



ISKF SPOTLIGHT

Fall 2010 INTERNATIONAL SHOTOKAN KARATE FEDERATION

11th ISKF Pan American Karate Championships - Guyana

The 11th ISKF Pan American Karate Championships were held in Georgetown, Guyana from August 12 to 15, 2010 at the Cliff Anderson Sports Hall. The Guyana Karate College hosted the Championships. Over a dozen countries and hundreds of competitors participated. Not only was the tournament successful, but Sensei Frank Woon-A-Tai and the organizing committee scheduled many events leading up to the competition.

Earlier in the week there were several karate events on the agenda. There was a karate symposium covering topics such as technical, medical and legal aspects of karate. Other events included a judge's refresher course and judge exami-



From left: Judge Paul Ribner, Shihan Teruyuki Okazaki, Mayor Hamilton Green, Mr. Frank Woon-A-Tai, Mr. James Field. Photo by Mr. Belamy, ISKF Jamaica



President Jagdeo (center) with ISKF officials at president's house. Photo by Mr. Belamy, ISKF Jamaica

nee clinic. This was followed by the judge's written examination. There were also karate clinics for brown belts, black belts, certified instructors and kenshusei (instructor trainees). Finally, there were dan examinations following the clinics.

On Friday, the competitors participated in a parade through Georgetown. Competitors, led by the Guyanese contingent, bearing the country flag, marched through Georgetown beginning at City Hall and proceeding to the Promenade Garden. At the Promenade Garden, each country was recognized and welcomed by Mayor Hamilton Green. In attendance were other luminaries of Georgetown, as well as other country representatives. During this ceremony, Shihan Okazaki was presented with a key to the City.

On Sunday, we were honored with the attendance of President Bharrat Jagdeo and other Guyanese

dignitaries. The President welcomed everyone to Guyana and made presentations to Shihan Okazaki and ISKF President Judge Paul Ribner. During the tournament Sensei Woon-A-Tai also announced the ground breaking for the new facility to house the Guyana Karate College. The new state of the art facility will be erected on an acre of land granted by President Jagdeo. The facility will include four training areas, as well as an administrative office and a student dormitory.

The competition commenced on Saturday with eliminations and continued on Sunday with finals. Overall the competition was riveting. All competitors displayed honor and respect for their fellow



President Bharrat Jagdeo (center), Shihan Teruyuki Okazaki (front) Photo by Mr. Belamy, ISKF Jamaica

karateka. Everyone exhibited the true spirit of karate-do and the dojo kun throughout the tournament. In the youth division, the competitors foreshadowed the future strength of the ISKF with their talent. In the open division participants competed with spirit and technical skill, and lived up to expectations as their country's primary representatives.

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ISKF SPOTLIGHT

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The senior division was no less skillful. These karateka displayed what it means to make karate-do a life-long endeavor. Their techniques were honed and showed the growth and maturity that one would hope to achieve after many years of practice.

The open competition started with the women's team kumite. The Canadian team went on to win for the women and the Barbados team won for the men. The team kata competition was won by Trinidad & Tobago for the women and the USA team for the men. In

the individual events the competition was stiff, as usual. The competitors who made it to the finals showed incredible ability. For kata, T. Hendriks (Canada) and J. Banaria (USA) won the gold in the women's and men's divisions respectively. In kumite, C. Leduc (Canada) won the gold in the men's division. For the women, N. Gibson from Guyana won the gold amid a cheering hometown crowd. The competition was followed by a reception at the Princess Hotel where everyone was able to relax after a successful tournament and enjoy the company of friends. It was

obvious that the committee worked long and hard hours to accommodate the participants, country representatives, and other guests. Their diligent efforts resulted in a successful tournament. Many thanks to Sensei Frank Woon-A-Tai, the Guyana Karate College, and all those who assisted in hosting the competition. . Shihan Okazaki encouraged everyone to continue training. He is looking forward to seeing everyone again at the 12th Pan American Tournament to be held in Mexico in 2014.



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By Jose M. Fraguas

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ISKF EVENT SCHEDULE

FEBRUARY 5 - 6, 2011	4TH OKAZAKI INTERNATIONAL CUP Manila, Philippines
MAY 20 - 23, 2011	ISKF/CANADA NATIONAL CHAMPIONSHIPS Halifax, Nova Scotia
JUNE 10 - 17, 2011	45TH ANNIVERSARY ISKF MASTER CAMP & INTERNATIONAL GOODWILL TOURNAMENT Camp Green Lane, Pennsylvania, USA
NOVEMBER 4 - 6, 2011	ISKF/US NATIONAL CHAMPIONSHIPS Denver, Colorado
JUNE 8 - 15, 2012	ISKF MASTER CAMP & INTERNATIONAL GOODWILL TOURNAMENT Green Lane, Pennsylvania, USA
2012	2nd ISKF WORLD SHOTO CUP Barbados
2014	ISKF PAN AMERICAN CHAMPIONSHIPS Mexico
2016	3rd ISKF WORLD SHOTO CUP South Africa

INTERVIEW WITH TAKAHASHI SENSEI

Master Camp is renowned for providing first class instruction from great instructors from around the world. This summer, Master Camp 2010 was no different. We were honored to have Sensei Shunsuke Takahashi, 8th Dan, Chief Instructor of Traditional Shotokan Karate-do Federation- Australia (TSKF), participate in this year's camp. Sensei Takahashi is a 1967 graduate of the JKA instructor training institute. He was also a member of the karate touring exhibition that introduced karate throughout the world.

Takahashi Sensei went to Australia in 1972 at the invitation of the Australian Shotokan Karate Association. He remained there for two and a half years and formed JKA Australia. Since that time Sensei has continued to visit at least twice a year to provide instruction in both New Zealand and Australia. In 2009, Shihan Takahashi left the JKA to form the TSKF. We were very honored to have him participate in our camp this year.

During Master Camp, Sensei was kind enough to spend some time with us discussing his thoughts on karate. Below is an excerpt from a conversation with Sensei (translation by Tatsuun Ryu).

Spotlight: Sensei, as you've travelled around the globe, you've been an inspiration to many karateka. What was your inspiration for starting shotokan karate?

Sensei: That's a difficult thing to say. Karate is one of the traditional forms of martial arts in Japan. Once I went to the JKA headquarters and watched the training, I was impressed. It was pretty natural to start shotokan, so after that I didn't consider the other styles.

Spotlight: Did you always have an interest in martial arts?

Sensei: No, not martial arts just karate. I knew pretty early that I was only interested in karate and not the other martial art. So that part was easy for me. And once I visited the JKA, then I decided on Shotokan.

Spotlight: Do you have a favorite karate technique that you like to use?

Sensei: Yes, my favorite technique is gyaku zuki. I like to stick to original, basic techniques, and I like gyaku zuki the best.

Spotlight: Sensei, do you have a favorite kata?

Sensei: Ahh, sochin. I really like sochin; I would have to say that is my favorite kata.

Spotlight: Why sochin, what do you like most about it?

Sensei: I like Sochin because it is dynamic. It is a very dynamic kata. When it is performed correctly, you can see the contrast in the movements. Because it is very dynamic, it takes a lot of practice and training to show the differences in the movements.

Spotlight: How can we continue to make our karate better?

Sensei: Basic training is very important to karate. Karate is all about basics, you must keep training in basics to improve your karate. Basic punches, basic kicks. You must always stick to basics if you want to progress in karate.

Spotlight: As you travel around the world, what do you want to impress most upon students as you teach them?



Takahashi sensei, left, Yaguchi sensei right
Photo by Marcia Ransom

Sensei: Posture and attitude. Many people say the dojo kun, and it's very important that they know it, but it's really hard to explain the true meaning or essence of the dojo kun. However, posture and attitude are the most important points to remember. Without these your karate will not progress.

Spotlight: Has your teaching or philosophy about karate changed over the years or has it always been the same?

Sensei: No, I have pretty much taught the same and my philosophy about karate is the same, it's continuous. I follow the principles of the Dojo Kun and the original philosophy of karate. When I teach, I tell my students to follow the Dojo Kun. I also stress good posture and attitude, as I said before. Without these your karate will not be as good.

Spotlight: How has your first experience at Master Camp been?

Sensei: Very good. There are many people coming from all over the world. I was surprised to see so many students; I think there are over 400 people here. That's a lot. That made a very good impression. It means if people are willing to come from all over the world, they must be training hard. I'm very impressed.

Spotlight: Thank you Sensei. We are honored to have you at camp this year and appreciate you speaking with us.

Sensei: You're welcome.



From left: Mr. Larry Loreth, Mr. Leon Sill, Mr. David Jones, Dr. Dexter Shim, Mr. Garry Turnbull, Mr. Frank Woon-A-Tai, Sensei Shunsuke Takahashi, Sensei Yutaka Yaguchi, Sensei Teruyuki Okazaki, Sensei Masaru Miura, Mr. Maynard Miner, Mr. James Field, Mr. Najib Baha Amin, Mr. Hiroyoshi Okazaki
- Photo by Panoramic Visions -

Master Camp 2010 In Review

The 2010 ISKF Master Camp hosted 34 countries this year at Camp Green Lane. This was the 44th ISKF Master Camp and Goodwill Tournament. As many of you know, Master Camp is a week-long, intensive training camp that offers many opportunities to grow and learn as karateka. The camp is open to all Shotokan practitioners, regardless of affiliation, and at the end of camp we have many countries and individuals that elect to become members of the ISKF.

The instruction was, once again, second to none. Karateka ventured from all over the globe to train with some of the top instructors in the world. In addition to Shihan Teruyuki Okazaki, 10th dan, and Chairman of the ISKF, Master Yutaka Yaguchi, 9th dan, and head of the ISKF technical committee; guest instructors included Master Miura, 9th dan an instructor in the SKIF and Master Takahashi, 8th dan, head of TSKF (Traditional Shotokan Karate-do Federation). Other top instructors included members of the ISKF Technical Committee representing the United States, the Caribbean, and Canada were: 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. Karateka 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. Karateka travelled from all over the world to participate in this year's camp. This summer there were approximately 500 karateka participating in summer camp. The ISKF has a had a very busy few years with new countries joining every month. This year alone there were over 10 countries that joined. The number of countries represented at Master Camp was well over 30, with quite a few countries sending about a dozen people each. In addition to great physical instruction, the ISKF Camp committee worked diligently to put together a lecture series that covered topics relating to kumite strategy, karate philosophy, and medical and performance areas that concern most karate participants at some point during their training. There were lectures on karate topics like "Move According to Your Opponent" by Master Okazaki to more medically based lectures like "Core Strength, athletic performance, and knee injury" by Dr. George Stollsteimer.

In addition to the magnificent karate instruction, there were exams for Dan, Judge, Instructor, and Examiner quali-

fications. Master Camp is the major testing opportunity for these exams, especially for members testing for the rank of Godan and above. For many, this is the only occasion they have to take these exams. There was also a youth competition again this year. Junior karateka were able to participate in a special training shiai for youth competitors under 16 for kata and under 17 for kumite. These practitioners are the future leaders of shotokan, as Okazaki Shihan always says. This year also made ISKF history with the largest number of competitors in the Goodwill Tournament since the inception of Master Camp. The last day of camp everyone had a chance to enjoy a day of "special training," as Master Okazaki says, with fellow karateka. Campers get to exhibit their talents and skills, as well as, practice the Dojo Kun through good sportsmanship and etiquette. Master Okazaki always stresses the importance of courtesy and etiquette in karate. As usual, the tournament was a success.

Master Camp is also an opportunity to build and continue friendships with karateka from other regions and countries. There were several organized events for people to socialize and enjoy the company of friends. On Monday, campers enjoyed a free afternoon to partake in games and other activities. Later in the week, there was a salsa lesson, and the week ended with a reception following the Goodwill Tournament. Please join us again next year at Master Camp 2011 from June 10th -17th.

Here Master Funakoshi is saying that you have to recognize that opposites are two sides of the same thing. You cannot have one without the other.

In every situation in karate, as well as in life, there are opposite forces around you all at once. The key is to be able to distinguish one from the other. And you can only do that with an open mind.

Kyo is open jitsu is closed. Although these terms connote opposites, one is impossible without the other. And often, one appears to be the other. For example, shizentai looks like kyo, when in fact it is jitsu. Likewise, aggressiveness looks like jitsu but it can be kyo. You have to know what you're seeing, and be aware as the situation before you changes. The ability to do so comes from experience.

As I have already said many times: the key is balance. First, you have to have inner balance; then you can have balance in the way you deal with the outside world. In terms of karate, this means that when you go in with an attack, always be ready to defend. And when you defend, always have a mind to attack. Be ready for any necessity. Again, using kyo and jitsu requires good balance, both physically and mentally. Master Funakoshi said, "Calm yourself so you can see in all situations. And when you can see an opportunity take it immediately."

If you see a target in an opponent, a physically "open" place, that is finding kyo. But remember that it is possible that your opponent may not really be vulnerable. He may be giving you an opening. He may be saying, "Come on, attack." To be able to see what his true intentions are, be still, be ready. If you see an opponent's kyo and you cannot move, you're finished. Kyo and jitsu are two sides of the same coin. And if you see kyo, be aware of jitsu. It might be a trap. That's why Master Funakoshi said you must understand what is kyo and what is jitsu. They are essentially the same thing, just front and back sides.

So how do we learn to distinguish between the two? We learn from experience, from training. In training we can take a chance and not be worried about the consequences. Just take a chance. Why not? That way you get experience. Three hundred years ago I would not have said that, because back then, if you lost, you might have lost your life. But now we can be more open. We have designed our training methods so that the student can have more opportunities to learn how to develop a sixth sense. If you're always worried about

SHOTO NIJU KUN

14

Tattakai wa kyo-jitsu no soju ikan ni ari

**In conflict you must discern the
vulnerable from invulnerable points**

going in, you will never learn what can happen. You will not know what it is to see an opening, or to see the danger. You cannot tell what will happen. Only experience can help the body learn to react. And that is important, because in a self-defense situation, you probably won't have any time to think. The way to see what is really going on-to see the opposites for what they are-you have to have a clear mind. It is through a clear mind that your "sixth sense" is able to discern kyo from jitsu, and to furthermore see the one in, as part of, the other.

In life, we tend to see things as "good" and "bad." We judge life, rather than see it for what it is. When we do that, we miss opportunities, and we make ourselves vulnerable. Judging is a function of the ego, not pure consciousness. Judgement is like a cloud, concealing reality, because when we judge, we fail to see the other side of things-and there is always another side. Let me share a couple of examples, so you can see what I mean.

Sometimes, what you think of as a "bad thing" is in fact an opportunity to learn, to test yourself, to grow as a person. Say you experience some kind of loss. Because of that loss, you will feel some kind of suffering. But as virtually every religion and mythology reminds us, it is through suffering that a person is often inspired to make positive changes within, to relieve that suffering. What I mean by this is that, when you suffer, you are more likely to take steps to free yourself from your egoistic mind. And in doing so, you make progress toward experiencing mushin, or "no mind." You learn to accept things as they are, which is what you need to do to experience inner peace. And there is nothing in life better, more valuable, than inner peace.

So a "bad thing" happens, you suffer-but then you grow! Thus you gain a benefit from what you judged to be a "bad thing." That "bad thing" was in fact a "good thing" for you. Do you understand? Similarly,

something "good" might happen to you. Say you win the lottery. You would consider that a good thing. But say all that money, over time, made you lazy? What if you began to desire material things more because now, you had access to them? More and more your life would be focused on things outside of you, and thus your inner growth would cease-in which case, I assure you would become unhappy. I use this particular example because it has been documented that people who have won the lottery, after getting over the initial euphoria of "not having money problems," in fact are more unhappy with their lives than they were before they won. What you considered a "good thing" turned out to be a very "bad thing."

This is what Master Funakoshi warns us about. Be able to tell opposites from one another, and be able to see one as being part of the other. You need inner balance to recognize, and deal with, these constantly changing opposites. And you can only see reality for what it is with an open mind.

Dojo Kun

Everyone who trains in karate must know the Dojo Kun. At the end of each training session - whether it be at the dojo, after class, or after a tournament, which we always call "special training" - the Dojo Kun is repeated all together by the students as a reminder of why we train. The Dojo Kun states the basic philosophy of karate, according to its founder and my teacher, Master Gichin Funakoshi. Master Funakoshi believed that, for the true karate-ka, the Dojo Kun should not only be considered a set of rules of conduct in the dojo, but a guide to everyday life. Everything we learn in the dojo, we should apply to everyday life.

**Jinkaku Kansei ni Tsutomuru Koto.
(Seek Perfection of Character)**

**Makoto no Michi o Mamoru Koto.
(Be Faithful)**

**Doryoku no Seishin o Yashinau Koto.
(Endeavor)**

**Reigi o Omonzuru Koto.
(Respect Others)**

**Kekki no Yu o Imashimuru Koto.
(Refrain from Violent Behavior)**

45th Anniversary ISKF Master Camp & International Goodwill Tournament



Teruyuki Okazaki
Chief Instructor



Yutaka Yaguchi
ISKF/USA



Hideo Ochi
JKA/Europe



Masaru Miura
SKI-I/Italy



Shunsuke Takahashi
TSKF/Australia

Photos by Master's Magazine

The 45th Anniversary ISKF Master Camp and International Goodwill Tournament will be June 10th - June 17th, 2011. Once again this special camp will be held at Camp Green Lane, Green Lane, Pennsylvania USA. Every year is special as it is the only week-long Shotokan training camp taught by the world's most famous Shotokan masters. This year we will have instruction from Master's Teruyuki Okazaki - ISKF Chief Instructor, Yutaka Yaguchi - ISKF/USA, Hideo Ochi - JKA/Europe, Masaru Miura - SKI-I/Italy and Shunsuke Takahashi - TSKF/Australia. Assisting them will be members of the esteemed high-ranking ISKF Technical Committee. Every ISKF Master Camp is a memorable experience however, 2010 was exceptional due to the large participation from Shotokan practitioners. Approximately 500 karate-ka came from over 34 countries. Many of which were attending for the first time. They were so impressed and welcomed by our long time members many of them decided to join the ISKF right then and there. This is because as stated above, we have the world's most renowned Shotokan masters come to teach at our camp. Master Teruyuki Okazaki, host to this prestigious camp, does his utmost to get these exemplary instructors, regardless of affiliation for all Shotokan karate-ka.

Our ISKF Master Camp is also a wonderful opportunity to meet fellow Shotokan martial artists from many diverse countries and cultures. Some

of which have very different political views and we only know of them from what we hear on the news. However, when these countries get together at Master Camp, they all have a common goal. Their love of karate brings them to camp to train hard with the best instructors. Along the way, they get the added bonus of getting together and learning about and from one another. Master Camp teaches Shotokan techniques from different perspectives, but most importantly, being an internationally global Shotokan training camp, it teaches us to see different cultures from a different perspective as well.

Master Gichin Funakoshi, our founder said that Shotokan karate should be available to the world. His student; our Chief Instructor Shihan Teruyuki Okazaki listened and took this concept very seriously. He has dedicated his life traveling all over the world to teach and to give everyone the opportunity to learn Shotokan techniques. Master Okazaki has often said that he is lucky to have the opportunity to teach all these people and to also learn from them about their cultures. This is something not many have the good fortune of doing which is what contributes to many misunderstandings in the world. With this in mind, in addition to his traveling, Master Okazaki decided to bring the different cultures together in one central place to give everyone the opportunity to train with the best Shotokan instructors, regardless of affiliation and also to get to know and learn from one another. Karate training teaches us not only techniques but also

patience and tolerance. If both of these are practiced during the week of Master Camp, then, hopefully these Master Camp participants will begin to understand each other, accept the differences and learn patience and tolerance with one another as human beings. After the week is finished, these karate-ka may bring this new acceptance and knowledge to their respective countries and teach these things in addition to the karate techniques they studied to their students. As this information and acceptance passes from one person to another, then Master Funakoshi's intention to teach Shotokan karate and contribute to bring peace to the world will have been met. This is Master Okazaki's goal and hopefully the ultimate goal of all Shotokan karate-ka. As Master Okazaki says, to be a good martial artist, you must first practice to be a good human being. If we do our best to be good human beings, then we will help to bring peace to the world.

Please note: If you need a visa to travel to the US for our ISKF Master Camp and would like the assistance of the ISKF to obtain the visa, please notify ISKF Headquarters as soon as possible to get the procedure started. It is our experience that it is never too early to begin this process.

**Results of the 11th ISKF Pan American Karate Championships
Georgetown, Guyana - August 14 - 15, 2010**

Category	Gender	Event	First Place	Second Place	Third Place
Adult	Female	Kata	T. Hendriks (Can)	N. Lambie (T&T)	K. Nguyen (Can)
		Kumite	N. Gibson (Guy)	C. Schatz (Can)	C. Smith (USA)
		Team Kata	Trinidad & Tobago	USA	Canada
		Team Kumite	Canada	Barbados	USA
	Male	Kata	J. Banaria (USA)	J. Nepo (USA)	K.Woon-A-Tai (Can)
		Kumite	C. Leduc (Can)	C. King (Bar)	J. Nepo (USA)
		Team Kata	USA	Barbados	Canada
		Team Kumite	Barbados	USA	Canada
Senior	Female	Kata	M.Woon-A-Tai (Guy)	A. Alexis (Jam)	B. Hughes (Can)
	Male	Kata	C. Troch (Can)	N. Quigaman (Can)	D. Vaughns (USA)
		Kumite	D. Vaughns (USA)	T. Cuffie (USA)	T. Kurdu (Can)
		Team Kata	Trinidad	Guyana	
16 & 17	Female	Kata	L. Villaneuva (Can)	K. Cardozo (Tri)	S. Li (A&B)
		Kumite	L. Villaneuva (Can)	T. Li (A&B)	S. Li (A&B)
		Team Kata	Antigua and Barbuda	Guyana	
	Male	Kata	S. Ming (Guy)	S. Holder (Bar)	K. Fenty (Bar)
		Kumite	S. Holder (Bar)	K. Fenty (Bar)	S. Ming (Guy)
		Team Kata	Guyana 1	Trinidad & Tobago	Jamaica
14 & 15	Female	Kata	A. Villaneuva (Can)	K. Cheeks (Guy)	S. Fanfair (Guy)
		Kumite	A. Villaneuva (Can)	S. Fanfair (Guy)	K. Cheeks (Guy)
		Kata	S. Rahaman (Guy)	J. Nivet (T&T)	J. Gonsalves (T&T)
	Male	Kumite	S. Rahaman (Guy)	D. Anderson (Jam)	J. Gonsalves (T&T)
		Team Kata	Guyana 1	Guyana 2	Guyana 3
12 & 13	Female	Kata	C. Dey (Guy)	T. Plowell (Bar)	A. Low (Guy)
		Kumite	S. McKoy (Guy)	C. Dey (Guy)	A. Low (Guy)
		Team Kata	Guyana 1	Guyana 2	Barbados
	Male	Kata	K. Coppin (Bar)	P. Rastegar (USA)	K. Cornelius (Guy)
		Kumite	K. Coppin (Bar)	K. Cornelius (Guy)	P. Rastegar (USA)
		Team Kata	Barbados	Guyana 2	Guyana 1
10 & 11	Female	Kata	L. Shariff (Guy)	L. Boyce (Bar)	A. Deodat (Bar)
		Kumite	L. Boyce (Bar)	T. Wong (Guy)	L. Shariff (Guy)
	Male	Kata	J. Tseu (Bar)	J. Brooms (Guy)	A. Cheeks (Guy)
		Kumite	A. Cheeks (Guy)	J. Tseu (Bar)	J. Brooms (Guy)
		Team Kata	Guyana 1	Jamaica	Guyana 2
8 & 9	Female	Kata	A. Wong (Guy)	T. Lal-Kissoon (Bar)	K. Massiah (Bar)
		Kumite	A. Wong (Guy)	T. Lal-Kissoon (Bar)	T. Sampat (Guy)
	Male	Kata	M. Wong (Guy)	J. Douglas (A&B)	T. Dundas (Guy)
		Kumite	M. Wong (Guy)	T. Dundas (Guy)	N. Hackett (Guy)

**11th ISKF Pan American Karate Championships
Georgetown, Guyana - August 13, 2010
Dan and Judges Examination Results**

Sandan Re-examination 3 Months

Adrian Bascombe (Barbados)

Yondan

Kevin Cox (Barbados)

Godan

Godfrey DeCoteau (Barbados)

Rokudan

Annette Alexis (Jamaica)

Class C

Kyle Isaacs (Guyana)

Class B

David Clarke (Barbados)

Class A

Maureen Woon-A-Tai (Canada)

Danny Tam (Canada)

Peter Warren (Barbados)

Alice Bernstein (Barbados)

**Results of the 30th ISKF CANADA NATIONAL KARATE CHAMPIONSHIPS
WINNIPEG, MANITOBA - OCTOBER 9-10, 2010**

Category	Gender	Event	First Place	Second Place	Third Place
Adult Black	Female	Kata	AB - Crystal Schatz	AB - Kimberly Ding	MB - Serena Nelko
		Kumite	AB - Crystal Schatz	AB - Kimchi Nguyen	QC - Valerie Gravel
					QC - Jacinthe Aubin
		Team Kata	Alberta	Quebec	Ontario
		Team Kumite	Alberta	Quebec	Ontario
	Male	Kata	QC - Kenji Doshida	QC - Marc Coulombe	AB - Thomas Chin
		Kumite	AB - Crystal Schatz	QC - Marc Coulombe	QC - Kenji Doshida
					AB - Brian Nguyen
		Team Kata	Ontario	Quebec	Alberta
		Team Kumite	Quebec	Alberta	British Columbia
Adult Brown	Female	Kata	SK - Gisele Vachon	MB - Heather Hosegood	AB - Sophanny Tiv
		Kumite	AB - Sophanny Tiv	MB - Heather Hosegood	QC - Josee Themens
					SK - Rae Waslak
	Male	Kata	AB - Ronald Lee	MB - Quinnton Smith	MB - Kent Molyneaux
		Kumite	MB - Ho Lau	QC - Francois Larocque	MB - Philip Cheng
					BC - Parry Mudhar
Senior	Female	Kata	MB - Dawn Muir	SK - Nola Nevland	NB - Carol Gould
		Kumite	Catherine Williamson	Dawn Rivard	MB - Dawn Muir
					SK - Nola Nevland
	Male	Kata	ON - Chris Troch	SK - Christopher Lair	MB - Adrian Chiu
		Kumite	SK - Mark Smytaniuk	ON - Chris Troch	MB - Ken Block
					SK - Christopher Lair
Male Grand Champion			QC - Kenji Doshida		
Female Grand Champion			AB - Crystal Schatz		

Category	Gender	Event	First Place	Second Place	Third Place
Youth 9-11	Female	Kata	QC - Hayley Johnson-Bourgaize	AB - Brittney Goodwin	SK - Brianne Blondeau
		Kumite	QC - Hayley Johnson-Bourgaize	MB - Nicole Kozen	AB - Brittney Goodwin
					AB - Sabrina Yepes
	Male	Kata	SK - John Simpso	MB - Ron Knyazher	AB - Rafael Tian
		Kumite	SK - John Simpso	QC - Guillaume Roy	MB - Justin Cheng
					AB - Hector Vorng
Combined Team Kata			Saskatchewan	Manitoba	Manitoba
Youth 12-14	Female	Kata	AB - Alexa Villanueva	QC - Janyck Godbout	QC - Anne-Sophie Touchette
		Kumite	AB - Alexa Villanueva	QC - Anne-Sophie Touchette	BC - Abigail Bos
					QC - Maud Guenette
	Team Kata		Manitoba	Quebec	Alberta
	Male	Kata	BC - Kristopher Coppin	AB - Patrick Mraz	AB - Eric Taylor
		Kumite	BC - Kristopher Coppin	AB - Patrick Mraz	AB - Alex Smith
					QC - Pierre Alexis Roy
	Team Kata		Saskatchewan	Quebec	Manitoba
Youth 15-17	Female	Kata	AB - Leah Villanueva	BC - Jasmine Gill	BC - Uroosa Husain
		Kumite	AB - Leah Villanueva	BC - Jasmine Gill	BC - Uroosa Husain
					QC - Janie Chevarie
	Team Kata		Quebec	Quebec	Quebec
	Male	Kata	BC - Abbas Husain	QC - Laurent Jacob	AB - Akira Fukushima
		Kumite	AB - Chris Miranda	BC - Cedomir Vasic	BC - Abbas Husain
					QC - Pier-Olivier Chevarie
	Team Kata		British Columbia	Alberta	Alberta

Results of the Judges and Dan Examination Results WINNIPEG, MANITOBA - OCTOBER 9-10, 2010

Class D

Terry Proctor, MB
Michael Thomlinson, MB
Ken Block, MB
Scott Flannigan, MB
Doug Craig, MB
Derrick Proctor, MB
Wendy Flannigan, MB
Leon Flannigan, MB
Matt Remple, MB
Dave Stamm, MB
Zoreen Waite, MB
Philip Hay, MB

Class C

Shannon Doane, NS
Nancy Stewart, MB
Chris Lair, SK
Robert Morgan, AB
Crystal Schatz, AB
Sasa Vasic, BC
Allan Moore, MB

Class B

Chris Troch, ON
Mike Cieurka, BC
James Lashin, BC
Paige Hedayati, BC

Class A

Tony Tam, NS

Godan

Danny Leung, BC

Results of the ISKF/US NATIONAL KARATE CHAMPIONSHIPS
Sioux Falls, South Dakota - November 6-7, 2010

Category	Gender	Event	First Place	Second Place	Third Place
Adult Black	Female	Kata	EC - Kristen Hoffman	NW - Yvonne Clarabal	NW - Chelsie Smith
		Kumite	NC - Yoko Ishida	EC - Kristen Hoffman	NC - Kelly Doohen
					NC - Marcel Valdoz
		Team Kata	Northwest	Southwest	Mountain States
		Team Kumite	East Coast	Northwest	North Central
	Male	Kata	NW - Jumbo Banaria	EC - Justin Nepo	EC-Takamichi Maeshima
		Kumite	NW - Jumbo Banaria	EC - Justin Nepo	NW - Michael Granado
					MA - Greg Hoplamazian
		Team Kata	East Coast	Northwest	Mid America
		Team Kumite	East Coast	Northwest	Southwest
Adult Brown					
Adult Brown	Female	Kata	EC - Christi MacKaine	MT - Olga Sterzer	EC - Sopio Tkebuchava
		Kumite	EC - Sopio Tkebuchava	MT - Olga Sterzer	NC - Amber Houge
	Male	Kata	AK - Abram Tooyak	EC - Dan Zettler	EC - Alex Devaux
		Kumite	EC - Kapiton Janashia	AK - Abram Tooyak	EC - Qais Alhajri
Senior					
Senior	Female	Kata	MT - Miyuki Kuroha	EC - Nel Miller	EC-Majal Colon-Commack
		Kumite	MA - Carol Glenn	EC - Benilda Ottley	MT - Pam Johns
					MT - Miyuki Kuroha
	Male	Kata	AK - Charles Holness	MA - Jeff Weber	MT - Andy D'Agostino
		Kumite	AK - Charles Holness	MA - Jeff Weber	NC - Kirk Bainter
					MT - Andy D'Agostino
Collegiate					
Collegiate	Combined Kata		Kathy Hill, Univ. of Central Arkansas	John Zagurski, Univ. of Central Arkansas	Sean Ransonette, Univ. of Central Arkansas
Beginner	Combined Kumite		Kathy Hill, Univ. of Central Arkansas	John Zagurski, Univ. of Central Arkansas	John Babin, Univ. of North Dakota
Intermediate	Combined Kata		Hatem Leghuel, Ohio State	Joe Acquaviva, Penn State	Carolyn Aldana, Ohio State
	Female	Kumite	Carolyn Aldana, Ohio State	Kalissa Andre, Penn State	Adrea Walker, Univ. of Central Arkansas
			Joe Acquaviva, Penn State	Hatem Leghuel, Ohio State	
Advanced	Female	Kata	Chelsie Smith Air Force Community College	Kelly Doohen, Univ. of Minnesota	Yoko Ishida, Univ. of Minnesota
		Kumite	Yoko Ishida, Univ. of Minnesota	Chelsie Smith, Air Force Community College	Christi MacKaine, Drexel Univ.
					Kelly Doohen, Univ. of Minnesota
	Male	Kata	Andrew Tooyak, Univ. of Alaska	Stephen Burgio, Drexel Univ.	Dan Elliott, Art Inst. of Phila.
		Kumite	Stephen Burgio, Drexel Univ.	Martin Maquivar, Ohio State	Dan Elliott, Art Inst. of Phila.
Combined Team Kata			Drexel University	Ohio State	Penn State
	Female	Team Kumite	Univ. of Minnesota	Drexel University	
	Male	Team Kumite	Ohio State	Drexel University	Penn State
Male Grand Champion			NW - Jumbo Banaria		
Female Grand Champion			EC - Kristen Hoffman		

Category	Gender	Event	First Place	Second Place	Third Place
Youth 7 - 9					
Beginner	Combined	Kata	NC - Zachary Link	NC - Nathan Willis	NC-Spencer Krommendyk
		Kumite	NC - Zachary Link	NC - Bess Golden	NC - Nathan Willis
Intermediate	Combined	Kata	NC - Evie Golden		
		Kumite	NC - Evie Golden		
Advanced	Combined	Kata	NW- Jesus Reyes	NW - Matthew Tom	NW - Joseph Blinder
		Kumite	NW - Joseph Blinder	NW- Jesus Reyes	NW - Matthew Tom
Youth 10-11					
Beginner	Combined	Kata	NC - Landon May	NC - Aiden Weber	NC - Zach Boyle
		Kumite	NC - Landon May	NC - Aiden Weber	NC - Drew Hanson
Intermediate	Combined	Kata	SW - Kevin Sheehan	NC - Jack Brenneman	MA - Noah Kennedy
		Kumite	SW - Kevin Sheehan	MA - Noah Kennedy	NC - Jack Brenneman
Advanced	Combined	Kata	EC - Joshua Miller	WT - Keene Patarakun	NW - Caleb Yabut
		Kumite	WT - Keene Patarakun	EC - Joshua Miller	NW - Caleb Yabut
Youth 12-13					
Intermediate	Combined	Kata	NC - Caleb Willis		
		Kumite	NC - Caleb Willis		
Advanced	Combined	Kata	EC - Dana Alcantara	NC-Benjamin McDonald	MA - Eddy Vaughan
	Female	Kumite	EC - Dana Alcantara		
	Male	Kumite	MA - Eddy Vaughan	NC-Benjamin McDonald	NC - Eric Sanchez
Youth 14-15					
Intermediate	Combined	Kata	NC - Joshua Willis	NC - Caleb Willis	MA - Robert Parkhurst
		Kumite	NC - Joshua Willis	NC - Caleb Willis	MA - Robert Parkhurst
Advanced	Combined	Kata	EC - Miles Morgan	EC - Coco Vigilar	EC - Tyler Mummery
	Female	Kumite			
	Male	Kumite	EC - Miles Morgan	EC - Tyler Mummery	AK - Kalino Iha
			EC - Gabrielle Elliott	NW - Meera Desair	EC - Dana Alcantara
Youth 16-17					
Advanced	Combined	Kata	NW - Tohma Judge	NC - Ryan Dingman	MA - Michael Parkhurst
	Female	Kumite	NW - Anmichaelle Yabut	NC - Mya Dingman	
	Male	Kumite	NW - Tohma Judge	NC - Ryan Dingman	MA - Michael Parkhurst

Results of the Judges and Dan Examination Results Sioux Falls, South Dakota - November 5, 2010

Class D

Jesse Carrara, Southwest
Audrey Elling, Mountain States
John Harter, North Central
Michel Johnson, Northwest
Ken Kraiser, Northwest
Eric Passoja, Southwest
Lori Sue Trivelli, Mountain States
Brenda Guthrie Yoshinaga, Southwest

Class C

James Evaristo, Southwest
Ernesto Halim, Southwest
Christine Medaglia, Southwest
Lynn Nakada, Southwest

Class B

Kristen Hoffman, East Coast

Class A

Kambiz Khalili, Mountain States
Steve Pohle, East Coast

Nidan

Laura Feeney, East Coast

Yondan

Scott Toms, Alaska

Rokudan

Charles Holness, Alaska

For godan 6 months re-exam

Mike Sommer, North Central

For rokudan 1 year re-exam

Keith Williams, East Coast