



ISKF SPOTLIGHT

Summer/Fall 2014 INTERNATIONAL SHOTOKAN KARATE FEDERATION

Karateka Assemble from Around the World for Master Camp 2014

The 48th annual Master Camp was held June 6, 2014 to June 13, 2014 at Camp Green Lane just outside of Philadelphia, PA. This year the camp hosted almost 300 karateka from 37 countries. The participants were almost equally split between the

Germany, Masaru Miura – SKI-I/Europe, and Shunsuke Takahashi– TSKF/ Australia and New Zealand. Assisting them were members of the distinguished ISKF Technical Committee. The members of the ISKF technical committee are James Field, 8th Dan; Robin



United States and international countries. Karateka across the globe return to Camp Green Lane for stellar training with the masters, and to reconnect with friends.

Instructors at this year’s Master Camp included Shihan Teruyuki Okazaki - ISKF Chief Instructor, Masters Yutaka Yaguchi - ISKF/USA, Hideo Ochi – JKA/

Rielly, 8th Dan; Najib Amin, 8th Dan; Cathy Cline, 8th Dan, Gary Turnbull, 8th Dan; Hiroyoshi Okazaki, 8th Dan; Gary Swain, 7th Dan; David Jones, 7th Dan; Larry Loreth, 7th Dan; Leon Sill, 7th Dan; Peter Warren, 7th Dan; Steve Pohle, 7th Dan; Tony Tam, 7th Dan; and Oded Friedman, 7th Dan. The ISKF technical

Continued on Page 2

IN THIS ISSUE

Master Camp 2014	1	Master Camp Lectures	8
Interview with Master Ochi	4	Pan Am Tournament	10
Master Camp Social Events	6	Master Camp Dan & Qualification Exams	11
		Master Camp Tournament Results	17

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Master Camp 2014 - One Week of Exceptional Training Opportunities and Renewed Friendships

Continued from Page 1

committee reflects the growth and diversity of the ISKF, and continues to grow and include members from outside of the United States and Canada.

The theme for master camp 2014 was Niju Kun #19, "Chikara no kyojaku tai no shinshuku waza no kankyu - Do not forget: (1) strength and weakness of power, (2) bending down and stretching up of body, and (3) slowness and speed of techniques." Karateka need to understand and apply the correct use of power, body expansion and contraction, and speed of techniques. Master Funakoshi also tells



Shihan Teruyuki Okazaki, ISKF Chairman and Chief Instructor, teaching one of many training class at Master Camp.



us to use these same concepts in everyday life thus putting our karate training into daily use.

In addition to a week of training, there are other activities held during the week of camp. Saturday was the youth campers' competition. Instructor trainees are required to attend as part of their training and preparation for the judges' exam. Youth competitors are truly the future of our art and nowhere is this better displayed than in our youth tournament. These young karateka generally exhibit spirit and enthusiasm for the art that is great to watch. They are also very talented.

Throughout the week, campers can attend seminars and lectures on various karate topics. There are also social activities available from swimming to canoeing and organized events like salsa dancing, movies, and bingo.

The week culminates with an adult tournament on Thursday where the judges take the practical exam. Afterwards, there is a reception in the evening to bring the week to an end.

Continued to Page 3

Master Camp Roundup

Continued from Page 2

Master Camp truly embraces the best a karate camp can offer, excellent training, a vigorous workout, international competition on the training floor and in the goodwill tournament, and fun. Yes, fun. Despite all

the hard work, Master Camp has a wonderful social element where karateka engage with one another and have a great time. In fact, many life-long friendships have begun at Master Camp and are continued through the years.



Master Camp 2015 is from June 12 to June 19. Please invite your friends and fellow dojo trainees to attend. Each year we expect to see even more karateka from more countries, as we hope more people will take advantage of the great training and events that make Master Camp such a special experience.

Master Camp 2014 photos courtesy of Birger Bastrup.

Competitors performing kata during the International Goodwill Tournament held on the last day of Master Camp.



Colorful cabins at Master Camp adorn the campus of Camp Green Lane located in southeastern Pennsylvania, USA.



Each day at Master Camp begins with a warmup, a jog, and the first training of the day - all before breakfast!

Master Camp Interview - Shihan Hideo Ochi

Master Hideo Ochi (JKA/Germany), 8th Dan, is a former Japan Karate Association (JKA) World Champion in kumite and kata. He was born in 1940 and began training at the age of 14. Translation assistance by Tatsun Ryu.

Hi, Sensei. Thank for speaking with us again. When we interviewed you three years ago it was great talking with you and we learned a lot.



Hideo Ochi, Karate Shotokan Instructor - JKA (Japan Karate Association). -- France/Penestin

Spotlight: What do you enjoy doing in your spare time?

Sensei Ochi: Eating and sleeping. Really, I'm always doing karate, everyday. Actually when I'm lying in bed I practice karate inside my head. I do all the katas in my mind. I start from Heian Shodan and go all the way to Gojyushiho-sho. It takes about 45 minutes to complete them all.

Spotlight: Do you like to do anything else? Last time we met, you said your wife liked to trek and mountain climb? Have you ever gone with her?

Sensei Ochi: I like skiing. I tried to go with her once. I remember a trip we took 1970, we went to the Alps, between Germany and the Swiss Alps. We went rock climbing, it wasn't so high. I thought, "Oh, no problem" and I kept climbing. After going up some more, I looked down again, I thought "Oh, no! I want to come down. I don't want to do this." I came down and never went climbing again.

Spotlight: Can you tell us a little more about yourself and your family?

Sensei Ochi: Sure, I have a lot of family. Back then, before WWII, the government wanted parents to have many children. If you didn't have many children they would be upset. I have seven brothers and sisters, I am the fifth child, and that was considered a small family at that time. Today, it's a lot. People don't have so many children. Like me and my wife - zero. But I consider many other kids my children, we meet and sponsor many poor children around the world. I sponsor kids in Thailand, Cambodia, and Africa.

Spotlight: How many children do you sponsor?

Sensei Ochi: It's over 100 children. Well, it's not just me, it's a karate committee, my dojo also helps and the karate team.

Spotlight: How often do you see them? Do you stay in touch?

Sensei Ochi: Yes, I stay I contact with them. I still travel and see them.

Spotlight: Do any of them train in karate?

Sensei Ochi: Yes, some do. If they are interested in karate we invite them to Germany and all expenses

Continued on Page 5

Master Camp Interview - Shihan Hideo Ochi

Continued from Page 4

are paid by me. We sponsor them for camps and trainings. Then after camp we take them sightseeing and show them around.

My older sister is a sponsor as well. She's more wealthy than me so she gives a lot to the children. I took her there on purpose so she could start to sponsor the children.

Spotlight: Sensei, when did you start training in karate?

Sensei Ochi: At first, I wanted to be a baseball player to make money. Short stop was a popular position so I wanted to do that. Then I went to play volleyball, at that time there were nine people per side and I was a setter. Then I went to high school and the people were so tall I stopped playing volleyball.

When I was small, I tried judo. After baseball and volleyball, I went back to judo but they were much better than me now. I didn't like that. At that time, there were only a few people practicing karate. A lot of yakuza were taking karate, so I told my parents that I was still taking judo.

At the budokan, they had all martial arts - kendo, judo, and karate all in the same place. So I would go to the budokan to take karate. Then one of my brother's friends saw me doing karate and told my parents. I thought they would be angry and say something but my father knew if he told me to stop, I would want to do it more, so he never said anything.

Spotlight: What do you think is the biggest misconception people have about karate?

Sensei Ochi: That's kind of a hard question because people who don't train in karate, don't know karate anyway, so how can they even come up with ideas about karate. They can't really say anything because they don't really know about it.

Spotlight: Do you think people are influenced by movies? They think we can jump 100 feet?

Sensei Ochi: Yes, maybe. Well, actually I was in a movie once, an 8 mm in Japan.

Spotlight: Can we see it?

Sensei Ochi: No, maybe not. (chuckles)

Spotlight: Do you ever watch Karate or other martial arts movies?

Sensei Ochi: Yes, all the time.

Spotlight: Which is your favorite?

Sensei Ochi: My favorite is Karate Kid. I like Mr. Miyagi. The first one is the best, I only saw the second and third and didn't like them very much. I didn't go see the rest. I watched a lot of Bruce Lee movies too.

Spotlight: What are your thoughts about the popularity of mixed martial arts (MMA)?

Sensei Ochi: I don't really have an opinion about it. Judo and kendo are traditional martial arts with deep roots. Something like this is pretty modern in the western culture.

It doesn't matter what martial art you do, it's important for the martial artist to know their own body. A smaller figured person should know his or her own body and what works for them. A bigger person should consider weight and size as an advantage.

Also, each martial art has its own philosophy. For example, in Kung fu they use animals for their styles. There are a lot of styles, like snake, or elephant, or monkey. Each animal has its own way of fighting so that's why there are so many styles of Kung fu. You have to understand how the animal fights to understand the style.

Watch for part 2 of this interview, which will appear in the next edition of the ISKF Spotlight.

Master Camp Social Events 2014 – “Movies, Salsa, and Bingo – who would have thunk it?”

Monday night has traditionally been game night. Campers can relax and indulge in a little fun after an intense weekend of training and testing.

Last year Bingo was added to the list of games. It was a huge hit. Bingo fans returned to the mess hall this year to win a litany of prizes from work-out gear to signed t-shirts and mugs, and books.

The top prizes this year included a calligraphy piece by Master Yaguchi, a private lesson with Sensei Oded Friedman, ISKF Technical Committee members, Oded Friedman, and the Karate Masters volume featuring Shihan Okazaki on the cover signed by both by Okazaki Shihan and the author, Jose Fraguas. Two of the nights’ top winners were Lee Doohen, Director North Central Region, and Michael Staton, from the Philadelphia Shotokan Karate Club. Mr. Doohen won the grand prize, calligraphy by Master Yaguchi, and Mr. Staton, won the private lesson with Sensei Friedman.

Most everyone present won something. Even those who did not take home a prize enjoyed themselves. Some of the campers opted to play other games. One group enjoyed a twister game in another section of the mess hall. They seemed to be having as

much fun as the bingo participants.

In addition, this year, movies were added to game night. Many of the campers watched Red in the Nakayama dome.

Continued on Page 7



Game night participants competed for a slate of impressive top prizes, including calligraphy drawn by Master Yaguchi.

Master Camp Social Events 2014 – “Movies, Salsa, and Bingo – who would have thunk it?”

Continued from Page 6

On Wednesday night, Nicole Maloy, from the Philadelphia Shotokan Karate Club, again shared her love of Latin dancing with campers. Ms. Maloy led a beginner Salsa class. According to Alex Fuentes, a Nidan from Keiko Shin Karate in Florida, “The atmosphere was very relaxed and open. No one judged you if you looked goofy or were learning it for the first time. At the end I left with a smile.”

Gizelle Kelly, a Sandan who trains in South Africa, was excited to broaden her social circle at camp. “There are people that I spoke to that I probably would never have had the chance to speak to otherwise.” There were other benefits. “It was worth my time going and loosening up my all the tightness from kata,” said Fuentes, adding that “the salsa class complimented my camp experience by adding a different dimension.”



What did Kelly enjoy most? “Everything. I still practice the moves, be it on my own with my headphones on.” Although the lesson is aimed at beginners, anyone who enjoys music and dancing usually attends.

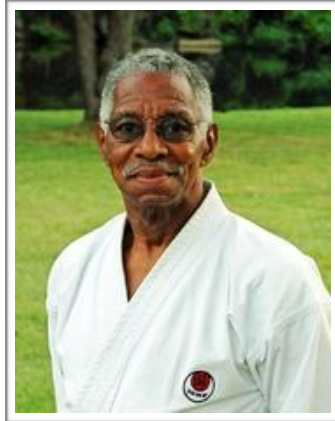


Nicole Maloy (far left) leads an enthusiastic group of karateka in a popular introduction to Salsa class.

Master Camp Lectures and Events - 2014

The following are highlights of the evening lectures given during camp.

Saturday - Najib Amin, 8th Dan, ISKF USA, ISKF Technical Committee
Topic: Healthy karate training for the long haul



Mr. Amin took us through a short timeline of his life. Despite the daunting title, which sounds intimidating, the answer was simple- take care of yourself. He emphasized that we need to listen to our bodies. If something has an adverse affect on your body then stop doing it. One important factor is breathing; people need to learn to breathe normally when training.

Personally, Mr. Amin uses the ROM machine every morning- the machine offers a total body workout in 8 minutes. Mr. Amin discussed some of his health choices: he has been a vegetarian for most of his life, and practices the art of Zen. Again, the focus is on maintaining the body and mind. Mr. Amin discussed his reasons for pursuing vegetarianism and maintaining a vigorous totally body workout. In addition to the ROM workout, he trains with his students and emphasizes practicing karate fundamentals and basic techniques. These are the basis of Shotokan karate.

Mr. Amin shared insight about his family, and accomplishments not only as an instructor, but also as a father and a mentor to his students. He has experienced an interesting and full life. These days, children are an inspiration to keep training. He recounted the accomplishments of kids he trained who have gone on to graduate school, become

doctors, and made impressive strides in karate and their personal lives. He stressed that karate, if taught correctly, is good for you. If you keep a kid until purple belt, they will have karate for life. Even if they quit and leave the dojo, they will carry karate with them. Mr. Amin concluded by again stating that he doesn't know of any secret remedies to a long karate career but in general take care of your body, for karate and for your life.

Sunday - Bruce Green, 7th Dan, ISKF Colorado, NCKA, Board of Directors
Topic: The evolution of Shotokan karate



Mr. Green reviewed the historical origins of what we, today, call Shotokan. He discussed martial arts leaders prior to Master Funakoshi. In particular, he discussed the predecessors to Funakoshi's main teachers, Masters Azato and Itosu. One Master in particular was Sokon Matsumura. Matsumura was instrumental in developing the linear fashion of Shotokan that we know today. As a protector of Japanese royalty, he was responsible for disposing of any aggressors in a quick and efficient manner.

His martial arts techniques were well honed and emphasized the notion of ikken hissatsu or "to kill with one blow." Martial arts, during the feudal periods, had to be direct and lethal. Impact needed to be immediate as one's life depended on direct, quick, and accurate movements.

Masters and karate practitioners of that time were less parochial, and often shared their knowledge and techniques.

Continued on Page 9

Master Camp Lectures and Events - 2014

Continued from Page 8

Especially during the time when weapons were banned, the safety of the community depended on everyone being able to defend themselves with hand and foot techniques.

During the lecture, Mr. Green also discussed the heritage of our lower stances. Shotokan tends to have lower stances than some other martial arts. Most of these changes to deeper stances, like kiba dachi, are credited to Gigo Funakoshi. He introduced a much lower stance than what was used previously and it has remained in Shotokan ever since.

Tuesday - George Stollsteimer, MD, Orthopedic Surgeon Topic: The Aging Athlete



Dr. Stollsteimer introduced a subject that eventually becomes important to all karateka. He ran down a litany of the body systems that just don't work as well as they used to as we age - the heart, lungs, kidneys, bones, and muscles all take a toll.

The one bright point is that the effects of aging may be more a result of a sedentary lifestyle and long-standing disuse, he said. All your body systems, including your mental outlook, can be strengthened with regular exercise. Staying "appropriately active," stretching, staying hydrated, and eating a well-

balanced diet also can help combat the aging process and also help protect against injury.

So, as Okazaki Shihan says, "Keep training."

Wednesday - Paul K. Smith, PhD, West Chester University Topic: Effective Body Targets for Karate Techniques



All karateka train with the hope of never having to use the skill, power, and speed that they develop during the many hours in the dojo. But if left with no alternative, the knowledge of specific targets in the body can help bring resolution to a conflict in the shortest amount of time.

Dr. Smith led a hands on class to identify the parts of the body that can be targeted to effectively disable an attacker. Some parts of the body, such as muscle or bones, may cause pain when targeted, but may not end an attack.

Other areas, such as the temples, jaw, nose, clavicle, and adams apple, are all effective jodan targets. Chudan targets such as the shortest ribs at the bottom of the rib cage or the kidney area, can also be useful targets.

Always try to avoid conflict, Dr. Smith said, but he added "If someone is attacking you, don't hold back."

Want to write an article for the Spotlight? Do you have a fun karate photo taken at Master Camp, a tournament, or your club that you'd like to share? We are looking for interesting articles and photos for the Spotlight. Send your article/photo to the spotlight@iskf.com. Please include your name, name of dojo/region/country, and best way to contact you if we have questions. Do NOT submit photos taken by someone else unless you have a signed consent to publish. Thanks!

ISKF Mexico Proudly Hosts the 12th ISKF Pan American Tournament in Nuevo Vallarta

The 12th ISKF Pan American Tournament was August 14th to August 27th in Nuevo Vallarta, Mexico. At Master Camp, Sensei Jose Luis Duenas spoke with us about the upcoming Pan American tournament. Sensei Duenas looked forward to welcoming and hosting all of the competitors, "We chose this location because it is beautiful and safe. I want everyone to have fun and enjoy their stay in Mexico." This location was selected because of the safety concerns for the participants and their families, as well as a great place to vacation. Sensei Duenas is very excited to have everyone come and experience the beautiful shores and beaches of Mexico.

Hundreds of competitors trained hard to highlight their skills over the course of two days. After much hard work, everyone celebrated together at the closing banquet. Thanks to everyone who came to compete, and their families and friends who cheered them on, for making the tournament a success. Every tournament runs with the help and support of many volunteers, but just as important are the organizers who manage everything behind

the scenes. Often these are thankless jobs. Sometimes the only reward is the knowledge and feeling of accomplishment once the tournament is completed.

INTERNATIONAL SHOTOKAN KARATE FEDERATION

国際松濤館空手連盟

**12th ISKF PAN-AMERICAN
KARATE CHAMPIONSHIPS
&
MASTERS
SEMINARS**

**Teruyuki Okazaki, 10th Dan
and
Yutaka Yaguchi, 9th Dan**

Presented by
ISKF MEXICO
Nuevo Vallarta Riviera Nayarit
August 14 - 17, 2014

Paradise Village
NUEVO VALLARTA
Mexico's Premier Resort & Convention Center

Dan Examination Results
ISKF Master Camp
June 8th & 9th, 2014

Shodan

Vladislav Leus (Russia)
Victor Munoz Porras (Colombia)

Nidan

Meera Desai (USA/NW)

Sandan

Julian Moreno Ramiraz (Colombia)
Daniela Cozub (Moldova)

Yondan

Alexander Yuchvid (Israel)
Lior Gonnen (Israel)
Eyal Yehuda (Israel)
Randle Payne, Sr. (USA/SO)

Shodan – 3 Month Re-Exam

Lizbeth Munoz Porras (Colombia)

Shodan – 6 Month Re-Exam

Monica Porras Benitez (Colombia)
Katrin Kern (Germany)

Sandan – 6 Month Re-Exam

Victor Munoz Calvo (Colombia)

Dan Examination Results
ISKF Master Camp
June 8th & 9th, 2014

Godan

Guy Via (USA/EC)
Greg Hoplamazian (USA/EC)
Ramona Mueller (Germany)
Julian Garcia (Colombia)

Godan – 3 Month Re-Exam

Ryan Oliver (USA/EC)
Lyse Markert (Canada/NS)
Bruce Costa (USA/EC)
Preston Brown (USA/EC)
Jesse Chester (USA/EC)

Godan – 6 Month Re-Exam

Loretta Li (Canada/NS)
Michael Thomlinson (Canada/MB)
Domenick Raiola (USA/EC)
George Aupont (USA/EC)
Alberto Camara (Mexico)

Rokudan

Jason Haase (USA/EC)
Marcia Ransom (USA/EC)
James Ogle (USA/EC)
Ronald Pedreanez (Venezuela)

Rokudan – 3 Month Re-Exam

Haldane Prince (USA/EC)
Karen Caporale (USA/EC)

Rokudan – 6 Month Re-Exam

Pedro Taborga (USA/EC)

Shichidan

Kris Haight (USA/NW)
Antonio Garcia Alvarez (Mexico)

Shichidan – 3 Month Re-Exam

James Oberschlake (USA/MA)

Hachidan

Hiroyoshi Okazaki (USA/EC)
Adjal Abdelkader (Algeria)

Examiners: Teruyuki Okazaki, 10th Dan
Yutaka Yaguchi, 9th Dan

Judge Examination Results
At the ISKF Master Camp June 9th & 12th, 2014

Class D

Bryan Guadalupe (USA/PA)
Douglas Murray (USA/AK)
Ahcene Moussaoui (England)
Suzanne Datto (USA/EC)
Rigobarto Landin (Mexico)
Martin Cardenas Puebla (Mexico)

Class C

Preston Brown (USA/EC)
Petr Vorotnikov (Russia)
Sheldon Ruskin (USA/EC)
Evgeny Raspertov (Russia)

Class C – Re-Exam

Pedro Taborga (USA/EC)

Class B – Re-Exam

Antonio Garcia Alvarez (Mexico)

Class A – Re-Exam

Andrey Dormenko (Russia)
Reda Sayed (USA/EC)

Examiners: Teruyuki Okazaki, 10th Dan
Yutaka Yaguchi, 9th Dan

Instructor's Examination Results
At the ISKF Master Camp June 9th & 12th, 2014

Class D

J-D Swanson (USA/EC)
Irene Bowden (USA/MT)

Class C

Lee Doochen (USA/NC)
Carl Shaw (USA/EC)

Class B

Eon Waldron (USA/EC)
Andrey Dormenko (Russia)
John Pohle (USA/EC)
Ahcene Moussaoui (England)

Class A

Farid Al-Shuhaibi (Sultanate of Oman)
San Pillay (South Africa)

Class A – Re-Exam

Reda Sayed (USA/EC)

Examiners: Teruyuki Okazaki, 10th Dan
Yutaka Yaguchi, 9th Dan

Examiner's Examination Results
At the ISKF Master Camp June 9th & 12th, 2014

Class D

J-D Swanson (USA/EC)
Irene Bowden (USA/MT)
Bob Darnell (USA/EC)

Class C

Lee Doochen (USA/NC)
Carl Shaw (USA/EC)

Class B

Michael Katayanagi (USA/EC)
John Pohle (USA/EC)
Ahcene Moussaoui (England)

Class A

Andrey Dormenko (Russia)

Examiners: Teruyuki Okazaki, 10th Dan
Yutaka Yaguchi, 9th Dan

Master Camp 2014

International Goodwill Tournament

Women's Beginner Kata

(No Competitors)

Women's Beginner Kumite

(No Competitors)

Men's Beginner Kata

(No Competitors)

Men's Beginner Kumite

(No Competitors)

Women's Color Belt Kata

1. Rala DeKove – USA/East Coast

Women's Color Belt Kumite

1. Rali DeKova – USA/East Coast

Men's Color Belt Kata

1. Vincent Smith – USA/East Coast
2. Eduardo Moraes - Brazil

Men's Color Belt Kumite

1. Eduardo Moraes - Brazil
2. Vincent Smith – USA/East Coast

Women's Brown Belt Kata

1. Pratima Devichand – Canada/Nova Scotia
2. Duong Lau – USA/East Coast
3. Violeta Shagiri - Lebanon

Women's Brown Belt Kumite

1. Violeta Shagiri - Lebanon
2. Pratima Devichand – Canada/Nova Scotia
3. Duong Lau – USA/East Coast
Kylie Chew – USA/East Coast

Men's Brown Belt Kata

1. Victor Munoz - Colombia
2. Phillipe Blouin – Canada/Quebec
3. Pierre Olivier Senechal – Canada/Quebec

Men's Brown Belt Kumite

1. Jordan Smith – USA/East Coast
2. Yves Blouin – Canada/Quebec
3. Barry Wilkins – USA/East Coast
Pierre Olivier Senechal – Canada/Quebec

Women's Black Belt kata

1. Gaby Elliott – USA/East Coast
2. Coco Vigilar – USA/East Coast
3. Andy Moore – USA/Northwest

Women's Black Belt Kumite

1. Andy Moore – USA/Northwest
2. Gaby Elliott – USA/East Coast
3. Angela Thompson – USA/East Coast
Crystal Schatz – Canada/Alberta

Men's Black Belt Kata

1. Aghanim Mohamed - Algeria
2. Adam Pearce – Australia
3. Aimon Benkhadra – Canada/Quebec

Men's Black Belt Kumite

1. Xavier Boulanger - England
2. Adam Pearce - Australia
3. Ben Skennar - Australia
Aimon Benkhadra – Canada/Quebec

Women's Team Kata

1. Yo Gamma Gamma
2. Canada 1
3. Coco Puff Girls

Women's Team Kumite

1. Canada 1
2. Yo Gamma Gamma
3. Coco Puff Girls

Men's Team Kata

1. Aussie3
2. DMX
3. AUF

Men's Team Kumite

1. AQ2
2. New Brazil
3. Aussie3

Best Camper

Rebecca Morey

Most Supportive Dojo

Israel

Best Supportive Country

Canada/Quebec