

56TH ISKF/EAST COAST KARATE CHAMPIONSHIPS

SATURDAY, APRIL 13, 2019 - NAZARETH REGIONAL HIGH SCHOOL
475 E. 57TH STREET, BROOKLYN, NY 11203



HOSTED BY
FLATBUSH SHOTOKAN KARATE DOJO, INC
INTERNATIONAL SHOTOKAN KARATE FEDERATION



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Welcome To The

56th ANNIVERSARY
INTERNATIONAL SHOTOKAN KARATE FEDERATION
EAST COAST SHOTOKAN KARATE ASSOCIATION CHAMPIONSHIPS

APRIL 13, 2019
NAZARETH REGIONAL HIGH SCHOOL GYMNASIUM

努力の精神を養ふ事

ENDEAVOR

TORO SHOTOKAN KARATE CLUB
HOSTS
FLATBUSH SHOTOKAN KARATE DOJO, INC



STATE OF NEW YORK
EXECUTIVE CHAMBER
ALBANY 12224

ANDREW M. CUOMO
GOVERNOR



April 13, 2019

Flatbush Shotokan Karate Dojo
5209 Church Avenue
Brooklyn, NY 11203

Dear Friends:

It is a pleasure to send greetings to everyone gathered for the 56th Annual East Coast Regional Shotokan Karate Championship.

All New Yorkers recognize the importance of maintaining healthy lifestyles and the benefits of lifelong fitness and exercise for everyone. Since their formations, the All New York Karate Association and the Flatbush Shotokan Karate Club have introduced traditional-style martial arts and Japanese values to men, women, and children in the greater Metropolitan area.

Not just self-defense, karate is a lifelong pursuit of self-improvement and focus. Today's championship will draw people from all across the Eastern Seaboard eager to demonstrate the skills they have acquired after months of training. On behalf of all New Yorkers, I welcome everyone to New York and commend those affiliated with the Flatbush Shotokan Karate Dojo and Nazareth Regional High School of Brooklyn for hosting this great event.

With warmest regards and best wishes for an enjoyable championship.

Sincerely,

A handwritten signature in blue ink that reads "Andrew Cuomo". The signature is fluid and cursive, with the first and last names being the most prominent.

ANDREW M. CUOMO

WE WORK FOR THE PEOPLE
PERFORMANCE * INTEGRITY * PRIDE



Congress of the United States
House of Representatives
YVETTE D. CLARKE
9TH DISTRICT, NEW YORK



April 13, 2019

Greetings,

On behalf of the people of the Ninth Congressional District of New York, it is with great pleasure that I offer greetings to the members of the Flatbush Shotokan Karate Dojo (FSKD) and the competitors in the 56th Annual East Coast Shotokan Karate Championship.

I would like to take the opportunity to welcome you all to the city. The service of this organization bears testament to the contributions of New Yorkers and competitors across the country. Karate and martial arts have a great hand in teaching our young people crucial life skills such as self-discipline, self-defense, respect, and the importance of fitness.

I thank FSKD and their supporters for their dedication in promoting Shotokan karate and for giving our children access to this sport.

It is with infinite gratitude and unwavering admiration that I congratulate the FSKD organizers, competitors and spectators on a successful tournament.

Best wishes,

A handwritten signature in cursive script that reads "Yvette D. Clarke".

*Yvette D. Clarke
Member of Congress*



OFFICE OF THE BROOKLYN BOROUGH PRESIDENT

ERIC L. ADAMS
President

April 13, 2019

Flatbush Shotokan Karate Dojo
550 Remsen Avenue
Brooklyn, NY 11236

Dear Friends:

Brooklyn has a time-honored tradition of paying tribute to those extraordinary individuals and organizations that greatly contribute to the betterment of our borough and city. I am pleased to extend my warmest greetings and congratulations to the karate instructors, staff members, students, and supporters of Flatbush Shotokan Karate Dojo as you gather to host your 56th annual East Coast Shotokan Karate Championship.

Flatbush Shotokan Karate Dojo has been steadfastly committed to impacting the lives of young people and adults in our great borough through the influence of martial arts and instilling important values that its students can utilize in every day life. I commend the great work of Flatbush Shotokan Karate Dojo, which educates others about the culture and history of diverse martial arts styles, for hosting various martial arts events, and for promoting marital arts as a lifestyle of physical and mental wellness. I applaud the chief instructor of the Flatbush Shotokan Karate Dojo, Sensei Maynard Miner, for the outstanding contributions that he has made over the years. The work that Flatbush Shotokan Karate Dojo contributes to our communities is truly remarkable.

On behalf of all 2.6 million Brooklynites, I salute everyone for all of the hard work and dedication that they have given toward the education and promotion of martial arts. Furthermore, I congratulate those distinguished individuals who have generously supported the noble mission and work of Flatbush Shotokan Karate Dojo through the years. And finally, I thank everyone present for helping us move forward as *One Brooklyn*.

Sincerely,

Eric L. Adams
Brooklyn Borough President



國際松濤館空手連盟



Welcome to the 56th Annual East Coast Karate Championship, in honor of Shihan Maynard Miner.

As Karate-ka we train diligently all year long to strengthen and perfect our technique. Together we strive to be fierce competitors, fair judges and most important, decent human beings.

This competition is a venue to test these skills. Competitors and judges alike must remember that they should embody the true spirit of karate-do, which is to Seek Perfection of Character. Without this, no one can be a winner.

I would like to thank Mr. Eon Waldron, Ms. Sandra Chapman, Mr. Shaun Lee, Ms. Benilda Ottley and Mr. Lidg Lewis along with his entire team of volunteers for hosting this years' tournament.

My sincerest wish for a successful event.

Sincerely,

Hiroyoshi Okazaki
Chairman & Chief Instructor
International Shotokan Karate Federation

INTERNATIONAL SHOTOKAN KARATE FEDERATION

CHAIRMAN & CHIEF INSTRUCTOR: HIROYOSHI OKAZAKI

PO BOX 7767 PHILADELPHIA, PA. 19101 U.S.A. / 1-215-222-9382 / F: 1-215-222-7813 / ISKF@ISKF.COM / WWW.ISKF.COM



Flatbush Shotokan Karate Dojo
5209 Church Ave.
Brooklyn, NY 11203

Greetings, Everyone!

It is our pleasure to welcome you to the 56th Annual East Coast Shotokan Karate Championships. Best wishes are extended to all participants in this year's event.

Many of the contestants competing today have entered in previous regional, national, and international tournaments, and have performed exceedingly well. Still, there are those for whom this marks a first attempt at competing at any level. However, I am confident all of our trainees will become better practitioners as a result.

Our primary purpose in conducting this tournament is to educate the public about traditional Japanese Shotokan Karate. It also gives all the participants a chance to meet old friends and make new ones, thereby enlarging our karate family.

In bringing this tournament to you, many of our members put in long hours and plenty of hard work. And to them I say, "Thank you" for a job well done.

Finally, to all contestants, judges, officials, and to those who helped make this occasion a success, your efforts are greatly appreciated. Without your help, today's event could not have taken place.

Best Regards,



Maynard Miner, 8th Dan
Chief Instructor
Flatbush Shotokan Karate Dojo



Tora Shotokan Karate Club
852 East 51st Street.
Brooklyn, NY 11203

Greetings Competitors, Family and Friends,

Toro Shotokan Karate Club is honored to be given the opportunity to host the 56th Annual East Coast Karate Championship.

"The ultimate aim of Karate lies not in victory nor defeat, but in the perfection of the character of its participants." – **Gichin Funakoshi**. To the competitors, you are commended for your dedication and long hours of practice. It is my hope that you will continue down the path of respect to others and positive behavior.

My sincerest best wishes for your success as you compete in this 2019 championship.

Many thanks to the organizers of the championship: the committee and team members, and general support of the volunteers for the energy and effort you all demonstrated.



EON WALDRON
CHAMPIONSHIP DIRECTOR
Qualified Instructor/Examiner
East Coast Technical Committee Member
Shichidan (7th Dan)

Schedule of Events

7:30 AM	Doors Open
7:30 AM - 9:00 AM	All Competitors Check-In
8:00 AM	Judges' Meeting
9:00 AM	Opening Ceremony
9:30 AM	Demonstration Heian Shodan by all the youth competitors
	Elimination & Finals <ul style="list-style-type: none">• Senior Individual & Team• Youth Individual & Team
	Lunch
	Adult Individual & Team
	Awards

Officials

Chairman	Hiroyoshi Okazaki, Chief Instructor ISKF
Chief Judge	Robin Rielly, Kobukan Karate Club
Chief Arbitrator	Najib Amin, Shotokan Karate of Maryland
Championship Director	Eon Waldron, Tora Shotokan Karate Club
Assistant Championship Director	Sandra Chapman, Tora Shotokan Karate Club
Chief Instructor	Maynard Miner Flatbush Shotokan Karate Club
Host Instructor	Eon Waldron Tora Shotokan Karate Club

Staff

Medic	Nkosi Applewhite
Program Designers	Eon Waldron & Benilda Ottley
Registration	Benilda Ottley, Keturiah Smith & Shaun Lee
Announcer	Lidj Lewis
Event Staging	Shaun Lee & Guy Via



Judges



Hiroyoshi Okazaki

Robin Rielly

Najib Baha Amin

Amy Okazaki

Daniel Batt

Eileen Chotiner

George Vance

James Koncos

JD Swanson

Justin Hartz

Lois Luzi

Manohar Ballakur

Meena Nandlal

Michael Ro

Robert O'Brien

Sheldon Ruskin

Suzanne Datto

Todd Kentzel

Anna Rivera

Carl Shaw

Domenick Raiola

Elaine Smith

Guy Via

Jason Haase

Jessie Chester

Kristen Hoffman

Louis Littman

Marcia Ransom

Michael Katayanagi

Paul Willoughby

Shaun Lee

Steven Majors

Todd Elliott

David Ernst

Bob Hoffman

Michael Staton

WHAT IS KARATE-DO

空 手 道

KARA
Empty

TE
Hand

DO
Way

Karate is a Japanese martial art whose physical aspects seek the development of defensive and counterattacking body movements. The themes of traditional karate training are fighting and self-defense, though its mental and moral aspects target the overall improvement of the individual. This is facilitated by the discipline and persistent effort required in training. If karate had to be described in only one sentence, then the most suitable one may arguably be "You never attack first in karate." This is a maxim of **Gichin Funakoshi** (1868-1957), the Okinawan who brought karate to Japan in 1922, and who is accepted as the father of modern karate.

The word *karate* is a combination of two *kanji* (Chinese characters): *kara*, meaning empty, and *te*, meaning hand; thus, karate means "empty hand." Adding the suffix "-dō" (pronounced "daw"), meaning "the way/path," karate-dō, implies karate as a total way of life that goes well beyond the self-defense applications. In traditional karate-dō, one is supposed to compete and strive to excel against him/herself.

Today there are four main styles of karate in Japan: Shotokan, Goju-ryu, Shito-ryu, and Wado-ryu. Shotokan, though never described as a style by Gichin Funakoshi, it has been nevertheless considered as his. Actually *Shotokan* was the name of his dōjo, chosen after the pen name used by Funakoshi to sign poems written in his youth. Shotokan Karate is characterized by powerful linear techniques and deep strong stances. It is the style taught at the Tulane Karate Club.

Like the word *karate*, Shotokan is also composed of two different kanji : *Shoto*, meaning "pine breeze" and *kan*, meaning "the place", thus Shotokan means the place of *shoto*.

True karate is this: that in daily life one's mind and body be trained and developed in a spirit of humility, and that in critical times, one be devoted utterly to the cause of justice."

Shotokan founder Gichin Funakoshi

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.

Seek perfection of character /Jinkaku kansei ni tsutomuru koto

This is the ultimate goal of karate. The other four principles of the dojo kun, as well as the entire nijyu kun, all tell us what it means to seek perfection of character—how we can go about pursuing this highest objectives. But this is the most important thing. We seek perfection of character from the inside out. It is something we should do every moment of every day of our lives. This means we should never stop learning. Karate training, like life itself, is an ongoing process of growth and personal education, a process that lasts for a lifetime. It is good to set goals, but as soon as we accomplish them, it is important to set our sights on the next goal, to improve. To seek perfection of character is to always seek to improve oneself, to always endeavor to learn and grow.

Be faithful/Makoto no michi o mamoru koto

To be faithful means to be sincere in everything you do. Here we are talking about making a total effort, all the time, in whatever you do.

To be faithful of course means that you have to be true to other people, to your obligations—but it also means you have to be true to yourself. And to do so means you have to do your best in everything you do.

When you are faithful to yourself, others will have faith in you. This creates mutual trust between people. Being faithful to yourself is essential to realizing the first goal of being the best person you can be.

Endeavor / Doryoku no seishin o yashinau koto

Try hard at everything you do. No matter what you are doing, whether it's training, working, having a relationship—give it one hundred percent. To do anything else is to cheat yourself and others. If you don't endeavor to do your best, you are not being faithful to yourself and others, and you are not trying to seek perfection of character.

Respect others / Reigi o omonzuru koto

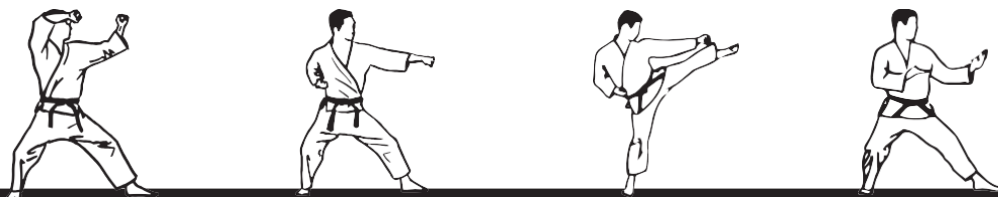
A true martial artist always shows respect to other people. And it is something you ought to feel in your heart. Showing respect is a sign of humility, and humility is necessary for an open mind, which in turn is necessary to learn, to grow. You can always learn something from every person you meet. Likewise, every person you encounter is a possible opponent of some kind, and that opponent can pose a threat to you, physical or otherwise. In either case, if you respect everyone, you will more clearly see things for what they are, and you will be able to get the most of every experience.

Refrain from violent behavior / Keki no yu o imashimuru koto

This is a reminder to keep calm inside. Control yourself at all times, from within. Conflict within is a form of violence. It leads to violent actions, which is something you should try to avoid at all costs. A martial artist should always be in control, and that begins with an inner calmness, with peace of mind. If you are forced to defend yourself as a last resort, then it is all right to do so. But you will only be successful defending yourself when you maintain a calm, clear mind, in which case using karate technique to protect yourself will truly be your reaction of last resort.

Referee Terminology

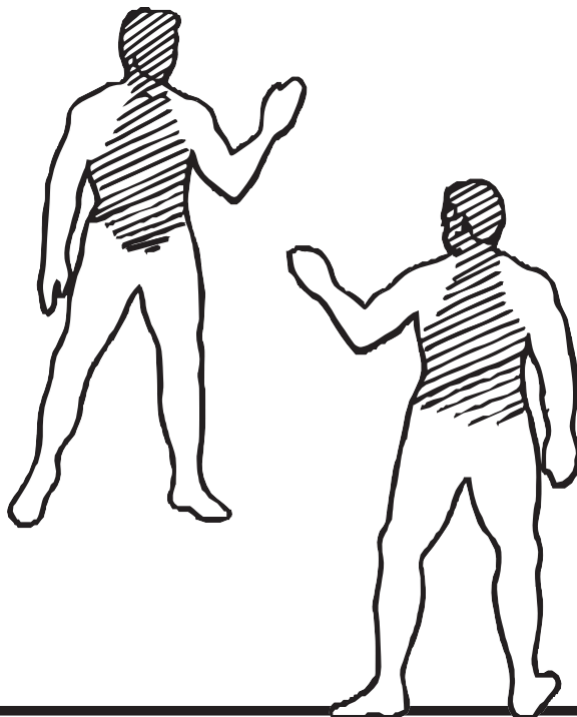
Term	Meaning
Aiuchi	No point. Contestants scored simultaneously
Aka (Shiro) no kachi	Red (white) side is winner
Aka (Shiro) hansoku	Red (white) side is disqualified
Atoshibaraku	Thirty seconds remaining in match
Attate irua	Contact
Awasete ippon	Upon a second waza-ari awarded, total ippon to end match
Chui	Warning
Fukushin	Judge
Fukushin shugo	Request for Judges' conference
Fusensho	Opponent fails to show, match awarded to other side.
Hajime	Begin
Hansoku	Disqualification due to contact
Hansoku chui	Disqualification warning
Hantei	Notifying Judges to prepare to display their decisions
Hayai	Faster technique
Hikiwake	Draw
Ippon	Perfect scoring point
Jikan	Stop time
Jogai	Contestant(s) out of match area
Jogai keikoku	Contestant(s) out of match area, 1st warning
Jogai chui	Contestant(s) out of match area, 2nd warning
Jogai hansoku	Contestant(s) out of match area, disqualification





Term	Meaning
Kansa	Arbitrator
Keikoku	Caution
Kiken ni yori	Contestant forfeits
Maai ga toi	Improper distance (not close enough to target)
Mienai	Could not see
Moto no ichi	Direction for contestant(s) to return to their respective starting positions
Nakae	Direction for contestant(s) to enter or re- enter the match area
Nukete iru	Technique was off target
Sai-shiai	Re-match
Sakidori ippon	Sudden death match
Shikkaku	Disqualification
Shobu ippon (sanbon) hajime	Start the one (three) point match
Shushin	Referee
Soremade	End of match
Taiming ga osoi	Improper timing
Torimasen	No point
Tsuzukete	Continue (when a match is interrupted by circumstances other than the Referee's instructions)
Tsuzukete hajime	Begin again
Ukete iru	Blocked technique
Waza ari	An effective technique that does not meet the criteria for ippon – scored as one-half point
Yame	Stop
Yowai	Weak technique

Kumite Scoring Areas



The scoring areas shall be limited to the following areas:

- (a) the head,
- (b) the neck,
- (c) the chest,
- (d) the abdomen and,
- (e) the back.

When an effective and powerful tsuki, uchi, ate, or kerī is delivered to a recognized area under the following conditions, ippon (decisive technique) may be awarded. When a contestant scores waza-ari (an effective technique) during a match, these two waza-ari in combination shall be considered as an ippon.

Whistle Signals and Terminology

Whistle signals used by the Referee shall have the following meanings:

Long-Short hantei (decision)

Short yame (stop) or the command to lower the score boards

Corner Judges shall act accordingly as soon as the Referee's whistle signal ends.

- Throw up the red, white, or both flags to indicate winner or draw.
- Before a decision is called, indicate with short whistle blasts to recommend a warning, a foul, point scored, or a conference.

The length of the whistle sounds are long (three seconds) and short (one second).



Judges Signals



Shobu ippon hajime
One Point Match - Begin



Maai ga toi
Improper Distance



Aiuchi
Same Time



Yowai
Weak Technique



Nukite iru
Off Target



Hayai
Faster Technique



Ukete iru
Blocked Technique



Meinai
Could Not See



Hansoku chui
Warning (Small Circles)
Whistle: Multiple, consecutive, short notes



Hansoku
Excessive Contact (Large Circles)
Disqualification
Whistle: Multiple, consecutive, short notes



Hikiwake
Draw



Ippon
Perfect Scoring Technique
Scored as One Point
Whistle: One sharp note



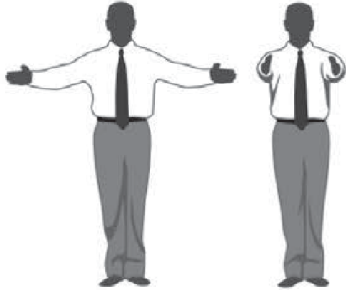
Torimasen
No Point



Waza ari
An effective technique that does not meet the criteria for ippon - scored as one-half point
Whistle: One sharp note



Jogai
Contestant(s) Out of Match Area
Whistle: Multiple, consecutive, short notes



Nakae
Contestants Enter or Re-Enter Match Area



Shobu ippon hajime
One Point Match - Begin



Yame
Stop



Moto no ichi
Return to Start Positions



Tsuzukete hajime
Begin Again



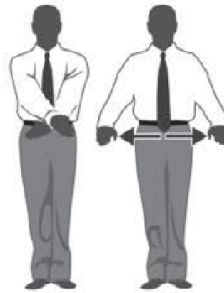
Attate iru
Contact



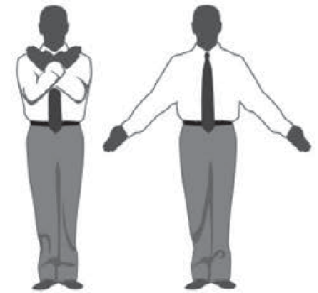
Waza ari
An effective technique that does not meet the criteria for ippon - scored as one-half point



Ippon
Perfect Scoring Technique
Scored as One Point



Torimasen
No Point



Hikiwake
Draw



Jogai keikoku
Contestant(s) out of match area - 1st Warning



Jogai chui
Contestant(s) out of match area - 2nd Warning



Jogai hansoku
Contestant(s) out of match area - Disqualification



Jikan
Stop Time



Hayai
Faster Technique



Aiuchi
Same Time



Ukete iru
Blocked Technique



Taiming ga osoi
Improper Timing



Hansoku chui
Warning



Shikkaku
Disqualified



Maai ga toi
Improper Distance



Nukite iru
Off Target



Yowai
Weak Technique



Fukushin shugo
Single Judge - Conference



Fukushin shugo
All Judges - Conference



Soremade
End of Match

Flatbush and Tora Welcome all participants to the 56th ECSKA Championship





CHESTER COUNTY SHOTOKAN KARATE CLUB

3838 West Lincoln Highway, Downingtown, PA 19335

www.chestercountyshotokan.com | chestercountykarate@gmail.com

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Good Luck to all of the staff, judges and competitors!

**Good Luck to All
Competitors!**



KAZE KARATE
TRADITIONAL SHOTOKAN

St. John's Episcopal Church
576 Concord Rd., Glen Mills, PA 19342
Email: info@kazekarate.org

Chief Instructor: Marcia Ransom



Mushin Dojo
Domenick Raiola Instructor
67 39 3rd Avenue
Brooklyn NY 11215
Hitotsu! Jinkaku kansei ni tsutomuro koto.
Seek perfection of character.
The Mushin dojo would like to extend their
best wishes for a successful tournament

**Congratulations and best of luck
to all competitors from the
ISKF Karate Clubs of Maryland**



Shotokan Karate Club of Maryland

Najib Baha Amin, Instructor

Farid Amin, Instructor

(410) 521-0144

www.shotokankarateofmd.com

Shotokan Karate Club of Hagerstown

Robert O'Brien, Instructor

Isaac O'Brien, Instructor

(301) 739-0406

www.hagerstownshotokan.com

Baltimore Karate Club

Igor Miletic, Instructor

Edward Davis, Instructor

(410) 528-9768

www.baltimorekarateclub.org

Southern Maryland Karate Club

Paul Willoughby, Instructor

(301) 904-8687

home.md.metrocast.net/~paulwilloughby

**Katayanagi
Shotokan Karate**



Michael Katayanagi

Chief Instructor
ISKF Certified Instructor, Examiner, Judge

katamike@verizon.net 516-330-2369
Port Washington, NY 11050
www.pwshotokan.com

*Try to be happy everyday;
people will think you are crazy
and leave you alone.*



sww

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Sheldon Ruskin
Head Instructor



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松涛館

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www.xannga.com/EonShotokan

New Rochelle Shotokan Karate Club

at the New Rochelle YMCA

BEST OF LUCK TO ALL CONTESTANTS! KEEP TRAINING!



Lidj Lewis,
Chief Instructor, Director
50 Weyman Ave.

New Rochelle, NY 10805

914-632-1818

newrockarate@aol.com

www.newrockarate.com

56TH Annual East Coast Shotokan Karate Championships

Congratulations To Our Hosts:
Tora Shotokan Karate Club & Flatbush Shotokan Karate Dojo

Best Wishes To All Competitors, Tournament
Officials, Instructors & Guests

April 13, 2019

Brooklyn, New York



Ms. Elaine Smith, 7th Dan, Head Instructor
& Club Founder, Established: 1992
ISKF Qualified Karate Instructor, Examiner & Tournament Judge,
East Coast Technical Committee Member
Dojo Located At: FPDA: 19 W. Lancaster Avenue Ardmore, PA, 19003
Email: esmith42@comcast.net Telephone: 610-892-0859



Shotokan Karate of Hampton Roads

10840 Warwick Blvd

Newport News, VA 23601

757 - 329 - 0358

ShotokanVirginia.com

Keep Training!



56th ISKF/EAST COAST KARATE CHAMPIONSHIPS

祝

**GOOD LUCK
TO ALL PARTICIPANTS**

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Thank You Volunteers! We couldn't do it without you

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Kaillah Prados-Waldron	Tora	Frank Ryan	Flatbush
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Lidj Lewis	New Rochelle	James King	Flatbush
Robin Waldron	Tora	James Ogle	Flatbush
Sandra Chapman	Tora	Kareen Ogle	Flatbush
Shaun Lee	Fairfax	Karen Allen	Flatbush
Steven King	Flatbush	Keturiah Smith	Flatbush
Sylvia Lightborne	Flatbush	Lipton Ottley	Flatbush
Tanika Ogle	Flatbush	Paul Payne	Flatbush
Tatiana Dorestan	Flatbush	Sopio Tkebuchava	Flatbush
Guy Via	Hampton Roads	Jen Vogl	Okazaki
Kevin Dorst	Hampton Roads	Michael Ro	Dominion

Special thanks to our Sponsors

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Sandra Chapman
Ivonne Waldron**

IN LOVING MEMORY



John Pohle – Shichidan

03/1950 – 03/2019

John Pohle was born in Dayton, Ohio in March of 1950 and started his karate training in March of 1972 with Greer Golden Sensei at The Ohio State University. After graduating from college that same year, he moved to Dayton, Ohio to begin work as a teacher, and there he trained with Sensei Melvin Wilder and Sensei Calvin Wilder.

He moved to Virginia Beach, Virginia in 1980 and was employed as a teacher for the Talented and Gifted Program in the Virginia Public School Program. He started a karate club and taught after school in Virginia Beach. He later graduated from the ISKF/JKA Instructor Training Program as taught by Teruyuki Okazaki Shihan. John attended many tournaments as a judge and was at most camps on the east coast where he contributed as an instructor and as a judge. Other than karate training, he enjoyed playing the piano, was a pilot, and loved being in natural environments.

He is survived by his two daughters, Jessica and Rachel.

Artist Tributes by Flatbush Shotokan Karate Dojo

Abigail Duesbury



Keifer Gaskin

Ahmed Abdullah



Paul Payne



Shotokan Karate Is For Everyone

Osu!



AUTOGRAPH

Dedicated to Sensei Maynard Miner



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