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
Congratulations to the Tora Shotokan Karate Club and Flatbush Shotokan Karate Dojo for hosting the 56th ECSKA Championship

Best Wishes to All Competitors, Officials and Instructors

You can visit us on the web at kinjisandev.com

Call Us: (718) 338-0529

Monday - Friday: 11:30am - 6pm EST
Saturday: 10:30 - 3pm EST

Kinjisandev@gmail.com

3010 Avenue M, Brooklyn NY 11210
Welcome To The

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

APRIL 13, 2019
NAZARETH REGIONAL HIGH SCHOOL GYMNASIUM

努力の精神を養ぶ事

ENDEAVOR

TORO SHOTOKAN KARATE CLUB
HOSTS
FLATBUSH SHOTOKAN KARATE DOJO, INC
Apr. 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,

ANDREW M. CUOMO

WE WORK FOR THE PEOPLE
PERFORMANCE • INTEGRITY • PRIDE
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 FSDK 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 FSDK organizers, competitors and spectators on a successful tournament.

Best wishes,

Yvette D. Clarke
Member of Congress
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 everyday 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 martial 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 Brooklynnites, 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
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
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
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

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30 AM</td>
<td>Doors Open</td>
</tr>
<tr>
<td>7:30 AM - 9:00 AM</td>
<td>All Competitors Check-In</td>
</tr>
<tr>
<td>8:00 AM</td>
<td>Judges’ Meeting</td>
</tr>
<tr>
<td>9:00 AM</td>
<td>Opening Ceremony</td>
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<tr>
<td>9:30 AM</td>
<td>Demonstration</td>
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<tr>
<td></td>
<td>Heian Shodan by all the youth competitors</td>
</tr>
<tr>
<td>9:30 AM</td>
<td>Elimination &amp; Finals</td>
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<tr>
<td></td>
<td>• Senior Individual &amp; Team</td>
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<tr>
<td></td>
<td>• Youth Individual &amp; Team</td>
</tr>
<tr>
<td></td>
<td>Lunch</td>
</tr>
<tr>
<td></td>
<td>Adult Individual &amp; Team</td>
</tr>
<tr>
<td></td>
<td>Awards</td>
</tr>
</tbody>
</table>

## Officials

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chairman</td>
<td>Hiroyoshi Okazaki, Chief Instructor ISKF</td>
</tr>
<tr>
<td>Chief Judge</td>
<td>Robin Rielly, Kobukan Karate Club</td>
</tr>
<tr>
<td>Chief Arbitrator</td>
<td>Najib Amin, Shotokan Karate of Maryland</td>
</tr>
<tr>
<td>Championship Director</td>
<td>Eon Waldron, Tora Shotokan Karate Club</td>
</tr>
<tr>
<td>Assistant Championship Director</td>
<td>Sandra Chapman, Tora Shotokan Karate Club</td>
</tr>
<tr>
<td>Chief Instructor</td>
<td>Maynard Miner, Flatbush Shotokan Karate Club</td>
</tr>
<tr>
<td>Host Instructor</td>
<td>Eon Waldron, Tora Shotokan Karate Club</td>
</tr>
</tbody>
</table>

## Staff

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medic</td>
<td>Nkosi Applewhite</td>
</tr>
<tr>
<td>Program Designers</td>
<td>Eon Waldron &amp; Benilda Ottley</td>
</tr>
<tr>
<td>Registration</td>
<td>Benilda Ottley, Keturiah Smith &amp; Shaun Lee</td>
</tr>
<tr>
<td>Announcer</td>
<td>Lidj Lewis</td>
</tr>
<tr>
<td>Event Staging</td>
<td>Shaun Lee &amp; Guy Via</td>
</tr>
</tbody>
</table>
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

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.

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**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

<table>
<thead>
<tr>
<th>Term</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aiuchi</td>
<td>No point. Contestants scored simultaneously</td>
</tr>
<tr>
<td>Aka (Shiro) no kachi</td>
<td>Red (white) side is winner</td>
</tr>
<tr>
<td>Aka (Shiro) hansoku</td>
<td>Red (white) side is disqualified</td>
</tr>
<tr>
<td>Atoshibaraku</td>
<td>Thirty seconds remaining in match</td>
</tr>
<tr>
<td>Attate irua</td>
<td>Contact</td>
</tr>
<tr>
<td>Awasete ippon</td>
<td>Upon a second waza-ari awarded, total ippon to end match</td>
</tr>
<tr>
<td>Chui</td>
<td>Warning</td>
</tr>
<tr>
<td>Fukushin</td>
<td>Judge</td>
</tr>
<tr>
<td>Fukushin shugo</td>
<td>Request for Judges’ conference</td>
</tr>
<tr>
<td>Fusensho</td>
<td>Opponent fails to show, match awarded to other side.</td>
</tr>
<tr>
<td>Hajime</td>
<td>Begin</td>
</tr>
<tr>
<td>Hansoku</td>
<td>Disqualification due to contact</td>
</tr>
<tr>
<td>Hansoku chui</td>
<td>Disqualification warning</td>
</tr>
<tr>
<td>Hantei</td>
<td>Notifying Judges to prepare to display their decisions</td>
</tr>
<tr>
<td>Hayai</td>
<td>Faster technique</td>
</tr>
<tr>
<td>Hikiwake</td>
<td>Draw</td>
</tr>
<tr>
<td>Ippon</td>
<td>Perfect scoring point</td>
</tr>
<tr>
<td>Jikan</td>
<td>Stop time</td>
</tr>
<tr>
<td>Jogai</td>
<td>Contestant(s) out of match area</td>
</tr>
<tr>
<td>Jogai keikoku</td>
<td>Contestant(s) out of match area, 1st warning</td>
</tr>
<tr>
<td>Jogai chui</td>
<td>Contestant(s) out of match area, 2nd warning</td>
</tr>
<tr>
<td>Jogai hansoku</td>
<td>Contestant(s) out of match area, disqualification</td>
</tr>
<tr>
<td>Term</td>
<td>Meaning</td>
</tr>
<tr>
<td>---------------------------</td>
<td>-------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Kansa</td>
<td>Arbitrator</td>
</tr>
<tr>
<td>Keikoku</td>
<td>Caution</td>
</tr>
<tr>
<td>Kiken ni yori</td>
<td>Contestant forfeits</td>
</tr>
<tr>
<td>Maai ga toi</td>
<td>Improper distance (not close enough to target)</td>
</tr>
<tr>
<td>Mienai</td>
<td>Could not see</td>
</tr>
<tr>
<td>Moto no ichi</td>
<td>Direction for contestant(s) to return to their respective starting positions</td>
</tr>
<tr>
<td>Nakae</td>
<td>Direction for contestant(s) to enter or re-enter the match area</td>
</tr>
<tr>
<td>Nukete iru</td>
<td>Technique was off target</td>
</tr>
<tr>
<td>Sai-shiai</td>
<td>Re-match</td>
</tr>
<tr>
<td>Sakidori ippon</td>
<td>Sudden death match</td>
</tr>
<tr>
<td>Shikkaku</td>
<td>Disqualification</td>
</tr>
<tr>
<td>Shobu ippon (sanbon) hajime</td>
<td>Start the one (three) point match</td>
</tr>
<tr>
<td>Shushin</td>
<td>Referee</td>
</tr>
<tr>
<td>Soremade</td>
<td>End of match</td>
</tr>
<tr>
<td>Taiming ga osoi</td>
<td>Improper timing</td>
</tr>
<tr>
<td>Torimasen</td>
<td>No point</td>
</tr>
<tr>
<td>Tsuzukete</td>
<td>Continue (when a match is interrupted by circumstances other than the Referee’s instructions)</td>
</tr>
<tr>
<td>Tsuzukete hajime</td>
<td>Begin again</td>
</tr>
<tr>
<td>Ukete iru</td>
<td>Blocked technique</td>
</tr>
<tr>
<td>Waza ari</td>
<td>An effective technique that does not meet the criteria for ippon – scored as one-half point</td>
</tr>
<tr>
<td>Yame</td>
<td>Stop</td>
</tr>
<tr>
<td>Yowai</td>
<td>Weak technique</td>
</tr>
</tbody>
</table>
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 keri 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

- Aluchi
  Same Time

- Yowai
  Weak Technique

- Nukite iru
  Off Target

- Hayai
  Faster Technique

- Ukete iru
  Blocked Technique

- Meinai
  Could Not See

- Hansoku chu
  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 ippōn 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 ippōn - 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

Shikkkaku
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
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 nitsutomuro 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.

swm

Dominion Shotokan Karate Club
dominionshotokan.com

SENSEI RUSKIN KARATE SCHOOL

Sheldon Ruskin
Head Instructor

6113 18th Avenue
Brooklyn, NY 11204
(718)256-8953
www.ruskinkarate.com

TORA SHOTOKAN KARATE CLUB
Member of International Shotokan Karate Federation

Sharing for the perfection of

EON WALDRON
ISKF Qualified Instructor/Examiner/Chief Instructor

85a East 5th Street
Brooklyn, NY 11209
Phone: 917-650-1248
Email: toraskojo@gmail.com
www.usangp.com/EonShotokan

New Rochelle Shotokan Karate Club
at the New Rochelle YMCA

BEST OF LUCK TO ALL CONTESTANTS! KEEP TRAINING!

Lidij 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
Shotokan Karate
of Hampton Roads
10840 Warwick Blvd
Newport News, VA 23601
757 - 329 - 0358
ShotokanVirginia.com

Keep Training!

Good Luck To All Participants

56th ISKF/EAST COAST KARATE CHAMPIONSHIPS

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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

Ahmed Abdullah

Keifer Gaskin

Paul Payne

Shotokan Karate Is For Everyone

OSU!
AUTOGRAPH
Dedicated to Sensei Maynard Miner
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