



ISKF SPOTLIGHT

Fall 2009 INTERNATIONAL SHOTOKAN KARATE FEDERATION

43rd ISKF Master Camp and International Goodwill Tournament

The 43rd ISKF Master Camp 2009 was held June 12th - 19th. It was a tremendous success with participants from over 30 countries and approximately 400 campers. All 43 years have been successful in the fact that there has always been the best instruction from the highest-ranking Shotokan instructors. However, each year since the ISKF has become independent from the JKA more opportunities have opened up to us to provide all of the Master Camp participants with a broader selection of masters from the ISKF as well as other organizations. Even though the ISKF hosts this international camp, it is open to all Shotokan karate-ka regardless of affiliation. Okazaki Shihan's philosophy has always been to continue to spread the teachings and principles of Master Gichin Funakoshi which is to share karate-do with everyone throughout the world, teach them karate techniques and most importantly help them to understand the Dojo Kun and Niju Kun. Master Okazaki always reminds us that if we do our best to train hard while following these important principles all of us are contributing to bring peace throughout the world. There is no better place to begin that endeavor than Master Camp. It is a great opportunity to meet people from different parts of the world and try to understand their differences while at the same time realize we are all the same in the world of karate-do. In addition to the great instruction and lectures, campers can socialize with one another and learn



Master Teruyuki Okazaki, 10th Dan

Photo by Steven Majors

from each other in matters of karate-do and also cultures.

This year, in addition to ISKF Masters Teruyuki Okazaki and Yutaka Yaguchi, instructing at Master Camp were: Master's Hirokazu Kanazawa - SKIF (Japan), Hideo Ochi - JKA Europe (Germany) and Masaru Miura - SKIEF (Italy). Joining them in instructing were 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), Dr. Dexter Shim (Trinidad), Garry Turnbull (Jamaica), Hiroyoshi Okazaki (USA/EC), Gary Swain (USA/MT), David Jones (Canada/AB) and Larry Loreth (Canada/MB). With their assistance to the Masters, campers were able to get individual help and guidance. This factor of having so many high-ranking instructors along with the best Shotokan Masters alone makes Master Camp unique. Blend that with karate-ka from all over the world and it becomes an event all Shotokan practitioners should experience and it is one that will forever change their life.

The theme for this years Master Camp was Niju Kun #14: Tattakai wa kyo-jitsu no soju ikan ni ari when translated means Victory depends on your ability to tell vulnerable points from invulnerable ones. As in all of the Niju Kun, we should not automatically interpret this as in kumite alone. Just as in all of karate-do, everything we do in our training applies to our everyday lives as well. Master Funakoshi was saying that you have to recognize that opposites are two sides of the same thing. And also, that in every situation in karate, as in life, there are opposite forces around you all the time and the key is to be able to tell one from the other. This can only be achieved with an open mind. This is what master camp shows us. To experience these different cultures and understand that although we are in fact different, we are also the same.

In addition to the wonderful karate instruction, as always, there were exams for Dan rank and also Judge, Instructor and Examiner Qualifications. And during free time one evening, one

Continued on page 3

IN THIS ISSUE

- 2-3 Interview with Master Masaru Miura
In Memoriam of Mr. Everett Lincoln King, III
- 4 Shoto Niju Kun
ISKF Upcoming Events
- 5 Synopsis of the 2009 ISKF Board of Directors & Board of Governors Meeting
- 6-7 8th ISKF/CKC KARATE CHAMPIONSHIPS
- 8-9 Master Camp 2009 International Goodwill Tournament Results
Master Camp 2009 Examination Results
- 10-11 8th ISKF/CKC Karate Championships Results

ISKF SPOTLIGHT

A publication of the ISKF
222 South 45th St. Phila., PA U.S.A.
T: 215-222-9382 F: 215-222-7813
E-mail: iskf@iskf.com
Publisher: Teruyuki Okazaki,
Chairman and Chief Instructor of ISKF
Editor: Lois Luzi
Assistant Editors: Hiroyoshi Okazaki
Takamichi Maeshima



Master Masaru Miura, 9th Dan, SKIEF - Photo by Steven Majors

Interview With Master Masaru Miura, 9th Dan, SKIEF

By Takamichi Maeshima

This year at our ISKF International Master Camp we were fortunate to have once again, Master Masaru Miura as a guest instructor. He is the technical director of the SIKF Europe and has been teaching in Italy since 1964. He was born on April 22nd 1939 in Shizuoka prefecture, Japan, which is 150 miles west of Tokyo. When he was eight years old, he started practicing Judo. It was during World War II and his family had to move from the city to a country village to avoid the city bombing. Since he was so little and came from outside of the village, he was bullied by other kids every day.

The reason he decided to take Judo lessons was very simple. He wanted to become strong and to avoid being bullied. He started taking Judo lessons at the local police station. Once he started learning Judo, the other kids stopped picking on him. After he knew some Judo techniques and gained confidence, he began challenging other kids, who were bigger than him. Then, when he turned the age of thirteen, he started taking karate lessons. He thought that the karate techniques were fancier and stronger than the Judo techniques to defeat an opponent. He wanted to master some karate technique so that he could knock down the opponent with only a soft touch. He read about it in a martial arts magazine. He recalled that it must have been some acupuncture techniques.

The name of his first Karate Dojo was called "Shunpuu-Kan". One day, when he went to the dojo, two guest

instructors were visiting from Tokyo. They were Masters Nakayama and Kanazawa and they were in the middle of a karate demonstration tour. When the kumite practice began, Mr. Miura ended up facing Master Kanazawa. During the sparing drill, Mr. Miura swept Mr. Kanazawa by accident. His timing was perfect. At that moment, Mr. Miura thought that he defeated the JKA instructor and he was proud of himself. But at the same time, he had great fear and regretted that the other dojo senior students were going to punish him later. Mr. Miura felt very bad and tried to help Mr. Kanazawa get up. He apologized so deeply and said, "I'm very sorry, sir!" He expected that Mr. Kanazawa would get revenge on him later in practice. However, Mr. Kanazawa was very gentle and whispered to him, "It was a good technique!" and tapped Mr. Miura's shoulder with a nice smile. Mr. Miura was very impressed with Mr. Kanazawa's reaction and wanted to become like Mr. Kanazawa, who is a strong and gentle karate-ka. This was when Mr. Miura was a high school student. Soon after, he decided to go to Takushoku University, where Mr. Kanazawa had graduated. Mr. Miura said that he would not be a Karate instructor today without this little incident with Master Kanazawa.

When Mr. Miura was a member of the karate club in Takushoku University, during his junior year, Mr. Ochi was in his senior year and was the team captain of the karate club. One day, one of the club members caused a lot of trouble and the school suspended their club activities for a year. At that time, all the club members were living in the school dormitory, but they had to leave there during this suspension period. They needed to make some money to rent a new place to practice and to live in and all the members got a part time job. Mr. Miura and his students worked at a department store. Their job was to deliver packages from the store to a store in another location. Mr. Miura was the only one who had a driver's license. He was always the truck driver. The other members rode in the back of the

truck and would carry the packages from the truck to the door. One day during the summer, it was very hot. When Mr. Miura was driving the truck, the other members opened one of the gift packages and started drinking the cold drinks and eating the food. He thought that this was unfair. He was the only one who was not able to taste anything. One day, when Mr. Miura was by himself, he stopped the truck, sat down on the grass by a river, and was eating the sausage from one of the gift packages. All of a sudden, someone hit his head so hard from behind and pushed him into the river water. Mr. Miura got so angry, turned around, and yelled at him, "Who are you? What are you doing?" After he wiped off his face and looked at that person, he realized that it was Mr. Ochi. Mr. Ochi punished Mr. Miura because he was skipping the job, and he was stealing the food from a business package. Mr. Ochi was monitoring everyone to check whether they were working hard or not. Since he was the captain of the club, he had a huge responsibility to raise the club money to get back their dojo space and dormitory. Mr. Miura says that this is his best memory with Mr. Ochi.

After Mr. Miura graduated from Takushoku University, he had worked at the local city government office for 6 months. But, he did not like the job. One day, he met Master Nakayama at the karate dojo again and was told that he should go to Europe to teach karate. When he was in college, he had experienced many different types of jobs and had saved up enough money to travel to Europe so he was able to accept Master Nakayama's suggestion.

In 1964, Mr. Miura arrived in London, United Kingdom. Before he came to England, he used to imagine that all the people in England were very gentle and polite, just like how the Royal family behave in public. However, when he rode a taxi in downtown London, he saw that the driver spat from the window. After he saw this, he wanted to travel around Europe to explore how the world acts. He had

Next Page

43rd ISKF Master Camp

of the campers even taught Salsa dancing which was also a huge success. Another different activity this year was our junior shiai. Younger karate-ka were able to participate in a special training shiai with each other. As Okazaki Shihan says, they are the future. On the last day of Master Camp, our international campers got to practice what they've trained so hard during the week in the International Goodwill Tournament. There was a lot of good competition and techniques exhibited in that event as well. And throughout the competition, it was very good to see that the true essence of karate-do was not lost. The etiquette and courtesy most stressed by Master Okazaki was always evident between the competitors and also the officials. This was also a factor, which made the 2009 ISKF Master Camp and Goodwill Tournament a success. We hope to see all of you again along with new friends, at Master Camp 2010, June 11th - 18th.

Interview with Master Masaru Miura

traveled for approximately 6 months in European countries until he spent all of his money. When his money was all gone, he was in Torino, Italy.

Since he spent all his money, he was sleeping under a bridge or shelter in the town. One morning, he was practicing karate by the river, and a man came up to him and asked him for karate instructions. He was his first student in Italy. Of course, he did not have enough money to rent or buy a dojo, so he used a butcher shop and practiced in their kitchen. They had to move the machines to make enough room to train and move around. This is how he started teaching karate in Italy. Forty years later, the number of his students has increased to 3000-4000. His organization has become one of the largest in Europe today.

Mr. Miura's fond memory with Okazaki Shihan was that he went to see him off at the Tokyo airport when Okazaki Shihan was departing to the United States in 1961. Okazaki Shihan was Mr. Miura's senior from the same college and he used to come to teach at his school. But, Mr. Miura was not able to have any chance to talk to him while Okazaki Shihan was in Japan.

When asked if Mr. Miura knew Yaguchi Shihan he said that Yaguchi Shihan graduated from a different col-

lege and was much senior to Mr. Miura, so he was not able to have a chance to meet him until recently. But, he used to hear rumors that Sensei Yaguchi was a very rough and scary JKA instructor. So, Mr. Miura had a negative image of Sensei Yaguchi until he met him at last year's ISKF Master Camp. Once he met and talked to Sensei Yaguchi, he found that Sensei Yaguchi was a very nice and funny person and that he was a very different person from how Mr. Miura used to imagine him.

Since Mr. Miura visited the ISKF Master Camp two years in a row, (2008 and 2009), he thinks that the ISKF members are honest and are working hard to reach the goal of Karate-Do. He really enjoys seeing how some people attend the ISKF Master Camp with their family members. He also said it is wonderful to see that people from all over the world get together at the ISKF Master Camp and practice karate sharing the same goal.

For the future, Mr. Miura would like to see there be more chances to exchange karate events between the European and Pan American countries through special events, such as the ISKF Master Camp or other goodwill tournaments. His ideal vision for the future is for students to be able to visit each other more freely and frequently. For example, if you have a chance to travel to Europe and you cannot find any ISKF club there, you can contact the ISKF office in Europe and get the information of the dojo closest to where you are traveling. Also, if students from Europe want to come to the United States or other Pan American countries, they can contact the ISKF Headquarters office to get their dojo information. Mr. Miura thinks that we should develop this kind of close relationship between the two organizations. In this way, both the Pan-American and European students would be able to exchange goodwill and develop friendship.

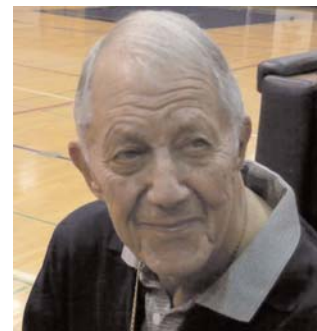
Mr. Miura emphasizes that karate belongs to everyone, not only young strong people, but also older and smaller people. His techniques show that you do not use muscle strength to defeat an opponent. He is always using physics or architectural knowledge and uses his entire body to execute the technique. To reach at his level, would take a long time. But, he says that there is no fast path in Budo. You must keep training

every day. This is the only way that you can become a good technician. Of course, nobody can keep hardcore training forever. When you get older, your muscle strength decreases. You need to change your training method. And this is the most important point to study Budo. You need to keep having a clear mind and good attitude. You should be a humble person. For example, you must run when an instructor calls you. You must put your shoes together if you take them off. Those small things will develop your clear mind. That will help you develop good technique. Karate is lifetime training. You must keep training with the right mind.

If you have the chance to travel to Italy or other European countries, Mr. Miura will always welcome you. If you have plans to do so, please contact his office before your visit. He wants to help you learn the techniques so that a smaller and older person can defeat a bigger and stronger person. He has studied these for many years and wants to share them with you. He hopes that his techniques inspire you and motivate you for your karate training.

Miura Sensei would like to thank all of the ISKF members for this ISKF Master Camp invitation. He hopes to come back next year and to share more time and experiences with all of our members.

In Memoriam



It is with deep sadness we inform you of the passing of Mr. Everett Lincoln King, III. Mr. King passed away on Saturday,

August 15th, 2009 at the age of 83. As our longtime members know, he was the Vice-President of the ISKF for many years and a great friend and supporter to our organization. He loved karate and all it stood for. Mr. King was a generous man throughout his lifetime to the arts and to the ISKF. He was a true martial artist in the way he understood that giving back was more important than receiving. Mr. King will be missed by many.

SHOTO NIJU KUN #12

BY

TERUYUKI OKAZAKI, 10TH DAN

*Katsu kangae wa motsuna;
makenu kangae wa hitsuyo*
Do not think that you have to win; think, rather, that you do not have to lose

Here Master Funakoshi is saying not to measure success by something outside your self. Develop inside, and all the rest will follow. This principle is basically a formula for clearing your mind, for accepting what is, and therefore optimizing your ability to react. Wanting to win is human nature. But if you desire this too much you will become unbalanced. We are talking about ego here. To the calm, clear mind, the desire to win does not exist. Desire always puts you off balance. When you lose balance, you also lose understanding. You lose vision. You lose judgement. You even lose movement. When you compete or when you are defending yourself, your body won't move naturally.

With a clear mind, with balance, you can move in any direction, at any time.

You need balance in all aspects of life. With inner balance, you can control your actions and appearance. You will be able to get the most out of your experiences, so that you can learn from them and develop yourself. This all starts when you leave behind concerns about winning and losing. A true karate student is training to live. A person who trains only to win tournaments is only building conflict within his self, rather than learning how to resolve conflict.

Too much emphasis on competition starts you thinking about winning and losing. Then you begin comparing yourself to others. Very often we see a competitor defeat himself by thinking about an opponent's strength or weakness. If you think you're better than your opponent, you have already lost. This is not our way. On the other hand, Master Funakoshi also reminds us that you cannot think you are weaker, either. Then, too, you are surely lost. That is why he tells us, "Think that you do not have to lose." Such a mindset is clear, it is pure. Think about it: What, in your mind, has to happen if you think, "I do not have to lose?" Nothing has to happen! Nothing at all! By saying, "I don't have to lose," you have

unburdened yourself of any expectation. You are allowing the flow of life to "happen" naturally. You are saying to yourself, "anything is possible." That is the sign of a clear mind, an open mind. When you empty yourself of intentions you can see every intention of an opponent. You don't have an unnatural plan and your movements are spontaneous. You move freely and openly.

Each effort should be a hundred percent. Then you will accomplish your best. At the moment of truth the strongest balance will win. If you are doing your best, then accept the outcome, win or lose. Always think that any outcome is possible, because it is. The only thing over which you have control is your own self, your own level of effort. The reason tournaments are so important for training is that they give you an opportunity to test your inner balance. The test of your physical skill is something important, though it is secondary.

In training, don't think about becoming a champion or getting a black belt. Just keep making a one hundred percent, clear-minded effort. And do the same in every facet of your life. In karate training, and in life, strive every day to improve yourself. If you do this, you will learn balance, and you will move-through your karate techniques and through your interactions with the rest of the world-freely and correctly. Then, and only then, will you be able to win naturally.

ISKF UPCOMING EVENTS

October 9 – 12, 2009 - ISKF/Canada National Championships, Calgary, Alberta Canada

October 16 – 18, 2009 - ISKF/US Western Region Camp, Phoenix, Arizona USA

November 14 – 15, 2009 - ISKF/US National Championships, Cherry Hill, New Jersey USA

June 11 – 18, 2010 - ISKF Master Camp and International Goodwill Tournament, Philadelphia, Pennsylvania USA

October 8 – 11, 2010 - ISKF/Canada National Championships, Winnipeg, Manitoba Canada

November 6 – 7, 2010 - ISKF/US National Championships November 6 – 7, 2010, Sioux Falls, South Dakota USA

Please note:

The ISKF Pan-American Championships will be held August 13th, 14th and 15th, 2010 in Guyana and will be hosted by Mr. Frank Woon-A-Tai and the ISKF Guyana organization. This event is open to all official ISKF Pan-American countries. Further details will be posted on the ISKF website as soon as they are available.

Synopsis of the 2009 ISKF Board of Directors & Board of Governors Meeting

Held June 15, 2009 at the 2009 ISKF Master Camp

Since the ISKF became independent from the JKA in 2007, our organization has grown tremendously. It was even more evident by the attendance in our International Board of Directors Meeting. The ISKF now has 43 official member countries. Attending our meeting this year were representatives from 26 different countries. At the ISKF's inception in 1977 only Pan-American countries could be members. Now that we are independent we are open to the world and this has opened the door to many new regions of the world. In the past year alone the following countries have joined:

Algeria
Botswana
Egypt
Ethiopia
Georgia
Mauritius
Moldavian Republic
Romania
Saudi Arabia

Also in attendance were the ISKF Officers as well as all of the ISKF Technical Committee.

- 1) Judge Paul Ribner opened the meeting speaking about the difficulty for some countries to obtain a visa to attend our camp. However, he pointed out that if any of our members are having difficulty getting the visa to come to our camp, please contact ISKF Headquarters and they will work with Judge Paul Ribner who in turn will do all he can to help with the visa process.
- 2) Our next Pan-American Championships will be held July 24 - August 1, 2010 and will be hosted by Puerto Rico. The championships will be held in Carolina, Puerto Rico. The representative from Puerto Rico could not attend Master Camp this year, however, Mr. Jose Vargas attended the meeting in his place and gave a brief overview of the preliminary plans for this event. Okazaki Shihan stressed that all the countries have a different economy and this must be taken into consideration when deciding on the Pan-American Championship registration fees. He stated that the fees must be same as the last Pan-American Championship or the ISKF World Shoto Cup Tournament and that cannot be changed unless everyone on the ISKF Board of Directors agrees. More information will be mailed to everyone when it is available and will also be posted on the ISKF Website. After that, Mexico will host the Pan-American Championships in 2014.

*** Please note: After this meeting took place, Puerto Rico opted not to host the Pan American Championships. This event will be hosted by Mr. Frank Woon-A-Tai and will be held in Guyana, August 13 - 15, 2010.**

- 3) The 2012 ISKF World Shoto Cup will be held in Barbados. It was agreed that the 2016 ISKF World Shoto Cup would be held in Sun City, South Africa. More information regarding these 2

ISKF World Shoto Cups will be available as the time nears.

- 4) The 44th Anniversary Master Camp and International Goodwill Tournament will be June 11th - June 18th, 2010. Master Okazaki stated that he always invites the highest-ranking Shotokan Masters to teach at our ISKF Master Camp in addition to the 12 members of the ISKF Technical Committee who are all 7th Dan and above. All instructors and country directors should explain to their members how important it is to participate in this camp especially the junior ranking people. They are the future of the ISKF and they should tell their members about the impeccable instruction they will get from all these Masters as well as the camaraderie with members from other countries.

- 5) Ms. Lois Luzi, Executive Administrator for ISKF impressed upon everyone that any and all travel arrangements made for Okazaki Shihan to travel to their country must schedule his arrival at least 1 full day before he is to conduct dan exams and/or classes. ISKF Headquarters must approve all itineraries before the final arrangements are set. If this policy is not followed his visit will be cancelled.

- 6) Also, Ms. Luzi reminded all country directors that every club in each country must pay annual dues and that each member must have an ISKF Membership Card regardless of whether they use passports or not. And all ISKF Membership Cards must be ordered through ISKF Headquarters.

- 7) Mr. Takamichi Maeshima, Dan Registrar for ISKF requested when submitting a Dan Registration form, please type it. This is what causes mistakes on the Dan Certificates. Also, the Dan Registration form can be printed from the ISKF Website.

- 8) Mr. Frank Woon-A-Tai, Vice-Chairman of the ISKF Technical Committee announced that the Second Edition of the ISKF Tournament Rules and Regulations are now available and are on the ISKF Website. The version distributed at last years ISKF World Shoto Cup in Canada has been amended.

- 9) Mr. Woon-A-Tai also explained that when writing Instructor Trainee Reports, the number on the right side of the subject (Units) does not mean the number of pages. A proper report should have at least 4 pages or more.

Finally, and most importantly, Master Okazaki stressed for everyone to remember that we are have been and always will be following our founder, Master Gichin Funakoshi's principles through the Dojo Kun and Niju Kun in our training and in our daily lives. He advised all of the country representatives and chief instructors to have their members understand these principles of what is true karate-do and Shotokan karate. Master Okazaki said that if we follow these precepts all of us could contribute to bring peace to the world. This is our most important goal.

8th ISKF/CKC KARATE CHAMPIONSHIPS

By: Patrick Edward

Chief Instructor, ISKF St. Lucia

The Caribbean Karate College (CKC) established in 2006 was conceived as a regional educational and developmental entity aimed at promoting and undertaking karate related activities conducive to the promulgation and perpetuation of ISKF Shotokan Karate-do throughout the Caribbean.

The CKC as a truly regional institution is destined for great success as a result of its institutional strength. The CKC has affiliate membership in fifteen (15) Caribbean countries and is affiliated to the International Shotokan Karate Federation, the largest single style karate organization in the Western Hemisphere. It also has apart from its well-qualified regional instructors, access to the vast number of ISKF certified and highly – qualified instructors led by Shihan Teruyuki Okazaki, 10th Dan (a direct descendant of Master Gichin Funakoshi) as its Chairman and Chief Instructor. Heading this organization as its President is Sensei Frank Woon-A-Tai – 8th Dan. He is ably assisted by Vice Presidents Sensei's Dexter Shim and Garry Turnbull – 7th Dans. Mr. David Clarke of Barbados/Jamaica is the Registrar along with Assistant Registrar Ms. Claudette Joseph from Grenada.

The St. Lucia Shotokan Karate Association (SLSKA) on the occasion of its 15th Anniversary since its establishment as an affiliate of the ISKF, under the theme: "A Journey And Achievements To Be Proud Of; A Future To Be Excited About". hosted the 8th ISKF/CKC Karate Championships and 3rd Karate-do Symposium from August 13th -16th, 2009 at the Indoor Practice Facility at Beausejour, Gros Islet.

The event, which represents the premiere Shotokan Karate activity for the Caribbean, brought together seven (7) member countries of the ISKF Caribbean fraternity. This showcase for traditional Shotokan saw some of the top Caribbean instructors and practitioners training and competing. Among these instructors was head of the CKC Sensei Frank Woon-a-Tai, 8th Dan, Vice Presidents, Dr. Dexter Shim, 7th Dan, Chief instructor for Trinidad and Tobago, and Sensei Garry Turnbull, 7th Dan,

Chief Instructor of Jamaica. Sensei Woon-a-Tai is also Chief Instructor for Guyana and ISKF Canada.

This year participants of the ISKF/CKC championships and symposium were honored with the presence of one of the world's foremost proponent of the Shotokan Karate, Shihan Teruyuki Okazaki, 10th Dan, Chairman and Chief Instructor of ISKF. Okazaki Shihan is no stranger to the Caribbean, having been involved with developing Shotokan Karate here for over two (2) decades. Master Okazaki's visit was a demonstration of the confidence that the Caribbean fraternity enjoys within the ISKF and the support that has been given to the developmental activities of member territories.

The activities for this event included:

- Traditional training seminars for students,
- Referee/Judges seminars & exams
- Dan grading exercises
- Kata and kumite competition

Participants ages ranged from 7years to 45 +

It is expected that the hosting of this prestigious event and the gathering of so many leading Caribbean Karate ka in St. Lucia, will augur well for the promotion and future development of the SLSKA and karate (Shotokan) in general.

One of the proudest moments in the story of Shotokan Karate in St. Lucia was initiated with the arrival of Sensei's Frank Woon-a-Tai 8th Dan and Doctor Dexter Shim 7th Dan President and Vice President respectively, of the Caribbean Karate College (CKC) and Sensei Frieda Shim 5th Dan on the Monday, August 10th 2009. Shihan Teruyuki Okazaki, 10th Dan Chairman and Chief Instructor of the International Shotokan Karate Federation (ISKF) arrived here on Wednesday August 12th, 2009.

On the evening of his arrival Sensei Woon-A-Tai, conducted a two- hour training exercise from 6:00 – 8:00 p.m., at the Beausejour Indoor Practice Facility. The training session involved an intense physical regime and lectures on Kihon, Kata and Kumite. Woon-A-Tai Sensei expounded on the finer points of executing techniques and the generation of maximum power. Karate-ka focused on developing their techniques for the tournament. He emphasized the impor-

tance of developing and exhibiting the proper mindset, for competition. Sensei, during the course of the training exercise used several practical examples and demonstrations to illustrate his points. He reminded karate-ka that karate originated from natural body actions and therefore our training foundation should be rooted in basics.

On Tuesday August 11th, Sensei's Woon-A- Tai, Dexter and Officials of the SLSKA met jointly with representatives from the Ministries of Education and Sports to discuss among other things the development of Karate in schools and the inclusion of Karate on the CKC Curriculum. The objectives of the presentation was geared towards enabling the ministry officials to have a better appreciation of the significance of ensuring that any school program is properly executed and managed by qualified individuals. Sensei Woon-A-Tai was invited to draft a set of guidelines, which would assist the Ministry in establishing its standards for use in determining who should be allowed to teach Karate in St. Lucian schools. That evening, members of the SLSKA participated in another training session and the 40th Grading Exercise, conducted by Sensei Woon-A-Tai, Sensei's Dr. Dexter and Frieda Shim.

Doctor Shim conducted the training seminar for the night. His emphasis was on the different levels of warm-up exercises that can be utilized at different stages of training. Sensei Shim also stressed the need to utilize the elastic nature of the body in executing karate techniques. Everyone was overwhelmed by the simplicity, yet intense nature of these routines. The session closed with practice in generating a powerful reverse punch followed by a strong but relaxed recovery.

It was with a sigh of relief that organizers of the 8th ISKF/CKC Karate Championships and 3rd Karate – do Symposium welcomed the opening day of the four-day event on Thursday, August 13th 2009. The day's proceedings - a symposium, was conducted under the supervision of Sensei Woon-A-Tai, and Sensei's Dexter Shim and Garry Turnbull. This seminar was organized primarily to take a detailed look at The New ISKF Tournament and Regulations Book, with the aim of increasing and improving the pool, confidence and quality of qualified judges in

Next Page

8th ISKF/CKC KARATE CHAMPIONSHIPS

the Caribbean and the contestants who were competing in the championships over the weekend.

The day was divided into different sessions dealing with both theoretical and practical exercises and Judges' and Dan examinations. Among the topics covered were:

- Ethics of judging
- Principles and criteria for judging kata
- Principals and criteria for judging kumite
- Medical Research into injury sustained at tournaments.

The first and second topics were dealt with by Sensei Dexter Shim in a power point presentation. In his deliberation, he challenged participants to rise above their own bias in order to be fair and honest. In discussions on criteria for judging Kata participants reviewed the rules and their interpretation. There was very concise explanation on the application of the rules in relation to awarding points.

Sensei Turnbull presented the session on Kumite and participants discussed the rules and their proper application. Questions were raised and clarification given on a number of rules.

Sensei Woon-A-Tai concluded the discussion by highlighting some of the points previously discussed. He made particular reference to the practical application of the rules. Participants were also directed through an exercise dealing with the pronunciation of the Japanese terms. Lead by Sensei Woon-A-Tai they practiced a number of drills dealing with pronouncing the Japanese vowels. This session was followed by a presentation on medical injuries by Doctor Annette Alexis 5th Dan. She dealt with the interpretation of injuries, which occurred, at the 2009 Master Camp Goodwill Tournament among both men and women and possible reasons. After this, judges took the written examination. Later examinees went through practical exercises in judging both kata and kumite.

The evening proceedings were conducted by Shihan Teruyuki Okazaki 10th Dan, Okazaki Shihan presided over the practical judge's examination. The results of the examinations are as follows:

Judges:

Lutchman Bholasign, Nataki Hypolite & John George promoted to "D" Class Judge. Nigel Forde to "C" Class and Nicole Lambie "B" Class Judge.

Dan:

Shien Fuentes & Titan Lee Hai were promoted to Shodan (1st Dan)
Anil Rajana – 3 months re-exam,
Cheikh M'Bengue, Junior Octive 6 month re-exam and Raymond James received 1-year re-exam.
Danielle Devaux & David Lewis promoted to Sandan (3rd Dan)
Claudette Joseph was promoted to the rank of Yondan.

On Friday, August 14th, the elimination rounds for participants from 7-17 years of age were held. All present were treated to memorable performances both in Kata and Kumite. Saturday the 15th was the elimination for adults and seniors. Again, spectators were thrilled with the performance of the competitors. Okazaki Shihan presided over the events for the two days.

On Sunday, August 16th, 2009, the finals of the 8th ISKF/CKC Karate Championships were held at the Beausejour Indoor Practice Facility. The finals were again presided over by the esteemed Chairman and Chief Instructor of the ISKF, Shihan Teruyuki Okazaki, 10th Dan. A most remarkable roster of some of the Caribbean's leading instructors supported Master Okazaki.

The Opening Ceremony commenced with the singing of the national anthem, followed by the welcome address by St. Lucia's Resident Chief Instructor, Sensei Patrick Edward, Yondan. Patrice Peter then recited the Athlete's Oath of Contestants.

Over a hundred participants put on an impressive demonstration. The synchronized display involved a routine in Kihon and the performance of Tekki Shodan.

The competition, which lasted for over six (6) hours, saw a display of excellent performances from karate ka, individuals and teams vying for supremacy in Kata and Kumite, both as individuals and teams. Notable among the star performers were:

Most Outstanding Girl:

7 – 9 Angaly DEODAT BDS

10 – 11 Christy DEY GUY
12 – 14 Kristina CHEEKS GUY
15 – 17 Patrice PETER SLU

Most Outstanding Boy:

7 – 9 Joshua MORTLEY GUY
10 – 11 Kristopher COPPIN BDS

Most Outstanding Adult Woman:

18 – 44 Nicole LAMBIE T&T

Most Outstanding Adult Man:

18 – 44 Cameron KING BDS

Most Outstanding Senior Man:

44 + Nigel FORDE T&T

Most Supportive Country

Trinidad & Tobago

Best Country

Barbados

The presentation of medals and awards followed the finals events. There was also presentation of special awards to Okazaki Shihan, Frank Woon-A-Tai, President and Dexter Shim and Garry Turnbull Vice- Presidents of the CKC, in recognition of their outstanding contribution & dedication towards the development of ISKF Shotokan Karate in the Caribbean.

Shihan Okazaki and Sensei Woon-A-Tai were also presented with autograph copies of two books from St. Lucia's Noble Laureate, Honorable Derrick Walcott.

This final event proved to be the best display of Martial Arts skill and prowess ever witnessed in St. Lucia. The execution of techniques, both in Kata and Kumite were excellent, above all, the display of sportsmanship and the Martial spirit was unparalleled. Respect for officials and fellow competitors were absolute. The whole atmosphere and behavior of competitors embraced a living embodiment of the Niju Kun #12: KATSU KANGAE WA MOTSU NA; MAKENA KANGAE HIT-SUYO – Do not think that you have to win; think rather, that you do not have to lose.

In closing the events Master Okazaki commended Sensei Edward and the Organizing Committee for an excellent hosting of the Championships and Symposium and stated that the future of ISKF Shotokan Karate was in good hands.

(See ISKF website for complete results)

Master Camp 2009 International Goodwill Tournament Results

June 18th, 2009

Women's Beginner Kata

No Competitors

Women's Beginner Kumite

No Competitors

Men's Beginner Kata

1. Kevin Greto - USA/East Coast
2. David Seelig - USA/East Coast

Men's Beginner Kumite

1. Kevin Greto - USA/East Coast
2. David Seelig - USA/East Coast

Women's Color Belt Kata

1. Yifat Shayek - Israel
2. Silvia Fernandez - USA/Northwest
3. Carmen Soria - Bolivia

Women's Color Belt Kumite

1. Silvia Fernandez - USA/Northwest
2. Carmen Soria - Bolivia
3. Yifat Shayek - Israel

Men's Color Belt Kata

1. Thomas Mellor - USA/East Coast
2. Pierre-Olivier Senechal - Quebec/Canada
3. Luiz Delmonte - Brazil

Men's Color Belt Kumite

1. Thomas Mellor - USA/East Coast
2. Philippe Blouin - Canada/Quebec
3. Pierre-Olivier Senechal - Quebec/Canada
3. Cory Schieman - Canada/Alberta

Women's Brown Belt Kata

1. Christi MacKain - USA/East Coast
2. Sara Brinkmoeller - USA/East Coast
3. Chrysi Cook - USA/East Coast

Women's Brown Belt Kumite

1. Christi MacKain - USA/East Coast
2. Sophia Tkebuchava - Georgia
3. Sara Brinkmoeller - USA/East Coast
3. Chrysi Cook - USA/East Coast

Men's Brown Belt Kata

1. Wissam Abousleman - Lebanon
2. Nikola Nikolou - Canada/British Columbia
3. Sylvain Marois - Canada/Quebec

Men's Brown Belt Kumite

1. Nikola Nikolou - Canada/British Columbia
2. Hank Pattison - England
3. Etienne Morrissette - Canada/Quebec
3. Matthew Belaskie - Canada/Quebec

Women's Black Belt Kata

1. Yvonne Clarabal - USA/Northwest
2. Rachel Shalomov - Israel
3. Alex Ruble - USA/East Coast

Women's Black Belt Kumite

1. Joanna Baker - USA/East Coast
2. Ramona Stammermann - USA/EC
3. Debbie Hoplamazian - USA/Mid-America
3. Christina Valdes - USA/Northwest

Men's Black Belt Kata

1. Jumbo Banaria - USA/Northwest
2. Takamichi Maeshima - USA/East Coast
3. Greg Hoplamazian - USA/Mid-America

Men's Black Belt Kumite

1. Rory Ramsay - USA/East Coast
2. Jumbo Banaria - USA/Northwest
3. Phil Harris - Canada/Western
3. Angelo Trementozzi - Italy

Women's Team Kata

1. Northwest
2. Giant Lilliputs
3. Drexel & Friend

Women's Team Kumite

1. West Coast
2. Mid Coast
3. Giant Lilliputs & Global Dynamics

Men's Team Kata

1. Zenkutsu Dachi
2. Venezuela - B
3. Cabin 2 & 1

Men's Team Kumite

1. Zenkutsu Dachi
2. Cabin 4
3. Cabin 2 & 1

Best Camper Hyxia Villegas, Venezuela

Most Supportive Dojo Fairfax, EC, U.S.A.

Best Dojo/Country Canada/Quebec

Dan Examination Results

ISKF Master Camp
June 14th & 15th, 2009

Nidan

Vital Savard (Canada/QB)

Sandan

Serena Nelko (Canada/MB)
Steven Legge (Canada/AB)
Don McAllister (Canada/QB)
Brian Nguyen (Canada/AB)
Cohen Chin (Canada/AB)

Yondan

Tram Vuong-Meadows (US/HI)
Claude Desbiens (Canada/QB)

Godan

Amy Lopez (US/EC)
Nicole Lambie (Trinidad)
Marcia Ransom (US/EC)
Benilda Ottley (US/EC)
Julie Moritz (US/MT)
Carmen Bernleithner (Canada/QB)
Diana Stevens (US/AK)
Mark Perkins (Barnados)
Justin Nepo (US/EC)
Cameron King (Barbados)
Ken Kraisler (US/NW)
Brian Singh (US/EC)
Francois Ntchombou (US/EC)
Christian Godard (Canada/QB)
Fabrizio Castellani (Italy)
Neal Yoshioka (US/NW)
Peter Stewartz (US/EC)

Charles Allsopp (Canada/MB)

Rokudan

Fady Antakly (Lebanon)
Paul Gareau (Canada/NS)
Claude Deschenes (Canada/QB)
Dwain Vaughans (US/EC)
Jeffrey Heermans (US/MT)

Shichidan

Kambiz Khalili (US/MT)
Tony Tam (Canada/NS)
Danny Tam (Canada/NS)
Scott Dingman (US/NC)
Steve Pohle (US/EC)
Bob Hoffman (US/EC)
Dennis Bower (US/MT)

Hachidan

Najib Baha Amin (US/EC)

Dan Re-Examination Results

ISKF Master Camp
June 14th & 15th, 2009

Shodan

6 months re-exam
Jose Vargas (US/PR))

Godan

6 months re-exam
Susan Jones (US/AK)
Fadi Aoun (Lebanon)
George Ryan (US/EC)
Allan Burke (St. Vincent)
Sheldon Ruskin (US/EC)

Rokudan

6 months re-exam
Robert Lashin (Canada/BC)

Shichidan

6 months re-exam
Kei Fukuda (US/SW)

Shichidan

1 year re-exam
Reda Amin Hassan Sayed (US/EC)

Examiner Examination Results

ISKF Master Camp
June 14th & 18th, 2009

Class D

Allan Burke (St. Vincent)
George Vance (US/EC)
Steven Majors (US/EC)
Chuck Coburn (US/WE)
Daniel Mellor (US/EC)
Tatsuun Ryu (US/MA)
James Oberschlake (US/MA)
Re-Exam
Jeffrey Heermans (US/MT)

Class C

Ron Porath (Canada/MB)
Annette Alexis (Jamaica)
Clive Hinds (Canada/MB)
Alice Bernstein (Barbados)
Phil Felice (US/EC)
Athelstan Gilbert Bellamy (Jamaica)
Re-Exam
Kris Haight (US/NW)

Class B

Danny Tam (Canada/NS)
Oded Friedman (Israel)
Maureen Woon-A-Tai (Canada/ON)
David Ernst (US/EC)
Leon Sill (US/SO)
Tony Tam (Canada/NS)
Tony Nakazawa (US/AK)
Reda Sayed (US/EC)

Instructor Examination Results

ISKF Master Camp
June 14th & 18th, 2009

Class D

Tatsuun Ryu (US/MA)
Paul Willoughby (US/EC)
Daniel Mellor (US/EC)
Steven Majors (US/EC)
Chuck Coburn (US/WE)
Jeffrey Heermans (US/MT)
Allan Burke (St. Vincent)
James Oberschlake (US/MA)
George Vance (US/EC)

Class C

Gilbert Bellamy (Jamaica)
Clive Hinds (Canada/MB)

Class B

Leon Sill (US/SO)
Anthony Nakazawa (US/AK)
Tony Tam (Canada/NS)
Danny Tam (Canada/NS)
Kambiz Khalili (US/MT)

Class A

Maureen Woon-A-Tai (Canada/ON)

Judge Examination Results

Class D

David Light (US/MT)
Mark Perkins (Barbados)
Cameron King (Barbados)
Francois Ntchombou (US/EC)
Eon Waldron (US/EC)
Allan Burke (St. Vincent)
James Lashin (Canada/BC)
Francois Cartier (US/NW)
Fadi Aoun (Lebanon)

Class C

Fady Antakly (Lebanon)
Ian Benjamin (Trinidad)
Charles Allsopp (Canada/BC)
Julie Moritz (US/MT)
Willie Walker (US/EC)
Jean Regnier (Canada/QB)

Class B

James Oberschlake (US/MA)
Gerard King (Barbados)
David Ernst (US/EC)
Jason Haase (US/EC)
Robert Lashin (Canada/BC)
Fabrizio Castellani (Italy)
Anna Griffin (US/EC)



ISKF Chief Examiner
Teruyuki Okazaki, 10th Dan



ISKF Examiner
Yutaka Yaguchi, 9th Dan

8th ISKF/CKC Karate Championships Finals August 16th 2009

Beausejour Indoor Practice Facility St. Lucia

Sanctioned by: The International Shotokan Karate Federation

Presented by: The Caribbean Karate College

Hosted by: The St. Lucia Shotokan Karate Association

ADULT FINAL RESULTS

18 - 44

Adult Women Individual Kata

- 1 Nicole LAMBIE T&T 22.4
- 2 Keisha GRIMES BDS 22.3
- 3 Janelle LINTON BDS 22.1
- 4 Nataki HIPPOLITE T&T 21.8

Adult Women Individual Kumite

- 1 Angela DIXON BDS
- 2 Janelle LINTON BDS
- 3 Nicole LAMBIE T&T
- 4 Tamara JOSEPH T&T

Adult Men Individual Kata

- 1 Zachary ALEXANDER T&T 22.1
- 2 Cameron KING BDS 22.0
- 3 Corey GREAVES BDS 21.9/21.9
- 4 Gregory LARKLAND JAM 21.9/21.8

Adult Men Individual Kumite

- 1 Cameron KING BDS
- 2 Michael MERCER BDS
- 3 Gregory LARKLAND JAM
- 4 Mark PERKINS BDS

ADULT TEAMS

Women's Team Kata

- 1 Barbados 22.2
Alison JAMES
Janelle LINTON
Keisha GRIMES
- 2 Trinidad & Tobago 22.1
Nicole LAMBIE
Nataki HIPPOLITE
Tamara JOSEPH
- 3 Combined Islands 21.6
Claudette Joseph (GDN)
Danielle Devaux (SLU)
Katherine Ann PYKE (T&T)

Women's Team Kumite

- 1 Barbados
Angela DIXON
Alison JAMES
Janelle LINTON
- 2 Trinidad & Tobago

- Nicole LAMBIE
Katherine Ann PYKE
Nataki HIPPOLITE
- 3 Combined Islands
Claudette Joseph (GDN)
Danielle Devaux (SLU)
Tamara JOSEPH (T&T)

Men's Team Kata

- 1 Barbados 22.2
Corey GREAVES
Michael MERCER
Kevin COX
- 2 Trinidad & Tobago 22.1
Zachary ALEXANDER
Dominic WILKES
Sean WOON SAM
- 3 Jamaica 21.8
Clive GAYLE
Rasthaddaeus WRIGHT
Gregory LARKLAND
- 4 St. Lucia 21.5
Dean AVRIL
Junior OCTIVE
Cheikh M'BENGUE

Men's Team Kumite

- 1 Barbados
Michael MERCER
Corey GREAVES
Mark PERKINS
Andre LOVELL
Cameron KING
- 2 St. Lucia
Cheikh M'bengue
Junior OCTIVE
Dean AVRIL
Stuart ALBERT
- 3 Jamaical
Rasthaddaeus WRIGHT
Clive GAYLE
Gregory LARKLAND
- 4 Trinidad & Tobago
Dominic WILKES
Sean WOON SAM
Zachary ALEXANDER
Andre CHEN

SENIOR FINAL RESULTS

45+

Senior Men Individual Kata

- 1 Nigel FORDE T&T 21.8
- 2 David LEWIS GND 21.6/21.7
- 3 Gregory PLACIDE T&T 21.6/DNS
- 4 Ian BENJAMIN T&T 21.5

Senior Men Individual Kumite

- 1 Nigel FORDE T&T
- 2 Raymond JAMES SLU

Senior Men Team Kata

- 1 Guyana 21.8
Amir KHOURI
Jeffery WONG
Chetram MORTLEY
- 2 Trinidad & Tobago 21.6
Nigel FORDE
Ian BENJAMIN
Latchman BHOLASINGH
- 3 St. Lucia 21.3
Jerome GIRARD
Raymond JAMES
Ivelaw JONES

Senior Men Team Kumite

- 1 St. Lucia
Jerome GIRARD
Raymond JAMES
Randall BAIN
- 2 Trinidad & Tobago
Nigel FORDE
Ian BENJAMIN
Latchman BHOLASINGH
Gregory PLACIDE

JUNIOR FINAL RESULTS MONDAY, OCTOBER 13, 2008

JUNIOR EVENTS 7-9

7 – 9 Girls Individual Kata

- 1 Aliya WONG GUY 21.6
- 2 Angaly DEODAT BDS 21.3/21.4/21.4
- 3 Tashana WONG GUY 21.3/21.4/21.3

7 – 9 Girls Individual Kumite

- 1 Angaly DEODAT BDS
- 2 Tashana WONG GUY
- 3 Tabu LALLKISSOON BDS

7 – 9 Boys Individual Kata

- 1 Joshua MORTLEY GUY
21.6/21.6/21.5
- 2 Josh PHILLIPS BDS 21.6/21.6/21.3
- 3 Joseph TSEU BDS 21.5

7 – 9 Boys Individual Kumite

- 1 Ramon CHIA JAM
- 2 Zachary DUBOULAY SLU
- 3 166 Joshua MORTLEY GUY

JUNIOR EVENTS 10 -11

10-11 Girls Individual Kata

- 1 Christy DEY GUY 21.9/21.9
- 2 Leah SHARIFF GUY 21.9/21.6
- 3 Rebecca SAMPSON SLU 21.6

10-11 Girls Individual Kumite

- 1 Christy DEY GUY
- 2 Rebecca SAMPSON SLU
- 3 Tenisha PLOWELL BDS

10-11 Boys Individual Kata

- 1 Kristopher COPPIN BDS 22.1
- 2 Kemo CORNELIUS GUY 21.9
- 3 Mikhail BROOMES GUY 21.7

10-11 Boys Individual Kumite

- 1 Kristopher COPPIN BDS
- 2 Spud MONTOUTE SLU
- 3 Kemo CORNELIUS GUY

JUNIOR EVENTS 12 -14

12-14 Girls Individual Kata

- 1 Kristina CHEEKS GUY 21.8
- 2 Johann LORDE SLU 21.6
- 3 Kimberley ABREU T&T 21.3

12-14 Girls Individual Kumite

- 1 Kristina CHEEKS GUY
- 2 Kimberley ABREU T&T
- 3 Johann LORDE SLU

JUNIOR EVENTS 15 -17

15-17 Girls Individual Kata

- 1 Patrice PETER SLU 21.9
- 2 Maresah DHARMOO T&T 21.6/21.6
- 3 Carmen NAHOUS T&T 21.6/21.2

15-17 Girls Individual Kumite

- 1 Patrice PETER SLU
- 2 Krystal LOPES GUY
- 3 Maresah DHARMOO T&T

15-17 Boys Individual Kata

- 1 Samuel MING GUY 21.9/22.0
- 2 Kyle FENTY BDS 21.9/21.7/21.7
- 3 Matthew BENJAMIN T&T
21.9/21.7/21.6

15-17 Boys Individual Kumite

- 1 Stuart HOLDER BDS
- 2 Daniel SHIM T&T
- 3 Eric HING GUY

JUNIOR TEAM KATA FINAL RESULTS

7-11 Girls Team Kata

- 1 St. Lucia 21.6
Patrice PETER
Rebecca SAMPSON
Johann LORDE
- 2 Trinidad & Tobago 21.3/21.6
Mary-Elizabeth VOSS
Maresah DHARMOO
Kristen MORAND
- 3 Guyana 21.3/21.3
Ashley LOPES
Krystal LOPES
Alisa WONG

7-11 Boys Team Kata

- 1 Barbados 21.9/21.8
Stuart HOLDER
Kyle FENTY
Jamaro YEARWOOD
- 2 Trinidad & Tobago (A) 21.9/21.4
Matthew BENJAMIN
Daniel SHIM
Kiran BHOLASINGH
- 3 Trinidad & Tobago (B) 21.6
Marc MOLLENTHIEL
Aaron ALEXANDER
Joshua VOSS

15-17 Girls Team Kata

- 1 St. Lucia 21.6
Patrice PETER
Rebecca SAMPSON
Johann LORDE
- 2 Trinidad & Tobago 21.3/21.6
Mary-Elizabeth VOSS
Maresah DHARMOO
Kristen MORAND

SPECIAL AWARDS

Most Outstanding Girl:

- 7 – 9 Angaly DEODAT BDS
- 10 – 11 Christy DEY GUY
- 12 – 14 Kristina CHEEKS GUY
- 15 – 17 Patrice PETER SLU

Most Outstanding Boy:

- 7 – 9 Joshua MORTLEY GUY
- 10 – 11 Kristopher COPPIN BDS

Most Outstanding Adult Woman:

- 18 – 44 Nicole LAMBIE T&T

Most Outstanding Adult Man:

- 18 – 44 Cameron KING BDS

Most Outstanding Senior Man:

- 44 + Nigel FORDE T&T

Most Supportive Country Trinidad & Tobago

Best Country Barbados

MEDAL SUMMARY

Barbados

11 Gold 09 Silver 05 Bronze - 25

Grenada

00 Gold 01 Silver 00 Bronze - 01

Guyana

10 Gold 04 Silver 06 Bronze - 20

Jamaica

01 Gold 01 Silver 03 Bronze - 05

St. Lucia

04 Gold 07 Silver 04 Bronze - 15

St. Vincent & the Grenadines

00 Gold 00 Silver 00 Bronze - 00

Trinidad & Tobago

07 Gold 10 Silver 09 Bronze - 26

Combine Islands

00 Gold 00 Silver 02 Bronze - 02



INTERNATIONAL KARATE ASSOCIATION
222 South 45th Street
Philadelphia, Pa. 19104 U.S.A.

NON-PROFIT ORG.
U.S. POSTAGE
PAID
PHILADELPHIA, PA
permit No. 4363

TOKAIDO
www.toukaido.co.jp

Kabushiki Kaisha Tokaido
Kojimachi K.Y.Bldg
3-12-4, Kojimachi, Chiyoda-ku,
Tokyo 102-0083, JAPAN
Tel: 03-3262-0281
Fax: 03-3234-9387
E-mail: tokaido@par.odn.ne.jp

Nozawa Distributing
10283 Moore Court,
Westminster, Colorado 80021
U.S.A
Tel 303-465-1807
Fax 303-469-7784

Asian World of Martial Arts, Inc.
11601 Caroline Road
Philadelphia, PA 19154-2177 U.S.A
Tel: 800-345-2962 or 215-925-1161
Fax 800-922-2962 or 215-925-1194

Mikado Enterprises Ltd.
701 East Hastings St.,
Vancouver, B.C., Canada V6A 1R3
04-253-7168
Fax 604-255-6112
E-mail mikado@axionet.com