



ISKF SPOTLIGHT

Spring 2010 INTERNATIONAL SHOTOKAN KARATE FEDERATION

44th ISKF Master Camp and International Goodwill Tournament

The 44th ISKF Master Camp and International Goodwill Tournament will be held June 11th - 18th, 2010. This is the only weeklong Shotokan karate camp that has instruction from the highest-ranking Shotokan Masters in the world. This year we will have instruction from Masters Teruyuki Okazaki - 10th Dan ISKF (US), Yutaka Yaguchi - 9th Dan ISKF (US), Hirokazu Kanazawa - 10th Dan - SKIF (Japan), and Masaru Miura - 9th Dan SKI-I (Italy).

Assisting them in instructing will be the ISKF Technical Committee: Sensei's James Field (USA/SW), Frank Woon-A-Tai (Canada/ON), Maynard Miner (USA/EC), Robin Rielly (USA/EC), Najib Baha Amin (USA/EC), Cathy Cline (USA/NW), Garry Turnbull (Jamaica), Dr. Dexter Shim (Trinidad), Hiroyoshi Okazaki (USA/EC), Gary Swain (USA/MT), David Jones (Canada/AB) and Larry Loreth (Canada/MB). A week of this caliber of instruction benefits all Shotokan practitioners, regardless of rank or affiliation. Karate-ka travel great distances to participate in this camp and this is why the ISKF prepares all year long to provide for the best experience and instruction for all the campers. We truly hope you will make every effort to attend Master Camp this year. Each year our Master Camp is successful in the fact that not

only do many of the participants return each year, but also new Shotokan karate practitioners join us and they are so impressed by the experience they return the following year.

The following countries have already registered for Master Camp this year and as you can see, there are quite a few that will be joining us for the first time. We are looking forward to your arrival and meeting you.

- Argentina
- Australia
- Bahrain
- Barbados
- Bolivia
- Brazil
- British Virgin Islands
- Canada
- Cayman Islands
- England
- Germany
- Guyana
- Japan
- Mexico
- New Zealand
- Nigeria
- Romania
- Russia
- Spain
- Trinidad
- USA
- Venezuela

Of course as already stated, our ISKF Master Camp is open to all

Shotokan karate-ka no matter what their affiliation is. However, many new first time campers join the ISKF after they experience this camp. They are impressed because nowadays it is rare to still have an organization, especially one that is as large as the ISKF that has remained traditional and has kept the standards of our founder Master Gichin Funakoshi. Okazaki Shihan is a direct student of Master Funakoshi and has never wavered from his beliefs and his principles. He was given a huge undertaking by his instructors - Masters Funakoshi and Nakayama to spread traditional Shotokan karate-do throughout the world while being mindful not to compromise the integrity of Budo for sport. And although he travels extensively throughout the world to teach and share these philosophies, Okazaki Shihan wanted to expose all Shotokan karate-ka to the best Shotokan Masters, which is why he began hosting our Master Camp. At the first Master Camp there were about 16 participants. In over 43 years, our camp has grown to almost 500 campers! The main reason for this is that Master Okazaki has always invited the highest-ranking Shotokan Masters to teach at our Master Camp and since the independence of the ISKF from the JKA, this opened many more doors to him to invite all Shotokan Masters to teach regardless of their affiliation. This has been very exciting to learn from each other and extend the hand of welcome to all Shotokan groups. There is no other

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ISKF SPOTLIGHT

A publication of the ISKF
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weeklong Shotokan training camp in the world that offers this.

You may think that you can learn a fancy approach or what you think are "different" techniques to what some would call karate from the computer or videos. However, you can only learn true Budo from traditional instructors and Okazaki Shihan will always provide to all who want to learn to be a pure martial artist with the tools and instruction to do this. This is one of the many ways he is being sincere and keeping his word to his instructors.

The theme for this years Master Camp is: Niju Kun #15: Hito no teshi wo ken to omoe - Consider your opponent's legs and arms as you would sharp swords. In this precept, Master Funakoshi is telling us to respect our opponent and to do so with a clear mind. You must always think that your opponent may pose an extreme danger to you, and also, if you have a clear mind you can be humble to understand that if no danger is imminent you can learn from them. You should have this mindset regardless of who you are facing, whether it is a person who is larger or smaller, white belt or higher rank. If you think

about their arms or legs as weapons, you will not and should not think about their size or rank. And if you are humble and have a clear mind you will be open to learning from your opponent. However, if you let your ego fill your mind with thoughts that you are automatically better, then you will never grow and learn about others and even worse learn about yourself. You will remain stagnant and be unable to see if/when true danger is in front of you. If you complain that you are tired of training the same way or doing the same basics and katas, this is your ego speaking. A true martial artist knows that on the path to Budo there is always something to be learned from the simplest of repetitions and that you can learn from everyone and when you do, they are all in some way contributing to your advancement both in the dojo and as a person. So keep this mindset in the dojo and in every facet of your life. Always respect others. This is why we train, to become a better person. And this is what makes us different from sports organizations. Our main goal is to develop as good martial artists and we can only do this by developing our character to be good human

beings.

There is no better venue to practice these principles than at our ISKF Master Camp and International Goodwill Tournament. We train and learn from all ranks and cultures. Our karate can only get better after a week of training with the highest caliber of Shotokan Masters and more importantly we all become better human beings learning from one another and appreciating the similarities as well as the differences. Just remember, you must keep a clear mind and do your best to live by the Dojo Kun and Niju Kun.

Please note: Because we want every Shotokan practitioner - regardless of affiliation to have the opportunity to participate in Master Camp we will do everything we possibly can to assist if necessary in the visa process. The US is making changes to the acquisition of visas so we are suggesting that you submit your visa application to your embassy as soon as possible. If you would like ISKF Headquarters, along with our ISKF President - Judge Paul Ribner to assist you please contact ISKF Headquarters and give us your complete name on your Passport along with your Passport number.

ISKF EVENT SCHEDULE

JUNE 11 - 18, 2010	ISKF MASTER CAMP & INTERNATIONAL GOODWILL TOURNAMENT Pennsylvania, USA
AUGUST 13 - 15, 2010	ISKF PAN AMERICAN CHAMPIONSHIPS Guyana
OCTOBER 8 - 11, 2010	ISKF/CANADA NATIONAL CHAMPIONSHIPS Winnipeg, Manitoba
NOVEMBER 6 - 7, 2010	ISKF/US NATIONAL CHAMPIONSHIPS Sioux Falls, South Dakota
JUNE 10 - 17, 2011	45TH ANNIVERSARY ISKF MASTER CAMP & INTERNATIONAL GOODWILL TOURNAMENT Pennsylvania, USA
2012	ISKF 2nd WORLD SHOTO CUP Barbados
2014	ISKF PAN AMERICAN Mexico
2016	ISKF 3rd WORLD SHOTO CUP South Africa

ISKF PAN-AMERICAN KARATE CHAMPIONSHIPS

After four cancellations, the 11th ISKF Pan American Karate Championships will be held in Georgetown, Guyana from August 12 to 15, 2010. During the 8th Caribbean Karate Championships, which was held in St. Lucia in August 2009, Master Teruyuki Okazaki and Mr. Frank Woon-A-Tai discussed the possibility of the Guyana Karate College hosting the championships in August to allow greater participation of young karate-ka who are the future of ISKF karate.

Mr. Woon-A-Tai immediately contacted His Excellency President Bharrat Jagdeo to secure the Cliff Anderson Sports Hall as the venue. With the government's support, Mr. Woon-A-Tai formed an organizing committee headed by popular businessman and sports personality, Colin Ming. Members of the committee include the GKC executive, parents of the students, friends and supporters. This tournament promises to be the best, if not, one of the best karate championships ever held. To this end, Mr. Woon-A-Tai is seeking the support of all ISKF Pan American member countries to participate in a show of support for Master Okazaki and the ISKF as a vibrant organization with the best leadership in the karate world. Even if a country cannot afford to send teams, one or two representatives would be greatly appreciated. All member countries are kindly requested try their very best to support this important event.

In addition to the championships, a karate symposium will be held on Thursday August 12. This will be headed by ISKF Technical Committee Members, Mr. Garry Turnbull and Dr. Dexter Shim, who are vice presidents of the Caribbean Karate College. Karate symposiums are not new to the Caribbean region and topics to be discussed are technical, medical and legal aspects of karate. Also on the agenda is the inclusion of karate programmes in schools as part of the curriculum. This promises to be very interesting.

On Friday, August 13, a judge's refresher course and judge examinee clinic will be held after lunch. This will be followed by the judge's written exam-



11th ISKF 國際松濤館空手連盟
Pan American Karate Championships
August 12-15, 2010

*Karate: Character and Discipline,
Mind and Body, Beauty and Power,
In Harmony with Nature.*

Teruyuki Okazaki, 10th Dan, Yutaka Yaguchi, 9th Dan
Frank Woon-A-Tai, 8th Dan, James Field, 8th Dan
Maynard Miner, 8th Dan, Robin Rielly, 8th Dan,
Najib Amin, 8th Dan, Cathy Cline, 7th Dan,
Garry Turnbull, 7th Dan, Dexter Shim, 7th Dan,
Hiroyoshi Okazaki, 7th Dan, Larry Loreth, 7th Dan,
Gary Swain, 7th Dan, David Jones, 7th Dan

ination. In the afternoon, karate clinics will be held for brown belts, black belts, certified instructors and kenshusei (instructor trainees). These clinics will be taught by Mr. Woon-A-Tai/Field and Masters Yaguchi and Okazaki respectively. Dan examinations will follow the clinics.

All eliminations will be held on Saturday August 14 and the finals will be on Sunday August 15. A welcome reception is planned for Saturday evening. The championships will follow the same successful format as the 2008 ISKF World Shoto Cup.

Hotel accommodation is at the newly built Princess Hotel. It has a casino. This will be the official tournament hotel. All related events will be held in

the large air conditioned hotel ballroom which is not carpeted and thus, suited for training. Prices start at US\$86.00 plus 16% taxes for single accommodation and \$95.00 for double accommodation. These are great prices and Mr. Woon-A-Tai has blocked 100 rooms for participants. Details will follow soon as well as recommended budget hotels.

Guyana is the only English speaking country in South America. There is great shopping for gold jewellery and it boasts a vibrant eco-tourism in the Amazon Rainforest. A visit to Kaieteur Falls, reputed to be among the highest single drop falls in the world in terms of water volume is a must see. Looking forward to your support.



ISKF Sri Lanka

By Gary Swain, 7th Dan, ISKF/US-Mt. States

ISKF Technical Committee

In 2009 the ISKF Sri Lanka organization invited someone from the ISKF Technical Committee to visit them for seminars and examinations. I was privileged to be chosen for the visit.

The trip started with a 30 hour flight to the other side of the world from Denver Colorado. The weather in Denver was very chilly in April. I was greeted by 85 degree weather with 100% humidity. When the temperature is like this all of the time you adapt to it very quickly and it becomes comfortable. It really enhances the ability to stretch out and also prevent injuries because a person isn't warmed up.

I arrived in the evening and was met at the airport by a large group of the students and the instructor, Mr. Prasanna Fernando. Possibly the most important person who met me was my translator, Mr. Desmond Samith. Desmond proved invaluable throughout the entire visit. In this picture Desmond is on my left with Mr. Fernando and Shihan Fernando, Mr. Fernando's son is on my right. The students are following us.



Mr. Prasanna Fernando started training in Shotokan karate under his father when he was three. He has been training continuously since then and that puts his training over 30 years. He wrote a book several years ago for the people of Sri Lanka that is very similar to Master Nakayama's Best Karate series. It is well done and touches all of the bases for good sound karate.

Mr. Fernando's occupation is involved with the prison system of the country. His direct employer, Mr. Lakshman Silva, is the Commissioner of Prisons. He has been very instrumental in the growth and support of Shotokan Karate and the ISKF in Sri Lanka. He is a tremendous supporter of Mr. Fernando. So much so, that our first semi-

nar took place inside the prison where they both work on a daily basis. The students were allowed to enter and train with us.

When I first arrived at the prison Mr. Silva presented me with the traditional greeting of leaves. As the Commissioner of Prisons he was a very hospitable man. There were many of the high ranking people in the prison system there to greet me as well.



The training area was a very large brick room with a cement floor and very high ceilings. There were about 200 students in this seminar and they worked well together. With Desmond's help I was able to learn a few words of the their language, "slow" and "fast" and we all got along great.

In April of 2009 the Tamil Tigers were still in revolt and there was a little concern about them. However, there wasn't much



ALL PHOTOS PROVIDED BY MR. GARY SWAIN



concern in Colombo where we were training. The group still took some precautions that they thought were in my best interests at the time and I was a little surprised by this and also grateful to the group for what they had done. They told me it was simply a precaution. Nothing ever happened and we were all happy about that. We also held trainings in a church building that was spacious and a little cooler. The seminar held there was for about 75 people. The students in Sri Lanka are just like the students all over the world. There are young people and there are older people. Some like kata and some would rather spar. It was a real pleasure to work with and get to know the students of Sri Lanka.

After trainings in Colombo we did some sightseeing and went to Kandy. Kandy is up in the mountains and it was a beautiful trip. The scenery was beautiful but I must say the drives up and back were exciting. The roads are narrow and the traffic seems to pick which side of the road it would like to drive on. Normally you are supposed to drive on the left side of the road in Sri Lanka. However, when it gets busy, that idea becomes mixed and therefore exciting.

Kandy is the last royal capital of Sri Lanka. It is most famous for the Temple of the Tooth. This temple actually houses one of Buddha's teeth. The temple is beautiful and is inside a palace that was added to by each new ruler as they took over the royal throne.

The art work and the carvings are magnificent and the people flock to Kandy on the weekends and holidays to see the temple and the castle.

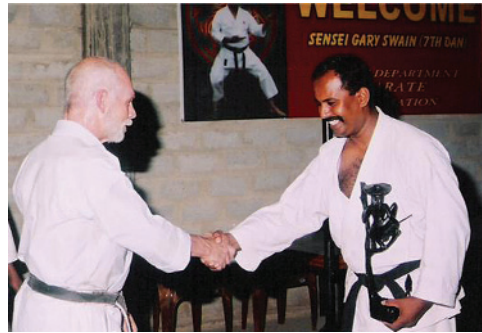


While we were in Kandy we also visited one of the other prisons that Mr. Silva supervises. It was similar to an outdoor camp and had no bars. As you can see, the prisoners not only do what is needed to live but they also continue their native customs with a lot of enthusiasm.



The examinations went well and almost everyone passed. There were about 20 people testing and they were going for Shodan and higher. Mr. Fernando received his Godan and, of course, did a good job. After all of the seminars and examinations of course we had a party so all could enjoy themselves. Awards were handed out and all had a good time.

There were many people who made this trip possible. Unfortunately space prohibits all of the photos necessary to give them credit. Just let it be said that this was a joint effort for the ISKF students of Sri Lanka and I know all of them appreciated all of the donations and the effort of those responsible.



Below is a picture of Mr. Fernando and his family. He now has another daughter whom I was asked to name. I suggested the name of my youngest granddaughter, Grace, and they decided to use that for her. Mr. Fernando's father, next to me on the right, started teaching him karate when he was three. He has been training ever since. This is a family that has much to be proud of for the work they have done and the lives they have touched. They are a great example of spreading the Dojo Kun around the world.

Thank you for inviting me and allowing me to be part of your training.



SHOTO NIJU KUN

13

Tekki ni yotte tenka seyo Move according to your opponent

Here Master Funakoshi is saying to keep yourself mentally "flexible" so that you are able to adapt to a situation as it changes. It seems a very simple thing to do, but it takes a lot of experience. When confronted by an opponent, you have to learn how to be physically and mentally connected to him. You have to clear your mind, be calm. You should be able to perceive your opponent's intentions without distortion. Then you can react naturally, without strategy.

Of course in dealing with an opponent, you can start out with a strategy, but you should remain flexible so that you're able to respond to a situation naturally. Once you have some understanding of how to execute technique, then you have to learn how to "feel" your opponent's intentions, how to "sense" a change in the situation. You have to learn how to use your feelings to communicate with your opponent. The key to this-indeed the key to all we have been talking about-is to maintain a sense of balance within yourself. You can control a difficult situation by controlling yourself. You are part of the situation, and it is part of you.

The idea of moving according to your opponent is yet another of Master Funakoshi's principles that you can and should apply to everyday life. Whether you are driving a car, having a conversation with a friend, making a presentation at work: you always need a sense of the other person's intentions. Don't blame other people, or external circumstance, for your condition. Remain open to all things around you, without your ego getting in the way, judging. If you start to think that something, or someone, is "right" or "wrong," you cannot see clearly what really "is." So it is important to keep an open mind, to be able to respond to every situation, whether it be an opponent in a self-defense situation, or in any other aspect of life.



ISKF India and the Land of Buddha

by Larry Loreth, 7th Dan, ISKF/Canada -
ISKF Technical Committee

In November of 2008, I traveled to the land of Buddha to instruct a seminar and conduct a Dan examination on behalf of the International Shotokan Karate Federation. Mr. Shiv Panchal, a resident and prominent karate instructor in India, had contacted Okazaki Shihan regarding membership in the ISKF and inquired about a seminar to be held in the City of Delhi, the capital of India. When Master Okazaki contacted me regarding this assignment, I was fascinated with the thought of traveling to a part of the world that I had never been to. Indian history runs deep in the martial arts, as Dharma, known as the founder of karate, was from the "Land of Buddha".

I left Winnipeg on November 11, 2008, and arrived in New Delhi via London, 23 hours later - quite a trip. When I got off the aircraft at Indira Gandhi International

airport, Mr. Panchal and his students were there to greet me. These individuals, who had never laid eyes on me before that moment, could not have been more gracious. I arrived in the middle of the night, and therefore was unable to see very much on my way to the hotel. However, the one thing that immediately caught my attention was the level of activity everywhere. I turned there seemed to be no end of people and cars going in all directions. As I was soon to experience, Delhi is a very large city in a land of extremes.

The next day I rested, in an attempt to rid myself of the "jet lag" I was experiencing from the long trip overseas. Mr. Panchal picked me up the following day and we went for lunch - my first meal in India. As I am a fan of East Indian cuisine, I enjoyed the food throughout my stay in India. However, the one thing that I will never get used to in India is driving in an automobile. Its go go go!. Every time we got into his car, I thought Mr. Panchal was going to be in an accident, but finally realized that although the driv-

ers are dodging in and out, literally driving inches away from the other cars on the road, they all seemed to know exactly how far they could go before actually causing an accident. During my stay and travels throughout India, I did not see one single accident. This absolutely amazed me! It's no wonder these people understand how to block and shift out of an attacker's w--ay. They are developing their reaction-timing every time they get behind the wheel of a car.

The seminar started at the beginning of my second day in India. Training took place in a school gymnasium, on a concrete floor. As can be seen by the attached photo, the gym was absolutely jammed with students. Although I do not understand the Indian language, we did not have any difficulty in communicating. These people have a passion for karate. They are disciplined, children and adults alike, so instructing a class of 200 people was not a problem. The class spirit was exceptional you could hear the KIAI three blocks away. All participants in the seminar worked very hard and never gave up throughout the entire event. They showed exceptional dedication.

During my seminar, prior to their National tournament, Mr. Panchal had arranged for local dignitaries and sponsors to attend the event in order to meet and exchange greetings with me. The respect and consideration I was offered during this meeting was overwhelming. Each of the dignitaries placed a wreath of brightly colored flowers around my neck as a way of greeting me to their country, and in turn I presented each of them with a gift of flowers. There was always someone beside me, attempting to make pleasant conversation and have me feel at home in a very far off place. This experience gave me further insight into the fact that people are people. Regardless of where they come from or what their religion or nationality is, respect and consideration for each other, overcomes all of our differences - just like at Mastercamp.

I particularly enjoyed meeting with Mr. Panchal and the instructors of ISKF India. Their tireless efforts to build the Indian organization and the disciplined training that they all displayed during my seminar impressed me very much. While everyone needs to work on their technique, they are no different than other students of karate anywhere else in the world. Okazaki Shihan has told us that the



ALL PHOTOS PROVIDED BY MR. LARRY LORETH

Airport, Mr. Panchal and his students were there to greet me. These individuals, who had never laid eyes on me before that moment, could not have been more gra-

ers are dodging in and out, literally driving inches away from the other cars on the road, they all seemed to know exactly how far they could go before actually causing



secret to karate is ... "JUST DO IT!" ... and with their dedication and hard work, I know that they are fully capable of achieving anything that they put their mind to accomplishing.

For example, the fact that they held an all night meeting, the day I had spoken with the instructors, in order to officially form a new ISKF India organization with a totally revised constitution and board of directors, clearly verifies this fact. Karate students and instructors from outside of the original ISKF India organization trained side by side with our students. They all expressed a desire to work with each other to build on the new organization that had just been formed during the seminar. The new members informed me that they decided to join the ISKF based on the training that they received and the

goodwill they experienced by participating in the seminar. They all want to learn and are prepared to work very hard to achieve their goals ...TOGETHER! This new organization has increased ISKF India's membership from an original 300 members to a new organization of 500 members with approximately 9 individual dojos.

CONGRATULATIONS to Mr. Panchal and his organizing committee on a job well done! ISKF India organized an excellent training seminar which involved students and instructors who came from far and wide to attend this event and train with us. Their National Tournament took place immediately after the seminar and involved over 400 participants who competed over a 2 day period. I was honored to have been a part of this initial ISKF

India training seminar and National Tournament. The Dan exam went well and now ISKF India has four new black belts, 2 Shodan and 2 Nidan. This result is based on their hard work and Mr. Panchal's dedication to building the ISKF in his country.

The seminar was very successful and as indicated everyone tried to do all things possible to make my stay in India a pleasant and rewarding experience. As my guests wanted me to experience Indian culture at its best, they took me to see one of India's greatest treasures, the Taj Mahal. It is absolutely breathtaking. This extraordinary structure, located in the City of Agra, cannot be truly appreciated unless you have actually seen it in person. No wonder it has been voted the 1st "Wonder of the World".

I visited India again in October, 2009. The training location had changed but the spirit and dedication of all participants remained the same. A number of students and instructors successfully examined for Dan level within the ISKF.

Congratulations to Mr. Panchal who successfully examined for Yondan!

I not only look forward to seeing Mr. Panchal and his students again this year in the Land of Buddha but also at Mastercamp, where they will continue their pursuit of perfection in the way of Shotokan.

OSU!

Larry Loreth





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