



AAKF NorthWest Region
JKA-US NorthWest, Inc.
Vol. 11, No. 2, March 2007

April 2007	Spring Seminar	Regional Instructors	Vancouver VA Gym, Vancouver WA
May 2007	Judging Seminar	TBA	TBA
May 4, 2007	Regional Tournament	TBA	TBA
June 8-9, 2007	AKF Traditional Karate National Championship	TBA	Dallas, TX
July 14-20, 2007	ITKF Summer Camp	AAKF Office	San Diego, CA
August 10-12, 2007	Summer Seminar	Sensei Nishiyama	TBA
September 28-30	Fall Seminar	Robert Fusaro	TBA
TBA	World Championship		Lithuania
April, 2008	Spring Seminar	Chris Smaby	TBA



Vancouver, WA -- NW Regional Instructors are going to present an intensive one day event featuring KATA & APPLICATION training for:

HEIAN NIDAN
HEIAN YONDAN
JION
NIJUSHIHO

All training will be at the VA Medical Center Gym (same place as the Winter Seminar), 1601 E. Fourth Plain Blvd. Vancouver, WA 98661.

Note: *Instructors and students please work prior to this event to develop basic knowledge of each kata. Everyone try to get to the point of knowing the basic walk-through of the kata movements at a minimum. That way we can spend the seminar time working on fine points and applications rather than teaching the katas from the ground up. This will make the event more productive for everyone. Thank you!*

- [Suggested References:
- [25 Shoto-kan Kata](#) by Shojiro Sugiyama, and by M. Nakayama:
 - [Best Karate: 5. Heian, Tekki](#)
 - [Best Karate: 8. Gankaku, Jion](#)
 - [Best Karate: 10. Unsu, Sochin, Nijushiho](#)



Event schedule:

Training **10:00 a.m. – 5:00p.m.**
-- Heian Nidan & Yondan covered in early sessions
-- Jion & Nijushiho covered after lunch break

Kyu Exam 5:30 p.m. till done ***

Instructors, please have exam paperwork done ahead of time to avoid delay.

Fees:

Full day

Regular
Individual\$30.00
Student or family member..... \$22.50

Half day only

Regular
Individual..... \$20.00
Student or family member.\$15.00

Questions? Contact:

Gil Hartl
wk.: 541-259-1211
cell phone: 541-401-3006
email: hartl@corvalliskarate.com

Or:
Kathleen Resburg
email: k.resburg@att.net (home)
work email: Kathleen.Resburg@med.va.gov

If you don't know how to get to the Vancouver VA Gymnasium, email or call Kathleen at 503-690-7745 for directions.





To: ITKF Members
Dear Member,

The year 2007 comes with many promising possibilities for our art of Traditional Karate. At the same time, we must always be aware of the ways in which current kicking and punching games threaten to destroy the art of karate unless we make an effort to take a step in the right direction.

After World War II, there was a need to fill a feeling of emptiness in people's lives. Karate-do quickly caught the public's attention because the Budo in karate filled them with renewed spirit and energy. As a result, karate rapidly developed and spread worldwide.

As karate became popular internationally, many in the so-called kicking and punching sports, which have no Budo at all, began to use the word "karate" for business purposes. Soon "karate" came to be perceived as simply another sport or game.

During the transitional stages of karate, when kicking and punching sports became popular, some ITKF members received political and economic pressure in their countries but continued to retain the principles of Traditional Karate, seeking further development and teaching the high ideals of their art. In time, the public interest returned once more to the original art of karate.

Finally, in response to the renewed interest in Traditional Karate, ITKF developed an epochal Traditional Karate system based on original Karate-do Budo principles, the effectiveness of which has been demonstrated by the research of sports' scientists. Top ITKF instructors studying this system at the 2004 International Camp in San Diego.

At this time, ITKF is beginning to reorganize for the purpose of protecting Traditional Karate from the threat of meaningless kicking and punching sports. The most important matter, however, is for all ITKF instructors to learn the new Traditional Karate Training System and educate people in their countries by demonstrating to the public the true meaning and ideals of Traditional Karate.

This new year I strongly urge all instructors to participate in the International Camp in San Diego in July 2007 and, if possible, attend all official ITKF events such as the World Championship, World Cup, European or Pan American Championship, etc.

Sincerely Yours,
[Signed] *Hidetaka Nishiyama*
Chairman, ITKF



To: JKA-US Members:
Dear Members:
Best wishes for the New Year!

Enclosed is a copy of my New Year's message to members of International Traditional Karate Federation (ITKF) and American Amateur Karate Federation (AAKF). [Editor: see reprints above and below this letter.]

As you know, the public recognizes JKA-US as the highest quality institute within AAKF. It is our responsibility to maintain the high standards and quality of this institute.

Lately, it seems that many members of JKA-US have been content to sit on their pas laurels and continue teaching at the level they learned many years ago. Frankly, some members have had little or no



effort to grow and keep up with the continuing developments and rising standards set by ITKF each year. This situation is dangerous in so far as the public's perception of JKA-US may continue to decline.

All JKA-US members have the right as well as the responsibility to maintain the high quality of karate expected of members of their institute. I urge all JKA-US instructors to come back to training with the spirit of a beginner and begin developing with renewed vision and attitude. This is the only way to bring back "fresh air" to your dojos and give your students the motivation to continue their study of Traditional Karate.

Sincerely Yours,
[Signed] *Hidetaka Nishiyama*
President, JKA-US



To: AAKF Members

Dear Members:
Best wishes for the New Year!
Enclosed is a copy of my New Year's message to members of International Traditional Karate Federation (ITKF). As the letter points out, 2007 promises to be a good year to reinforce the appeal of Traditional Karate to the general public. Success in this endeavor should be our primary goal this year. Therefore, all AAKF instructors should make a sincere effort

to study the new Traditional Karate Training System.

The new Traditional Karate Training System is a novel approach to Traditional Karate, which AAKF members have the right to learn. Therefore, all AAKF instructors must fully understand this system so they can teach it to their students.

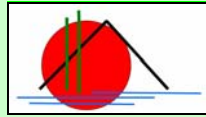
I strongly urge all instructors to participate in this year's International Camp in San Diego in July, as well as in each Regional Seminar.

Sincerely Yours,

[Signed] *Hidetaka Nishiyama*

President, AAKF

JKA-USNW, Inc. NEWS



Vancouver, WA – The JKA-USNW, Inc., held its first meeting of 2007 on Saturday evening, February 24 at the downtown Vancouver Shilo Inn conference room.

The Council is made up of the Dojo Directors in the Region, and other non-voting participants.

The Council usually meets twice a year: on the Saturday evening of the Winter Seminar, and during the Summer Seminar. This is the organization that brings you the events throughout the year. The seminars, dates, and instructors are discussed and planned during these meetings.

The general membership of the Region is welcome to attend Council meetings.

Three surprises were the hallmark of this Council meeting. The first was the announcement that George Clark, Bay Area Karate Club, has resigned from the Region. His letter of resignation was read to the Council. He will remain a member

of AAKF and ITKF, and he and his students wish to continue participating in JKA-USNW seminars and events.

Usually, Sensei Nishiyama visits a portion of the Council meeting, but was unable to do so this time. Before he left, however, he made two appointments. Those were the other surprises.

Sensei Nishiyama appointed Tim Hanlon to be Regional Director of the Pacific Northwest Region. This was a position held by Bob Graves until his retirement. Since his retirement and Tim Hanlon's appointment, the Region was headed by a Regional Coordinator. That position had been held by George Clark until his resignation.

At the same time as Tim's appointment, Sensei Nishiyama appointed Ron Porzio to be Regional Coordinator. Ron has recently returned the Pacific Northwest from the Mid West where he had continued his karate studies. Ron will be the contact between the Pacific NW Region and Central office in Los Angeles.

The Council finalized the events for 2007. Please look at the "Mark Your Calendar" on the first page. This is going to be an excellent year, and everyone's participation is encouraged!

A few months ago, Gil Hartl (Corvallis Karate School) sent out a survey to the Council members. He wanted to collect information about membership's desires and goals for the Region.

Gil received back only a handful of surveys, and from those responses, he made a report to the Council. These responses were very interesting.

One of the responses led to the theme of the Spring Seminar: a one day event focusing on kata and applications.

Other responses indicated that only a few wanted to participate in competitions. This led to a lively discussion about plans for the annual Regional Tournament. Besides being a fun opportunity for all members to test their skills, this is also the event that determines who qualifies to represent the Pacific Northwest Region in the National Tournament in

June. With a seeming lack of interest in competition, this presents an interesting situation for the Council.

Gil also announced that Sensei Fusaro will be the featured guest instructor for this year's Fall Seminar in September, and Chris Smaby, is scheduled for 2008's Spring Seminar.

There was discussion about possibly hiring a professional to revamp the Regional webpage.

Editor's note: as the newsletter editor, I am a non-voting participant in the Council. I would like to let everyone know:

a) Let your Dojo Director know what you want and like! What kind of events are you interested in going to and want to participate in?

Are you interested in competition? Did you have fun at last year's Regional Tournament?

b) PLEASE, come to the Council meetings and hear what is being discussed and planned for the year.

c) Dojo Directors: please share the surveys Gil sends out with your students. Their answers might surprise you.

CORRECTION:

It was announced in January 2007 newsletter that Corvallis Karate Dojo was closed. The editor received this very nice email from Chris Farrell:

"Thanks for the newsletter. I appreciate your effort.

However, Corvallis Karate Dojo has not closed. We still are having class. Here's the website:

<http://www.geocities.com/farrelle912/corvallis/aratedojoindex.html>

Reed (Wilson) is not part of the (AAKF/) ITKF, I guess, because he stopped paying dues.

However, if anybody wants to come visit, we're still doing Shotokan."

Chris Farrell



A Letter From the Desk of Vince Nistico



On February 24 of this year, I passed my Yondan exam in front of Sensei Nishiyama. Of course, I could never have been successful without the continuous support and instruction from Sensei(s) Bob Graves, Jerry Fitzpatrick, Tim Hanlon, Richard Hand, Art Cherry and Gil Hartl.

You have all brought me a long way and I most sincerely thank each of you for your efforts.

I would also like to acknowledge my own students and anyone else in the Region that asked me a question or allowed me to teach them something. The very act of teaching and/or explaining forces me to constantly strive for more clarity and deeper understanding of traditional karate.

In 1978 there was a monster karate guy in our dojo preparing for his Sandan exam. He would do his kata in front of the class and then demand that each one of us comment on his performance. I was a frightened white belt; what could I possibly offer this guy? What I learned from that man was that you must be open to input from everybody. We all need other people's perceptions and questions to weigh against our own. The information is not always useful but you don't know that until after you consider it. First you have to hear it; then you have to want it. Welcome it, don't be afraid of it.

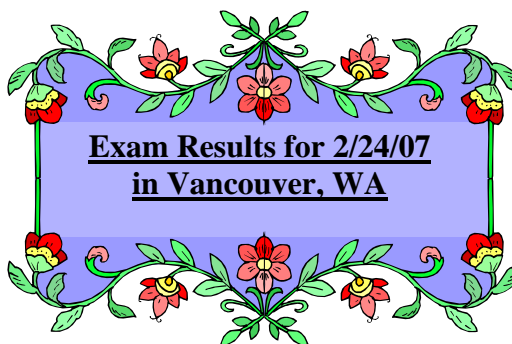
When I present myself at an exam or a seminar or a world tournament, I never go alone...I bring all of you with me!

See you on the floor.

Vince

Photo credit of Vince Nistico at the 2002 Regional Tournament: Michael Shay.

Michael is a professional photographer who graciously has donated hours and hours and miles of photos to the JKA-USNW. Thank you, Mike!



Bend Karate Club

1. Andrew Gaynair – 6 kyu
2. Mario Fennerl – 6 kyu
3. Willie DeChant – 1 kyu

Corvallis Karate School

1. Andy Albrecht – 8 kyu
2. Adam Wisseman – Shodan

Intel Karate Club

1. Kevin Redmond – 8B kyu
2. Lee Thammavong – 8B kyu
3. Bill Bray – 8B kyu
4. Sandra Haron – 8B kyu
5. Ryan Poby – 7 kyu
6. Michael Zaslavsky – 6B kyu
7. Arun Raghunath – 6 kyu
8. Ramin Neshati – 6B kyu
9. Sameer Abhinkar – 5B kyu
10. Ritch Rice – Nidan
11. Guido Fischer – Sandan

North Thurston Shotokan

1. Dung Nguyen – 7B kyu

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Oregon Martial Arts Club

1. Chance Robb – 8 kyu

Puget Sound Karate Club

1. Mohan Prabhala – 3 kyu
2. Harry Vogen – 1 kyu
3. Don McLaughlin – Nidan

Rogue Shotokan

1. Julie Pederson – 7B

Salem Shotokan Karate

1. Alex Castanares – 7 kyu
2. Kali Thorne – 7 kyu
3. James Cook – 2 kyu
4. Vincent Nistico – Yondan

Sacramento JKA

1. Daniel Nemiroff – Nidan

2007 Winter Seminar

Vancouver, WA-- The 2007 Annual Winter Seminar was held at the VA Vancouver Gymnasium again this year.

About 50 to 60 participants came to hear and learn from Sensei Nishiyama. We enjoyed the company of a few faces new to the event this year, and missed those who were not able to attend.

The original schedule of the Winter Seminar listed Sensei Nishiyama as the guest instructor for all three days. However, at the conclusion of Saturday's class, before exams began, Sensei Nishiyama apologized for having to leave the seminar early. Regional instructors Tim Hanlon and Jerry Fitzpatrick conducted Sunday's class.

The JKA-USNW would like to thank the Vancouver VA Gymnasium Committee, and the VA Employees Association clubs that cancelled their events so we could have ours.



Sensei Nishiyama Hospitalized

Los Angeles, CA – Sensei Nishiyama had to leave the Pacific Northwest’s Annual Winter Seminar in Vancouver, WA earlier than expected. As he explained at the end of the seminar’s Saturday session, an abdominal surgery scheduled for a later date was pushed forward. He had to return to Los Angeles to be admitted to the hospital on Sunday, the day before the surgery.

Sensei Nishiyama came through the surgery very well. He was kept in the hospital until that Friday. He was told to not teach class for a while, but reports are that he was soon back at Central, watching and directing classes.



Achievement is Cause for Celebration for All Involved; Bay Area Karate Club Celebrates its First Shodan

Coos Bay, OR – The August, 2006 Summer Seminar in Coos Bay resulted in many happy examinees.

One dojo, especially, had reason to celebrate. Bay Area Karate Club student, Chris Ryer, achieved



Shodan giving him the honor of being that dojo’s first.



Sensei George Clark celebrated the event by taking the dojo out under clear skies, fresh air, and before the power of the ocean. There, as part of the Blackbelt Ceremony,

he read an article written by Sensei Nishiyama published in the Samurai Magazine in 1975 entitled, “The True Meaning of ‘Black Belt’” (*Sensei Clark shared this article in the January 2007 issue of the Pine Waves*).



Black Nike Windbreaker Found at the VA Gymnasium after the Winter Seminar.

If it belongs to you, please contact Kathleen Resburg at k.resburg@att.net or 503-690-7745. If no one claims it, the jacket will be donated to the Goodwill after the Spring Seminar.



Karate Do Kyohan – the Collector’s Edition

Dear Friend,

At this time, Neptune Publications has published a historical book, “Karate Do Kyohan” by Master Gichin Funakoshi with original photographs of Master Funakoshi.

Personally, I have waited a long time for such a book because some earlier translations do not include photographs of Master Funakoshi illustrating

techniques; instead some translators have switched the photographs of Master Funakoshi with their own in earlier publications.

In the study of physical arts, beginners get their first impressions visually and imitate movement from images they see. As they advance, they begin to seek correct movement, which is the reason technically accurate photographs are important in a karate book.

Having taught for years in countries around the world, I have met many students who demonstrate incorrect techniques. They explain that they believe these techniques to be those of Master Funakoshi’s because they learned them from studying a translation of his book, which misleadingly included photographs of the translators rather than of master Funakoshi.

For this reason, “Karate Do Kyohan” is a valuable tool for everyone from beginners to instructors that features proper images of the Father of Karate in Japan.

I strongly recommend that each Dojo teaching Traditional Karate keep at least one copy of this rare piece of history for the benefit of everyone.

Sincerely yours,

[Signed] *Hidetaka Nishiyama*

Chairman, International Traditional Karate Federation



(Continued next page)



Karate Do Kyohan – The Collector’s Edition

Master Text for the Way of the Empty-Hand
Written by Gichin Funakoshi –Originally Published
in 1935

This is the *new English translation* of the classic Master Text, requested by Gisho Funakoshi, 2nd nephew to the Author, of the Funakoshi Family in Okinawa. This complete work, which took over 6 years to translate, contains all of the never before seen original photos of Master Funakoshi demonstrating kata and kumite technique, all of the completed chapters with kata and kumite technique and instruction, and never before translated prefaces and appendices, including ancient Chinese philosophical poems.

This is a must have limited edition for the collector/practitioner. The complete Master Text has not been previously available in its originally intended form until this final translation publication. Only **2500** of these Collector’s Edition volumes will be mad available worldwide.



High gloss dust jacket (pictured left). This special edition hard-cover book is de-bossed with gold foil on two-toned linen in the original 1935 Hoan Kosugi design – the book text is printed on heavy white matte finish stock with a top quality Smyth sewn binding.

Collector’s Edition – 8.5 x 11” format – 292 pages
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[Note: reprinted from the publisher’s advertising flyer]



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 of the skills of karate is developing your imagination. My Sensei has told me many times that I need to “see” my opponent in front of me, especially when I’m doing kata and kihon. (Now, I have a tough time seeing an imaginary opponent, especially when I’m working so hard at concentrating on the kata itself!)

He also says that the neat thing about your imaginary opponent is that *you win* every time! And, because you win every time, it helps you build your confidence.

Watching some of the kids play with their handheld video games after class one day, it struck me:

- You can think of Karate like a real life video game:



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- You enter the game by putting on your gi.
 - Every time you tie your belt, you power up.
 - Every time you go to class, you recharge your Life meter.
 - You develop skills and attributes for your character: yourself.
 - You accumulate additional points and enhance your strength by the number of techniques you do everyday. The more times you do a knife hand block (or front snap kick, or roundhouse kick, or whatever) the more points you earn.
 - The Sensei gives clues to the tools you will need to pass your test. All you have to do is listen for the key words he or she says in order to find them.
 - There are levels within levels: as a whitebelt, you learn Heian Shodan along with kihon and kumite. Then you earn enough points to take the test. When you pass, you move to the next level. At that level, you learn Heian Nidan with its kihon and kumite. You are working for your yellowbelt.
- And so on it goes.
- When you pass your exam for Shodan, you go to the Advanced Game in a continuing Quest for Self Improvement.
 - You still have the skills you’ve accumulated from the beginning, and you are constantly building on your skills and attributes.

Karate is a real life **RPG!**
(Hey! Give it a try! Make it a game!)



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").

The Pine Waves is copy written in accordance with established Federal laws.

Subscriptions are free. Email receipt of the Pine Waves is preferred, although not required. Email subscribers are advised to program their Firewalls to accept the Pine Waves Newsletter. Mailed issues are in black and white; emailed subscribers receive their copies in color.

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>



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.



To subscribe or submit items for publication, write or email to:
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19000 NW Evergreen Pkwy Hillsboro,
OR 97124-7005
k.resburg@att.net
Please include your name, address, email address, phone number and dojo.

Advertising:

Commercial: \$30.00 per year

Can include color logo so long as the logo can be reduced in size. Website addresses are encouraged along with street address, phone numbers, and contacts.

Members: \$10.00 per year; \$5.00 per single issue.

Newspaper "want-ad" style advertisement. Can include color logo so long as the logo can be reduced in size. Website addresses are encouraged along with street addresses, phone numbers, and contacts.

Contact **Editor, Pine Waves Newsletter** (see address above) for more information. Payment to **JKA-US NW Inc.**

Publication schedule for 2007

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

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Ron Porzio, Regional Coordinator

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Email: Donald.Tilson@med.va.gov
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(Rev. 03/2007)

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Los Angeles, CA 90015

American Amateur Karate Federation
1930 Wilshire Blvd, Suite 1208
Los Angeles, CA 90057

Correction!!

Jerry Fitzpatrick's **correct** cell phone
number is:
503-544-5281.
(January's issue listed a "wrong number"!)

Friendly Dojos:

Bay Area Karate Club Coos Bay, OR
George Clark, 4th dan 541-269-2315
Email: bayareakarateclub@hughes.net
Email cc: OSURx87@hotmail.com

Guido Fischer's dojos: 503 961 4292
Hillsboro dojo: Guido_Fischer@amat.com
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