



©

AAKF NorthWest Region
JKA-US NorthWest, Inc.
Vol. 11, No. 1, January, 2007



**Mark Your
Calendar!!**

| | | | |
|---------------------------|---|-----------------------------|----------------------------|
| February 23-25 2007 | Winter Seminar | Sensei Nishiyama | VA Gym Vancouver, WA |
| April 2007 | Spring Seminar | TBA | TBA |
| May 2007 | Judging Seminar | TBA | TBA |
| May 2007 | Regional Tournament | TBA | TBA |
| | AKF Traditional Karate National Championship | TBA | Dallas, TX |
| July 2007 | ITKF Summer Camp | AAKF Office | San Diego, CA |
| August 10-12, 2007 | Summer Seminar | Sensei Nishiyama | TBA |
| TBA | World Championship | | TBA |



Happy New Year! Happy 2007!

The New Year is for new beginnings, starting again.
I made a commitment to produce the
Region's newsletter, but I produced only one issue in
2006.

So I am formally apologizing to the Region
and the Subscribers for failing to keep my
commitment.

This is 2007.
This is Volume 11, issue number 1.
Hang On! Here we go!!

Sincerely,
Kathleen Resburg
Editor



**2007 JKA-USNW
WINTER SEMINAR**

Vancouver, WA -- February is just around the corner
and the Annual JKA-USNW Winter Seminar is
looming on the horizon!

Sensei Hidetaka Nishiyama will be our
honored guest instructor again this year. We are very
lucky to have him visit the Pacific Northwest. Sensei
Nishiyama is in demand all over the country, and all
over the world.

Brochures are on their way. Below is the
pertinent information so you can start planning!
Looking forward to seeing all of you there!



Rates – Registration

| | |
|---|--------------------|
| <u>Registration</u> | <u>At the Door</u> |
| 1. <u>Friday Only</u> | |
| a. Individual | \$35.00 |
| b. Add'l Family Member | |
| c. or Add'l Student each | \$25.00 |
| 2. <u>Saturday Only</u> | |
| a. Individual | \$65.00 |
| b. Add'l Family Member | |
| c. or Add'l Student each | \$45.00 |
| 3. <u>Half day Saturday</u> | |
| a. Individual | \$35.00 |
| b. Add'l Family Member | |
| c. or Add'l Student each | \$25.00 |
| 4. <u>Sunday Only</u> | |
| a. Individual | \$35.00 |
| b. Add'l Family Member | |
| c. or Add'l Student each | \$25.00 |
| 5. <u>Saturday & Sunday</u> | |
| a. Individual | \$80.00 |
| b. Add'l Family Member | |
| c. or Add'l Student each | \$60.00 |
| 6. <u>Friday, Saturday & Sunday</u> | |
| a. Individual | \$85.00 |
| b. Add'l Family Member | |
| c. or Add'l Student each | \$65.00 |

Take \$5.00 off your TOTAL Registration
cost by mailing in your registration. Mail to:

Kathleen Resburg
Apt 33
19000 NW Evergreen Pkwy
Hillsboro, OR 97124-7005

Make Checks out to **JKA-USNW, Inc.**

Shilo Inn Vancouver

401 E. 13th Street
 Vancouver WA 98660
 Hotel: (360) 696-0411
 Fax: (360) 750-0933
 Website: <http://www.shiloinns.com>
 E-mail: vancouver@shiloinns.com
 To Make Reservations: **360-696-0411**

**Do not call the Reservations 800 Phone!
 They don't have the Specials Contract!**

A block of rooms has been reserved for those who wish to stay overnight in Vancouver February 23-24, 2007:

Shilo Inn Downtown Vancouver Booking Rules:

1. Rooms are reserved under “**JKA-USNW**”;
2. Group number is: **JK 022307**.
3. **You** call the hotel **(360) 696-0411** to reserve your room.
4. Costs are as follows:

| Room Type | Guests per Room | Rate Per Room | Extra Person Charge | Roll-Away Charge Per Night | Room Tax | VTA |
|-------------------------------|-----------------|-------------------|---------------------|----------------------------|----------|--------|
| Non-Smoking Double Queen Room | 1-4 | \$63.95 per night | \$10.00 per night | \$15.00 per night | 10.1% | \$2.00 |

5. **Reserve rooms by FEB. 16.** Hotel will release extra rooms after that date.
6. Please let hotel know what date you plan to check OUT: Sat. Feb 24, or Sun Feb. 25
7. Not valid with any other discounts or promotions
8. Credit Cards accepted for guarantee: MC, VI, AX, DS, others
9. Check in at **2:00pm**; Check out at **12:00 Noon**
10. Cancel guaranteed reservations by 6pm on date of arrival.

Schedule of Events

(All Sessions are open to All Ranks)

Friday, February 23, 2007

Registration.....5:45pm – 6:45pm
 Session I7:00pm – 9:00pm

Hidetaka Nishiyama Sensei

Saturday, February 24, 2007

Registration.....8:15am – 9:15am
 Session II.....9:30am – 11:00am

Hidetaka Nishiyama Sensei

Lunch.....11:00am – 1:00pm

Session III.....1:00pm – 3:00pm

Hidetaka Nishiyama Sensei

Break

(Exam setup and

Exam Registration Time) 3:00pm – 3:30pm

- Exams (Sankyu and above)3:30pm
- **Hidetaka Nishiyama Sensei presiding**
- Exams (8th Kyu to 4th Kyu)After Sankyu, etc.
- **Regional Examiners presiding**

Regional Examiners Dinner with Sensei Nishiyama

(After exams)

Council Meeting.....7:30pm – Done
 Shilo Hotel Conference Room

Sunday, February 25, 2007

Registration..... 8:00am – 8:30am
 Session IV 9:00am – 11:00am

Hidetaka Nishiyama Sensei



End Seminar.....**11:00am**



Exam Notification Process

I am implementing a new exam notification process.

For exams conducted at REGIONALLY SPONSORED/SANCTIONED events, I will be sending out an e-mail notification to all instructors that had students examine at the event. This will help insure that the instructors are notified of the results regardless of whether or not they attended the event.

Please note that this WILL NOT apply for local events where a couple of dojos are getting together for rank examinations.

If you have questions, please contact me.

Mike Morishige

In accordance with my earlier e-mail, I'm sending the latest exam results.

Kathleen, I'm adding you to this e-mail so that you may publish the results of the SUCCESSFUL candidates in the Pine Waves.

Any questions, please contact me.

Mike Morishige

Exam Results for 9/16/06

Bend Karate Club
 Willie Dechant -- 2 kyu

Salem Shotokan Karate Club
 Kali Thorne -- 8 kyu

North Thurston Shotokan
 Grant Snellgrove -- 2 kyu
 Leland Snellgrove -- 1 kyu

Congratulations!

The Meaning of Black Belt



The label “blackbelt” connotes all sorts of definitions, emotions, expectations. Every form of media has caused the public to imagine all sorts of superhuman feats automatically endowed to the person who puts the simple black strip around their waist.

If you study and practice “Six Sigma” in your workplace, you work towards a “greenbelt” or “blackbelt”.

There is even rainbow of books titled whitebelt, greenbelt, right up to and including blackbelt sudoku!!

After all, it is just a piece of cloth.

Anyone can buy one. Some people will sell you one for up to \$500 and 5 hours of reading material. Really.

Earning one, well, that’s another matter entirely. There is so much more depth, so much more involved than just the cloth itself.

Interestingly, the editor received articles from two authors simultaneously on what it means to be a blackbelt. Both are highly respected blackbelts in their own right. Please read and think about what they have to say.



WHAT IS A BLACK BELT?

The above question has been asked over and over by an unlimited number of people that do not train in karate and by every student that trains in this marvelous art everyday. As you begin your

training and those of you that are already training your goal maybe to become a "Black Belt." As you begin you training or continue toward the goal of black belt most of the time your instructor has not explained to you what it takes to become a "Black Belt." You may only know what you have heard; much of what is wrong.

To become a good black belt goes far beyond learning a bunch of kicks, strikes, and blocking techniques. Yes, the learning of correct techniques is very important but only a small part of your training, the very smallest part.

You must learn to show respect for yourself, other students, and your instructor. You must put aside an inflated ego and a “me only” attitude. You must learn personal discipline. It takes this to make the first step out the door of your home on the way to class when you would rather stay home and watch television or anything that might get in your way of training. It takes not making excuses for your imagined short comings, no matter what you think they may be (most of the time you are wrong about these imagined short comings). You must learn to respect and earn the respect of other students and instructors and they must earn your respect as well. If this is not possible you must find a new place to train so this mutual respect can happen. You must learn to listen to your instructor and try your very best to follow instructions to the best of your ability. In the process of training you will learn to have calm emotions at all times during your training (this is critical to your progress).

If a senior student gives you advice as to how to act in class or how to do a certain technique you should show respect and follow those instructions the best you possibly can, without comments that will contradict what the senior student is telling you. Just do it, if it is not correct, it will be straightened out by the senior instructor later. Remember you must show respect at all times. "Manners first, Manners last."

As you climb upward in rank you must not forget any of the above. If you do, you will have a black



belt, but you will not be a "Black Belt." Being a black belt is not being the toughest person in the dojo or outside of the dojo, it is being the most respectful caring person in or outside of the dojo. Always take what you learn in the dojo and use it in your daily activities. All of the above is what training in karate is all about.

The very best advice I can give all of you, is what I learned many years ago from Nishiyama Sensei which was to **just to shut up and train to the best of your ability. If you are now a "Black Belt" you must lead the way and do all of the above and more to set and example for those that follow.**

Just one last bit of information. When you are examining for your "Black Belt" if you do not have all of the above present you may be promoted but you will not be a true "Black Belt." It takes more than learning how to punch and kick. Believe me this is true.

*Jerry Fitzpatrick
Sensei*



THE TRUE MEANING OF "BLACK BELT" (As it should be and as it is)

**This is a modified version of an article by Hidetaka Nishiyama that appeared in the March issue of Samurai Magazine in 1975.*

Submitted by *George Clark, Sensei* from Bay Area Karate Club

In English history a man of valor and dignity who excelled in the arts of combat and social enmities [sic] was rewarded with the title of Knighthood. A designation which let it be known to all that he was a man not only of honor,

but also of great fighting ability. This was true in Japan where the same type of men were called Samurais. In neither country was the man nor his rank to be taken lightly. For the prowess and title of each commanded respect! At this time both of these countries consisted of feudal states in which men, like the knights and samurais, were a necessary product of the social conditions in which they lived. A situation which does not exist today. Yet the desire for one to excel in a martial art, for discipline and self-defense, still exists.

Today one strives initially in the martial arts to become a "Black Belt" in karate to learn to fight. But as their training progresses they should become aware of a stronger calling, the molding of themselves into a better person, not only in fighting ability, but also in dignity and honor. This has traditionally been the goal of the martial art student. The black belt is an award or honor given to the modern knight or samurai who has sacrificed many hours in disciplining and honing their bodies and mind to achieve the epitome of physical and mental attainment. The black belt is the symbol of an expert.

Originally, the ranking system was established to provide a series of levels by which students could measure their progress. The first black belt awarded a karateka is known as a "Sho-dan."

This means the student has mastered the basics of the art and is now ready for a more advanced form of training. The student who continues training will now receive "Dan" ranks or degrees of black belt as they progress. This ranking system has worked very well in motivating the student, but it also has developed some problems.

First, there is a disparity of standards. A proper ranking system should remain universally constant; just as on a ruler one inch is always equal to one inch, so should the standards of rank be equal. However, it must be remembered that the ranking in the martial arts consists of testing human reactions and because of the individuality of each

person, it is difficult to declare a definite set of standards. Yet this is what must be done if the rank of black belt is to have meaning. Judo and Kendo have one international standard of testing which prevails throughout the world. This is due in part to both of them having their origin in Japan where the rules of rank grew with the art. But with karate there were many different schools with each having its own set of standards when it came to testing. So when karate was propagated internationally, the various countries embraced each style and each set of standards. This made possible a situation in which unscrupulous individuals were able to set up their own organizations in which they handed out black belts to many unqualified students who in return decided to set up their own schools and hand out their black belts. Many of these same people also decided to promote themselves for financial gain. The end result is that many black belts are a disgrace to not only themselves but to the art of karate.

Since the public is not aware of the differences in ranking and the ability of a true black belt they are easily lured into clubs which will award a black belt to the students after only a short period of training. This is not only dangerous to the student but degrades the quality of all karate. The public should be wary of those clubs which use the word black belt as a come on to cheat people out of their money. In a respectable club a black belt can be earned in three to five years of hard work and only under competent instruction.

It is for this reason that karate should have a standard system of testing. It is also the responsibility for those of us in karate to educate the public as to the significance of the karate black belt. Likewise each karateka must realize that the black belt is not a gift, but a goal, a symbol of one's great effort. In setting up a high quality ranking system, not only the student but karate in general will benefit. Thus instilling a greater sense of pride and achievement in the receiving of a black belt. The knights and samurais of

old allowed nothing to tarnish their honor. Should the Senseis and black belts of today desire anything less?



JKA-USNW Pacific Northwest Region Loses Three Dojos

It is reported with deep sadness that the following dojos have closed. The Senseis and their dojos contributed so very much to the Region; many of our best karateka studied at these dojos.

The loss of these dojos will be felt deeply.

Corvallis Karate Club Corvallis, OR
Reed Wilson
Email: unclereedy@hotmail.com

Eugene Karate Club Eugene, OR
Dave Gonzales, 3rd dan 541-689-7368
Email: davidgonzales1@hotmail.com

Western Mountain Karate Club Eugene, OR
Sue Doyle, 3rd dan 541-517-5400
Email: scd@oregon.uoregon.edu (no printer)

Please stay in contact with these Senseis.

Sue Doyle, David Gonzales, and Reed Wilson will forever be an integral part of the Pacific NorthWest Region.





The Editor has been notified recently that a few of the dojos in the Region have produced some very nice new websites. Bend Karate Club, Corvallis Karate School, and Intel Karate Club each have developed websites that are informative and pleasing to the eye.

A sister dojo, Hillsboro Shotokan Karate (JTKO) (Guido Fischer, Sensei) has a new website, too.

Obviously, there are some talented people in the Region. Any volunteers for dressing up “NWKarate.com?”

Bend Karate Club

<http://www.bendkarateclub.com>

Corvallis Karate School

<http://www.corvalliskarate.com>

Intel Karate Club

<http://www.jf-shotokan-karate.org/new>

Hillsboro Shotokan Karate (JTKO)

www.Hillsboro-shotokan-karate.com



**Courthouse Karate Moves;
Morphs into
Salem Shotokan Karate**

Salem, OR – Vince Nistico is a man on the move! Early in 2006, he found he had to relocate his dojo from Courthouse Athletic Club. It was a wonderful opportunity to move to an excellent location in downtown Salem.

The last weekend in April, VA Karate-do made a surprise visit to the Saturday class to celebrate the move.

Please take the time to visit Salem Shotokan Karate at the address below:

Salem Shotokan Karate
241 State Street
Salem, OR

Classes are held *Tuesday* and *Thursday* and *Saturday*.

Beginner (Ages 10 and up): Tuesdays and Thursdays 5 – 6 pm

Advanced: Tuesday 6 – 7 Thursday 6 – 7:30

All Ranks: Saturday 9 – 11 am

Training Costs

Class enrollment is \$40.00 / month

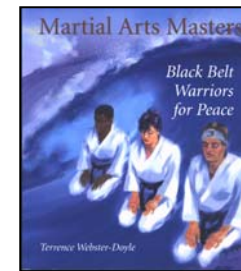
Visitors are always welcome!!

Contact:

Sensei Vince Nistico, (503) 364-6951



Highly Recommended Reading



Martial Arts Masters; Black Belt Warriors for Peace

By Terrence Webster-Doyle

Christina Thompson presented this book to

VAK-do and the Pine Waves editor for review. This is an *excellent* book. Presented as a “book for Young People”, it should be required reading for any instructor or sensei and should be available in any dojo library.

Sensei Nishiyama is trying to convey the concepts of Budo and that the ultimate goal of studying martial arts is to preempt conflict. The author presents the Martial Artists Code of Conduct by looking at each element in story form, giving each element its own chapter: Courtesy, Humility, Respect, and Responsibility are a few of the lessons presented.

Terrence Webster-Doyle is a member of an organization, Martial Arts for Peace. One of the organization’s goals is to teach children how to deal with, and defeat bullies. Not by pounding them into the ground, but by teaching children the tools early of how to resolve conflict before physical violence occurs, giving them the skills and confidence to stop being bullied when it does happen. Physical self defense happens after all other skills have failed.

Martial Artists for Peace have several programs and books addressing techniques to stop bullies. It’s a common sense approach. For



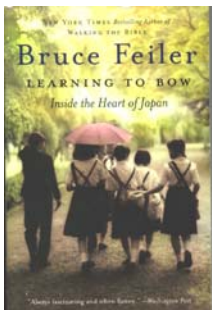
those dojos with children, I recommend you buy this book and stop by the website. EXPLORE that website. The website introduces concepts that can and should be introduced in any martial arts class. <http://www.martialartsforpeace.com>

Thank you Nina, for sharing this valuable book!



LEARNING TO BOW: Inside the Heart of Japan

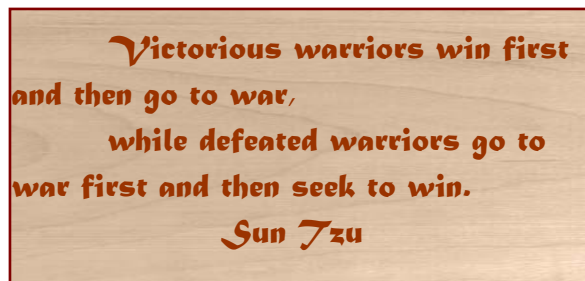
By Bruce Feiler



"LEARNING TO BOW has been heralded as one of the funniest, liveliest, and most insightful books ever written about the clash of cultures between America and Japan. With warmth and candor, Bruce Feiler recounts the year he spent as a teacher in a small

rural town. Beginning with a ritual outdoor bath and culminating in an all-night trek to the top of Mt. Fuji, Feiler teaches his students about American culture, while they teach him everything from how to properly address an envelope to how to date a Japanese girl." [from Bruce Feiler's website]

I found it to be a valuable insight into Japanese view of life. That directly translates to what we do in the dojo and how our training is conducted.



To: ITKF Members:

Starting December 1, 2006, International Traditional Karate Federation (ITKF) is distributing a new DVD of the 2006 International Camp, the main subject of which is the application of proper breathing to the Traditional Karate training system. Please access the website below:

www.customflix.com/2190064

ITKF expects its members to study this DVD, which shows some of the essential points of the training system as the camp in July 2007 will be a follow-up to the introduction of the new train system.

ITKF considers this DVD a great learning tool and encourages members to watch it frequently in order to obtain a deeper understanding of the training system.

Please note that this DVD, along with the 2005 Camp DVD, is only available online as this office no longer accepts orders via mail. Each national federation is encouraged to announce the DVD to its members so that individual members can order it directly from the website.

(Editor: below are copies of the online descriptions of both videos taken from www.customflix.com for your convenience. Both the 2005 International Camp and the 2006 International Camp DVDs will be extremely valuable training videos for anyone's training library),



2005 ITKF Summer Camp

The Annual International Camp in San Diego, California, USA is the spiritual and technical source of Traditional Karate.

Each Year, top instructors and athletes gather from all over the world to participate at this camp to further develop and elevate their technical skills to a higher level.

This year, the newly established Traditional Karate training system was introduced at the camp. This system is a result of life-long study by Master Hidetaka Nishiyama, 9th dan and Chairman of International Traditional Karate Federation (ITKF), and once again he directed the entire 7-day course.

This ITKF official DVD is the first of its kind, to capture the instructions given by Master Nishiyama at this legendary Traditional Karate training camp. It comes in a set of 2 discs, approximately 55 minutes each.

For more information on this DVD, e-mail us at karatevideo@hotmail.com.

www.customflix.com/212896

Title #212896
Running time: 110 minutes

Disc Price:
\$58.95



2006 ITKF Summer Camp

The Annual International Camp in San Diego, California, USA is the spiritual and technical source of Traditional Karate.



Each Year, top instructors and athletes gather from all over the world to participate at this camp to further develop and elevate their technical skills to a higher level.

The Traditional Karate Training System introduced last year was elaborated this year, through the emphasis on proper use of breathing. This is the second official International Traditional Karate Federation (ITKF) DVD, and once again captured the instructions given by Master Nishiyama at the legendary Traditional Karate training camp.

The DVD covers the overview of the weeklong training camp:

1. Budo Fundamentals
2. Kihon & Basic Applications
3. Kumite: Timing & Strategy
4. Kata Elements
5. Competition Judging

The running time is 75 minutes. For more information, e-mail us at

karatevideo@hotmail.com
www.customflix.com/2190064

Title #219064

Running time: 80 minutes

Disc Price:
\$43.95



**AAKF ISSUES NEW
MEMBERSHIP NUMBERS**

American Amateur Karate Federation (AAKF) went to a new membership number system in 2006. I don't have the Washington membership new numbers, but here are the new Oregon numbers. I list these so that those of you who will be testing at the 2007 Winter Seminar will have your membership numbers when you fill out your exam registration papers.

| Club Number | Name | Membership Card Number |
|-------------|-------------------|------------------------|
| OR-J-0016 | Katelyn A. Fitch | OR-J-A0040 |
| OR-J-0016 | Julie A. Pederson | OR-J-A0041 |
| OR-J-0016 | Debbie Gillaspie | OR-J-A0042 |

| Club Number | Name | Membership Card Number |
|-------------|-------------------------|------------------------|
| OR-J-0016 | Julia Wallace | OR-J-A0043 |
| OR-J-0016 | Mason A. McKinney | OR-J-A0044 |
| OR-J-0009 | David E. Cossey | OR-J-A0045 |
| OR-J-0009 | Chris P. Ryev | OR-J-A0046 |
| OR-J-0009 | Steve Ellefson | OR-J-A0047 |
| OR-J-0009 | Sarah C. Smith | OR-J-A0048 |
| OR-J-0009 | Jesse J. Knudsen | OR-J-A0049 |
| OR-J-0009 | Dan. D. Gilmore | OR-J-A0050 |
| OR-J-0009 | Scott D. Ellefson | OR-J-A0051 |
| OR-J-0009 | Jill R. Smith | OR-J-A0052 |
| OR-J-0013 | Christina Thompson | OR-J-A0073 |
| OR-J-0013 | Kathleen Resburg | OR-J-A0074 |
| OR-J-0013 | Christopher I. Mitchell | OR-J-A0075 |
| OR-J-0013 | Colin Tilson | OR-J-A0076 |
| OR-J-0013 | Jim Benville | OR-J-A0077 |
| OR-J-0013 | Lee H. Mitchell | OR-J-A0078 |
| OR-J-0013 | Nicholas Behm | OR-J-A0079 |
| OR-J-0013 | Daniel Behm | OR-J-A0080 |



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/reader/main.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:
Editor, Pine Waves Newsletter
Apt 33
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 2006

| <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 |
| January 2008 | Dec. 2007 |



NorthWest Region AAKF/ITKF Clubs
 George Clark,
 Regional Coordinator

Bay Area Karate Club Coos Bay, OR
 George Clark, 4th dan 541-269-2315
 Email: bakc-jka-nw@direcway.com
 Email cc: OSURx87@hotmail.com

Bend Karate Club Bend, OR
 Tim Hanlon, 5th dan 541-389-8404
 Email: thanlon@bendbroadband.com
 Email cc: itcwo@msn.com

Corvallis Karate School Corvallis, OR
 Richard Hand, 4th dan 541-757-1493
 Email: hand@corvalliskarate.com
 Email cc: Gil.Hartl@linngear.com

Salem Shotokan Karate Club Salem, OR
 Vince Nistico, 3rd dan 503-364-6951
 Email: vnistico@willamette.edu

Intel Karate Club Hillsboro, OR
 Gyuszi Suto, 2nd dan 503-640-0165
 Email: gsuto@ichips.intel.com

No. Thurston Shotokan Karate Lacey, WA
 Mike Morishige, 3rd dan 360-753-5454
 Email: ntshotokan@comcast.net

Oregon Martial Arts Center Oregon City, OR
 Art Cherry, 3rd dan 503-655-0947
 Email: ArtCherry@comcast.net
bobems@comcast.net

Puget Sound Karate Club Federal Way, WA
 Thom MacFarlane, 3rd dan 253-815-9179
 Email cc: tharstene@comcast.net

Rogue Shotokan Karate Central Point, OR
 Debbie Gillaspie, 1st dan 541-664-7841
 Email: RogueShotokan@charter.net

VA Employees Karate-do Portland, OR
 Don Tilson, 1st Kyu 360-687-0918
 Email: Donald.Tilson@med.va.gov
 Jerry Fitzpatrick, 5th dan
 Email: gifitzpatrick@verizon.net
 Email cc: k.resburg@att.net

Washington JKA Shotokan Club Seattle, WA
 Skip Mathews, 3rd dan 206-937-5927
 Email: lsmathews3@comcast.net

Whitworth Karate Club Spokane, WA
 James Cannon, 1st dan 509-323-9166
 Email: karatecannon@yahoo.com
 Email cc: lisaw500@yahoo.com

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