



To Preserve and Spread Traditional Japanese Karate through Exceptional Instruction

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Master Camp 2019

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In addition to our guest instructors, Shihan Okazaki will be joined by many members of our esteemed Shihankai and ISKF Technical Committee. The Shihankai members are: Sensei James Field, 8th Dan;

Sensei Robin Rielly, 8th Dan; Sensei Najib Baha Amin, 8th Dan; Sensei Gary Swain, 8th Dan; Larry Loreth, 8th Dan; and Sensei Gary Turnbull, 8th Dan. Members of the Technical Committee include the following Senseis: Cathy Cline, 8th Dan; David Jones, 8th Dan; Peter Warren, 8th Dan; Steve Pohle, 8th Dan; Tony Tam, 8th Dan; Oded Friedman, 8th Dan; and Mark Tarrant, 7th Dan.



TAKECHIYO NEMOTO

The camp is open to all Shotokan practitioners. Master Camp brings you the best instructors who teach classes that comprise a high level of instruction as well as physically challenging exercises to sharpen one's karate skills. Mark your calendars for the week of June 7- 14, 2019!



RYOZO HIRATA

Don't Miss Two Special Lectures at Master Camp!

Please see the calendar at camp for time and locations. This year's lectures are:

- **On Saturday, June 8, Sensei JD Swanson will present, "How to Face Violence: A primer on what to expect and do before, during and after an encounter."**
- **On Sunday, June 9, Sensei Larry Loreth will present, "Teaching Karate: An Endless Learning Process."**

A Question from Shihan Okazaki

During a town hall discussion hosted at last year's Master Camp, Shihan Hiroyoshi Okazaki ended his conversation with a challenge for the group. "Maybe you can tell me the answer," he said.

"In Japan some people put their thumbs on the ground to bow, and some people put their thumb inside their fist, on the ground, and bow. Why do they do that?"

Have you figured out the answer? Well, you still have more time. Shihan Okazaki says he plans to provide the answer at next year's Master Camp in June 2020.



A Pioneer of Shotokan Karate in the USA

~ Sensei Greer Golden ~

Chief Instructor Emeritus of Mid-America Region, Dies at 81

By Bruce Green and Martin Vaughan, ISKF, 2019

Many Shotokan instructors began their training during their college years. Those who trained under Sensei Golden would all agree that he had a way of motivating and connecting to college-age students that made him genuinely special. His students and their progeny owe much of their current foundation for karate spirit, technique, and personal growth to Sensei Golden. His courage, enthusiasm, and his legacy as an instructor are truly inspiring.

Sensei Golden had a gift when it came to communicating with students. It didn't matter how many were in the class, 20 or 200. When the class was over, you could ask any one of them and they were sure he was talking directly to them. His message always came across clearly. Sensei Golden was one of the best instructors I trained with and he got his point across positively.



Sensei Greer Golden
March 12, 1937 -
February 18, 2019

**-Sensei Gary Swain,
member of the ISKF Technical Committee and
Shihan-kai**



Senseis Golden and Field

Sensei Golden was born at Walter Reed Hospital in Washington, DC, on March 12, 1937. Active as a young boy, he spent much of his early life in the outdoors in Southwestern Florida. In 1956, Sensei Golden enlisted in the U.S. Air Force and was stationed in Okinawa, Japan. It was there that he began his study of karate under Sensei Kobayashi. Still determined to master the skill and philosophy of Shotokan, Sensei Golden persevered despite difficulties, and extended his enlistment, allowing him to earn his Shodan in 1961 as one of the first Americans to do so.

When Sensei Golden returned to the United States in 1961, he was invited by Master Hidetaka Nishiyama to train at his dojo in Los Angeles. In 1965, they were joined by a young instructor from Japan, Yutaka Yaguchi, who had a major influence on Sensei Golden.

In 1968, Sensei Golden enrolled in an instructor trainee program that Master Nishiyama and Master Yaguchi patterned after the program used by the Japan Karate Association (JKA). Sensei Golden,

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Ray Dalke, and Lester Ingber became the first trainees in the new program. They trained for six hours a day with Master Nishiyama and Master Yaguchi. The three Americans became the first non-Japanese to complete the program in 1969 and were licensed as instructors by the Japanese Ministry of Education. Other contemporaries included Frank Smith, James Field, James Yabe, George Takahashi, Rei Fujikawa, and Bob Shibasaki.



Even the masters practiced kihon at last year's Master Camp. (From left): Takayuki Mikami, Greer Golden, Master Nakayama (demonstrating age-uke), Shigeru Takeshima (behind Nakayama) and Yutaka Yaguchi. Taking mental notes in the rear are campers Hiroyoshi Okazaki and Masanobu Nihai.

I think I met Golden-san in 1965 and from that day I have only known him as sempai and my friend. He was always there for any questions or any problems that I would have. He treated me as an equal, not a junior person in the dojo. We trained side by side for a few great years until he was sent to Ohio. He was and still is the best friend that I have ever had. He was one of the best people in my life. I do miss him now and I will miss him in the future.

- Sensei James Field, Chief Instructor, ISKF Southwest Region, and member of the ISKF Technical Committee and Shihan-kai



All Japan Championships, B. Baleotti of Italy and G. Golden of the U.S., 1970

Karate was becoming popular in the United States. Ohio University in Athens, Ohio, and Ohio State University in Columbus, Ohio, acting on students' wishes, were looking for an instructor to establish a traditional Shotokan karate club. Sensei Nishiyama recommended Sensei Golden and he accepted the position at Ohio University in 1970 and started the club at Ohio State University shortly thereafter.

Upon moving to Ohio, Sensei Golden made contact and developed a close relationship with Master Teruyuki Okazaki of Philadelphia. When Master Okazaki formed the International Shotokan Karate Federation (ISKF) in 1977, Sensei Golden was appointed to lead the Mid-America Region of the new organization, a position that he held for over 20

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Senseis Vaughan, T. Okazaki, and Golden

years. Sensei Golden served for several years on the original ISKF Technical Committee and was instrumental in the organization and helped accomplish the addition of the Alaska Region to the ISKF.

When not thinking about karate, Sensei Golden was often thinking of practical jokes. His favorite targets were his instructors and his senior students. He knew their “weaknesses” and exploited them to great effect with carefully crafted pranks. Many of these are legend.

One time at Master Camp around the late 1970s, Greer told the young kids that Mr. Yaguchi would really like it if they could find a frog or a snake and give it to him. Off they went on their mission to find prized gifts for Sensei Yaguchi.

- Larry Rothenberg, Chief Instructor, Cleveland Shotokan Karate Club

Quick-witted and charming, Sensei Golden was well known as an inspiring karate instructor. His ability to relate to his students, particularly college students, set him apart and left a legacy of former students throughout the ISKF.

Inspired by the example set by Sensei Golden, many of his students became “first generation” certified ISKF instructors; Bruce Green (Mountain States Region), Steve Pohle and John Pohle (East Coast Region), and Martin Vaughan and James Oberschlake (Mid-America Region). Other senior students still active include Larry Rothenberg, Tim Ostrom, and Chris Elsasser, to name but a few.



Master Nakayama and Sensei Golden

Sensei Golden was thinking about karate all the time. Teaching and demonstrations were just as likely to occur outside the dojo as inside the dojo with Sensei Golden. His students were often treated to demonstrations that preceded with “Help me move this coffee table, I’ve got something I’ve been thinking about that I want to show you.”

- Martin Vaughan, Chief Instructor, ISKF Mid-America Region and ISKF President

Greer Golden, founder of the Mid-America Region of the ISKF, the Ohio University and Ohio State University karate clubs, died in Columbus, Ohio on February 18. He was 81. He will be greatly missed.

Spotlight Interview: Sensei Mark Tarrant

Last year, Sensei Mark Tarrant, 7th Dan, became a member of the ISKF Technical Committee and the chief instructor of the ISKF Mountain States Region. Sensei Tarrant, who teaches in Arvada, Colorado, talked to the Spotlight about his journey from being introduced to karate, to becoming a national and international competitor, and now to passing on what he's learned to his own students.

Q: How did you become interested in karate?

A: My mom was working for the superintendent of schools in western Colorado in 1976 and she came back one summer and said, "You know there's a little English guy teaching karate at the elementary school. Maybe you ought to do that." So, I went to the elementary school met and with this Englishman (Sensei David Johnston) and as luck would have it, he was connected with the JKA. He had trained in England with Sensei Kanazawa and Sensei Enoda.



Sensei Tarrant competing in the kata finals at the ISKF National Championships in Denver in 1999

Q: What were your initial impressions of karate when you started training?

A: I liked it immediately. I think being naturally flexible and athletic that it came sort of easy for me. Just little by little, it became a deeper and deeper part of my life. And, of course, meeting someone like Sensei Yaguchi, for me, that was something so completely different. You know, when you're a young kid, even the first time you see somebody like that, it's a bit of a shock.

Q: You trained with Sensei Yaguchi for 40 years before he recently retired. Is there a way to express what he means to you and so many other students?

A: Among all the instructors I know, he's the most approachable and fun. I think a lot of instructors have a distance between them and their students. Sensei Yaguchi enjoys being around students, he likes having fun, and talking and doing all that, especially as you get to know him more and more.

Q: What do you like the most about training?

A: I love kata, which you wouldn't maybe expect for a tall, skinny person. I often compare kata to music. I'm not a musician, but there is room in kata for interpretation, for variety.

For me, that's the essence of it all. Is that artistic element that you find in kata, that's what works for me. Kumite for me was always fun, but it was hit or miss for competitors to be consistent. But to be good in kata, especially consistently, meant way more to me than to be good in sparring.

Q: You competed on the US National and International teams for many years. What did you enjoy about that level of competition?



A: Well, I like traveling. That was the main reason I wanted to do it. Honestly, I hated tournaments. I hated competing. What I loved was training to compete. That's what motivated me and pushed me. All the training and all the discipline that it took to get there is what it was all about.

Q: Did you change how you trained if you had a big tournament coming up?

A: I think for any serious person, in any sport, what gets you to be really good is self-training. I spent hours and hours and hours self-training. After the dojo closed, I was there. And I loved that part of it. I could watch myself in the mirror, I could hit the bags. That was my favorite part of training. What I got out of class, what I needed, was that spirit, that energy. And then the self-training is what kind of got me into the mode and the mood I needed to be in. It was the extra stuff after class that brought me up.

Q: You have also described visualization as a technique that helps you in kata. How does that work for you?

A: I worked out every single move in my head for a kata, all the directions that I was turning and what movements worked for me every time. I started writing down what worked so I always could get back to the visualization. I hate that feeling of when you do a kata and then you realize you don't even remember doing it. I want to be in the moment. I want to feel everything. I want to feel my bones hit the floor after a kick. I have to have that reality. By going through the visualization, I'm in the kata. I'm doing the kata, the kata isn't doing me. I have to say though, that I learned more about kata after I retired from competing.

Q: What did you learn when you retired from competing?

A: I could step back and look at kata from a different perspective. What I realized is that the fast-moving kind of athletic aspects of kata is not all there is to kata. There's something special in the controlled slower movements that I noticed when I watched other competitors at the time like Sensei Hiroyoshi Okazaki. You can feel the subtle depth of the slower movements that make a big difference.

Q: What lead you to becoming an instructor?

A: I like passing on the things I love to other people. Not everyone who is a good competitor necessarily is a good teacher. I lucked out in that I'm able to do it. I'm not a really formal disciplinarian. I'm a little looser, but it works for me and my students.

Q: What were your goals now that you are a member of the ISKF Technical Committee?

A: I'd like to teach more and test more students. I like to inspire people and do the unexpected. I like to show students what to do and explain things well, and then kind of let them open their eyes.

Q: What issues do you think the karate community is facing right now?

A: I think one thing we can do is to tap into the talents of some independent Shotokan people. I think a lot of Shotokan can get stuck in a box. You do your basics, you do your moves, but you're afraid to jump out of the box. We need to be able to do something a little different. That's the way my mind works. And that's what inspires people. That's what sparks their interest and keeps them going.

Q: What do you think is the most important thing that students should be thinking about to get the most out of an experience like Master Camp?

A: I guess mainly to be open minded and to listen. The people here are motivated, and they want to learn. Every instructor has a little different approach or a different take on how they teach. Pick up on those things and find the trainings that work for you. Obviously, you have to have the foundation first. That's true in any art or discipline. Again, I compare it to music. I mean, you have to know your scales first, or in our case, your Heian katas. But ultimately, if you stick with it long enough and you're serious about it, you grow, but you never forget the basics.

Q: Can you describe what sparks your interest in karate right now?

A: I like to learn from other teachers so I can be a better teacher. I just want to give the best I can give. It's not so much that I want to stand out. It's that I want to use my creativity and innovation to give my people the best that I can give. I can't hold it to myself. I have to give it back.

Spotlight on YOU!

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