



ISKF SPOTLIGHT

Spring 2011 INTERNATIONAL SHOTOKAN KARATE FEDERATION

45th ANNIVERSARY ISKF MASTER CAMP

The International Shotokan Karate Federation will host the 45th Anniversary Master Camp and International Goodwill tournament. This year the camp will be held from Friday, June 10 through Friday, June 17 at Camp Green Lane just outside of Philadelphia. This year promises to be no less successful than past years, again we will have the honor of having superb masters from around the world join us for a week of excellent instruction.

Every year Master Okazaki brings us the best Masters to provide the highest caliber of shotokan training. This year we will have instruction from Master's Teruyuki Okazaki - ISKF Chief Instructor, Yutaka Yaguchi - ISKF/USA, Hideo Ochi - JKA/Europe, and Masaru Miura - SKI-I/Italy. Assisting them will be members of the esteemed high-ranking ISKF Technical Committee. The Masters will be joined by ISKF technical committee Sen-

seis James Field, 8th Dan; Maynard Miner, 8th Dan; Robin Rielly, 8th Dan; Najib Amin, 8th Dan; Cathy Cline, 7th Dan; Garry Turnbull, 7th Dan; Hiroyoshi Okazaki, 7th Dan; Gary Swain, 7th Dan; David Jones, 7th Dan; Larry Loreth, 7th Dan; Leon Sill, 7th Dan and Peter Warren, 7th Dan.

As always, our primary goal as karate-ka, including during this week long endeavor, is to become better people. We use Master Funakoshi's Dojo Kun and Niju Kun as lifetime guides. Every year Master Okazaki takes time to explain one of the Niju Kun in detail. This year the theme for Master Camp 2011 is Niju Kun #16: Danshi mon o izureba hyakuman no teki ari, or "As soon as you leave home, think that millions of opponents are waiting for you." Master Okazaki explains that Master Funakoshi wants us to be constantly aware and alert, but not paranoid of people, or think everyone is out to hurt you. Training prepares one to be able to defend when

necessary and we strive to develop skills to differentiate between real and false threats. At Master Camp, there are many opportunities to train with great masters and hone your physical and mental skills. It affords the chance to train all week with famous masters, developing new skills and techniques, while simultaneously starting new friendships with fellow practitioners. It is a unique occasion to exchange ideas, techniques, and generally interact with people from different countries, cultures, and backgrounds.

Each year the ISKF grows in the number of member countries and in overall membership. The past few years we have been near capacity at camp and this year promises to be no exception. Last year, there were approximately 500 participants throughout the week, and over 34 countries in attendance. We anticipate a full camp, so if you have not registered yet please do so soon. Master Camp is always a wonderful learning and bonding experience with fellow karate-ka. It is an opportunity that you would not want to miss.

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Master Camp Lectures and Events

Master Camp continues to be a bastion of spirit, intellectual, and physical training. Just as Master Funakoshi believed in developing the mind, body, and spirit of the karate-ka, so too does Master Okazaki. A direct student of Masters Funakoshi and Nakayama, Sensei Okazaki continues to teach and spread the philosophy of traditional Shotokan karate. In addition, to the technical classes provided there are lectures and seminars on various aspects of karate.

The lectures have grown from a few weekend lectures to encompass the whole week of Master Camp. The lecture series generally begins with a Saturday evening lecture given by Master Okazaki. The Sunday evening lecture is given by one of the guest Masters. The Tuesday and Wednesday evening lectures cover various karate topics and are usually given by ISKF instructors. There are also morning and afternoon lectures given throughout the week for your interest and education.

Below is a summary of the evening lectures from Master Camp 2010.

Saturday- Shihan Teruyuki Okazaki

Shihan Okazaki presented a lecture on "Move According to Your Opponent." Master Okazaki began by sharing some of his experiences and insights from both Master Fu-

nakoshi and Master Nakayama. He also stated that the topic was similar to Niju Kun #15- Consider your opponent's legs and arms as you would lethal swords. Sensei Okazaki emphasized that a true karate-ka should never attack anyone first, but you must practice every day and be able to defend yourself if attacked. You must train to have an immediate body reaction to the attack. However, in order for the techniques to be effective one must prepare and develop the mind. You must put your mind into your techniques and always be able to adapt to your opponent or the situation.

Sunday- Master Shunsuke Takahashi

Guest instructor, Master Takahashi - TSKF/Australia, delivered the lecture on health in karate. Sensei Takahashi discussed the differences in the Western and Eastern approaches to health and longevity. He stressed the importance of taking care of and maintaining the body. Sensei has a deep interest in Chinese medicine and its history and he shared many of his insights with the audience. Sensei reviewed the benefits of using positive and negative energy, and yin and yang principles.

Tuesday- Gary Swain, ISKF Technical Committee

Mr. Swain discussed the principles of Shu Ha Ri and some of his insights with relation to karate development. He covered three areas of Shu Ha Ri -namely obedience, divergence, and transcendence. Simply put, obedience is learning the rules and following them, divergence is to stop following the normal set of rules, and then

transcendence is going beyond the rules. Interestingly, come closer and closer to together until eventually they touch. This is the shodan level of karate. According to Sensei Swain, by the time one reaches godan, your life and karate are one: karate will touch a part of your life almost every day.

Wednesday- Dr. George Stollsteimer

Dr. Stollsteimer lectured on core stability and its relationship to lower extremity function. After describing what the core comprises, from the solar plexus to the mid-thigh, he discussed proper body positioning to prevent knee problems. He emphasized the importance of training the core and making it stronger to lower the risk of certain injuries. Everyone needs to know when to slow down, change a drill, or stop. We need to develop an understanding of our own bodies to know our physical limits. All training should be approached intelligently. There is not much that we cannot or should not do, but everything needs to be done properly.

Once again the camp committee, in particular Dr. Paul Smith, has worked hard to schedule a stimulating series of lectures for Master Camp 2011 . Below is a tentative schedule of lectures and other events. Monday has generally been used as the day of rest and rejuvenation from a strenuous weekend of karate training and activities. This is also a great time for camp participants to reconnect with old friends and build new friendships with fellow karate. Please take advantage of the planned activities throughout the day especially the evening bonfire. We will also have

another salsa lesson. (Monday evening)

In addition to the activities planned for socializing, there are Dan Exams. Please note that these exams are not open for spectators. If you are not an examinee you will not be allowed into the testing area.

Schedule of Events for Master Camp 2011

Saturday AM

ISKF National Collegiate Karate Assn. Meeting

Saturday, 8PM

Shihan Okazaki

“Be aware at all times that you have millions of potential opponents”

Sunday AM

NCKA Interactive Seminar
Dan Exam – 1st-4th Dan

Sunday, 8PM

Master Lecture – Robin Rielly,
“Writing reserch report for Dan Exams and Instructor Trainee requirements”

Monday (All Day)

Special Activities
Dan Exam – 5th Dan and above

Tuesday AM

Lecture/Meetings

Wednesday AM

“Timing with partner training” (tentative title) – Dr. Paul K. Smith

Wednesday 8PM

Lecture TBA – Dr. George Stollsteimer

Thursday AM

ISKF International Goodwill Tournament and Judges Examination

Announcements for all activities and new information will be announced at meal time in the mess hall. Please listen for any changes to the schedule.

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 I 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.

Master Funakoshi further explained his philosophy of karate, in greater detail, in the twenty principles called the *nijyu kun*. Throughout his life, Master Funakoshi emphasized the importance of spiritual over physical matters, and he believed that it was essential for the karate student to understand why—not only for training, but in the way the student lives every moment of his life. In his book, *Karate-do Kyohan*, Master Funakoshi discussed both the positive and negative aspects of karate, warning us that karate-do can be misused if misunderstood. He felt that those who wanted to learn karate should understand what karate really is—what its purpose, its ultimate objective, should be. Only then could a karate student understand how to use karate techniques and skills properly.

Of the five objectives stated in the *dojo kun*, the last four tell us how to realize the first and most important objective, which is to seek perfection of character.

When we get to the very essence of karate, to the ultimate purpose of training—that’s what it’s all about: Improving ourselves as people.

If we all try to make ourselves the best human beings we can be, we will make the world a better place. We will help bring peace. That was Master Funakoshi’s ultimate goal—to make peace in the world by helping people develop themselves, as individual human beings, through *karate-do*. It is every instructor’s duty to help realize this goal. And it is the responsibility of every student as well. When you repeat the *dojo kun* after class, and you say it from your heart, you acknowledge that responsibility.

The principles of the *dojo kun* are simple and very basic. They are simply stated, and so require little explanation. As I said before—the basic principles of the *dojo kun* are reflected in the principles of the *nijyu kun*. The *dojo kun* is the foundation of the *nijyu kun*.

As we explain the meaning of the *nijyu kun*, you will see the basic, simple ideas of the *dojo kun* everywhere. And again, the last four parts of the *dojo kun* reflect the very first, the most important principle of all: Seek perfection of character.

Always remember: The most important thing you can do as a true student of karate is to seek perfection of character. The *dojo kun* and the *nijyu kun* explain both how and what it means to do so, not only in karate training, but in the broader terms of life, generally.

Of course there is no substitute for training. Training is the process by which we learn to improve ourselves as people. Training is our path to the spiritual growth Master Funakoshi encouraged us to attain. But it is important to understand *why* we train. Karate, more than anything else, is a spiritual endeavor. It is a way to develop a person as an individual. If a karate student does not understand this basic objective, then he or she is not really practicing karate.

Philippines Hosting 2012 World Shoto Cup

by David Lay, Chief Instructor, ISKF Philippines

The Philippines' love for the martial arts is shown by the myriad of combat arts it has thriving in its islands. The country is known as the birthplace of Arnis or Escrima. Filipinos have a penchant to study different kinds of martial arts. When Ferdinand Magellan, the Portuguese discoverer of the Philippines, came ashore in the island of Mactan in the 1521, he fell victim to Lapu Lapu, the tribal chieftain, who was proficient in Kali.

Foreign arts are also embraced by the islanders. Karate is no exception. The Filipinos got a taste of Shotokan Karate back in 1957. We have a reputation of being the first country to receive the first overseas Shotokan instructor, Takayuki Mikami sensei, who just graduated from the famed JKA instructors course. He didn't stay long, but eventually was followed by Kunio Sasaki sensei and then by Masanori Takahashi sensei. Shotokan is widely popular here. Many Karatekas train under this style but mostly without any proper affiliation.

In October of 2007, a group of Filipinos went to San Francisco to attend the US Nationals, their intent was to secure permission to open ISKF in the country. They were warmly welcomed by Teruyuki Okazaki Shihan and Northwest Director Cathy Cline with Joji Mercado Sensei, who was a long time friend of these Filipinos. In the meeting that followed, Okazaki Shi-



Photo: ISKF Philippines

han approved the forming of ISKF Philippines to oversee all ISKF activities and programs in the country.

This was the formal start of ISKF in the Philippine Archipelago. Although the promotion of technical skill has been the main emphasis in local clubs, they almost never stress the importance of the Dojo Kun and Niju Kuns. With the introduction of this "unpracticed" philosophy, the perception with regards to Karate has significantly changed.



Photo: ISKF Philippines

Since 2008, we have always held the Okazaki Cup in the month of February. The tournaments and clinics were always participated in by hundreds of Karatekas from all over the country. ISKF Philippines, like its parent organization, is not a club but rather a federation of clubs. At the present, it is the strongest and well-run international organization in the country.

In the 2010 Master Camp, our country was given the opportunity to host the 2020 World Shoto Cup. However, Hiroyoshi Okazaki Sensei's recent visit this February brought about a drastic turn of events leading to us taking the opportunity to host 2012 event.

We scouted several places that can host this big event and of the 7108 islands, we settled with Cebu City,



Photo: ISKF Philippines

which is a metropolis in the middle of the Visayas group of islands. We visited the Waterfront Hotel in Cebu City and were elated to find out that their Pacific Grand Ballroom can accommodate eight brand-new competition mats. With adjacent ballrooms for the staging area, the arena also comes with a spacious balcony situated all around the giant ballroom. This is where we can seat the spectators. A wide and elongated stage is



set in front of the ballroom where we will be entertaining the Masters and VIPs.

We intend to have the tournament proper run in just two-days to give allow our guests, who have travelled far, to enjoy some much needed recreation and fun. Clinics, examina-

tions and meetings are scheduled on November 8 and 9, 2012 and the tournament will be held on November 10 and 11. Our plans also extend to an unforgettable opening ceremony were our guest will certainly be entertained; this is with the generous help from our sponsors.

Aside from Waterfront Hotel, we are also looking for cheaper hotels for the tight budgeted visitors. In all, we want everyone to enjoy not only the

competition and the camaraderie of the ISKF family, but also bring back treasured fond memories of the Philippines, its hospitable English-speaking people and our culture.

Cebu boasts of beautiful beaches, cheap food, souvenirs and clothes. It is where you can partake of the native

fruits like mangoes and the famed Lechon (roasted pig) of Cebu. It is near the world famous Boracay island where you can find one of, if not the finest and whitest sand in the world. Boracay offers a lot of watersports, adventures, entertainment and shopping that caters to the whole family. So be sure to bring not only your gis but also your swim wear and tanning lotions.



What you gain with Makiwara training

Hitting the makiwara is very important to develop good focus. Sometimes when you hit the makiwara, you are thinking only about punching. But when you practice hitting an object such as the makiwara, and you do it correctly, all of your body's muscles should contract at the same time. If you do this, even your kicks will improve. Even though we do not practice hitting the makiwara during class, you should try to hit something like the makiwara before or after class. I always say in training, that you must concentrate on your lower abdominal muscles. If you do this during regular training also, think about the connection from your lower abdomen to your fist. If you think this way, all of the body's muscles will be used to execute your technique.

Not all training facilities have a makiwara, so you should use any sturdy surface to practice. For instance, when you train at home, you can use a wall. This type of practice is isometrics. Make your makiwara position, such as zenkutsu dachi; push your fist against the wall strongly. When you execute your punch, push strong. You should do this same thing with mae geri or yoko



Master Gichin Funakoshi

geri. Concentrate with the connection from your back heel which should be flat pushing into the floor, up your leg, through your abdominal muscles to the striking surface whether that be your fist or your foot. Push hard, then relax. Of course you should be sure when you make contact with the surface you are using that your hand or foot contacting that surface is in the correct position also and always maintain proper posture. Never lean forward or backward. That way, the seika tanden or abdominal muscles are also strengthened. Naturally, a wall is not flexible like a makiwara, but

when this is practiced correctly, all of your body's muscles are benefiting. I would recommend this training for everyone.

Medical doctors and research scientists have studied isometrics such as this and they recommend that for muscles to develop correctly, it should not be done every day. So you should practice this type of training every other day, resting in between. Most of the time when we are training, we are doing our techniques such as punching and kicking in the air. We do this to practice speed and form of course, but we should also be imagining an opponent. The same is true for practicing on a makiwara or contacting any surface. We must practice contacting those types of things to develop and the principle is exactly the same. Imagine an opponent. Execute good technique and balance. Correct breathing is also very important. Inhale when you execute the technique, and when you press against a surface, exhale always concentrating on your abdominal muscles. So as you can see, your entire body benefits from makiwara training. Physically we are developing our body's muscles, and mentally, when we focus and imagine an opponent our concentration also develops to a higher level. And when we do these things with the proper breathing, overall better health is achieved.



A Note from Okazaki Shihan

Photo by Mr. Villasis, ISKF Philippines

I would personally like to thank all of our Regional, National and International ISKF family for your condolences, prayers and kind words on the loss of my Sister. Though she will be deeply missed, I am gratified to have such thoughtful members. Although

our ISKF family spans the globe and is spread out throughout the world, it is times like these that bring us all closer together. I was overwhelmed by so much consideration and it is rewarding to know that all of our members realize that to be a true martial artist, we must first be a good human being. I am sincerely grateful for your thoughtfulness as well as your continued support to myself as well as the ISKF. This has been yet another great example that being a part of our ISKF organization means we are all not just members of a karate asso-

ciation, but rather a family of martial artists.

On a similar note: Takamichi Maeshima, Hiroyoshi Okazaki and I would also like to thank you for your concern for our families regarding the disaster in Japan. We are happy to say our friends and family are safe and well at this time. However, we must all continue to pray for the future well-being for all of the people in Japan. Although it may take a long time for them to recover from this, with your prayers along with their steadfastness, Japan will be on the road to recovery in due course.