



Journal of the National Collegiate Karate Association 2006

28th Annual ISKF/US National and Collegiate Karate Championships

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三尺下がって師の影を踏まず。

“Stay at least three feet behind your instructor lest you fall in his shadow.”

Greetings:

It is a natural instinct for pack animals (as well as many people) to remain very close to their leaders, to copy or imitate them as specifically as possible. Imitation is the sincerest form of flattery and also the most efficient way to learn simple, new behaviors. By imitation of a more knowledgeable, higher ranking authority figure greater skill and vicarious glory or power are obtained. Consider for example, a trained dolphin at SeaWorld. Through imitation and behavioral conditioning, this animal can be taught to perform a variety of amazing tricks. As intelligent as it may be, though, the dolphin, is never taught to innovate, create and invent through this type of conditioning. Original thinking is a product of freedom and of the opportunity to apply learning in unique and independent ways. When one remains within the shadow of an instructor or leader, such freedom of thought, innovation and creativity cannot find expression. Instead, the student or follower is limited to imitation and mindless reflexive activity, much like a trained dolphin at SeaWorld.

In today's world of fast-paced technological change, success depends in large part on the ability to innovate. Interestingly, despite the increased importance of creativity and adaptability, behaviors more reflective of the mindless pack mentality are on the rise. In the world of sports and entertainment, such a mindset is reflected in phenomena such as the "Celebrity Worship Syndrome" and fan fanaticism. This type of thinking tends to spill over into the culture of martial arts. Many students follow their Senseis blindly in the mistaken belief that reflected glory is the key to progress, advancement and technical skill.

Karate is not just a sport; it is also a form of lifetime exercise that reflects the accumulation of knowledge and experience. Wisdom is a product of the application of learning to new and creative ideas. Of course, the creative process depends on having learned the basics effectively in the first place through repetition and imitation. The point, however, is that such imitation is limited in its usefulness. The student who remains "three steps behind" his instructor is close enough to benefit from observing his instructor, but is also distant enough to create a space for independence and creativity. Any farther away and the student would be completely out of the sphere of his instructor's influence; any closer and he would risk being stifled. Incidentally, the student who criticizes, ignores or disrespects instruction is, in effect, standing "in front" of the instructor, and has thereby relinquished the opportunity for any guidance at all.

Early training through repetition breeds competence and more importantly, patience. More advanced training cultivates judgment, resolution, and creative wisdom. Commitment to training throughout these stages is essential for progress; however, perspective is also important. Karate is only part of life, balance is critical. Work hard and dream big. Always remain outside of your teachers' shadow, but close enough to benefit from his guidance, experience and knowledge.

May you be successful in all of your endeavors.

Yours,



Shojiro Koyama
Chairman, National Collegiate Karate Association



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August 2006

Greetings!

It is with great appreciation that I acknowledge all of the members of the National Collegiate Karate Association. Under the direction of Mr. Shojiro Koyama, as Chairman of the National Collegiate Karate Association, this significant sector of the ISKF has grown substantially in numbers and more importantly technically and spiritually. Along with his guidance and the assistance of Dr. Anthony Nakazawa and Dr. Paul Smith, our collegiate membership is following the path that Master Gichin Funakoshi intended. He believed as I also do, that our collegiate members are the future of Shotokan karate-do. Master Funakoshi did his best to have as many demonstrations as possible in the colleges and universities so that he could spread the true spirit of karate-do with the young people. Especially in these difficult times of violence, if we can get these young people to train in karate-do and follow the Dojo Kun, hopefully they will acquire a true reverence and respect for all human beings. If we attain this goal, we will be successful not just in gaining members in the ISKF, but more importantly the success will be from our humble contribution to help bring peace amongst each other.

I want to extend my sincere gratitude to Mr. Koyama, Dr. Nakazawa, and Dr. Smith, for their continued determination to maintain the National Collegiate Karate Association. I'd also like to thank all of the instructors and assistants who volunteer their time to contribute to this facet of the ISKF. Without all of their help our colleges and universities would cease to exist. Every one of you is contributing to Master Funakoshi's goal of doing our part to help bring peace to the world, one student at a time.

I wish all of our members, instructors, assistant instructors, administrators and students much success in the coming year.

Sincerely,



Teruyuki Okazaki
Chairman & Chief Instructor
International Shotokan Karate Federation

温古知新

“Onkochisin: Lessons From the Past as Guide to the Future”

Karate Do – A Lifelong Learning Process

By Shojiro Koyama.
(with Lana Susskind-Wilder, Psy.D.)

Sports and Karate-Do

The goal of sports is to engage the participant in a game which utilizes his skill in the context of structured discipline and rules. The participant's ultimate objective is to achieve superiority over other competitors. Of course, leisure sports also involve recreation and physical exercise, as well as vicarious enjoyment by spectators and fans.

Competition involves active learning which plays a very important role in modern society and current daily living. Even spectators benefit through observation of specific physical dynamics, appreciation of the athlete's physical skills and engagement in the process of competition. Such activity can help reduce the day-to-day stress and tension inherent in modern living.

Olympic and professional sports are most inspiring. They appeal to the fundamental and basic elements of existence, touching the very hearts and souls of human beings all over the world. Spectators are energized by their empathic connection to the athletes, which fills them with a sense of vicarious joy, hope and optimism. Of course, not everyone can achieve the level of skill attained by Olympic or professional athletes. These individuals represent the most talented, elite and skilled among people, and they must of course train with the utmost intensity. Blood, sweat and tears are involved in elite level training, and most people are unwilling and/or unable to make the personal sacrifices required by this sort of activity.

Athletes are idealized by the people around them. This idealization builds expectations that the athlete will actually attain achievements of which “common people” can only dream. Because in competition there is only one victor, spectators must learn, at least vicariously to deal with the concept of loss, and to overcome disappointment when, as often happens, a favored competitor does not win. In contrast, the Japanese word “do,” which translates roughly as “the way,” implies the sense of a very personal learning process. This process is an internal one which derives from each person's unique actions, behavior and beliefs. It is connected intimately to individual autonomy; a self-governed system of rules that guides and helps define personal growth and self-maturation throughout life. The term “sports,” when used as defined above, suggests that most people (meaning those who are not engaged themselves in elite level training), participate primarily through vicarious experiences rather than through truly personal ones. Therefore, by virtue of its connection to the term “do” and thus, by definition to the importance of personal experience, karate cannot be considered exclusively a sport in the true sense of the word.

To identify the difference between karate and sports is not to suggest that the process of competition itself does not play a role in the practice of karate-do. Competition involves important elements that contribute to personal growth and moral development, such as the

maintenance of good faith and effective communication among opponents during tournaments as well as in routine training. However, competition itself is not the essential character-defining factor in karate-do that it is in sports, because personal growth comes as a by-product of the entirety of the karate experience. The most important aspect of karate as karate-do is the lifelong goal of perfection of the soul and spirit. The competitive elements comprise just a small portion of the meaning and goals of karate-do.

Lifetime Karate-Do

The origin of karate is in the art of self-defense. Martial arts were developed in a society that was quite different from today's urbanized modern world. Today, people still have to protect themselves from violence. At the same time, however, they must be able to defend themselves from mental stress, depression and other psychological conditions which seem to be on the rise in a society that prizes individualism over the sense of community. The value of karate is in its ability to help prevent a state of social isolation and disconnection, which in its extreme can lead to despair, and ultimately to suicidal ideation. Karate-do emphasizes individual training in the context of social relationships, mutual respect and a sense of purpose that provides an opportunity to connect with others on a level that is increasingly rare in modern society. At the same time, the daily physical training emphasized in karate helps combat emotional distress and increase positive mood states through direct physiological effects such as an increase in endorphin ("pleasure hormone") levels.

Truly active participation in most competitive sports is likely to be limited by age. Usually, athletes retire when they reach a certain age, and then of course, they often discontinue training on a daily basis. By contrast, training in karate-do is a lifelong pursuit which has a structure of time cycles or "seasons." The characteristics and focus of training change from season to season, just as the behavior of many living organisms does. In the spring time the karate student learns basic skills. In the summer he enjoys the glory of competition karate. In the fall, he applies the skills he obtained in the competition ring to the needs of ordinary daily training and interpersonal relationships, such as between student and mentor. Winter is the time to maintain basic physical and social functioning, and to gain satisfaction from passing these skills on to the next generation. The practice of karate-do as a lifetime art enables the student to enjoy and adapt to the changing needs and priorities of each season. Particularly as a student enters the wintertime of life, training remains important, as it promotes energy, maturation, growth and health, long past the season of physical prime. Those who continue to pursue the art of karate-do into their golden years will reap tremendous benefits in terms of optimism, hope and appreciation of life.

The central emphasis in Western sports is on winning. During sports-oriented activity all body systems (the central nervous system, the motor system, the somatosensory system, and the biochemical system) are fully activated and focused on achievement of competitive success. Of course the pre-frontal cortex is also activated during this type of activity. Western sports involve activation of the whole cortical system, which is beneficial for the maintenance of brain circuitry (Ooki, 1989). However, according to Ooki, because of the conscious focus on winning, the pre-frontal cortex may become overactive relative to its natural state.

On the contrary, Eastern training such as Zen, operates on a more holistic basis and does not emphasize mind-body dualism in the way that Western sports do. Rather, Eastern training is rooted in ancient approaches to balancing the whole body with the whole mind. Therefore, this type of training may be the best method of maintaining complete mind-body health and integrity throughout the different stages of life.

Karate-Do is effective in the activation of the cortex. By choosing the appropriate training of basic kata and kumite to one's age and physical condition, it clears the toxins ... and has a similar effect to yoga and Zen. (Ooki, 1989).

Karate and the Philosophy of Kei

According to the Chinese philosopher, Sou Shushinchu, there are five "Kei" (plans) involved in living a more satisfying life: Sei-kei, Shin-kei, Ka-kei, Ro-kei, and Shi-kei.

The first, Sei-kei, involves the plan to live a healthy life without physical problems, disease or untimely death. Shin-kei, the second, refers to the plan to experience and face the baser human instincts so that they may be overcome through maturity. The third, Ka-kei, is concerned with maintaining and supporting the family. The fourth, Rou-kei, refers to the plan for old age. Focus turns more to the reflection on the purpose of life as one faces the challenges of growing old. The fifth and final plan, Shi-kei, is concerned with the process of preparing for death itself— "It is important how you die, not to die without any control or acceptance." (Masaatsu Yasuoka).

This philosophy of Kei relates to the practice of karate-do in the following ways:

Sei-kei –

The most important aspect of development as a human being is the foundation and rooting of the rules that govern the physical self. There is little so annoying as a child or young adult who lacks physical self-discipline. The value of karate training in youth is to instill and encourage that self-discipline. Parents should model for their children the value of physical competence as an end in itself, rather than emphasizing the importance of material signs of success such as trophies and medals. The karate instructor should first teach basic physical ability, inherent in ordinary practice of kihon, kata and kumite techniques. At the same time, the instructor should encourage the young student to find joy in training hard, in small improvements and in perseverance.

The importance of physical development goes hand in hand with importance of moral development, the groundwork of which is laid in the pre-school years. At this age, karate training should focus on self-discipline which is most fundamentally demonstrated in basic activities of daily living: politely greeting parents and teachers, saying "please" and "thank you," keeping clean, eating three meals per day, sleeping well, and dressing appropriately. Parents have to have a strict attitude about enforcing the rules, and karate training can be used as a form of reinforcement. For example, attendance at a karate class or event may be made contingent on acceptable behavior.

In addition to teaching basic rules of behavior, parents are responsible for instilling an attitude of mental self-discipline in their young children. The importance of developing the mental ability to deal with the boredom of repetitive daily basic training should be emphasized over the excitement of tournaments and championship events. A parent's emphasis on competitive success over perseverance and effort impedes character development. It is tremendously disconcerting to see a child gloating after winning a small tournament, especially when that child's lack of humility is cheered on by spectators and parents. It is important for instructors as well as parents to emphasize sportsmanship and the ability to comport oneself with dignity in the face of both victory and defeat. Hard training can help a child learn to handle success as well as failure, especially when his role models emphasize their admiration for the child's appropriate behavior regardless of competitive outcome.

Shin-kei -

In the summer of the karate student's life, the young adult uses the skills he established earlier by participating in tournaments. Ability must be demonstrated publicly at this stage. The young person who can demonstrate his ability in the very stressful setting of a tournament learns to experience and express deep feelings, joy, and sometimes tears. He also learns to experience empathy and to practice good sportsmanship. At this stage, it is important to set goals in life. These goals can be expressed in terms of karate training. For example, a young competitor may choose to focus before a tournament on controlling over-excitement, instilling a calm attitude, and exercising mental focus. "Mushin", which involves the ability to overcome the obsession to win, is the key to the budo spirit. The obsession to win interferes with the body's natural movement, and is therefore counterproductive in karate training.

Ka-kei –

At a time when one's competitive career may be coming to an end, the karate-ka's focus should be on creating a plan to continue training throughout life. A peaceful family life, stable economic status, and good health are the basis for success in this period. The individual who continues to grasp for the achievements of the Shin-kei period instead of focusing on more appropriate goals of adulthood will find it difficult indeed to discover satisfaction in the next life stages. In this period, one begins to find pleasure by passing on the benefit of his tournament experience through coaching and instructing others. By teaching karate to the young, the individual at this stage of life gains value through enhancement of his own karate technique as well as through improvement in his interpersonal communication skills. The daily trainings not only strengthen physical performance but also act on brain structures to increase willpower and stress tolerance, as well as to enhance a sense of well-being and emotional health.

Ro-kei –

As the individual ages, maintenance of independence is the key to avoiding becoming a burden on others. In youth, time seems to pass by very slowly, but as one ages, time begins to fly by. The older adult must develop and stick to a daily training schedule, or whole days may pass by with the individual doing nothing at all. In this stage, basic low-power kata training should be accompanied by supplemental training such as yoga, stretching and breathing exercises. The most important key to success in the Ro-kei stage is to continue to experience deep feelings and emotions. Formation of a personal philosophy is also important at this stage. By passing on knowledge and experience to others, a life philosophy develops that is rooted in service and reciprocal giving and receiving. Through teaching one contributes to others' happiness and satisfaction, and thereby contributes in very meaningful ways to both himself and to society as a whole. This philosophical focus on contribution is expressed in the fundamental ideals of "Shin" (truth, reality), "Zen" (virtue), and "Bi" (beauty), which are pursued through lifelong teaching and practice of the art of karate-do.

Shi-kei –

The following four concepts relate to successful adjustment during the shi-kei stage.

- 1) Always have the God of joy in your mind
- 2) Always appreciate
- 3) Always do things for others in a modest way
- 4) When you are alone, it is difficult to smile, but it is easy to be upset, think negatively, and disparage yourself.

The spirit of joy should be maintained at a non-cognitive and unconscious level. Training in karate purifies the mind and the body. By maintaining a deep and unconscious appreciation for daily training, a person at this stage of life keeps the "God of joy" in his mind. Those who

set a goal for themselves of lifelong learning and lifelong self-defense, those who train to purify their minds and bodies in order to achieve “Shin-Zen-Bi” every day for 40 or 50 years will discover the ability to find joy, to appreciate life, to smile and to avoid self-disparagement even into old age. Such individuals will never find themselves alone as long as they carry the “God of joy” deep in their unconscious. Lifelong practice of the art of karate-do and lifetime pursuit of its ideals helps establish the firmly rooted permanence of joy throughout each of the stages and seasons of the karate-ka’s life.

References:

Yasuoka, S. (1986). *Jinbutu wo osameru* [Mastering a person]. Tokyo: Takei.

Ooki, K. (1989). *Nou ga kokomade wakatte kita: Bunshi seiri gaku ni yoru "kokoro no kaibou"* [We know this far about the brain: Anatomy of mind by molecular physiology]. Tokyo: Kobunsha.

This article is based on an original Japanese article written by Shojiro Koyama.

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August 2006

Greetings:

For members of the ISKF and NCKA, the years 2005 and 2006 have been eventful and difficult. The devastating effects of hurricane Katrina created extreme emotional and financial hardships for many of our members, their families and loved-ones, as well as the serious alteration of the lifestyles of those involved. Our hearts and prayers go out to those affected by this tragedy. I was pleased to see that there were many efforts on many levels to support those involved. The effects of this tragedy will last for many years to come.

I would like to acknowledge and thank Masters Okazaki and Koyama, as well as Dr. Anthony Nakazawa and Ms. Judy Hargis for their outstanding and continued support of what we are trying to accomplish. The meeting of the NCKA at the National Championships was cancelled due to the effects of hurricane Katrina; however we did have a well-attended NCKA meeting at Master Camp 2006 at Camp Greenlane. The creations of by-laws for the NCKA and the review process for articles for the Journal of the NCKA (JNCKA) were principle issues for discussion. Rita LaRue of Drexel University submitted a draft of a set of by-laws for discussion and some excellent suggestions were made by those in attendance. A suggested article submission format for the JNCKA was proposed by Paul Smith of West Chester University. This will give authors submitting articles for review specific guidelines as to how to prepare their work for publication. It was decided that the revised by-laws and recommended JNCKA article submission format be sent to the ISKF regions and collegiate directors for further input. At this time we have not received additional comments. A final draft of each of these documents will be submitted to the ISKF Board of Directors for ratification.

I am pleased to announce the interest shown and inquiries made regarding papers for the JNCKA. We have recently received a review article on nutrition for karate athletes and have been informed that at least one other article on cardio-vascular aspects of training is in the final stages of preparation. I am aware of two other articles for possible submission, one on teaching techniques and another on neuromuscular coordination and segmental motion that are also in preparation stages for submission to our journal by ISKF authors. Following successful review, a posting date will likely be set for November or December to correspond with the usual dates of the ISKF National Championships. The ISKF National Championships will be held early this year, September 1-3, due to the climatic conditions in Alaska.

If you are interested in submitting an article for publication in the JNCKA or serving as a reviewer, please contact me at psmith@wcupa.edu or (610) 436-2764.



Respectfully yours in karate,

Paul K. Smith, Ph.D.,
Academic Editor NCKA

National Collegiate Karate Tournament

Team Kata Results

YEAR	LOCATION	1st PLACE	2nd PLACE	3rd PLACE
1980	Philadelphia	U. of New Orleans	U.C. Riverside	Temple University
1981	Sioux Falls	Temple University	Arizona State U.	U. of New Orleans
1982	Denver	Temple University	Ohio University	L.S.U.
1983	Miami	Temple University	Drexel University	P.J.C.
1984	Santa Monica	Temple University	U. of New Orleans	Arizona State U.
1985	Cleveland	Temple University	Georgian Court	University of Alaska
1986	New Orleans	Temple University	L.S.U.	U.C. Riverside
1987	Phoenix	Temple University	Georgian Court	University of Alaska
1988	Philadelphia	Temple University	Drexel University	U.C. Riverside
1989	Sioux Falls	Drexel University	U.C. Riverside	Temple University
1990	Denver	Drexel University	U. of Chicago	Temple University Drexel University
1991	Miami	Drexel University	University of Alaska	Temple University U of Illinois-Chicago
1992	Anchorage	University of Alaska	Temple University	Santa Rosa Jr. College
1993	Denver	Delta State University	Temple University	St. Cloud State Univ.
1994	Santa Monica	U. of South Florida	Temple University	University of Alaska
1995	Santa Rosa	U. of South Florida	Temple University	College of Wm. & Mary
1996	Indianapolis	Temple University	Drexel University	Ohio University
1997	New Orleans	U. of N. Colorado	Drexel University	Illinois
1998	Phoenix	Drexel University	Louisiana State Univ.	University of Alaska, Anchorage
1999	Denver	Louisiana State Univ.	Univ. of New Orleans	Drexel University
2000	Philadelphia	Louisiana State Univ.	Drexel University	Temple University
2001	Sioux Falls	Tulane University	Drexel University	Penn State University
2002	Orlando	Drexel University	University of Alaska	Penn State University
2003	Honolulu	Penn State University	U. of N. Colorado	Drexel University
2004	Columbus	Penn State University	Drexel University	University of North Colorado
2005	New Orleans*			
2006	Anchorage	University of Alaska	Drexel University	University of South Florida

* No tournament held.

National Collegiate Karate Tournament

Team Kumite Results

YEAR	LOCATION	1st PLACE	2nd PLACE	3rd PLACE
1980	Philadelphia	U. of New Orleans	Temple University	Cornell University
1981	Sioux Falls	Arizona State U.	U. of New Orleans	L.S.U.
1982	Denver	Temple University	U.C. Riverside	Ohio University
1983	Miami	Temple University	P.J.C.	Drexel University
1984	Santa Monica	U.C. Riverside	Temple University	U. of New Orleans
1985	Cleveland	Temple University	Ohio University	University of Alaska
1986	New Orleans	Temple University	Tulane	U.C. Riverside L.S.U.
1987	Phoenix	U.C. Riverside	Ohio University	University of Alaska
1988	Philadelphia	Drexel University	U.C. Riverside	U. of New Hampshire
1989	Sioux Falls	Ohio State	Drexel University	University of Alaska
1990	Denver	U. of Arizona	Mt. States	East Coast
1991	Miami	Manikato State	Temple University	U. of Illinois-Chicago Florida State
1992	Anchorage	U. of Illinois	Mankato State	Temple University
1993	Denver	Delta State University	St. Cloud State Univ.	Temple University
1994	Santa Monica	Temple University	UCLA	University of Alaska
1995	Santa Rosa	College of William & Mary	Temple University	Santa Rosa Jr. College
1996	Indianapolis	Temple University	Drexel University	Ohio University
1997	New Orleans	Drexel University	U. of Northern Colorado	U. of New Orleans U. of Illinois
1998	Phoenix Women's Men's	Drexel University Drexel University	Louisiana State Univ.	University of Alaska
1999	Denver Men's	(Brown & Black Belt) Louisiana State Univ.	Drexel University	University of Alaska
2000	Philadelphia Women's Men's	(Brown & Black Belt) Tulane University Louisiana State Univ.	Penn State Tulane	Temple University Drexel University
2001	Sioux Falls Women's Men's	(Brown & Black Belt) Penn State University Drexel University	Tulane University Tulane University	Penn State University
2002	Orlando Women's Men's	Tulane University Louisiana State Univ.	Penn State University Penn State University	University of Alaska
2003	Honolulu Women's Men's	Penn State University Tulane University	Drexel University	Louisiana State Univ.
2004	Columbus Women's Men's	Drexel University LSU	Penn State University Tulane University	LSU Drexel University
2005	New Orleans *			
2006	Anchorage Men's	University of Alaska	University of South Florida	Drexel University

* No tournament held.

National Collegiate Karate Tournament

Men's Kata Results Brown & Black Belt

YEAR	LOCATION	1st PLACE	2nd PLACE	3rd PLACE
1980	Philadelphia	Tom Hyder Arizona State Univ.	Mike Urpschot Univ. of New Orleans	David Biggs Arizona State Univ.
1981	Sioux Falls	Hiroyoshi Okazaki Temple University	Ken Wang U.C.R.	David Biggs Arizona State Univ.
1982	Denver	Hiroyoshi Okazaki Temple University	Jerry Kattawar L.S.U.	Aaron Jacobs Temple University
1983	Miami	Hiroyoshi Okazaki Temple University	Mike Urpschot U. of New Orleans	John Caluda C.I.A.
1984	Santa Monica	Hiroyoshi Okazaki Temple University	Bob Shibasaki El Camino College	Stuart Smith Univ. of Arizona
1985	Cleveland	Hiroyoshi Okazaki Temple University	Jerry Kattawar Delta State Univ.	Greg DuBois A.C.C., Alaska
1986	New Orleans	Jerry Kattawar Delta State Univ.	Scott Johnson Metro State	P. Crapanzano L.S.U.
1987	Phoenix	Bob Shibasaki El Camino College	Tufic Akil Florida Int'l Univ.	Morris Lawrence Washtenau C.C.
1988	Philadelphia	Tufic Akil Florida Int'l Univ.	Morris Lawrence Washtenau C.C.	Paultz U.C. Riverside
1989	Sioux Falls	Hiroshi Yaguchi U. of Colorado	John Nunez Mankato State Univ.	Eric Renner S.S.U.
1990	Denver	Brian Treanor UCLA	Jamie Gisevius South	George Hernandez U. of Illinois-Chicago
1991	Miami	Kengo Inatu U. of S. Alabama	August Antenoracruz U. of Illinois	Paul Lapansri U. of S. Alabama
1992	Anchorage	Tomoya Kawasaki Temple University	Charles Baerlin Santa Rosa Jr. College	Chad Drachenberg Mankata State
1993	Denver	Tomoya Kawasaki Temple University	Hiroshi Ando Temple University	Victor Sein Arizona State Univ.
1994	Santa Monica	Masahiro Hori Taishou University	Takahiro Kimura Taishou University	Kouji Motoyoshi Kokushikan University
1995	Santa Rosa	Justin Nepo West Chester Univ.	Takamichi Maeshima Temple University	Joshua Rau Univ. of N. Colorado
1996	Indianapolis	Justin Nepo West Chester Univ.	Errol Mahoney Univ. of S. Florida	Kallan Resnick Univ. of Pennsylvania
1997	New Orleans	Ricky Supnet Univ. of Hawaii	Toshihide Nakamura Univ. of Illinois	Jorge Miangos Santa Clara
1998	Phoenix	Toshihide Nakamura Univ. of Illinois	Gary Ho Santa Clara	Phuc Nguyen E.C.
1999	Denver	Tony Nakamura Univ. of Illinois	William Huffstetler Newport Univ.	Satoshi Kuwahara Univ. of CA-San Diego
2000	Philadelphia	Steven Kiefer Santa Monica	William Huffstetler Newport Univ.	Nathan Smith Penn State
2001	Sioux Falls	Steven Kiefer California State	Dimitri Papadopoulos Tulane University	Arthur Derbes L.S.U.

(Continued on next page.)

National Collegiate Karate Tournament

Men's Kata Results (continued) Brown & Black Belt

YEAR	LOCATION	1st PLACE	2nd PLACE	3rd PLACE
2002	Orlando	Jumbo Banaria UC Santa Cruz	Dimitri Papadopoulos Tulane University	Steven Kiefer Columbia College
2003	Honolulu	Dimitri Papadopoulos Tulane University	Jumbo Banaria UC Santa Cruz	Greg Hoplmazian Penn State University
2004	Columbus	Jumbo Banaria UC Santa Cruz	Dimitri Papadopoulos Tulane University	George Pappaas Penn State University
2005	New Orleans *			
2006	Anchorage	Jihone Du Arizona State	Alessandro Massaro Florida International University	Andrew Tooyak. University of Alaska

* No tournament held.

National Collegiate Karate Tournament

Men's Kumite Results Brown & Black Belt

YEAR	LOCATION	1st PLACE	2nd PLACE	3rd PLACE
1980	Philadelphia *			
1981	Sioux Falls	John Caluda U. of New Orleans	Fahmi Hasish Arizona State Univ.	David Biggs Arizona State Univ.
1982	Denver	John Caluda C.I.A.	Bobby Miles U.C.R.	Hiroyoshi Okazaki Temple University
1983	Miami	John Caluda C.I.A.	Hiroyoshi Okazaki Temple University	S. Montgomery, Drexel University Patrick Geis, P.J.C.
1984	Santa Monica	Rene Vildosola Santa Monica Col.	Stuart Smith Univ. of Arizona	H. Morimoto Univ. of Arizona
1985	Cleveland	Jarra Kattawar Delta State U.	Hiroyoshi Okazaki Temple University	Greg DuBois A.C.C., Anchorage
1986	New Orleans	Jarra Kattawar Delta State U.	David Lukas Mesa Comm. Col.	Steven McDermott Temple University Robert Schorr L.S.U.
1987	Phoenix	James Butwin Univ. of Arizona	Tufic Akil Florida Int'l Univ.	Steven McDermott Temple University
1988	Philadelphia	Mike Tan U.C. Riverside	Tufic Akil Florida Int'l Univ.	Harvey Coon Drexel University
1989	Sioux Falls	Samer Atassi Univ. of Miami	Dean Mori Univ. of Alaska, Anchorage	Eddie Ribinson South Central Region
1990	Denver	Jamie Gisevius South	Eric Renner Mankato	Moris Kennedy, Temple Brian Treanor, SWUCLA
1991	Miami	Morris Kennedy Temple University	Pete Johnson Delta State	August Antenoracruz Univ. of Illinois
1992	Anchorage	George Hernandez Univ. of Illinois	Morris Kennedy Temple University	Francis Foo Santa Rosa Jr. College Tomoya Kawasaki Temple University
1993	Denver	Pedi Johnson Delta State Univ.	Tony Kelly Delta State Univ.	Steven Davenport Delta State Univ.
1994	Santa Monica	Takhiro Kimura Taishu University	Yasuhiro Minowa Kokushikan University	Norimitsu Yamamoto Komazawa University
1995	Santa Rosa	Tony Kelly Delta State Univ.	Norihito Kodama College of Wm. & Mary	Devin Fadaol Southern Region

* There was no Men's Kumite competition in 1980.

(Continued on next page.)

National Collegiate Karate Tournament

Men's Kumite Results (continued) Brown & Black Belt

YEAR	LOCATION	1st PLACE	2nd PLACE	3rd PLACE
1996	Indianapolis	Devin Fadaol Tulane University	Justin Nepo West Chester Univ.	Zak Cook UCLA
1997	New Orleans	Dan Dalio Univ. of New Orleans	Isao Nakayama U. of Southern Miss.	Gary Ho, Santa Clara M. Orhoa, U.N. Orleans
1998	Phoenix	Ricky Pampo L.S.U.	Tony Kelly Delta State Univ.	T. Nakamura Univ. of Ill. B. Towels, Drexel
1999	Denver	Satoshi Kuwahara Univ. of CA - San Diego	Darryl Rappold L.S.U.	Frank Garcia Univ. of Texas
2000	Philadelphia	Steven Kiefer Santa Monica	David Armentor L.S.U.	William Huffstetler, Newport Univ. Alexi Faktoravich, Amhearst
2001	Sioux Falls	Dimitri Papadopoulous Tulane University	Steven Kiefer California State	Miquel Radillo Miami-Dade Comm. Col.
2002	Orlando	Dimitri Papadopoulous Tulane University	Jarno Vinsencius Columbia College	Jumbo Banaria University of CA Sean Oliver Univ. of Louisiana
2003	Honolulu	Dimitri Papadopoulous Tulane University	Jean Dejace Tulane University	Jihone Du Arizona State University Lee Enibeam Louisiana State Univ.
2004	Columbus	Dimitri Papadopoulous Tulane University	Lee Guilbeau LSU	Korey Champayne LSU Barry Wise Penn State University
2005	New Orleans *			
2006	Anchorage	Ben Cheeseman University of Alaska	Andrew Tooyak University of Alaska	Jihone Du Arizona State Diego Espinoza Univ. of S. Florida

* No tournament held.

National Collegiate Karate Tournament

Women's Kata Results Brown & Black Belt

YEAR	LOCATION	1st PLACE	2nd PLACE	3rd PLACE
1980	Philadelphia	Laurie Endo U.C.R.	Jacki Spiro Rutgers Univ.	Karen Antonatos U. of New Orleans
1981	Sioux Falls	Karen Antonatos L.S.U.	Carol See Tai Florida Atlantic U.	Kim Young S.D.S.U.
1982	Denver	Carol See Tai Florida Int'l Univ.	Terri Bettemak Phoenix Comm.	K. Kirchner Ohio University
1983	Miami	L. Muso-Ris Univ. of Miami	Terri Bettamak Arizona State Univ.	C. Greenburg U.M.
1984	Santa Monica	L. Muso-Ris Florida Int'l Univ.	Terri Bettamak Arizona State Univ.	Carol Lombard U. of New Orleans
1985	Cleveland	Cynthia Eldridge Ohio University	Nancy Ding Arizona State Univ.	Cathy Lombard U. of New Orleans
1986	New Orleans	Sheila Red U.C.R.	Won Yee Cheng U.C.R.	Noel Haeglin U.C.R.
1987	Phoenix	Elizabeth Fanning Phil. College Pharm.	Rose Cooney Cal. State, L.A.	Shawn Sullivan Delta State Univ.
1988	Philadelphia	Dao Vuong Univ. of S. Florida	Amy Tompkins Georgian Court C.	Noel Haegelin U.C. Riverside
1989	Sioux Falls	Dao Vuong South Atlantic Region	Deanne Martinez Colorado Univ.	Christian Tupa Georgian Court C.
1990	Denver	Christina Blair Northwest	Maria Iwasu Drexel University	Michelle LaBlanc Univ. of Alaska
1991	Miami	Heidi Hegg Univ. of Alaska	Diane Bennett Univ. of New Mexico	Jennifer Sandvik Univ. of Alaska
1992	Anchorage	Heidi Hegg Univ. of Alaska	Diane Bennett Univ. of New Mexico	Michelle Lindstad Sacramento State
1993	Denver	Nicole Naylor Univ. of Alaska	Dona Rule-Petersen Western Region	Julie Petersen Western Region
1994	Santa Monica	Natalie Mladenov U. of South Florida	Patricia Mladenov U. of South Florida	Jennifer Kruszynsky Santa Rosa Jr. College
1995	Santa Rosa	Natalie Mladenov U. of South Florida	Caryn Cravens Barry University	Patricia Mladenov U. of South Florida
1996	Indianapolis	Caryn Cravens Barry University	Jennifer Kurzynski Santa Rosa Jr. College	Ina Deasis Ohio State University
1997	New Orleans	Caryn Cravens Barry University	Tarra Kuusisto Univ. of N. Colorado	Rebecca Rako Harvard
1998	Phoenix	Josephine Valdes City College S.F.	Amelia Valero Drexel University	Raymunda Semana Univ. of New Orleans
1999	Denver	Amber Nakazawa Arizona State	Raymunda Semana Univ. of New Orleans	Amelia Valero Drexel University
2000	Philadelphia	Raymunda Semana Univ. of New Orleans	Abby Jefcoat Temple University	Edith Pike Tulane University
2001	Sioux Falls	Kristen Hoffman Temple University	Jennifer Baker Temple University	Dominique Langford Tulane University

(Continued on next page.)

National Collegiate Karate Tournament

Women's Kata Results (continued) Brown & Black Belt

YEAR	LOCATION	1st PLACE	2nd PLACE	3rd PLACE
2002	Orlando	Yvonne Clarabal Skyline College	Jennifer Baker Temple University	Elizabeth Randolph Franklin & Marshall
2003	Honolulu	Josaphine Valdez Skyline College	Elizabeth Randolph Franklin & Marshall	Kelley Doohen
2004	Columbus	Kristen Hoffman Pittsburgh	Ashlie Junot Univ. of NW Louisiana	Kelly Doohen North Central
2005	New Orleans *			
2006	Anchorage	Amber Nakazawa University of Alaska	Sarah Martin University of Alaska	Ashlie Junot Tulane University

* No tournament held.

National Collegiate Karate Tournament

Women's Kumite Results Brown & Black Belt

YEAR	LOCATION	1st PLACE	2nd PLACE	3rd PLACE
1983*	Miami	Dian Dawson P.J.C.	Maylie Colon Georgian Court	Beatrix La Milia Georgian Court Carol Greenburg, U.M.
1984	Santa Monica	Debbie Aguiame Mesa Comm. College	Rose Shutt N.E. Louisiana U.	Ramona Meyer L.S.U.
1985	Cleveland	Jackie Piper Georgian Court	Cathy Lombard U. of New Orleans	Rose Shutt N.E. Louisiana U.
1986	New Orleans	Sheila Reed U.C. Riverside	Won Yee Cheng U.C. Riverside	Myriam Perez Georgian Court Rose Mary Clooney Santa Monica College
1987	Phoenix	Shawn Sullivan Delta State U.	Elizabeth Fanning Phil. Coll. Pharm.	Rose Cooney Cal. State., L.A.
1988	Philadelphia	Shawn Sullivan Delta State U.	Beth Hyatt UCLA	Noel Haegelin U.C. Riverside
1989	Sioux Falls	Shawn Sullivan Southern Region	Deanne Martinez Colorado Univ.	Amy Knecht Mankato State
1990	Denver	Cindy Wilkins U. of N. Hampshire	Michelle LeBlanc Univ. of Alaska	Maria Iwasu Drexel University Christina Blair Santa Rose Jr. College
1991	Miami	Heidi Hegge Univ. of Alaska	Amy Knecht Mankato State	Carol Reiger Univ. of Alaska
1992	Anchorage	Christina Blair Santa Rosa Jr. College	Heidi Hegge Univ. of Alaska	Diane Bennett New Mexico Jennifer Sandvick Univ. of Alaska
1993	Denver	Nicole Naylor Univ. of Alaska	Laurel Corpin Univ. of Alaska	Heather Cresceco North Central Region
1994	Santa Monica	Wendy Williams Glendale Comm. College	Boby Lou Bottu Santa Rosa Jr. College	Jennifer Kruszynsky Santa Rosa Jr. College
1995	Santa Rosa	Natalie Mladenov U. of South Florida	Boby Lou Bottu UC Davis	Debra Farnsworth Mankato State
1996	Indianapolis	Caryn Cravens Barry University	Wendy Williams Arizona State	Shana Wilcox Univ. of Mississippi
1997	New Orleans	Caryn Cravens Barry University	Tarra Kuusisto U. of Northern Colorado	Rebecca Rakow Harvard Amber Minoque U. of Northern Colorado

* There was no Women's Kumite competition in 1980, 1981 and 1982.

(Continued on next page.)

National Collegiate Karate Tournament

Women's Kumite Results (continued) Brown & Black Belt

YEAR	LOCATION	1st PLACE	2nd PLACE	3rd PLACE
1998	Phoenix	Rebecca Rakow Harvard	Leah Santos CCSF	Raymunda Semana U. of New Orleans Shana Wilcox Washington Univ.
1999	Denver	Amber Nakazawa Arizona State	Teresa Marzolph Adams State	Amelia Valero Drexel University
2000	Philadelphia	Raymunda Semana U. of New Orleans	Edith Pike Tulane University	Dominique Langford Tulane University Amber Nakazawa Arizona State
2001	Sioux Falls	Kristen Hoffman Temple University	Jennifer Baker Temple University	Dominique Langford Tulane University
2002	Orlando	Irina Sherbaty University of Science	Madina Papadopoulos Tulane University	Dominique Durand Univ. of Louisiana Jean Tsai University of Arizona
2003	Honolulu	Lidja Jorio N. Virginia Comm. Coll.	Josaphine Valdez Skyline College	Hannah Moore Univ. of N. Colorado Elizabeth Randolph Franklin & Marshall
2004	Columbus	Ashlie Junot Univ. of NW Louisiana	Hannah Moore North Colorado	Deb Hoffman Westchester Kristen Hoffman Pittsburgh
2005	New Orleans *			
2006	Anchorage	Ligia Jorio George Mason University	Amber Nakazawa University of Alaska	Kelly Doohen Saint Benedicts Naomi Nemoto University of Michigan

* No tournament held.

ISKF Camps for 2007

Camp	Date	Location	Information
Northwest Spring Camp	Late May	Washington	(425) 451-8722
ISKF Master Camp	Mid June	Pennsylvania	(215) 222-9382
Grand Canyon Karate Camp	Early July	Arizona	(602) 274-1136
Mountain States Camp	Early August	Colorado	(303) 733-8326
Santa Monica Karate Camp	Early September	California	(310) 395-8545
Alaska Summer Camp	Mid-August	Alaska	(907) 457-4918

Directory of Karate Clubs and Classes in U.S. Colleges and Universities – 2006

College & Instructor	Mailing Address	Phone / E-mail
ALABAMA University of South Alabama Phylis Logsdon	Mobile, AL	srobich@lsu.edu
ALASKA Kodiak Community College M. Narra	P.O. Box 3132 Kodiak, AK 99615	(907) 486-5405 drogers@epsinc.com
University of Alaska Anchorage C. Holness	P.O. Box 105024 Anchorage, AK 99501	(907) 279-2410 Philh@umialik.com
University of Alaska Southeast D. Stevens	P.O. Box 34404 Juneau, AK 99803	(907) 790-4199 hooligan@gci.net
University of Alaska Fairbanks T. Nakazawa	P.O. Box 81710 Fairbanks, AK 99708	(907) 457-4918 fnatn@uaf.edu
ARIZONA Arizona State University S. Koyama	Dept. of Physical Education Tempe, AZ 85287	(602) 274-1136 azkarate@earthlink.net
Mesa YMCA Karate Club Sanseido Stan Hirohata	207 N. Mesa Drive Mesa, AZ 85201	azkarate@earthlink.net
Rendokan Karate Dojo Ken Carson	3401 East Hawthorn Tucson, AZ 85716	azkarate@earthlink.net
Scottsdale Community College S. Koyama	Dept. of Physical Education 9000 E. Chaparral Rd. Scottsdale, AZ 85250	(602) 274-1136 azkarate@earthlink.net
University of Arizona Paul Hurtado	5065 E. 5th St. Tucson, AZ 85711	(520) 882-2103 azkarate@earthlink.net
CALIFORNIA Santa Rosa Jr. College Marty Callhan	5299 Hall Road Santa Rosa, CA 95401	(707) 575-1681 info@jkasm.com
University of CA at Los Angeles Beth Hyatt	PO Box 2445 Culver City, CA 90233	(310) 287-2652 info@jkasm.com
COLORADO Adam's State College Randy Newell	1 Bellwood Drive Alamosa, CO 81102	(719) 489-4509 bruce_green@nrel.gov
University of Colorado Bruce Green	778 Linden Ave. Boulder, CO 80304	(303) 442-3289 bruce_green@nrel.gov
University of Northern Colorado Kambiz Khalili	1309 51 st Ave. Court Greeley, CO 80634	(970) 356-6558 bruce_green@nrel.gov

Directory of Karate Clubs and Classes in U.S. Colleges and Universities – 2006

College & Instructor	Mailing Address	Phone / E-mail
FLORIDA		
University South Florida Shotokan Karate Club Eric Holden	5213 Pine Mill Court Temple Terrace, FL 33617	(813) 914-7073 saka@iskfsaka.org Web: http://ctr.usf.edu/shotokan/
University of West Florida Karate Club Suzanne Tuzzeo	11000 University Parkway Pensacola, FL 32513	(850) 432-4048 saka@iskfsaka.org Web: http://www.uwf.edu/shotokankarate/
University of Miami Karate Club Robert Escovio	Department of Wellness and Recreation P.O. Box 248241 Coral Gables, FL 33124-4710	(954) 346-0035 saka@iskfsaka.org
Florida Atlantic Univ. Karate Club Carol See Tai	2332 N.E. 5th Ave. Boca Raton, FL, 33433	(561) 394-2385 saka@iskfsaka.org
Florida State University Karate Club Travis O. Rivers	8701 Old Bainbridge Tallahassee, FL 32303	(850) 487-9993 (850) 562-8480 saka@iskfsaka.org
GEORGIA		
Valdosta State University Karate Club Green T. Waggener, Ph.D, MPH	Dept of Kinesiology and Physical Education 1500 N. Patterson St. Valdosta, GA 31698	(229) 249-4921 gtwaggen@valdosta.edu
Oxford College of Emory University Karate Club Guibao Yang	Division of Physical Education and Dance Oxford, GA 30054	(678) 342-2332 saka@iskfsaka.org
HAWAII		
University of Hawaii-Manoa Harry Tagomori	P.O. Box 61214 Honolulu, HI 96839	(808) 348-0295 tagomori@hawaii.edu
ILLINOIS		
Univ. of Illinois at Chicago Karate Club Tony Nakamura	901 W. Roosevelt Chicago, IL 60608	(312) 217-2400 tony@uickarate.com
IOWA		
Iowa State University David Halstead	314 Wilhelm Hall, ISU Ames, IA 50011	(515) 294-1943 halstead@ameslab.gov
KENTUCKY		
Transylvania University G. Rod Erfani	300 North Broadway Lexington, KY 40508	(859) 233-8196 SenseiN@aol.com http://homepages.transy.edu/~gerfani/TU%20Karate%20Club.HTM

Directory of Karate Clubs and Classes in U.S. Colleges and Universities – 2006

College & Instructor	Mailing Address	Phone / E-mail
LOUISIANA		
University of New Orleans Rick Mekdessie	P.O. Box 740722 New Orleans, LA 70174	(504) 908-7773 info@neworleanskarate.com
Louisiana State University Steve Robichaux	8968 Spring Grove Rd. Baton Rouge, LA 70809	(225) 769-0529 srobich@lsu.edu
Nichols State University Karate Club Jimmy Ellis, MD		Email contact: srobich@lsu.edu
Tulane University Karate Club Kyriakos Papadopoulos	4825 Carondelet New Orleans, LA 70115	504-895-8417 pops@tulane.edu http://www.tulane.edu/~karate/
Xavier Karate Club Bob Roberts	6426 Gen. Haig Drive New Orleans, LA 70124-3912	srobich@lsu.edu
MAINE		
University of Maine Charles Austin	15 Main St. Dexter, ME 04930	(207) 924-5697 austin2411@netzero.com
MARYLAND		
Frostburg State University Avalon Ledong	148 Depot St. P.O.Box 632 Frostburg, MD 21532	(301) 687-4105 dzpcled@fra00.fsu.umd.edu
Johns Hopkins University Janet Padgett	4222 Falls Rd. Baltimore, MD 21211	(410) 662-7701 jpadgett@csa.com
MASSACHUSETTS		
Amherst College Jose Betances	Karate Club, Box 471 Amherst, MA 01002-5000	jbetances@amherst.edu
University of Massachusetts Sara Grimes	8 Clifton Ave. Amherst, MA 01002	(413) 219-7774 sgrimes@journ.umass.edu
MINNESOTA		
SW State University-Marshall Liz Hess	3274 290th Ave. Cottonwood, MN 56229	(507) 532-5478 lnlhess@starpoint.net
MISSISSIPPI		
Delta State University Tony Kelly, c/o H. Sullivan	111 Parkway Ave. Cleveland, Miss. 38733	srobich@lsu.edu
NEW YORK		
Binghamton University Tamas Nagy	C/O Club Sports Office-East Gym P.O. Box 6000 Binghamton, NY 13902	(607) 227-2792 ojng1234@aol.com
Shotokan Karate Club at Cornell University Tamas Nagy	406 Ridge Rd. Lansing, NY 14882	(607) 227-2792 tn35@cornell.edu
University of Rochester Ksenia Dolgaleva	407 Quinby Rd. Rochester, NY 14623	(585) 424-4945 kkenia@optics.rochester.edu

Directory of Karate Clubs and Classes in U.S. Colleges and Universities – 2006

College & Instructor	Mailing Address	Phone / E-mail
NORTH CAROLINA University of North Carolina Shotokan Club Kent Wang	Raleigh and South Road Chapel Hill, NC 27514	(919) 969-7506 saka@iskfsaka.org http://shotokan.unc.edu/
NORTH DAKOTA University of North Dakota Dan Burkhart	1191 10th Ave Thompson, ND 58278	(701) 772-3184 (701) 777-2415 fax sensei_dan@hotmail.com
OHIO Ohio University Howard Beebe Ohio State University Shotokan Karate Club Steve Mark Athens/Ohio University Shawnee State Shotokan Karate Club	113 Franklin Ave. Athens, OH 45701 Dept of Rec Sports B106 RPAC 337 West 17th Avenue Columbus, OH 43210-1224 Athens, OH 45701 Portsmouth, OH 45663	(740) 594-8737 SenseiN@aol.com (937) 645-6243 smark@oh.hra.com (740) 594-8737 SenseiN@aol.com (740) 355-4609 SenseiN@aol.com
PENNSYLVANIA Bucknell University Jason Haase Drexel University James Sim Lycoming College Shotokan Karate William Bubb Neumann College Nyles A. Gray Penn College George Vance Penn State University Kim Barron Temple University Takamichi Maeshima Thomas Jefferson University Thomas Weber West Chester University Paul K. Smith	238 North Shaffer Hill Rd. Cogan Station, PA 17728 4106 Baltimore Avenue Philadelphia, PA 19104 1913 Blairst St. Williamsport, PA 17701-3833 130 Meadowbrook Lane Brookhaven, PA 19015 151 Shaffer St. Duboisstown, PA 17702-6727 238 W. Irvin Ave. State College, PA 16802 222 South 45th St. Philadelphia, PA 19104 P.O. Box 2083 Haddonfield, NJ 08033 Dept. of Kinesiology West Chester, PA 19383	(570) 321-0729 JasonHaase@webtv.net (215) 222-1775 jjsim@ucnet.com (570) 321-9017 bubb@lycoming.edu (610) 872-7667 gray_nyles@yahoo.com (570) 322-3642 psmith@wcupa.edu (610) 428-2957 kab386@psu.edu (215) 222-9382 iskf@iskf.com (856) 795-3372 tw9045@earthlink.net (610) 436-2764 psmith@wcupa.edu

Directory of Karate Clubs and Classes in U.S. Colleges and Universities – 2006

College & Instructor	Mailing Address	Phone / E-mail
RHODE ISLAND Brown University Ahmed Abdullah	66 Gallatin St. #3 Providence, RI 02907	(401) 383-7196 Aabdullah@aol.com
SOUTH CAROLINA College of Charleston Shotokan Karate Club Mark Andreas	2503 Hartnett Boulevard Isle of Palms, SC 29451	(843) 583-6143 saka@iskfsaka.org http://www.cofc.edu/~shotokan/
TEXAS El Paso J.K.S. L. Dean Van Matre	1530 Lomaland El Paso, TX 79935	azkarate@earthlink.net
VIRGINIA College of William & Mary Steve Pohle University of Virginia David Stackpole	P.O. Box 1537 Newport News, VA 23601 1824 North Ode St. Arlington, VA 22209	(757) 875-5339 POHLESJ@AOL.COM (434) 409-2125 karateclub@Virginia.edu
WASHINGTON Pacific Lutheran University Mark Cordice / Reji Kumar Washington State University Scott Randall / Tim Daulton	1641 121 st Street S. Tacoma, WA 98444 1183 Wallen Road Moscow, ID 83843	(253) 537-4350 jkaofwas@hotmail.com (208) 882-6425 jaymejacobson@moscow.com

Please let us know if there are any corrections.

Send them to: Tony Nakazawa, Box 81710, Fairbanks, AK 99708
Phone: (907) 457-4918 Cell: (907) 460-0825 Fax: (907) 457-4913
E-mail: AT Nakazawa [fnatn@uaf.edu]

Thanks!

INTERNATIONAL SHOTOKAN KARATE FEDERATION - U.S.A.

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Co-Vice President

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<p>Central Region Toshihide Tony Nakamura (312) 217-2400 E-mail: tony@uickarate.com</p>	<p>Mountain States Region Yutaka Yaguchi (303) 985-4209 http://www.uniques.com/shotokan</p>	<p>South Atlantic Region Eric Holden E-mail: saka@iskfsaka.org (813) 914-7073 http://ctr.usf.edu/shotokan/</p>
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<p>Hawaii Harry Tagomori (808) 348-0295 E-mail: tagomori@hawaii.edu</p>	<p>Northwest Region Cathy Cline (425) 452-4858 E-mail: cathycline@worldnet.att.net</p>	<p>Southwest Region James Field (310) 395-8545 E-mail: info@jkasm.com E-mail: jkasm@earthlink.net Website: www.jkasm.com</p>
<p>ISKF web: www.ISKF.com E-mail: iskf@iskf.com</p>	<p>NCKA web: www.iskf-alaska.org/</p>	<p>Western Region Shojiro Koyama (602) 274-1136 E-mail: azkarate@earthlink.net</p>

Purposes of the NCKA

1. To increase awareness of traditional Japanese karate as a sport in the U.S. college/university system.
2. To develop organized collegiate karate across all traditional Japanese styles.
3. To maintain and instill the mental and physical values and benefits of Karate-do.
4. To develop good will among people and places.

NCKA Eligibility Requirements

1. Full time college student (undergraduate or graduate) in good academic standing (2.0 GPA for undergraduate and 3.0 GPA for graduate students on a 4.0 scale for the most recent completed semester). Individual and team event contestant rules follow the official ISKF rules.
2. All team members must attend the same University and/or College. (Teams may consist of members who attend multi-campus within one University system.)
3. Permission to compete from the Regional ISKF Director.
4. Collegiate contestants have 4 academic years in which to complete their NCKA eligibility. The 4 years may be non-consecutive, and without an age limitation (excepting that kumite age restrictions will be according to ISKF rules-45 years of age).
5. Regional Directors will be responsible for validating student eligibility status as regards full-time attendance, academic standing, and number of participating years.

NCKA Activities

1. National Collegiate Karate Association 2007 Annual Meeting will be held in conjunction with the 2007 NCKA Tournament November 10 & 11 in Phoenix, Arizona. For information, contact Mr. S. Koyama (602) 274-1136. NCKA Summer Meeting at 2007 ISKF Master Camp – all U.S. Regional Representatives will attend (See iskf-alaska.com for more information).
2. 2007 Directory of Karate Clubs and Classes in U.S. Colleges and Universities. Please send your club information or any revisions to the National Collegiate Karate Association (NCKA), 6324 N. 7th Street, Phoenix, AZ 85014. FAX: (602) 943-3350
3. To submit articles to be considered for publication and peer review please send them to: Dr. Paul Smith, NCKA Academic Editor, psmith@wcupa.edu 1-610-436-2764.
4. National Collegiate Karate Association 2007 Annual Meeting will be held in Phoenix, Arizona, on November 9. For information contact Mr. S. Koyama (602) 274-1136.