

AAKF NorthWest Region
JKA-US NorthWest, Inc.
Vol. 9, No. 3, September 2005

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Mark Your Calendar!!

2005:

Traditional Karate World Cup
Contact the AAKF Office
Phone: 213-483-8261

ITKF Pan-American Championship
Columbia
Contact Brad Webb
or the AAKF Office ph 213-483-8261

October 8 - 9

Northwest Fall Regional Seminar
Corvallis, OR (see page 2)
Toru Shimoji of Atlanta, GA.

October 21 - 23

**South Atlantic Region
2005 Master Seminar**
Sensei Nishiyama
Contact T. Shimoji
Ph 770-650-1741

2006:

February 24 - 26:

JKA-USNW Winter Seminar
Sensei Nishiyama
Vancouver, WA

Mar. 29 - April 2

JKA-USNW Spring Seminar
Sensei Robert Fusaro
Vancouver, WA

May ?:

NW Regional Tournament
Salem, OR

August 11-13

JKA-USNW Summer Seminar
Location TBA



November 12
JKA-USNW
Special Benefit Training
Corvallis Karate School
Sensei Jerry Fitzpatrick
12:00pm to 3:00 pm

This event is a benefit for
Dave Gonzales
open to all ranks.
Please do your best to be there!

Dojo Kun
Seek Perfection of Character
Defend the Path of Truth
Endeavor to Excel
Display Courtesy
Refrain from Violent Behavior



Sensei Toru Shimoji



**Guest Instructor for
JKA-USNW Fall Seminar**

Corvallis, OR – JKA-USNW hosts its Fall Seminar in Corvallis the second weekend in October on the 7th and 8th.

Sensei Toru Shimoji, Technical Director of AAKF South Atlantic Region, is the featured guest instructor. Charismatic and impelling, Sensei Shimoji injects a type of energy and enthusiasm in his instruction that is his signature. He is very athletic and highly skilled in his art.

Sensei Nishiyama is emphasizing the elements of Budo in our training. Sensei Shimoji brings an understanding of how to study the elements of Budo and apply those to your karate practice.

Gil Hartl reports that there are modifications to the schedule compared to previous seminars, so please note them.



Event Schedule

Friday, October 7 Training at:

Corvallis Karate School, 311 NW 6th (2 opportunities to train):

5:45 – 6:45pm..... Regular CKS class all ranks, local instructor
7:00 – 9:00pm.....Sensei Shimoji Brown & Black belts **ONLY** (Lower ranks welcome to observe)

Saturday, October 8: Training at:

Corvallis Boys & Girls Club
 1112 NW Circle Blvd.

[Training for ALL ranks](#)

Registration.....**8:00 – 8:30am**
Training.....**8:30am – 3:00pm***
 (*Includes rest and lunch breaks)
 (*Lunch refreshments provided)

Kyu examinations:

Corvallis Karate School
 311 NW 6th Avenue

3:45pm (until done)..... **Youth***
 (*through age 12)
 (*subject to instructor/examiner discretion)

Immediately **after Youth exams**.....Age 13+



Fees

Friday Only	
Regular Individual	\$20
Student or Family Member	\$15
Saturday Only	
Regular Individual	\$50
Student or Family Member	\$35
Friday & Saturday	
Regular Individual	\$65
Student or Family Member	\$45



Lodging Options:

Best Western Grand Manor
 925 NW Garfield
 541-758-8571
 1-800-528-1234
www.bestwestern.com

EconoLodge
 345 NW 2nd Street
 541-742-9601
 1-800-553-2666
www.econolodge.com

Holiday Inn Express
 781 NW 2nd Street
 541-752-0800
 1-800-HOLIDAY
www.ichotelsgroup.com

Motel 6
 935 NW Garfield
 541-758-9125
 1-800-600-5418
www.motel6corvallis.com

Super 8
 407 NW 2nd Street
 541-758-8088
www.super8.com/control/home

CKS dojo is available Friday and Saturday nights for ‘camping out.’ Shower is available.

Contact for more information:

Gil Hartl
 Wk: 541-259-1211; cell: 541-401-3006
 Email: gil@limgear.com





News Out of the ITKF Offices

ITKF Offices Face Future Move

Los Angeles, CA – The offices of ITKF will be moving soon. Until the move is official, the contact information is:

Chairman: Sensei Hidetaka Nishiyama
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E-Mail: office@itkf.org or
itkf@itkf.org

ITKF New Website Promises Professional Presentation and Easy to Access Information

Aric Levin has designed a very professional looking website for ITKF. So much better than the old website, this site promises to be an excellent promotion of ITKF and its members.

The Home page has links to KoGo Kumite Rules, ITKF Summer Camp registration forms (for 2005, but should be available next year), along with an online registration format.

Under "Technical Information" are a series of articles that define Kata, Kumite, KoGo, FukuGo, Basic Techniques and Categories of Competition.

There is a slide show describing ITKF's foundations of Training Methods. Also, Basic Techniques is an article that every karateka should have a copy in their training diary.

Under Online Guides/Manuals, the reader can find the current Examination Guide for each rank up through 6th dan (roku dan).

There was a discussions forum earlier, where karateka from all over the world could post questions or discuss different points of traditional karate. It appears to be currently off line. Hopefully, the webmaster will bring it back.

This is a very valuable website. Mr. Levin has done an excellent job, but needs to complete those sections under construction.



They promise ease of use and valuable information.

Please take the time to explore the ITKF website:
<http://www.itkf.org>



AAKF NEWS

AAKF 2005 National Tournament Results

Atlanta, GA – This year's National Tournament was hosted by Atlanta Central Shotokan in Georgia.

Gloria has written a cover letter to accompany the Tournament's results. Please give it a read!

Hello Everyone –

Attached are the results of the AAKF Nationals. Thank you again for supporting this annual event. Without you it just would not happen!

We have a few requests to help us wrap up the last items:

1. Please write a few lines (or more) of your impression or special moment from the

tournament so we may do a compilation in the regional newsletter.

2. If you have pictures to share please send them to us.
3. Several people video taped the event. We would like to have that on file as well.

All of the above can be emailed to this address or you may send it to:

Atlanta Central Shotokan
 715 Shannon Way
 Lawrenceville, GA 30044
 See you next year in California!
 Gloria Shimoji



**2005 National Tournament Results
 June 3-4, 2005, Atlanta, GA**

FINAL RESULTS

Women's Individual Kata

1. Eugenio, Tati (43)
2. Vance, Susan (42)
3. Abooli, Soolmaz (14)

Men's Individual Kata

1. Rosendahl, Seth (4)
2. Sharf, Reuven (46)
3. Leggett, John (41)

Men/Women Enbu

1. **VIRGINIA**
(Flanagan (18), Abooli(14))
2. **GEORGIA**
(Coble (31), Simkins(25))
3. **SOUTH CAROLINA**
(Kirkpatrick (23), E. Hyatt(24))

Men/Men Enbu

1. **GEORGIA**
(Liu (28), Querubin(26))
2. **VIRGINIA**
(Hays (17), Trinca (19))

Men's Synchronized Kata

1. **VIRGINIA**
(Swift (15), Flanagan (18), Hays (17))
2. **GEORGIA**
(Simkins(25), Querubin (26), Panic(30))

Women's FukuGo

1. Vance, Susan (42)
2. Abooli, Soolmaz (14)
3. Eugenio, Tati (43)

Men's FukuGo

1. Levin, Aric (45)
2. Hays, Bryan (17)
3. Kajjima, Taichiro (47)

Women's KoGo

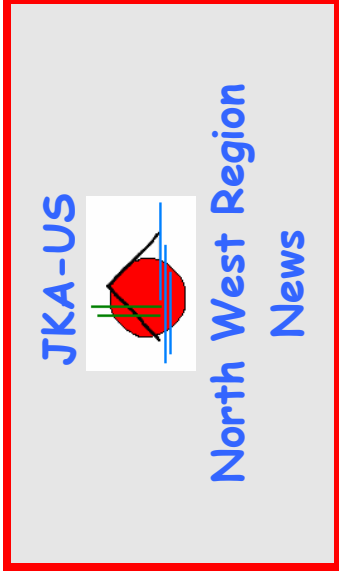
1. Hyatt, Erin (24)
2. Coble, Gloria (31)
3. Vance, Susan (42)

Men's Individual Kumite

1. Rosendahl, Seth (4)
2. Power, Barry (5)
3. Dekel, Assaf (49)

Men's Team Kumite

1. **IOWA**
(Rosendahl (4), Power (5), Power (6), Power(7))
2. **VIRGINIA**
(Hays(17), Flanagan (18), Swift (15), O'Malley(16))
3. **CALIFORNIA**
(Levin (45), Sharf (46), Dekel (49), Kajjima(47))



2005 Summer Seminar. Sensei Nishiyama is seated in front row, center. George Clark, host to the JKA-NW Seminar, seated seiza, on the floor in front (left).

Coos Bay, OR – The 2005 JKA-NW Summer Seminar was a success again this year!

The Region was fortunate to have **Sensei Nishiyama** as guest instructor again this year. Pattered after the ITKF Summer Camp with multiple sessions each day, students got quite a workout in 2-1/2 days!

A small group of intrepid karatekas braved the thick fog cold sand and the smell and warmth of a crackling driftwood fire early Saturday morning at Bastendorf Beach, while their

counterparts worked out in the comfort of a warm and dry Prosper Hall gymnasium.

Sunday's session included the Regional instructors teaching groups of students, and then rotating to other groups, so everybody had a chance to learn from the different senseis the Region has to offer.

Examinations were busy this year, with several candidates vying for higher dan-level ranks.

The JKA-USNW, Inc. Regional Council held business meetings during lunch breaks. This is the Council's biannual meeting to discuss future events, set policy, and review finances. These meetings are open to the membership.

George Clark, who has been an excellent host to the Summer Seminars for several years, bowed out of doing it again next year so he can return to ITKF Summer Camp and focus on personal training.

Next year's Summer Seminar location will be announced later this year.



Turner, OR – Imagine having your own amusement park! Mary Tofte (Courthouse Karate) can say she does! She will also tell you that it's a lot of work, with seasonal ups and downs, and wearing many hats.

Mary's father, Roger Tofte, was featured June 30, 2005 in an Oregonian newspaper article about family owned theme parks. He purchased Enchanted Forest in 1964 and still works on it today. He employs the entire family, including Mary!

Enchanted Forest is in Turner, Oregon, right off I-5 (you can see it from the freeway), seven miles south of Salem. Its website is <http://www.enchantedforest.com>. Next time you are driving through Salem, include some extra time in your travel plans and give Mary a visit!!



Eugene, OR – letter from David Gonzales

Hi Kathleen,

The information on my eye is as follows:

I had emergency surgery on May 21 after the injury to repair the eye globe. Was fortunate enough to keep the retina. The doctor told me that most of the time when an eye is injured like mine was that the retina is lost also. My doctor sent me to see a retina specialist. He found blood clots in my retina. We have spent the last 3 months waiting to see if the blood clots clear from my retina. They have not.

So, consequently, I will have two surgeries on Monday, September 26. They will be done at the same time. The first is to remove the blood clots from the retina and seal it with a laser if necessary. The second surgery is [to] replace my iris and lens with an implant. It is called a Mocher Anaridia IOL.

If everything goes as planned [sic] I should be able to see again out of my left eye. The doctor can't guarantee that I will be able to see 20/20 again, so, I might have to wear glasses also. That's about where I am now.

Once again, Thanks to All who have donated and supported me. I Hope to be back Training again with all of you soon!!

David Gonzales
Eugene Karate Club



“I just want to thank you for your generous donation and your support. Hope to be back training with all of you soon!”

David L. Gonzales
Eugene Karate Club

(David Gonzales received a donation from the JKA-USNW, Inc.)



La Jolla, CA – Mike Morishige, North Thurston Dojo Director, was assaulted while walking to class the first morning of ITKF Summer Camp.

Walking with two fellow karateka, Mike was hit from above by an unknown assailant. Mike sustained no physical injuries, but was forced to return to the dorm for a clean set of clothes as the assault was quite messy.

The perpetrator was seen by Mike's two companions, sitting on a branch of a tree, cackling, apparently proud of his unerring aim. He then flew off, unchallenged, black feathers glinting proudly in the morning sun.

(Report by an anonymous source who thought the incident to be rather funny!)



Bend, OR – Tim Hanlon and Ann Davenport, both of Bend Karate Club, have had an article published in Shotokan Magazine.

“Wall Training – The Basics (part 1)” and “Wall Training (part 2) Additional Concepts and Drills” are two well-written articles describing the study of traditional karate kicks.

If you have thought in the past that a well-formed kick is difficult, you are right. The authors describe the proper course of action of three foundational kicks, and methods of exercising the correct muscles to effect the kicks.

The authors have thoroughly studied their subject. These articles need to be read, studied, followed, and kept for reference.

Do pester your friends who have subscriptions to Shotokan Magazine to get you a personal copy of these articles.

Shotokan Magazine is a highly respected periodical published by John Cheatham in England with subscribers around the world.

Tim Hanlon has had articles published in Shotokan Magazine before.



Portland, OR – Sensei Jerry Fitzpatrick, and his wife Geri, have moved back to Oregon from Sacramento, CA.

Sensei Fitzpatrick established Sacramento JKA Shotokan dojo several years ago. He has turned over the dojo to John Leggett.

Jerry and Geri had wanted to return to Oregon when the time was right, and when the opportunity arose, they grabbed it.

It was hard leaving Sacramento, but the Fitzpatricks are settling well in their new temporary home in Hillsboro. Currently, they are exploring the area for a location to settle permanently.

Sensei Fitzpatrick has been teaching and training at both VAK-do and OMAC Monday,

Wednesday, Friday evenings, and Saturday mornings.

The North West Region enthusiastically welcomes the Fitzpatricks back “home” to Oregon!



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

To those of you who are new, welcome to class! You have probably purchased your first “gi”. It’s all white and fresh, a little too long and a little stiff. Don’t worry, that stiffness will go away and it will shrink.

It’s really cool! Everyone in white. TV and movies have given you an idea of what that gi means: it’s a Power Suit, right?

Well, no. It was designed to be an exercise outfit. Too many people in Japan were coming to class in their designer Nike’s and using that to think they were better than everyone else. Wrong attitude. So, it was decided that everyone would wear a white exercise outfit – no snobs; everyone equal.

I read one story that Gichin Funakoshi designed the first karate gi. I don’t know if that’s true or not. It doesn’t matter who designed it. The gi is associated with karate-style martial arts today.



One of the rules of Funakoshi’s dojo was cleanliness. That’s still true today. That cleanliness includes your gi!

As you exercise, even just a little, your body sweats. The moisture from that sweat collects in the fibers of your gi. Bacteria swarm to and grow in that old sweat. They feed off of it. What do those bacteria make? They make Stink!

The gi gets stained over time anyway, but dirt in the fibers makes it stain quicker and the stains become permanent. And, it’s just more dessert for bacteria.

There are some karateka who don’t wash their gi for a month!! Or more!! (You wouldn’t go a month without a bath, would you? If your answer is “yes”, please practice outside!)

I have practiced beside and behind people who don’t wash their gi. They can’t smell their cloud of BO, but that’s why my eyes watered!! It’s very uncomfortable to be around someone in a stinky gi. Especially on a hot day, or in a dojo with no air circulating!

So, how often should you wash your gi?

If you’ve had a very hard workout and your gi was soaking with sweat, wash it that day or the next; if you didn’t sweat all that much, maybe after the next or third workout. Never more than 3 workouts, PLEASE!

Even if you can’t wash it right away, hang it up: jacket on its own hanger, and the pants clipped to another hanger to let the air circulate through the fibers until you can wash it.

Whatever you do, DON’T just wad it up in a ball and leave the gi stuffed in a dark, sweaty, small gym bag. Bacteria love dark, moist, warm sweat! They’ll throw a party! They’ll even invite their friends, the Mildews!

The Mildew family stinks, too, and they’re harder to get out of your gi. They leave their mark by making your gi grey, and sometimes leave patches of brown or black.

The Whitebelt Corner

(continued) . . .

How should you wash your gi?

Most gi's are cotton; some are a polyester-cotton blend (the cheaper or beginner gi's). The expensive gi's are a heavy cotton (called "duck").

Wash the gi in warm or hot water with a mild detergent. Cotton fabric will take bleach, but it will yellow if used on a chemically treated garment. If you have a stain, you can use any of the "spot removers" on the market. If there is an oily stain, you can use a drop of dish soap such as Dawn or Sunlite (they're designed to cut grease).

Remember that cotton shrinks, so if you choose to dry your gi in the dryer, it's going to get shorter!

After the wash cycle, I run my gi through a 20 minute "Air Fluff" cycle just to shake off excess water. Then, I hang it up to air dry.

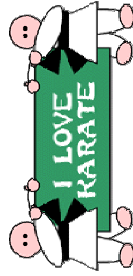
Remember that white stands for cleanliness and open mindedness. Keep your dojo clean, your body clean, and your gi clean. That is part of dojo courtesy and personal discipline.

References:

Fabrics Net
<http://www.fabrics.net/cotton>

The Oregon Cotton Mill
<http://www.cottonmill.com>

The Fabric Link
<http://www.fabriclink.com>



Internet – Rob Redmond had two websites, www.24FightingChickens.com and www.awaks.com last year.

If you could ignore Redmond's rudeness, ill-tempered, and outright offensive attitude, he had an excellent site. It was enormous, and filled with information. It was definitely worthwhile reading.

Mr. Redmond has decided to return, and the explanation cannot be better stated than through his own words.

Please note that the following is copied directly from Mr. Redmond's website <http://www.24fightingchickens.com>

[Resurgens \[sic\] 24FightingChickens.com](http://www.24fightingchickens.com) by 24FightingChickens in 24FC Tue August 23, 2005

After a year and a half off the air, I've decided to bring 24FC back to life. However [sic], as Frankenstein learned with his monster, this time I am not going to let the web site get away from me (I hope). 24FC is back as a blog, rather than an online everything-to-everyone encyclopaedia[sic]. I'll be writing here from time to time articles that come to mind on a variety of topics, and sometimes you will see some of the old 24FC content make a reappearance.

I will be publishing some of the better content from the old web site in some publications around the Internet and perhaps even in print publications. Don't expect to see articles blasting

karate organizations or scathing commentary that a legal team might find interesting. I'm looking to build something a little different than what lived here before.

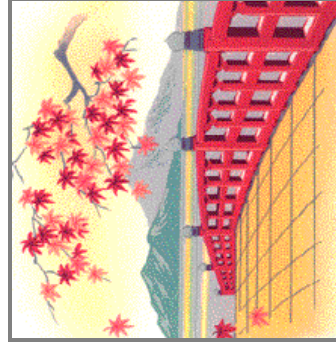
I am proud [sic] to announce that I have pulled out my draft of my book **The Year of the Chicken**, and I have started working with an agent to turn it into a book. I've been writing that book since August of 1995, so, now that it is ten years old, I figured it was about time to choose a stopping point and try to get it published.

You will find updates about my progress on the book here as well.

Like a sort of not-ready-for-prime-time phoenix, 24FC has risen from its ashes to live again, although a little differently this time.

If you are looking for web forums to discuss karate, like you used to do on 24fightingchickens, then take a look at the Karate Underground on [Karate The Japanese Way](http://www.karate-the-japanese-way.com). There you will find Mark Groenewold to be a more tolerant and pleasant forum administrator than I ever was. The conversations there are polite, well-moderated, and for the most part, friendly and intelligent. It is much better than anything I ever managed to put together here. Many of the people who hang out there used to be here.

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Pine Waves is the newsletter of **JKA-US North West, Inc.** It's purpose is 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 to members. 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 5, but is set for readability in versions 3 and 4. Readers should update their Acrobat Reader regularly by clicking on this link to Adobe Acrobat:

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

To subscribe or submit items for publication, write or email to:

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19000 NW Evergreen Pkwy
Hillsboro, OR 97124-7004

k.resburg@att.net

Please include your name, address, email address, phone number and dojo.

Advertising:

Commercial: \$30.00 per year

Please include color logo. Website addresses are encouraged along with street addresses, phone numbers, and contacts with a description of your product or service.

Members: \$20.00 per year; \$5.00 per single issue.
"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.

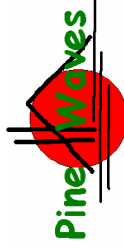
Contact **Editor, Pine Waves Newsletter** (see address above) for more information. Payment to **JKA-US NW Inc.**

Publication schedule

January 2005	July 2005
March 2005	September 2005
May 2005	November 2005



Explanation of the 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 North West. 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 North West.

"Shikaku," also appears in many Japanese philosophies.

%%%%





Highly Recommended Reading

Steven Covey has written several books on setting goals, personal discipline and interacting with others. Please consider reading:

[First Things First](#), companion volume to [7 Habits of Highly Effective People](#).

Then read: [Principle-Centered Leadership](#).

Once those are “under your belt”, so to speak, then read [The 8th Habit](#). I challenge you to make that your project for 2005!!

-- *Kathleen Resburg*, editor



NorthWest Region AAKF/ITKF Clubs

George Clark,
Regional Coordinator

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(9/2005)

