excerpt by Sensei Catherine Pinch

In this newsletter we are pleased to again have a short article by Sensei Catherine Pinch, 6th Dan. Sensei Pinch is close to publishing her book about Master Yaguchi The Way Continues. In this issue of the newsletter, Ms. Pinch presents an excerpt from her forthcoming book. Below Master Yaguchi is relating a story about how Master Okazaki injured his knee:

Some of the people I trained and competed with back then were amazing athletes. Teruyuki Okazaki, who is now the Chief Instructor of the ISKF in the United States, was at the time a true

phenomenon. Normally, when I sparred with someone, I could read body movements and anticipate the technique my opponent planned to use. Most people make subtle movements with their bodies when they are going to kick, and you can tell what they will do just by watching for them to telegraph their intentions. However, with Okazaki Sensei, there would be absolutely no warning. We would be facing each other, moving around and looking for an opening, and suddenly *Whack!* A foot would land on the top of my head, the side of my face, or somewhere else on my body. No matter how hard I tried, I could never see it coming. He was equally good, fast and powerful with both sides of his body. He seemed to have no weaknesses. His punches and strikes were blindingly fast and strong. He did not specialize in any one technique – he could do everything better than anyone else.

One time, Mr. Okazaki was showing a young student how to make a correct front snap kick to reach someone who was a long distance away. He went into front stance, and then kicked forward very hard with his back leg. There was a "pop," and Okazaki went down, clutching his knee. Those of us watching thought he was joking, and we laughed, "Get up, Sempai! Quit fooling around!"

Mr. Okazaki got very angry – he was really injured. When we realized he wasn't joking, we quickly took him to a doctor. The doctor, after looking his knee, told him he had broken a tendon behind his knee. The doctor asked, "How in the world did you do this to your knee?" We told the doctor what had happened, and showed him how Okazaki had been moving when he injured himself. The doctor didn't believe us. "There is no way this massive type of injury could have happened the way you are describing. Something had to have hit his knee. Just moving the knee like that would never have the kind of force required to separate that tendon like that." We protested that it had, and that Mr. Okazaki was a special case, but I don't know if that doctor ever believed us. His knee was still broken at the time of Sensei Funakoshi's funeral.

Exciting upcoming newsletter items.....

- Results of the Alaska State OPEN Karate Tournament at UAA gym on Saturday April 12 9-4pm
- Regional Fund Raising Committee Progress to raise money for ISFK 2008 National Team
- New ISKF Alaska karate club opens in South Anchorage.....**The Cliffside Dojo**
Catherine Pinch/Michael Tavoliero 907-230-1992 Email: CatherinePinch@gmail.com
- Plus pictures and story of 2008 Master Yaguchi testing and seminars April 25-30

-----Keep Training!!!

Sensei Nakazawa

Please remember to sign up for 2008 ISKF-Alaska membership at your dojo or at www.iskf-alaska.net/

The next ISKF Newsletter will be coming out in May 2008.

ISKF Alaska Instructors Do Make a Difference!

Recently Sensei Diana Stevens and Sensei Doug Murray in our Juneau Shotokan Karate-Do Club received a letter from the Burnette family thanking them and others for playing an important role in their children's life.

The level of commitment shown by these two outstanding ISKF Alaska instructors exemplifies the dedication all of the volunteer instructors in each of our dojos around Alaska.

I want you all to recognize what an impact you have on children and families. The benefits of Karate go well beyond just the physical training and as the letter says "... they learned that if they worked hard and tried their best they could achieve their goals."

Thank you for *Making a Difference!*

---Sensei Nakazawa

To: Sensei Diana
Sensei Doug

I am writing this letter as a thank you to the both of you as well as everyone at the Juneau Shotokan Karate Club. Our family is relocating to New Mexico within the next couple months so it is at this time JR and Rodney will be leaving the club so we can focus on our relocation.

I would like to say thank you for your help in raising my children. Over the last 13 years 3 of my children have participated in karate and the lessons they have learned thru you is something they will carry with them for life. I give you credit for the physical and mental discipline my children have learned. What they learned thru Karate stayed with them thru every sport they played during the seasons. Because of Karate they were more physically fit then many during the football and wrestling seasons and more mentally focused for baseball and basketball seasons. Through you they learned they did not need to be the best, the biggest, the tallest or quickest in order to advance to higher ranks, they learned that if they worked hard and tried their best they could achieve their goals. Most importantly, thru your training they have learned respect. The way you teach the class with such a quiet demand of respect yet keeping my boys engaged (not easy!) and at the same time making it fun is a rare quality to find. No other sport allows a child to walk into a room of children and adults and be made to feel equal regardless of age. What a boost to a child's self esteem when they are able to spar against an adult and feel as though they are teaching or helping that adult because they are a higher rank. Thank you for giving my children a chance to feel "bigger" then an adult, (though I am sure there were times where they felt a bit to "big"!)

You have played an important role in my children's life.

Thank you for all your years of hard work and dedication and for giving this town a place where families can learn and grow together at a price anyone can afford. I only hope we are lucky enough to find another dojo with the same values as yours. You will be missed.

Sincerely,

The Burnette Family



2008 Kan Gei Ko

ISKF - Alaska Region

Shotokan Karate-do Since 1981

April 2008						
M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May 2008						
M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

June 2008						
M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

July 2008						
M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

August 2008						
M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

September 2008						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October 2008						
M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November 2008						
M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December 2008						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Saturday Training at Anchorage Boys and Girls Club Dojo 9-10:30am. Saturday Training at Eagle River AMAC 9-10:30am.
 April 25-29—Testing and Clinics, Master Yaguchi – Anchorage and Juneau Instructor Training at Eagle River Dojo @ 1-3:00 PM (2nd Sunday of month)

May 17-18: Alaska Moving Arts Center Spring Recital
 May 22-25: Camp Brotherhood: contact Cathy Cline
 June 6 – 13: ISKF Master Camp, Philadelphia PA

August 14-17: Alaska Summer Karate Camp, Birchwood
 October 8-14: ISKF Shotocup, Toronto, Canada
 Nov 14-16: ISKF Nationals @ LA Airport Westin Hotel, Los Angeles, CA

VANGUARD

MORTGAGE & TITLE, INC.

360 West Benson Boulevard, Ste 100 Anchorage, AK 99503 (907) 245-5626	1205 West Parks Highway Wasilla, AK 99654 (907) 373-1378
13036 Old Glenn Highway, Ste C Eagle River, AK 99577 (907) 980-1948	A proud sponsor of International Shotokan Karate Federation, Alaska Region

We provide a forum for homeowners and homebuyers to achieve financial fitness. Everything about our economy is changing. Current financial habits and practices may not help people build the wealth or preserve the retirement they really need, especially when they're living longer and retiring earlier. Our role is to help homeowners successfully manage their home equity to increase liquidity, safety, rate of return and tax benefits, thereby improving cash flow and minimizing interest expenses.

For more information, please give Catherine Pinch a call at (907) 245-5626

**Thank you Sensei Fujiwara for
your donation to
ISKF-Alaska Region**

The Best is Birchwood!!!!
Birchwood ABC K-6
An Anchorage S.D. "Alternative School"
For Information call 742-3450
<http://www.birchwoodabc.com>