



ISKF Alaska Region Newsletter

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“Year of the Rooster”

May 2005

May 2005 Test Results with Master Yaguchi

Master Yaguchi completed his Alaska 2005 tour on May 7-9 with kyu and dan testing and clinics in Anchorage and Juneau. New dan and I-kyu ranks were awarded to:

Nidan: Becky Knowlton, Shawn Kantola, Kirk Radach, Steve Weaver.

Shodan: Brandon Blackley, Benjamin Hagensieker, Russell Sweep, Robert Manley, Evan Wood.

1 kyu: Joselyn Moore, Adrienne Lewallen, Courtney Brown, Kathy Hocker, Ryan McCusker, Megan Allen.

1B kyu: Jeff Sponsler, Annette Dooley, Elizabeth Grover, Dennis DeWinter, Judy Hutchinson, Garrett DeWinter.

Congratulations to all ISKF-Alaska Region Spring Graduates

The ISKF Alaska Region is pleased to recognize and offer best wishes to our spring 2005 karateka graduates:

High School: Ben Wallace (Fairbanks); Kjerstin Kantola (Juneau), Jason Foster* (Anchorage).

University: Eric Kantola, MA Architecture/Montana; Kelly Gohl, BA Journalism/UAF; Matthew Titus, BA Electrical Engineering/UAF; Melissa Wiesenburg, BS Biology/UAF; Preston Miller, BS Mining Engin./UAF.

Military: Scott Toms, Airman 1st Class, Air National Guard Basic Training (Lackland AFB, San Antonio, TX)

* Note: The **Foster Family** (Jim, Susan, Micah, and Nick) will be moving to Abu Dhabi in the United Emirates this summer, where Jim has accepted a transfer with British Petroleum. During his interview visit to Abu Dhabi, Jim located a Shotokan Karate group and will continue his training. (Jason will be continuing his college education in Seattle). Good luck to the Foster family in their new assignment and home.

Invitation to a Special Training and 2006 ISKF Nationals Campaign Kickoff: July 2nd

Alaska region karateka are invited to a special training on Saturday, July 2nd at the Anchorage Boys and Girls Club. After training, plan to take part in the kickoff of our fund-raising campaign for the 2006 ISKF National Tournament in Anchorage, including the unveiling of the 2006 Nationals logo designed by Sensei Kevin Hagensieker.

4-H Club Demonstration Day in Juneau

One of the signs of spring for 4-H Club members in Juneau is Demonstration Day, when various clubs can share with others what they are learning and sharpen presentation skills. Students from the Juneau Shotokan Karate Club prepared a demonstration of kihon, kumite and kata, and gave an oral presentation on the martial art of self defense. Shawn Kantola was the group’s leader and Phillip Murray provided the narration. The demo included blocking and counter-attacking techniques, ippon and jiyu-ippon kumite, Heian Sandan and Bassai Dai, and bunkai for Bassai Dai. The group began and ended with a bow and the closing included the Dojo Kun. The students were introduced to Representative John Coghill, Majority Leader of the Alaska House of Representatives, and fielded his questions about the value of karate training in their daily lives.

Tournament Results

Spring Kubota Cup: The Fairbanks Club participated in the 42nd Northern Kubota Cup on March 5th at Lathrop High School. Several ISKF Shotokan karateka placed in their respective events, including a 2nd place finish in Men’s Adult Team Kumite by Joe Foltz, Tony Adlesperger and Dylan Hitchcock Lopez.

ISKF Alaska Regional Tournament: The 2005 Tournament was held on March 12th with good participation from the Anchorage, Eagle River, Palmer, and Fairbanks Regions. For complete results, see <http://www.iskf-alaska.com>.

Individual Youth

Pee Wee Division

1st

2nd

Beginners, mixed

1st

2nd

Ages 8-10

Beginners, mixed

1st

2nd

Ages 11-14

Kata

Katherine Massong

Anna Leffel

Kennedy Krushoski

Ruby Accord

Gus Gray

Craig McIntrye

Kumite

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Kennedy Krushoski

Craig McIntrye

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Intermediate, mixed	1 st	Maggie Burnham	Megan Parson
Ages 8-10	2 nd	Megan Parson	Maggie Burnham
Intermediate, mixed	1 st	Dylan Hitchcock Lopez	**
Ages 11-17	2 nd	Marlena Accord	**
Intermediate, female	1 st	**	Marlena Accord
Ages 11-14	2 nd	**	Katy Burris
Advanced, mixed	1 st	Brandon Blackley	Charles Wood
Ages 11-14	2 nd	Charles Wood	Benjamin Hagenseiker
Advanced, mixed	1 st	James Peters	James Peters
Ages 15-17	2 nd	Russell Sweep	Russell Sweep
Black Belt, mixed	1 st	Sarah Martin	**
Ages 11-17	2 nd	Kyle Lindsey	**
Black Belt, mixed	1 st	**	Brandon Hagenseiker
Ages 11-14	2 nd	**	Kyle Lindsey
Individual Adult			
Beginners, mixed	1 st	Kata	Kumite
	2 nd	Andrew Tooyak III	Andrew Tooyak III
Intermediate, mixed	1 st	Heather Foltz	Heather Foltz
	2 nd	Joe Foltz	Joe Foltz
Advanced, women	1 st	Nathan Burnham	Nathan Burnham
	2 nd	Andrienne Lewallen	Susan Martin
Black Belt, Men	1 st	Susan Martin	Kristi Groves
	2 nd	Ben Cheeseman	Ben Cheeseman
Senior Division	1 st	Andy Krohn	Tom Blackley
	2 nd	Annamarie Accord	**
		Richard Peters	**
Team Kata			
Beginners	1 st	Eagle River Meer Cats	
Ages 8-10	2 nd	Palmer: Derue, O'Laughlin, Accord	
Advanced	1 st	Eagle River: Martin, Lindsey, Stantorf	
Ages: < 18	2 nd	Eagle River: Hagenseiker, Hagenseiker, Blackley	
Adult (all ranks)	1 st	Eagle River Women: Martin, Martin, Lewallen	
	2 nd	Fairbanks: Foltz, Foltz, Hitchcock-Lopez	

Calendar of Events

2005

May	May 6 - 9	Master Yaguchi in Alaska: Juneau and Anchorage
	May 15	Alaska Karate Championship, Anchorage
June	June 3-10	ISKF Master Camp, Green Lane, PA
August	Aug 18-21	Alaska Summer Camp, Master Okazaki and Sensei Cline
November:	Nov 11-13	ISKF US Nationals in New Orleans, LA
December:	Dec 3-6	Master Koyama in Alaska – Anchorage, Juneau, Fairbanks

2006

September	Sept 1-4	ISKF Nationals, Anchorage, Alaska
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A Message from Sensei Nakazawa.....

A special thanks to Master Yaguchi for making the trip to Alaska. I am especially appreciative due to the busy schedule Master Yaguchi keeps, with his US and Japan and worldwide commitments-- having Master Yaguchi make the special effort to come to see us every spring in Alaska is truly something for which I am most appreciative. Symbolically, Spring (*haru*) is a time of renewal and at the most recent test Yaguchi Sensei certified over 120 new kyu ranks, four karateka made the rank of Nidan, and five karateka made the rank of Shodan. Congratulations to all of you and your instructors for a lot of hard work, and in turn helping to renew ISKF Alaska with your energies! Making shodan is a significant event, especially to the individuals that have put in the training and time to achieve this rank. Shodan signifies the mastery of the basics of Shotokan karate and is a good place to begin your training again. On this, I have to make a special note of congratulations to Mr. Bob Manley on passing his Shodan test with Master Yaguchi. Mr. Manley was the very first Ikyu for our Alaska Shotokan group back when we first began the ISKF Alaska Region in the early 1980s under Sensei Golden's guidance. Mr. Manley is an outstanding example of just "Keep Training" and keeping ourselves in balance with our everyday lives. For him, I know that training is a lifelong endeavour.

(For submission of newsletter items, please contact Nora Kelly at fnnlk@uaf.edu)