



©
AAKF NorthWest Region
JKA-US NorthWest, Inc.
Vol. 11, No. 3, August 2007



Mark Your Calendar!!

| | | | |
|------------------------------------|--|---------------------|---|
| August 10-12, 2007 | Summer Seminar | Sensei Nishiyama | Coos Bay, OR |
| October 5-7 *updated | Fall Seminar | Sensei Fusaro | Vancouver VA Gym, Vancouver WA |
| October 5-7, 2007 | 4 th Traditional World Championship | | Warsaw, Poland |
| TBA | JKA-USNW Winter Seminar | Sensei Nishiyama | TBA |
| April 13-15 2008 *updated | Spring Seminar | Chris Smaby | Corvallis, OR |

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REGIONAL TOURNAMENT

Saturday, May 5, 2007
Corvallis, OR

Regional Tournament Results

Note: colors denote:

Red = First Place (“#1”)
Blue = Second Place (“#2”)
Green = Third Place (“#3”)

Youth Division 1 ("Taller folks")

Kata

#1 Alyssa Steele
#2 Willie DeChant
#3 Linda Ditkovich

Kumite

#1 Meaghan Henery
#2 Willie DeChant
#3 Ben Wallack

Team Kata

#1 Linda Ditkovich
Ben Wallack
Hannah Johnston

Page 1

#2 Devon Henery
Meaghan Henery
Nathan Brockett
Loren Arthur

#3 Grace Wicklund
Loren Arthur
Nathan Brockett

Youth Division 2 (Shorter folks)

Kata

#1 Alex Castanares
#2 Isaac Hall
#3 Sylvester Canseco

Kumite

#1 Alex Castanares
#2 Pedro Rivas
#3 Isaac Hall

Team Kata

#1 Hillsboro Shotokan
Austin Holst
Jordan Farris
Isaac Hall
#2 Willamette
Chris
Casey
Zachary Kimoto
#3 Eugene
Angelina Rivas
Jesus Rivas
Pedro Rivas



Adult White/Green belt

Kata

- #1 Steve Johnston
- #2 Yuriy Shusterman
- #3 Dave Wing

Kumite

- #1 Steve Johnston
- #2 Dave Wing
- #3 Bonnie Starr

Team Kata

- #1 Hannah Johnston
- Steve Johnston
- Ben Wallack

Adult Brown/Blackbelt

Kata

Women

- #1 Susan Gunn
- #2 Kathleen Resburg

Men

- #1 Guido Fischer
- #2 Adam Wisseman
- #3 Ritch Rice

Fukugo

- #1 Adam Wisseman
- #2 Ritch Rice

Kumite

Women

- #1 Susan Gunn
- #2 Kathleen Resburg

Men

- #1 Guido Fischer
- #2 Adam Wisseman
- #3 Ritch Rice

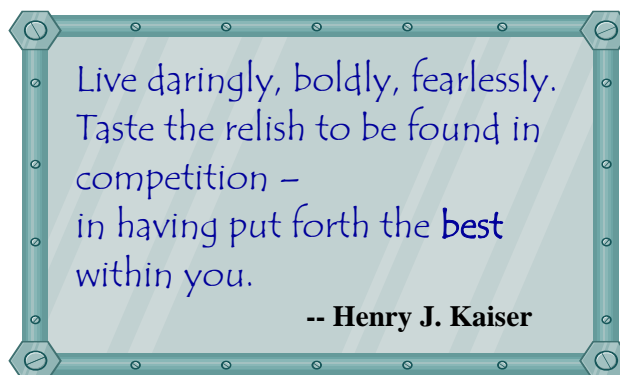
Team Kata

- #1 Willamette
- Michael Pettit
- Jeff Caines
- Sandy Neggo

Willamette will be sending their team to the Nationals Tournament in Dallas, Texas June 8-9. Team members will be:

Sandy Neggo
Jeff Caines, and
Dan Behm

(substituting for Michael Pettit)



Did you hear that? . . .

“The real blocking techniques of karate do not end simply with the blocking of an attack; according to the way the block is used, it can be a strong *kime-waza* (decisive technique). *Uke kime ichijo*: *Uke* and *kime* are one. This is the characteristic that, more than any other, gives karate-do its distinctive nature. With only a block, arms and legs forged into iron by daily training can deliver a tremendous shock to an opponent and shatter his will to fight.

To be able to protect oneself without injuring human life is the very soul of karate-do and can be said to be the proper function of all martial arts.

In recent years, contests have become popular everywhere. Great importance is attached to gaining points by concentrating one’s energies on *henka haza*, *renzoku waza*, *tai-sabaki*, *deai*, etc., and to making great progress through skill. This is fine so long as the spirit of karate is not lost. If it is lost, there is cause for great sorrow.

In former times, when karate was thought of as fighting techniques, there was the motto, *ikken hissatus*, to kill with one blow. The meaning that *uke* is also *kime* is implicit in this motto.

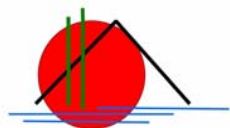
We must pay great attention to this point, conduct contests with seriousness, understand the nature of karate-do, and pass these things on to those who follow karate-do in the future.”

-- *Masatoshi Nakayama*

Nakayama, Masatoshi. 1979. “Blocking Kime.” In *Best Karate Series: Kumite 2*, vol. 4 p.118. Tokyo: Kodansha International Ltd.

www.kodansha-intl.com





2007

JKA-USNW Summer Seminar

August 10, 11, 12, 2007

Southwestern Oregon Community College
Coos Bay, OR

Greetings Karateka!

As you may know, Master Nishiyama will once again be visiting us in Coos Bay, Oregon for the JKA-NW US Summer Seminar!

As in the past, this year's seminar will focus on an overview of the International Traditional Karate Federation (ITKF) camp held in San Diego, CA in July of 2007.

Main Subjects for this year's ITKF Camp are:

- ❖ Study of newly established Traditional Karate technical training systems.
- ❖ Emphasis on the functional application of Budo precepts.
- ❖ Sports science methods for the practice of Traditional Karate.

This year the Regional Instructors will be working on bunkai (kata application) on the Friday and Saturday morning sessions.

Southwestern Community College (www.socc.edu) is located in Coos Bay, Oregon and provides us with dorm room,

dining and training facilities all in close proximity to each other.

We encourage you not to miss this chance to participate in a memorable and educational event that will enhance your training experience for years to come!

The final seminar schedule, including class times and fee's will be announced by July 1, 2007

For the Summer Seminar this August, we have decided to focus on the bunkai for a few katas in addition to the information Nishiyama Sensei will bring to us.

We have asked the Regional Instructors to come up with some fantastic, practical applications to share this year. Learning the applications behind the moves in your kata greatly enhances your understanding and brings the kata to life!

In order for the classes to proceed quickly, we ask that the dojos work on the katas listed. The bunkai classes will be able to cover more ground if you all know the kata before you arrive in Coos Bay.

Here is the schedule and the katas that will be covered.

7:00AM – 8:00AM Friday

Tekki Nidan

10:00 AM – 12:00AM Friday

Bassai Dai and **Tekki Shodan**

7:00AM – 8:00AM Saturday

Heian Sandan

If you have questions regarding what we are trying to do, drop us a line or give us a call....before 10 PM preferably.

Train hard!!

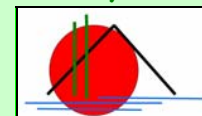


Direct questions to:

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JKA-USNW, Inc. NEWS



**Exam Results for
April 14, 2007
Vancouver, WA**

Bend Karate Club

1. Eric Oldenkamp – 3 kyu

Corvallis Karate School

1. Zed Fashena – 7B kyu

Intel Karate Club

1. Jasper Balraj – 8B
2. Kent Giard – 8B
3. Todd Owen – 8
4. Yuriy Shusterman – 8
5. Mohammad Al-Aquabawi – 7
6. Lucanus Simonson – 7

Salem Shotokan Karate

1. Peter Ngaida – 5 kyu

Willamette Karate Club

1. Seva Gorelov – 8B
2. Mehrshad Ameripour – 6B



To: ITKF Members
 Re: 2007 International Karate Camp

Dear Member:

Our Traditional karate technical expertise continues to grow higher each year as a result of the International Camp in San Diego, California.

After years of study and research, a milestone historical system has finally been established by ITKF. This new system is based on original Okinawan techniques and Budo principles, its effectiveness further established by sports scientists.

While the base and principles are similar to the original, many high level details have been incorporated, which is the reason why from the outside it may appear very much different from the former system. However, this new system will be difficult to understand unless properly studied in depth.

ITKF is strongly confident that this new system will radically raise the technical levels of Traditional (Budo) karate for its members, as well as provide a very positive impression of karate to the public.

This year's International Camp in San Diego will have as its focal point the study of this new system. ITKF expects each member federation to make certain to send at least one technical official to participate at this year's camp.

Sincerely,
Hidetaka Nishiyama
 Chairman
 International Traditional Karate Federation



News Flash!

This item just in:
 2008 AAKF Nationals slated to be held in Washington, DC.
 More details as they become available.
 {source: June 8, 2007 email from Brad Webb}



May 1, 2007

To: AAKF Members
 Re: Payment Guideline

Dear Member,

The American Amateur Karate Federation (AAKF) national office also serves as the unified office of International Traditional Karate Federation (ITKF), JKA International USA (JKA-US) and the National Karate Institute (NKI).

However, each of the above organizations has its own independent bank account. When sending registration fees and other payments to the AAKF office, please make the check payable to the appropriate organization, especially in cases of multiple payments. For example, Club Membership fees should be made payable to AAKF, while Dan Ranking Registration fees should be made payable to ITKF.

This office is requesting your help in order to facilitate processing your payments. Please follow



the Checks Payable Guide (below) when sending payments.

Your cooperation is greatly appreciated.

Sincerely yours,
 [Signed] **Hidetaka Nishiyama**
 President, AAKF

| Check Payable To: | Contents/Details of Payment |
|-------------------|---|
| AAKF | <ul style="list-style-type: none"> • AAKF Club Membership Fee • AAKF Individual Membership Fee • Kyu Registration • Class "D" Judge Registration Fee • Class "D" Ranking Examiner Registration Fee • Regional or National Event Sanction Fee |
| ITKF | <ul style="list-style-type: none"> • ITKF Dan Registration Fee • ITKF International Judge ("A", "B", "C") Registration Fee • ITKF International Ranking Examiner ("A", "B", "C") Registration Fee • ITKF International Coaches' Registration Fee • ITKF International Event Sanction Fee |
| JKA-US | <ul style="list-style-type: none"> • JKA-US Club Registration Fee • JKA-US Lifetime Membership Fee |
| NKI | <ul style="list-style-type: none"> • International Camp Fees • ITKF Publications / Books (ITKF Rules Books, etc.) • ITKF Competition Gloves • Merchandise (Tee Shirts, Bags, etc.) • DVD's |

J.K.A. International of America
Representing JKA Karate in Western Hemisphere



No News Reported Out of
JKA International of America



Welcome
To Our Dojo

An opportunity to share a photo of your dojo,
historical or current, with the rest of the Region



Original OMAC Dojo

Photo above is kids' class about 1980.
Oregon Martial Arts Center (OMAC) was
founded in 1973. It is now at 255 E.
Exeter, in Gladstone, Oregon.

Art Cherry, 3rd dan, is Sensei.



Bay Area Karate Club Sponsors
Karate Seminar
with
Sensei Steve M. A. Sharifi



Coos Bay, OR – The Bay Area Karate Club sponsored a karate seminar featuring Sensei Steve M.A. Sharifi, 7th Dan the weekend of June 23 and June 24 at Millicoma Intermediate School in Coos Bay, OR.

At a cost of \$70.00 for both days, this was an inexpensive opportunity to train under one of karate's most well-known, and one of its best instructors.

The turnout was not as crowded as the Region's regular seminars, but for the ones who able to attend, the lower number of students meant more personalized instruction by Sensei Sharifi.

From the flyer:

Sensei Steve Mohammad Ali Sharifi began his training at 17 years old with Sensei Mikami in Louisiana.

In 1971 he returned to Iran and in 1976 was recognized as an official JKA organization. In 1984, Sensei Sharifi opened the Shotokan Karate Institute in Oakland, CA where he teaches approximately 80 students.

Sensei Sharifi was awarded his 1st & 2nd dan by Sensei Mikami, his 3rd dan by Sensei Abe, and his 4th, 5th, 6th, and 7th dan by Sensei Nishiyama.



Strange But True!!

Sandy Neggo (Willamette Karate Club) just sold his house. The buyer is Anna Sandys, whose mother is Sandy Sandys.

Ms. Anna Sandys just moved to Portland from Athens Ohio, where, as it turns out, Sandy Neggo lived and trained 30 years ago!

Anna Sandys is a craftsperson who makes violins.



"Tōte was first demonstrated publicly outside Okinawa in May, 1922, at the first National Athletic Exhibition, held in Tokyo under the sponsorship of the Ministry of Education. The man who was invited to give that memorable demonstration was Master Gichin Funakoshi, who at that time was president of the Okinawa Shōbu Kai (society for the promotion of the martial arts).

Tōte (also called simply Te, meaning hand) was an art of self-defense that had been undergoing development in Okinawa for centuries. Because of the trade and other relationships between Okinawa and the Ming Dynasty in China, it is probably that it was influenced by Chinese



fighting techniques, but there are no written records giving a clear idea of the development of *tōte*.

According to legendary accounts, Okinawa was unified under King Shōhashi of Chūzan in 1429m and later, during the reign of King Shōhashi, an edict was issued prohibiting the practice of the martial arts. It is known that an order prohibiting weapons was promulgated by the Satsuma clan of Kagoshima, after they gained control of Okinawa in 1609. *Tōte* then became the last means of self-defense, but since the Satsuma clan also clamped down severely on this, it had to be practiced in great secrecy. For the Okinawans, there was no alternative, and they developed it into a deadly art as we know it today.

Not even a karateka's family would know that he was practicing this art, a situation which persisted until 1905, when the normal school in Shuri and the Prefectural First Middle School adopted karate as an official subject in physical education. However, its devastating power must have been known to some extent, for it was referred to by such terms as *Reimyō Tōte*, meaning miraculous karate, and *Shimpi Tōte*, meaning mysterious karate. That the secrecy itself greatly influenced the character of the art cannot be overlooked.

Tōte came to be known as *karate-jutsu*, and then, from around 1922, Gichin Funakoshi took the revolutionary step of strongly advocating that the name be changed to *Karate-dō*. Karate would thus be transformed, in both appearance and content, from techniques of Okinawan origin into a new Japanese martial art."

-- *Masatoshi Nakayama*

Nakayama, Masatoshi. 1977. "History" In *Best Karate Series: Comprehensive*, vol. 1 p.130-131. Tokyo: Kodansha International Ltd.
www.kodansha-intl.com



Our Regional Director, Tim Hanlon MD, has written several articles that have been published in an international magazine, "*Shotokan Karate Magazine*". Both Dr. Hanlon and John Cheetham, the editor of "*Shotokan Karate Magazine*", have graciously given permission to reprint Dr. Hanlon's articles.

Besides being very proud of our Regional Director, his articles are excellent examinations of specific aspects of karate and very helpful for your personal training. The article reprinted in this issue of *Pine Wave Newsletter* is an excellent description of the body "core", what it is, where it is, and how we need to use it in Shotokan karate. It is his most recent article, and because its topic is so essential for everyone to understand, that is why I chose to begin with this article.

"*Shotokan Karate Magazine*" is an excellent magazine with articles written by practitioners from all over the world. It is published quarterly (January, April, July, and October) by one man in England, Mr. John Cheetham. As an editor of a small newsletter, I can attest that the work Mr. Cheetham puts into his publication is no simple feat, since he also continues to seriously practice and train in Shotokan karate at the same time.

I encourage you to stop by his Shotokan Karate Magazine website at <http://www.shotokanmag.com> and please set aside a few dollars to subscribe to this excellent publication. You will find it a valuable resource in your study of Shotokan karate.



<http://www.shotokanmag.com>



Body Connection, Core Structure, and Their Relationship to Kime

By J. Timothy Hanlon, M.D.

Reprinted by kind permission from

[Shotokan Karate Magazine](#),

Vol. 21, April 07

And

Dr. Hanlon, Bend Karate Club

INTRODUCTION

Over the centuries, pugilistic arts from many cultures have developed and emphasized various aspects of destructive power. From the joint manipulation and choking techniques of the ground based fighting methods to the agile body shifting and timing of aikido, each art has signature principles that have evolved as central to the discipline. Shotokan Karate, with special emphasis on that system developed and nurtured by the Japan Karate association (JKA), has a central theme, the concept of *todome* or "killing blow." Requisite to this concept is the development and application of *Kime* (focus). *Kime*, or focus, is defined as the near instantaneous delivery of maximal force to a specific target utilizing mental and physical power,

such that localized destruction of the target is resultant. Assuming that the target is appropriate and the blow properly focused (Kime) on the target, incapacity (todome) is produced in the opponent. (SKM #73 NOV 02 P-14).

Connection:

In order to deliver maximum force to the target at impact time (Kime), a method to enable the force generated by the larger muscles of the legs, hips and buttocks to be transmitted to the fist is essential. In addition to leg-to-fist force/energy transmission, posture must be maintained in order to recover rapidly, avoid personal injury and to aid in the initiation of the subsequent technique. "Connection", therefore, relates to what is necessary to allow for the most efficient transfer of this energy (to the fist for purposes of this article) as well as maintenance of posture for the proper initiation of additional techniques (utilization of the relaxation from Kime to begin next technique).

Physical Concepts:

Force is equal to mass times acceleration. Therefore, in order to increase the force of our punch we must either increase our mass or our velocity, or preferably, both. Since Kinetic energy is equal to $\frac{1}{2}$ mass times velocity squared, $KE=1/2mv^2$, mathematically a doubling of mass doubles energy and a doubling of velocity (speed) quadruples energy. Potential energy (PE) is the energy stored in a body related to gravity and is equal to its mass (weight) times the acceleration related to gravity times the distance the object "falls". ($PE=mxgxh$) where m =mass,

g =acceleration experienced due to gravity, and h =height). By utilizing "dropping power" (potential energy to kinetic energy conversion) at impact, we essentially increase our weight and therefore increase our force or energy ($KE=1/2mv^2$) by pressing or dropping into the floor at the time of impact. By proper sequencing of larger to smaller muscle groups and maximally efficient muscle contraction we strive to increase our speed (velocity) where we are able to realize even greater energy. (Double the mass (dropping power) and double the energy, double the velocity and the energy increases four-fold). The total energy of the punch therefore is directly proportional to our mass (increased by dropping power) multiplied by our speed squared. Power represents the destructive ability of our punch and in physics terms is energy/time (E/T). The shorter the contact time the more destructive the force.

Thus far we have spoken only in theoretical terms. In actuality, the energy or force in our punch is never fully achieved because of inadequacy of our connection to the floor (our lever arm) and resultant loss of energy transfer. This can and does occur at all levels of our body as we shall see.

Kime:

Though beyond the scope of this article, which is to explore lower to upper body connection, a few concise words on Kime (focus) are necessary. Synchronized, well-practiced techniques that utilize larger to smaller muscle groups in an appropriate sequence must be learned through years of diligent, supervised practice. This sequential muscle action terminates abruptly by the near instantaneous

contraction of the entire involved musculature timed with the breath (top of the cylinder as we shall see). The two essential components of Kime are the physical action (contraction timed with breathing) and mental energy. The projection of mental energy provides direction, control of control of penetration and a level of destruction not achievable without this "mind projection." Without both components (physical and mental) effective Kime will be absent and the present discussion of connection of little utility.

Lower Body to Pelvis:

As we attempt to create one unit firmly anchored to the floor at impact, it is obvious that certain loss of energy will occur at each joint utilized. This can be minimized by strong muscular, ligamentous and tendonous development obtained from long, hard diligent Karate practice perhaps augmented with additional supplemental training (resistance training).

The fist element in the "chain" of connection to the floor (our lever arm) is foot to floor connection, achieved largely by gripping or squeezing the floor, primarily with the toes, but also with the mid portion of the sole of the foot. Correct foot to leg connection through the ankle joint requires correct positioning of the foot relative to the leg and is in part determined by hip anatomy. Internal or external rotation at the hip joint, i.e., pigeon-toed or slew-footed). Trying to force the foot into an unnatural position not suited to our body



type for appearance or form only decreases connection.

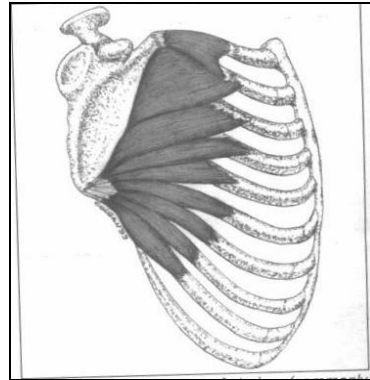
During the generation of “Kime stance” a simultaneous contraction of the entire foot, lower leg, upper leg and buttocks musculature is necessary to achieve proper stance support. External rotation of the thigh is counterbalanced by the use of the inner thigh muscles (primarily the large adductor group) creating a powerful and instantaneous and balanced contraction of opposing muscle groups that stabilizes and connects the feet, legs and hips to the bony pelvis architecture. Thus the lower body component of connection “delivers” the energy of the lower body to the bony pelvis. (SKM #73).

Upper Body to Pelvis:

Again considerable loss of energy potentially occurs through each joint (wrist, elbow) and especially the shoulder, which is attached to the scapula and upper back through a series of muscles, tendons and ligaments. As the shoulder is not a weight bearing bone-to-bone joint, the shoulder is particularly vulnerable to this elastic loss of force/energy.



photo by Kathleen Resburg



(Chest as viewed from the right. Front of chest is bone on right; scapula is flat large bone on left)

Fig. 1. The Serratus Anterior (commonly known as the ‘Boxer’s Muscle’) is a fan-like series of overlapping sections that run from the scapula to the ribs. It stabilizes the scapula as a fixed point from which to move the arm.

Stabilization of the wrist, elbow and shoulder is beyond the scope of this discussion, but the contribution of the teres major and latissimus (lats) dorsi muscle are obvious and readily taught (“Keep your shoulder down”). However, the contribution to shoulder connection of the serratus anterior muscle (“boxer’s muscle”) (Fig 1) should be appreciated (the primary stabilizer of the scapula, anchoring the scapula to the back) and incorporated earlier into our teaching.

Lower to Upper Body (Core):

In punching, the spine with its three natural curves lies perpendicular to the line of force transfer to the target. As such, it is critical both for force/energy transfer from the lower body to the target as well as our own personal well being, that near perfect alignment and stabilization of

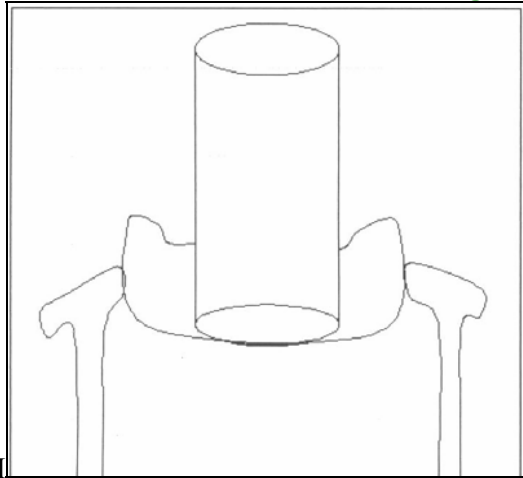


the spine is necessary. To best utilize the leverage of the floor (external force) our stance or “power posture” must be built from the ground up. Leverage from the ground (external force) is transmitted through the legs and hip joints to the pelvis. The pelvic bone mass is the base of our core which transmits energy force up and down the body. This bowl formed by the pelvis and its floor muscles coincides with the “power center” or “lower tanden.”

Consider our core, which transmits its lower body power to the upper body to have a base in the bony pelvis. For purposes of this discussion and to produce an image for our minds to visualize, the core will be conceptualized (“thought of”, editor) as a cylinder or rectangle with 4 sides, a top and a bottom, with its base in the bony pelvis (Fig. 2).



(Photographer unknown; reprinted from JKA Shotokan Sacramento Karate Website for illustrative purposes only: this shows how a karateka would be standing for Fig. 2)



(The wings on either side of the cylinder are the “bowl” that make the pelvis. The “walking cane” items on either side are the bones of the upper legs.)

Fig. 2. The Body's Core, or Cylinder.

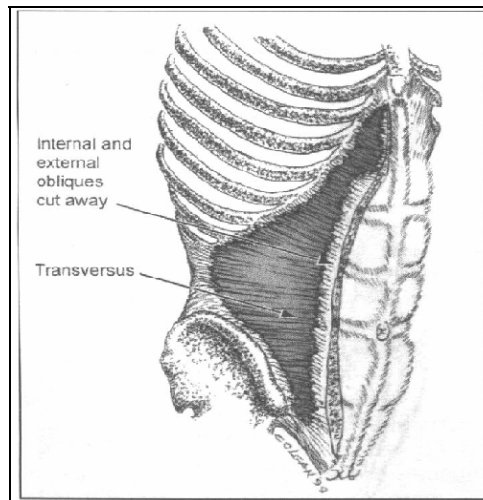
It is through this cylinder or rectangle that energy from the lower body to the upper body must be transmitted, and therefore all six sides must be strong and able to contract simultaneously during Kime. The understanding of the conceptual dynamics of the core (cylinder) as it relates to power transfer forms the basis of this article.

Core Structure: Lower to Upper Body Connection: Front:

First, our abdominal muscles have to hold our organs firmly, so that the lower body power generated can be transferred smoothly and efficiently to the upper body. Though not well appreciated in martial arts, the abdominal viscera (organs), liver, spleen, stomach, small

and large bowel, etc., are largely fluid and tend to “slosh” around in the core (cylinder) and in so doing contribute to substantial energy loss as this energy passes through the core to the upper body. This energy loss can be frequently appreciated as that telltale shake of the midsection during by more so immediately following Kime. Tipping of the upper body forward at the hips during fast forward movements may be in part failure of the abdominal, back and side musculature to adequately control the deceleration of this mass of fluid. The importance of core stabilization of this visceral fluid mass cannot be overstated. Failure to stabilize and control this fluid results in significant energy loss.

The single most important muscle for stabilization of the core (cylinder), our power transfer station if you will, is the transversus abdominus (Fig. 3).



This deep-lying, thin sheet of muscle connects the spine and its connective tissue elements to

the front of the abdomen and is the body's natural corset. Through its connection to the respiratory diaphragm it aids in holding the top of our core cylinder in place. In addition to the transverses abdominus muscle, the large and powerful rectus abdominus (Fig. 4) serves to connect the lower chest to the top of the pubic bone and support the viscera, but its importance in spine stabilization is minor.

Sides:

In addition to the deep lying transverses, the internal and external obliques (Fig. 5, 6) connect the ribs to the pelvis and strongly stabilize the abdomen, its contents and the spine. These are the primary rotators of the upper body and their strength is pivotal to proper core (cylinder) stabilization and therefore energy transfer. The non-punching or pullback hand, hikite, aids the opposite side supporting and strengthening the opposite side (obliques) musculature at Kime.

Back:

Small, rather weak muscles are seen to bridge one to several vertebrae and serve in spinal alignment and they also relay information to the brain of spinal posture and position. Back injuries in powerful weight lifters are frequently caused by absence of training of this small network of back support musculature. For our purpose, these muscles have a primary role in balance. The transverse abdominus and internal and external oblique muscles from the front and side of the core also provide



critical and powerful support posteriorly. The long, thick erector spinae (backstrap) (Fig. 7) muscles that course adjacent to the vertebrae posteriorly stabilize the spine and arch of the lower back and represent the power muscles of the back. Their contraction, as well as contraction of the quadratus lumborum (Fig. 8) and multifidus muscles are paramount in supporting energy transfer from below to above, especially when one realizes that the punching reaction force is transmitted to the spine perpendicularly and with an unfavorable lever arm.

Top:

The lid on the core (cylinder) is formed by the respiratory diaphragm (Fig. 2). Its integration into core stabilization and energy transfer by correct breathing at impact for Kime will be discussed below.

Bottom:

Weakest Component of the Six-Sided Cylinder:

Pelvis comes from the Latin word for “bowl”. However, the bones of the pelvis fused into a single bone in adulthood, form only the back and sides of the bowl, thus leaving a large opening in the bottom.

The bottom of the bowl is made up of a sling or hammock of pelvic muscles that support the abdominal and pelvic viscera and serve to control elimination (urination, stool). The muscular floor of the pelvis is the base of our column of power and if it bulges during power contraction (Kime) power is lost. The primary pelvic sling muscles are the sphincter ani, levator ani and the coccygeus (Fig. 10).

The names are unimportant, but these muscles are of critical importance in the delivery of lower to upper body power during Kime. Unfortunately, they are generally poorly trained and developed in Karate practitioners who “Catch on” more quickly to activating the other five components or sides of the cylinder. The result is loss of power and frequently hemorrhoids.

However, there is a fortunate neurological connection between the lower fibers of the transverses abdominus and the pelvic sling muscles, which has become apparent to me during my training. This may be demonstrated by lying on the floor on one’s back, feeling the lower abdomen just above the pubic bone while tensing the pelvic floor. The transversus will also contract.

From a practical training point, the muscles of the inner thigh must be “hooked” or mentally linked to the pelvic floor muscles and lower transversus abdominus, so that engaging the inner thigh will result in coincidental linked engagement of the pelvic floor and abdominal muscles. It is easier to learn to use the inner thigh and abdomen in karate than to use the pelvic floor and such a training linkage allows for earlier and more complete development of the generally weak pelvic floor.

Application to Karate

Punching, Striking and Blocking Techniques (Kime):

As the power developed in the large muscles of the legs, hips and buttocks is transferred to the pelvic bone and thus to the core (cylinder) and subsequently to the upper body, the instantaneous contraction of all muscle

(Lower body, core/cylinder and upper body) timed to a forceful and rapidly terminated exhalation results in a focused technique (Kime). Absence of perfect connection at any location in the power chain results in dissipation of energy. Since complete “connection” is never possible, energy is inevitably lost but with improvement in the chain of connection to the floor less energy is dissipated prior to transfer to the target. Consider the ligamentous, tendonous as well as muscular elasticity in the ankles, around the knees, hips, shoulders, wrists, etc. However, the largest source of energy loss generally lies in the middle body connection (core): lower to upper body connection. The sloshing organs, weak abdominal wall, improper position of the spine relative to the pelvis and shoulder girdle and especially loss of pelvic floor control result in huge energy loss, not to mention the considerable possibility of injury to the training Karateka.

How the Core (Cylinder) Works:

With Kime, the abdominal muscles (front) contract strongly combined and anatomically linked to the internal and external oblique muscles (side) and the back musculature. The pelvic floor should contract strongly at impact (bottom) and the respiratory diaphragm rapidly decelerates with the forceful and rapid termination of breath (aided by the sudden profound increase in intrathoracic pressure thus compressing the diaphragm downward, “sealing the lid”). The resulting



compression of the fluid-filled nearly incompressible anatomical cylinder from six directions results in a massive but brief increase in intraabdominal pressure. This compressed fluid-filled cylinder is able to transmit a large part of the lower body generated energy to the upper body to be transferred to the target. Inherent in this model is the absolute necessity of all six sides of the cylinder to simultaneously and forcefully contract. Failure of one or more components to carry their load results in loss of power and potential for injury. Such a model (cylinder) emphasizes the critical importance of the timing of breathing.

Posture:

Proper posture is essential. The back should have its normal lumbar curve and the head should rest in line with the spine. The abdomen should not be shortened (rectus over contraction) but rather flattened. The sides should move toward the center of body mass, making the abdomen smaller, not larger. The back muscles should be strongly engaged and attempts to extend or bend the back or to straighten it are improper and potentially damaging. Rather a natural posture should be maintained and the muscles strongly contracted in that position.

The pelvic floor must be engaged (vida infra) “anus toward navel, and “hold your quarter’ all reflect this principle of pelvic contraction, especially at impact. Lastly, all of this must be coordinated with the lower body, upper body and the breath which “puts the lid” on the cylinder during Kime

Notes on the Pelvis and Pelvic Floor:

A natural bend at the knee joint is critical for pelvic bony alignment to the spine and a straight back leg destroys this harmonious synchrony between floor, pelvis and spine. This goes almost without saying.

Muscles can contract concentrically or eccentrically. Concentric contraction occurs with a muscle contracts against a resistance as it shortens. Eccentric contraction occurs when a muscle contracts and elongates against a resistance. (“Negatives” in weight lifting terms). Muscles can contract eccentrically against higher loads (20-40% higher) than they can concentrically. Since the pelvic floor represents the base of our power and is the weakest component of the cylinder, proper contraction or engagement of the pelvic sling musculature is necessary at all times in movement and must be in place before the onset of Kime in order to permit these weaker muscles to contract eccentrically against the sudden increase in intraabdominal (cylinder) pressure that occurs with Kime. This permits these muscles to be “prepared” to eccentrically contract stronger and to be able to withstand more force at the instant of Kime. Since the pelvic floor is the weak link, learning to utilize this earlier in training would provide considerable benefit to our students.

By slowly learning to link contraction of the inner thigh (adductors) to the pelvic floor and to the abdomen (transversus) during training, one can learn how to strengthen and engage the pelvic floor more completely during Kime and the result is less power lost and more energy to transmit to the target. These points should be

taught earlier in the training of Karate practitioners as they take years to achieve.

Summary:

This article has reviewed the concept of connection with special emphasis on connection through the center of the body (core). Using a cylinder as a model, we have defined the six components of this “middle body connection” and provided enough anatomical description to serve as a basis for understanding of the concept of core and its relationship to floor to upper body transfer of energy. We have examined these six components in some detail and related them to the instant of Kime when the four “sides” of the cylinder massively contract, the pelvic floor supports the bottom, and the respiratory diaphragm rapidly decelerates, with the breath completing the top or lid of the cylinder (aided by an abrupt increase in intrathoracic pressure). We have touched on posture and now wish to emphasize that without proper natural posture this complex contracting of the cylinder will be incorrectly timed and unbalanced. Specific alternate training methods to strengthen these components of the cylinder must be the topic of future discussion.

References:

- 1) Cogan, Michael. The New Power Program Vancouver: Apple Publishing Company.

(continued next page)

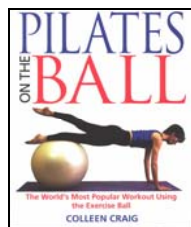
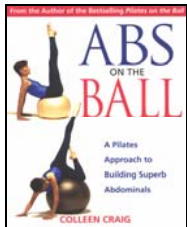


Acknowledgments:

1) Master Hidetaka Nishiyama for his 40 years of patience with me and for instilling the principles which I have attempted to describe in alternate anatomical and physiological terms. The principles of body connection have been superbly demonstrated to me over the years by this great teacher and master.

2) Much of my understanding of the functional anatomy and most of the superb anatomical drawings included in this discussion were derived from Dr. Michael Colgan's book: The New Power Program – Protocols for Maximum Strength. I have found this to be a superb text that expertly explains the complex anatomical structure and function of the core musculature. This and other works by Dr. Michael Colgan can be found at www.applepublishing.com

Recommended Reading



Two books which provide excellent core exercises are Abs on the Ball, and Pilates on the Ball, both by Colleen Craig. These books address the very core muscles discussed in Dr. Hanlon's

article and should be on every karateka's reference shelf.

Each book gives a very easy to read and understandable description of the core muscles. Exercises are presented from beginner to advanced.

Books are available from:

Healing Arts Press
One Park Street
Rochester, Vermont 05767
www.InnerTraditions.com

or
www.Amazon.com

Abs on the Ball: A Pilates Approach to Building Superb Abdominals.

2003

Author: Colleen Craig

ISBN 0-89281-098-X

\$18.00 US Dollars

Pilates on the Ball: The World's Most Popular Workout Using the Exercise Ball

2001

Author: Colleen Craig

ISBN 089281981-2

\$18.95 US Dollars



The Whitebelt Corner

By

Kathleen Resburg

(This column gets its name from the farthest back left corner of the dojo where the newest and, therefore, lowest ranks stand)

"Shoshin o wasurezu"

"Do not forget the spirit and humility of a beginner"

Sensei Gichin Funakoshi

One evening as class finished and students broke up to go home, I noticed that the younger

students were busy grabbing their shoes and joking with their friends while they were getting ready to leave.

In the meantime, the Sensei was closing the dojo windows, and the other senior ranked students were putting chairs back into position and storing the dojo's shomen.

In other words, the senior members of the dojo were doing the work and the junior members were skipping out.

Hmm. Not good.

A few years ago at a Regional Summer Seminar in Coos Bay, I walked into the gymnasium and was putting my pack in a corner when Sensei Clark walked up to me. "Why are you letting a senior brownbelt sweep the floor instead of you? As a whitebelt, that's your job" he said.

I learned a few things from this admonition.

First of all, there are responsibilities for every rank, and just like any job, school, organization, club, class, whatever, the newest members start with the basics. It isn't the boss's job to empty the waste cans or vacuum and dust. The boss or senior members have already taken their turn at those tasks. Now, it's your turn. There is nothing demeaning about starting with the basics.

Second, I learned some awareness. I had walked into the gym thinking only of myself and what I needed.

No matter what the room is, when you enter expecting to study or practice karate, that room is now a dojo and it stays a dojo until you bow out as you leave.



So that means: when you bow as you enter the door, you must be aware that you are now a part of the dojo.

When you enter, bow, and look around as you put your things in their place. Ask yourself:

“What needs to be done before class can happen, and is anyone doing it right now?”

If no one is doing it, YOU DO IT, without the Sensei telling you to.

Stop and think for a minute. Are there chairs or tables that need to be set up or stacked to the side? What about closing windows that have been opened before class? Any trash that needs to be taken out? And, who is sweeping the floor before you get out there in your bare feet? Does your dojo have a shomen or kamiza that is stored away and needs to be taken care of?

If you aren't sure of what needs to be done, ask the senior student (“sempai”) or sensei.

We study this art partially towards a “perfection of character.” Character includes learning to take personal responsibility for things that must be done, without expecting someone else (a mother, a teacher, a boss, a sensei) to tell you to do it. YOU do it. You know it must be done. You are part of the whole group, and the group, along with yourself, benefits by you knowing what you need to take responsibility for.

If you can learn that, then you will realize that learning and training karate is the same thing. YOU do the work. You must be aware of the tasks that must be done. You start at the beginning and do the basic tasks first,

eventually working your way up by putting in the time and your turn at the broom.

And, you know, it's the same lesson for school. It's the same lesson for work.

Oh, and remember those senior students and sensei who were taking care of the dojo while the junior students were leaving? No one told them what to do; they just did it. And just like the allegory of the white belt turning to black and eventually returning to white, they were doing the basics. . . .



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Hard and Soft Working Together



Dear Hillsboro Shotokan Karateka:

Unfortunately I will not be available to teach classes between August Sunday 19 and Wednesday 29 and will therefore have to cancel a few classes. Please mark your calendar



accordingly.

There will be no karate classes on the following dates at the following dojos:

Bethany dojo,

affected classes:

Little Dragons class,

Junior class and junior beginners class

Tuesday, August 21 at Bethany - **no class**

Thursday, August 23 at Bethany - **no class**

Tuesday, August 28 at Bethany - **no class**

The following dojos will have class:

Hillsboro Dojo

I will try and get someone to teach these classes. If I do not succeed then the senior student in the class will be teaching the class.

Monday, August 20 at Hillsboro –

I will not be there but there will be a class taught by the senior student or another sensei

Wednesday August 22 at Hillsboro –

I will not be there but there will be a class taught by the senior student or another sensei

Monday August 27 at Hillsboro –

Pine Waves, Vol. 11, No. 3 August 2007

I will not be there but there will be a class taught by the senior student or another sensei

Intel Dojo:

Tuesday, August 21 lunchtime class –

Senior student please take the lead

Friday, August 24 lunchtime class –

Senior student please take the lead

Tuesday, August 28 lunchtime class –

Senior student please take the lead

Sorry for the inconvenience this may cause, please accept my humble apologies.

I will also update my website to reflect these cancellations.

Best regards
Sensei Guido



A final note:

As many of you already know, last year I was treated for Thyroid cancer. This year, the past few weeks were a follow-up to make sure all was gone

I want to share with all of you some symptoms and some facts to be aware of.

- 1) Out of the general population, at the minimum 5% of us will have nodules or bumps on their thyroids. These will be non-cancerous or “benign”.
- 2) Statistically, of those who do develop Thyroid cancer, 3 out of 4 will be women.

But remember, **1** out of those 4 will be men.

- 3) Generally, the most common thyroid cancer, papillary, is painless. That means in all likelihood you won't know you have it if you do.
- 4) If you have ANY difficulty swallowing during eating: **GET IT CHECKED OUT!!!**
- 5) If you find you have a hoarse voice frequently **FOR ANY REASON: GET IT CHECKED OUT!!!**

- 6) Because we yell and holler in class, I thought I was simply doing my ‘kiai’s’ wrong.
- 7) Because I had a hoarse voice almost every other week, I thought I was simply doing my ‘kiai’s’ wrong.
- 8) I thought I had developed a nodule on my vocal cords.
- 9) And, because I sometimes had difficulty swallowing, I thought I had a nodule on my vocal cords.
(Do we hear a pattern here???)
- 10) And, being human, and knowing that vocal cord nodules are sometimes, but not always, relieved through surgery, I didn't want to get checked out.
I hold full membership in the Denial Club.
I was lucky. My cancer was found by accident while being screened for something entirely unrelated to any of my symptoms.

Now, go back and re-read numbers 1 through 10.

- 11) Thyroid cancer is on the rise. The experts don't know why. [Light of Life Foundation; www.lightoflifefoundation.com www.checkyourneck.com]
- 12) If you had radiation treatments as a child, or lived in the Hanford shadow area, or live on planet Earth, get checked out.
- 13) The next time you see your doctor or health care practitioner, make sure that practitioner “palpates” or feels your neck!
(Until the surgeon pointed it out to me, I did not know I had a large nodule at the base of my throat. It was not visible and it did not hurt).
- 14) Most forms of Thyroid cancer, if caught early, are some of the easiest types of cancer to cure.
As a result of surgery, it was discovered that my cancer had just metastasized to the very first lymph gland. That's a very serious development and changed the “stage” or level of cancer.
I want No One to discover they have cancer too late.



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Pay attention to those warnings signs you read or hear about in the media. Don't laugh at them or think they are just “hooyey.”

Just as you do maintenance on your car on a very regular basis, DO go through a body “systems check” in your shower: skin, breast (men get breast cancer, too), testicular (especially if you are in your 20's), mouth (especially if you chew tobacco or smoke). Skin cancer can strike ANYWHERE IT WANTS TO, not where YOU think it will or can.

If you find something unusual,
GET IT CHECKED OUT.

Membership in the Denial Club automatically comes with being born human. Dropping that membership is voluntary, carries no penalty, and it could save your life.
Your editor,

Kathleen Resburg



Sensei Robert Fusaro will be the featured Guest Instructor at the Fall Seminar, October 5-6-7, 2007 at the Vancouver VA, Vancouver, Washington

Pine Waves Newsletter is the newsletter of JKA-US NorthWest, Inc. It is published to share information with the diverse membership between the states of Oregon, Washington, Idaho and Alaska, and with its affiliates in other AAKF and ITKF Regions.

Members are encouraged to submit articles, stories, news, announcements, etc. Submissions should be sent to the Editor by mail or email. (This publication is readily available to all ages, therefore, the Editor reserves the right to deny publication of material that is offensive, obscene, inflammatory, or in "bad taste").

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The emailed version of the newsletter is in Adobe Acrobat Portable Document File (.pdf) version 7, but is set for readability in versions 3, 4, and 5. Readers should update their Acrobat Reader regularly by clicking on this link to Adobe Acrobat (this is free software):

<http://www.adobe.com/products/acrobat/readermain.html>

Publication schedule for 2007

| <u>Issue</u> <u>Date</u> | <u>Submission</u> <u>Deadline</u> |
|--------------------------|--------------------------------------|
| March 2007 | Feb. 2007 |
| May 2007 | Apr. 2007 |
| July 2007 | June 2007 |
| September 2007 | Sept. 2007 |
| November 2007 | Nov. 2007 |
| January 2008 | Dec. 2007 |





Explanation of the JKA-US North West and Pine Waves Logo




Logos are designed so others will immediately identify the product, service, or organization.

This logo is made of several parts, a circle, a triangle and a disassembled square.

 Here, the triangle represents the mountains throughout the NorthWest. It also represents the "Western Mountain" of Nishiyama Sensei. "Sankaku," appears in many Japanese philosophies.

 The red circle represents the JKA-US; "Maru," appears in many Japanese philosophies.

 The disassembled square forms the rivers and trees representative of the Pacific NorthWest. "Shikaku," appears in many Japanese philosophies.



"The body should be triangular, the mind circular. The triangle represents the generation of energy and is the most stable physical posture. The circle symbolizes serenity and perfection, the source of unlimited techniques. The square stands for solidity, the basis of applied control."

-- Morihei Ueshiba, founder of Ai-Ki-Do

Stevens, John, trans. *The Art of Peace: Teachings of the Founder of Aikido, Morihei Ueshiba.* (Boston, Massachusetts: Shambala Publications, Inc., 1992), p. 78.

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