



# ISKF Alaska Region Newsletter

*Celebrating 25 years of Shotokan Karate in Alaska 1982-2007*  
January/February 2008

## UAF Shotokan Karate Club

*As part of ISKF Alaska Region's 25<sup>th</sup> year celebration, this month we will highlight the UAF Shotokan Karate Club headed by Sensei John Phillips and Sensei Joe Foltz*

Being a university club has its ups and downs. One positive is that we have new students coming in each semester. On the other hand, our typical student usually stays only for a few semesters. Fortunately though, karate has its own little way of grabbing the unsuspecting future karate-ka by the seat of their pants and not letting go. Through the faculty and the returning students we are starting to grow, we're building a good core group of students and are moving forward in our pursuit of karate-do. As a university club, we will have long breaks between semesters with almost no students. It is at these times that the people who train consistently really shine through.

One of our steady karate-ka is Vladimir Ivanov, who is an Arctic researcher for UAF. He has just recently returned from his yearly arctic expedition on a "very small ship" with a few other researchers, and is happy to be back on land and training hard. Vlad will be getting ready for his shodan test in March.

Bridget Thimsen is another one of our consistent karate-ka who will soon be returning after a short break. She was letting her knee recuperate after an injury, but she is now ready to resume her karate training as a vehicle for her physical therapy.

James Peters and Morgan Johnson are some more of our karate-ka who are consistently training hard and are progressing well. James will be getting ready to test for his first brown belt this semester and Morgan is working towards her green belt.

We have also had a few guests who used to train with us return to train while they were in town. Andy Krohn was here visiting from Wisconsin during Thanksgiving, and trained for a week. He is currently living there in Wisconsin, and he trains with a few people from Nishiyama's group and a fellow from Kanazawa's group. More recently, Dylan Hitchcock also returned for a week's training. Dylan is now living and training in Boulder, Colorado with Sensei Bruce Green and occasionally takes the bus to Denver to train with Sensei Yaguchi. Dylan is currently applying for a scholarship to the United World Colleges that is only awarded to 50 select students nationwide. John Phillips has also encouraged old students to come back, such as Travis Russell, who has returned to our dojo more permanently.

Since we have started training we have seen a lot of other people move on from the dojo as well. Craig Lewis and Tony Adlesberger have both become police officers; they both occasionally make it to a training session. Nathan Burnham is currently in Afghanistan fighting for our country (God bless him). His family is doing well, and he should return around April.

Ben Wallace has moved to Seattle, where he was offered a modeling job. And of course, Sensei Nakazawa moved back to Eagle River. The great thing is that even with all of the changes, these people are still our fellow karate ka. We still get great support from Sensei Nakazawa, Dylan will be back over the summer to train again, and we will always have a bond with our dojo mates who have moved on.



L-R: Andy Krohn, Kelsey Kennedy, Morgan Johnson, James Peters, Will Harper, Ben Wallace, Heather Foltz, Vladimir Ivanov, Joe Foltz

Also, although we have lost some of our black belts, we still continue to gain some. Heather Foltz recently received her Shodan, and we have many kyu ranks who will get there as well if they keep training.

In Master Okazaki's book *Perfection of Character* in the chapter entitled "Endeavor," Master Okazaki says "If we're not working on moving forward, we're falling behind. There is no such thing as even treading water without making an effort."

I'd like to think that Master Okazaki's maxim is the theme for the Fairbanks dojo. Even though we have lost a lot of our top instructors and many of our students move on, we can't just sit back, feel sorry for ourselves and slack on training because that's the easy thing to do. We must continue to heed the advice of Master Okazaki and Sensei Nakazawa: keep moving forward, "keep training!"

When I sit back and think about it, it seems like this must have been what it was like when Alaska Shotokan was just getting started; a small group of young people, with a passion for the art of the empty hand.

For our immediate future, we will soon have a fresh crop of students in our dojo to teach karate to and to learn from. Of course, John Phillips will be returning to help out in class, and Joe & Heather will be driving down to Anchorage for more training at some point (which means the Nakazawa Senseis will have some house guests!). Everything is as normal as it can be.....article by Sensei Joe Foltz and Heather Foltz, UAF Dojo

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### ***Calendar of Events 2008\*\*\****

- February:** Feb 2&16 Anchorage Boys and Girls Club Dojo 9-10:30 am\*\*\*  
Feb 9&23 Eagle River AMAC Dojo 9-10:30 am\*\*\*  
Feb 8 Friday Kumite Class at ER Dojo, all Black/Brownbelts invited 7-8:30pm  
Feb 10 Monthly ISKF-Alaska Instructor Training at Eagle River Dojo @ 1:30pm  
(Monthly Instructor Training will always be the 2<sup>nd</sup> Sunday at the AMAC)
- March:** March 1&15 Anchorage Boys and Girls Club Dojo 9-10:30 am\*\*\*  
March 8&22 Eagle River AMAC Dojo 9-10:30 am\*\*\*  
Mar 29 ISKF Alaska State Tournament at Spenard Rec Center, Anchorage
- April:** April 12 Alaska State Open Karate Championship, UA Anchorage  
April 25-30 Testing and Clinics, Master Yaguchi – Anchorage and Juneau  
May 17-18 Alaska Moving Arts Center Spring Recital
- 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 25-30<sup>th</sup>, all 4<sup>th</sup> kyu and above (adults and youth) **will be required to attend at least one session per month** starting in January 2008 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: 1<sup>st</sup> and 3<sup>rd</sup> Saturdays at Anchorage Boys and Girls Club Dojo and 2<sup>nd</sup>, 4<sup>th</sup> and 5<sup>th</sup> 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.

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## **New Dojo and Outstanding Member in Bethel Club by Sempai Ted Berry**

Bethel Shotokan Club was proposed as a member club in January and accepted. We have an outstanding member in Andrew Stemp and although he is only 8th Kyu in Shotokan, he attends all 3 sessions each week, both senior and junior and helps me manage classes and teach kihon. He is also a good model for other students and has helped build the Bethel club. When I am traveling he always steps in and takes the class with my wife, Pam. In many ways he is helping to hold the Club together. He came into Anchorage to test in December. I think he was the only Bethel member who was able to get in for testing and it was a special trip even though the fare is \$500 plus. He is very dedicated!

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## **The Way Continues excerpt by Sensei Catherine Pinch**

*In this newsletter we are pleased to again have a short article by Sensei Catherine Pinch, 6<sup>th</sup> 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 broken fingers can result sometimes in good friends:*

It was common for one instructor to challenge another to a fight in those days.

A \*kenpo\* instructor stopped by the dojo with ten of his students one day. This instructor was a huge guy, tall and broad and arrogant. He wanted to fight me, so I cleared the floor and we faced off. He was the strongest guy in the group.

I could see that he had a habit of fighting with his hands open and his thumbs slightly up. Just as he started to move, I grabbed his thumb, dropped my weight and broke the thumb. I felt it snap in my hand. He fell to his knees, shock and agony all over his face. The fight was over like that. He and his students left.

A couple of days later, they all filed back in the front door and stood, waiting for me to acknowledge them. Okay, I thought, they want another fight. I mentally readied myself for a new bout and turned to face them. This time, however, the instructor walked up to me on the dojo floor and said, "Sensei, we would like to join your dojo and train with you." Surprised, I agreed. And they all joined and began training there with me. This instructor eventually became a close friend, helping me on many occasions.

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## **Thoughts for the New Year by Sensei Nakazawa**

This past Saturday January 19<sup>th</sup>, we formally concluded our 25<sup>th</sup> year celebration of ISKF Alaska and with our 2008 Kan-gei-ko Training at the Eagle River Dojo. It started on Saturday at 8:00 A.M. and went until 9:30 A.M. Immediately following we had a small recognition ceremony to recognize those karate-ka who endeavored during this cold weather training. Of special note was a very small group getting up M –F during the week regularly at 6:00 A.M. to train with Sensei Rembert.

One special part of this Kan-gei-ko was to recognize the Senior Instructors of ISKF Alaska who have provided special leadership to our organization for the past many years. Each person in their own right has donated literally thousands of hours to promoting ISKF, both here in Alaska as well as elsewhere by their support of traditional shotokan karate-do as taught by the late Master M. Nakayama and furthered by Master T Okazaki and Master Y Yaguchi and many others throughout the world. For this recognition each of our special ISKF Alaska instructors was awarded a special ISKF black belt in recognition of this. Join me in acknowledging these special people:

Sensei Catherine Pinch, 6 <sup>th</sup> Dan	Sensei Charles Holness, 5 <sup>th</sup> Dan
Sensei Pat Andrews, 5 <sup>th</sup> Dan	Sensei Lynette Nakazawa, 4 <sup>th</sup> Dan
Sensei Diana Stevens, 4 <sup>th</sup> Dan	Sensei Susan Jones, 4 <sup>th</sup> Dan
Sensei Mike Tavoliero, 4 <sup>th</sup> Dan	Sensei Jennifer Frazier, 4 <sup>th</sup> Dan
Sensei Becky Hesser, 3 <sup>rd</sup> Dan	

And we begin the next 25 years of ISKF Alaska with Master Funakoshi's Niju Kun#1 —

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

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

Referring to Master Okazaki in his book, Perfection of Character, he relates to us regarding this Niju Kun, “.....The way you begin something can set the tone for the entirety of the endeavor, encounter, or relationship.....So, by beginning with this principle, Master Funakoshi has taught us this very profound lesson: **that what we do is who we are**. There is no room in karate, or in life, for the separation of deeds and character. The goal of a karate-ka is to completely unify your mind, body, and deeds for the good, and thus help to bring harmony into the world.”

Best wishes for 2008! And keep training!

— Sensei Nakazawa

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Please remember to sign up for 2008 ISKF-Alaska membership at your dojo or at

[www.iskf-alaska.net/](http://www.iskf-alaska.net/)

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The ISKF Newsletter will be coming out bi-monthly in 2008. We have also added a new feature this year...a calendar with important dates to remember!





## 2008 Kan Gei Ko

### ISKF - Alaska Region

### 25 years of Shotokan Karate-do

January 2008						
M	T	W	T	F	S	S
	7	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			

February 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		

March 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
24/31	25	26	27	28	29	30

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
23/30	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 9-10:30 am  
 Saturday Training at **Eagle River AMAC** Dojo 9-10:30 am

March 2—2008 Asian Cultural & Martial Arts Expo 4-6PM, West High Auditorium  
 March 29—**ISKF** Alaska State Tournament at Spenard Rec Center, Anchorage

Monthly ISKF-Alaska Instructor Training at Eagle River Dojo @ 1:30 – 3:00 PM