

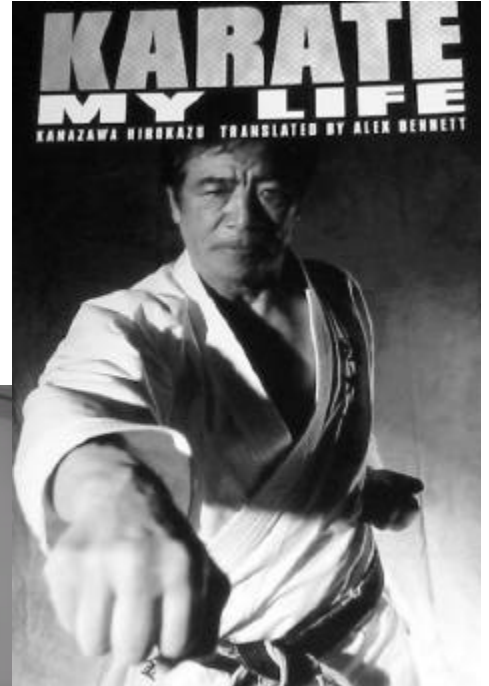
# SKIF-USA Newsletter

A publication of SKIF USA  
Editor: Ali Arsanjani



KANCHO'S NEW BOOK "KARATE: MY LIFE" BRINGS NEW INSPIRATION AND INSIGHT INTO THE MASTER'S LIFE

"Karate is what has given me hope throughout my life. It is the teacher that has guided me to where I am now. The more I know, the more I climb, yet the mountain just gets higher. The more I try, the more I focus, the depth is limitless. There is no end in sight. That is karate, my life" — Kancho Kanazawa, in his book, *Karate, My Life*



A translation of the original Japanese book *Waga Karate Jinsei* published by the Nippon Budokan and translated by Alex Bennett is now available.

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### US TEAM AT THE 8TH SKIF WORLD CHAMPIONSHIPS

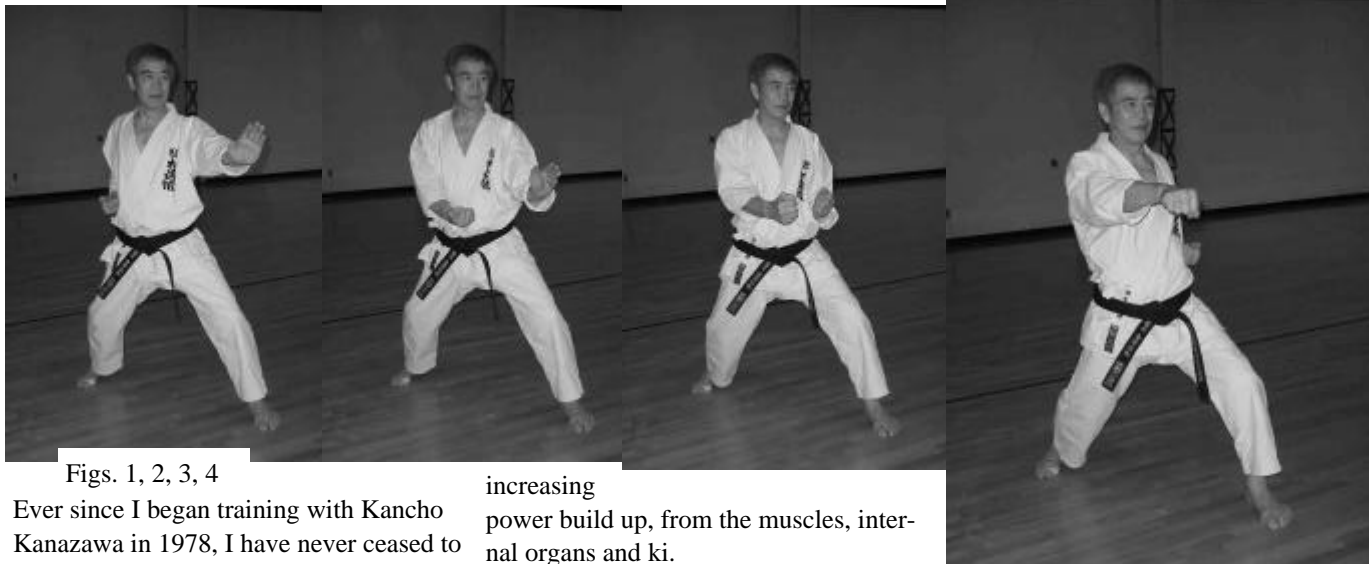
The US karateka who attended the SKIF Championships consisted of Lynda Crimmins, Milt Baston, Glenna Burleson, Francis Fong and Glenn Burleson.

Shihan Fong won first place in veteran kata and Sensei Glenn Burleson won second place in veteran division kata and third position in veteran division kumite.

Congratulations!

## HAPPY NEW YEAR FROM SKIF-USA!

## Editor's column: Kanazawa Kancho's Way of Harmony



Figs. 1, 2, 3, 4

Ever since I began training with Kancho Kanazawa in 1978, I have never ceased to be amazed by his teaching methods: they are indeed awe-aspiring. The interesting thing is that the deeper you dig into the meaning behind the techniques and methods, the more you uncover as he explains the fine points and yet indescribable unity and simplicity of his karate system.

For example, take *gyaku-zuki*. Now how many times have we done that? Every time I think I have understood the correct method of executing an apparently simple technique, such as *gyaku-zuki*, Kancho's bring out some aspect that brings a refreshing nuance to a technique you have been practicing for the past 24 years. He breaks the technique down (okay we have seen this before, BUT) he then proceeds to discuss the breathing, muscles to be used, action of the hand, shoulder, hip, *hara*, ankle, knee and heel.

So many things to teach to a beginner — that's why it takes so long to master... But wait, he begins to explain that from *tate-shuto-uke* (*gyaku zuki yoi* in fig 1 above), you do not just move the hand in three counts, you squeeze the muscles under the armpits, the biceps, the *hara* in the punching arm, and in the *hikite*, you bring the elbow against the side, squeezing the same set of muscles, including the chest muscles. These all constitute the contraction phase of *gyaku-zuki*. Note the back muscles are not being used. You next (fig 3) move into the next transitional phase and as you do so, the contraction builds up

increasing power build up, from the muscles, internal organs and *ki*.

The last move shown in Fig 4 is to transfer the power generated through contraction into the target through expansion: the opposite set of muscles are now used and the muscles contracted are now expanded; with the back and under arm muscles tensed but with the chest expanded. Now, let's analyze the moves based on Kancho's philosophy of harmony.

The source of these realizations is the philosophy of Kananzawa Kancho. Kancho explains his karate-do as the way of harmony; creating a profoundly humble, peace-loving, mild-mannered and yet powerful human being who is *one* with humanity and the Nature. This state of harmony is instilled through a combination of meditation and training (karate-do and taichi) that is based on harmonious movement of breath, mind, *ki* and body.

Based on this philosophy, every move has two main parts: contraction and expansion. Fig 1 is a state of relaxed readiness and vigilance (*yoi*). This gives way to the "squeezing" and contraction of muscles in the lower abdomen, and arms. This is accomplished using the front muscles of the body.

Fig 3-4 transitions into a state of expansion of the chest where the reverse punch is produced with *kime* (focus), this time mainly using the muscles of the back and

armpits — the muscles in the back portion of the body are used.

Also, note that in fig 2, the body's angle (shoulders and hips) does not change from *hanmi* (45 degrees facing), the punching hand drops down as the arm contracts; the *hikite* is brought in so that the elbow is pressed against the left side. The abdominal area is contracted and as a coiled spring sends the *ki* flowing through the body by the next move which is the expansion of the chest and arms by tensing the back and armpit muscles.

This principle is applied to most other techniques, such as *jodan-age uke*, *gyaku-zuki*, for example.

This harmony of yin-yang, expansion-contraction and using the *hara* is essential to a harmonious karate training; one that is not all tension, but a harmonious combination of yin and yang; contraction and expansion.

— Ali Arsanjani,, *Godan*, editor SKIF Newsletter

(aarsanjani@mum.edu)

For future issues of the newsletter, please send me your comments and/or your articles, pictures, events, etc.

## Technical Committee Is Getting Around



System training seminar in Houston presented by Glenna Burleson Sensei and assisted by Glenn Burleson Sensei on November 15-16 with SKIF instructors and students from 6 dojos taking part.

Last year at the Annual meeting of the Board of Directors, it was decided that SKIF-USA should have a technical committee. The technical committee is made up of board members that are willing to travel to member dojo to assist them in learning the SKI System.

Kanazawa Kancho has put many, many hours into developing a system that allows for great detail. There is a saying that what makes an artist great is his/her attention to detail and so it is with the art of karate.

It is our hope that through these efforts we can standardize training methods throughout the United States and build one of the strongest and best organizations in the world.

The pictures on this page only present a few of this year's efforts by the technical committee.

Hiroyasu Fujishima Shihan taught seminars at the New York dojo in January and July.

Glenna Burleson and Glenn Burleson were hosted for a

weekend seminar in Houston on November 15 & 16 with 5 SKIF-USA dojos taking part.

Glenn Stoddard has made several trips to the Nekkoosa Dojo, just a couple of hours away from Madison to help them get on track with the system, as they are new to SKIF-USA.

Also, other high ranking karateka have been teaching. Ali Arsanjani, Godan, has been asked to teach seminars in Chicago and the suburbs this year.

To schedule a visit from our technical committee, call Glenna Burleson at 651 631-2696 or e-mail [skifusa@aol.com](mailto:skifusa@aol.com)

—Glenna Burleson, General Secretary,  
Godan



Jim Shea and Mike Cook put on a seminar on October 25 & 26 in Vernon, Ct. SKIF instructors and students from NY, TX, MA, ME and Canada attended.



Seminar in Port Edwards, WI by Glenn Stoddard Sensei.

## 8th SKIF World Championships

### Travel Diary of a Contestant

It's Monday, September 22, our first full day in Durban, South Africa. I (Lynda Crimmins, Minnesota) arrived in Durban with the other four members of the US team: Mr. Francis Fong, Hawaii; Milt Baston, Maine; and Glenn and Glenna Burleson, Minnesota. The morning begins with a "Kingdom Tour". The Kingdom is designed to show a small glimpse into the three main cultures of the KwaZulu Natal region of South Africa – Zulu, Indian, and British. We saw a replica of a traditional Zulu village, a museum commemorating Gandhi and the other indentured Indians brought to South Africa in the late 1800's – 1900's. The tour ended with a traditional British tea.

Days two and three were spent with Yudansha-Kai training. During the first session, we worked on kata and the second session had us working on kumite. On the morning of the third day many of us had the opportunity and privilege to assist with a special training session. The South African team, along with Kanazawa Kancho, hosted a training session for the street children of Durban. A large group of children were given a chance to spend a few hours 'off the street'. All (including the adults assisting) seemed to enjoy learning to kick, punch, and block!

Thursday gave us the chance to watch a large group of people take their dan grading. People were grading for Shodan through Rokudan. Among those grading was Glenn Burleson from Minnesota who received his Godan. With such a large group, the testing took several hours but was well worth every minute given the wonderful performances.

Day five, it's finally Friday and the tournament begins! We watched and assisted with judging the junior division and the opening rounds of the Senior Men and Women's Kata divisions.

Saturday brings the Final matches of the Senior Women's Kata and the first round of matches for the Senior Women's Kumite. But most importantly, the Master's Division was held! All five members of the US team were competing in the Master's division – it's finally our 'time to shine'!

Despite our small team, we did bring home three medals. Mr. Francis Fong placed first in the Men's Kata, 65+ category; Glenn Burleson captured second in the Men's Kata, 55-59 category and third in the Men's Kumite, 55-59 category. We also had a three-person team in the 150+ team category (Glenn and Glenna Burleson, Lynda Crimmins), which placed fourth doing Nijuhachi-Ho. This placed us 15th out of more than the 50 countries, which were competing.

The day's events ended with the Opening Ceremonies. After all 50 participating countries were announced, we were entertained by dancers/performers representing South Africa's diverse population and culture.

The Final day arrives. On Sunday we watched the team Kumite and Kata competitions, the Senior Men's Kata finals, as well as the Senior Women's and Men's Kumite finals. The event filled week ended that evening with a typical Farewell Party – good food, good friends, and good fun!

This was my first chance to attend and participate in the World Championships. It was a unique experience that I can't wait to repeat! The 9th SKIF World Championships will be held in 2006 – stay tuned for details on where the tournament will be held. A new event this year was Jiyu Ippon Kumite competi-



US delegates attending the Mayors reception in Durban, South Africa



Glenn Burleson 2nd place in kata, Durban,



Demonstration with Tanaka Sensei in South Africa

tion. This was similar to the kumite for Shodan grading, with each side taking turns at attack and defense. It was a very exciting competition.

— Lynda Crimmins, *Sandan*.

## Welcome to SKIF-USA!

We would like to welcome these new dojo to our SKIF-USA family. We look forward to a long and prosperous relationship in the development of karate-do.

**Fresno Karate Club**  
3837 E. Swift Avenue  
Fresno, CA 93726

Mr. Michael J. Fannon, Sensei

Mr. Fannon has practiced SKIF system for many years. He has been part of an independent dojo, now he has opened his own dojo and will be joining us in the venture to bring good karate to all. We are happy to have him and his dojo as part of the team.

**University of Houston Shotokan Karate-Do**  
6315 Feldspar Street  
Houston, TX 77092

Mr. Deddy Mansyur, Sensei

The University of Houston Shotokan Karate-Do club celebrated their 25th anniversary last year under the direction of Mansyur Sensei. Mr. Mansyur has been independent for many years, last year he decided to join with the Houston Shotokan Karate Club under Patrick Richoux. After Kancho visit to Houston last June, Mr. Mansyur was convinced that he would like to be part of SKIF-USA. Welcome!

**International Karate Institute, Inc.**  
9050 Uppercove Circle  
Houston, TX 77064

Mr. Noel Candelaria, Sensei

Mr. Candelaria has been practicing karate-do for many years, some of which were under Nishiyama Shihan. He knows Kanazawa Kancho well and we are very happy that he has decided to join us. We look forward to many years together.

**Japanese Karate Academy**  
26 Keelrock Place  
The Woodlands, TX 77382

Mr. Scott Brady and Mr. Ben Pedraza  
Sensei

We had the pleasure of meeting Mr. Brady while we were in Houston, a very nice young man with good spirit and lots of ideas. We look forward to having him and his dojo as part of SKIF-USA.

**Kaneohe S.K.I.F., Inc.**  
1050 Bishop St. #257  
Honolulu, Hawaii 96813  
Mr. Robert Maeshiro, Sensei

Hawaii is a place of many SKIF-USA dojo and we welcome new members like Mr. Maeshiro with open arms. We again, look forward to having him as a part of the organization. Welcome!

**Nekkoosa Karate & Fitness**  
911 3rd St.  
Port Edwards, Wisconsin

Mike Kreuser, Sensei

We are happy to have Mr. Kreuser as part of the organization. I have spoke to him several times and he is very enthusiastic. Glenn Stoddard is working with him to learn the SKIF system. Welcome!

**Seishin Shotokan Karate**  
20833 Highway 18  
Apple Valley, CA 92307

Mr. Paul Walker, Sensei

Mr. Walker is an old student of Kanchos that has moved to Apple Valley, California and has been very successful in opening his dojo. We are very happy to have him on board.

Welcome!!! To all of you, we look forward to sharing this experience of building a great organization together.

## Upcoming Events

In preparing for next year we would like to advise you of the following:

**KANAZAWA KANCHO will be touring the United States the last two weeks of June 2004.**

If your dojo would be interested in hosting a visit from Kancho, please contact USA Headquarters (Glenna Burleson, General Secretary), email [skifusa@aol.com](mailto:skifusa@aol.com) or phone (651) 631-2696 (Home).

*All requests must be received by January 6th, 2004.*

**PAN AM GAMES:** The SKIF PAM AM tournament is scheduled for April 8 and 9, 2004 in Trinidad. We would like to put together a team to represent the United States of America. If you have any students that are interested, please let us know as soon as possible.

**SENSEI MANABU MURAKAMI** from Japan will give seminars in Houston Jan 30-Feb 1 and in Minnesota Feb 3-4, 2003. For more information contact headquarters at 651-531-2379.

**SKIF-USA Central Regions Tournament** to be held in October 2004. Watch the website for more information.

Contact Information:  
SKIF-USA Headquarters  
Phone: 651 631-2379  
P.O. Box 120904  
Fax: 651 634-3728

## KANAZAWA KANCHO UNITED STATES TOUR 2003

**WISCONSIN** — Approximately fifty karateka of various ages and experience levels came to Madison, Wisconsin to train with Kancho Kanazawa for two days on June 14 & 15, 2003, at the first stop on his 2003 SKIF-USA Tour. The Wisconsin seminar was hosted by Sensei Glenn Stoddard, and Wisconsin Shotokan. Seminar participants included SKIF members as well as members of other traditional karate organizations. Most of the participants were from Wisconsin, Minnesota, Iowa, and Illinois. However, some people came from as far away as Maine, Massachusetts, Texas, and West Virginia to train with Kancho.

At his first class on Saturday, June 14th, Kancho reviewed kihon and the kata Heian Yondan and Heian Godan, including the major applications. During his afternoon class that day he reviewed SKIF sanbon kumite drills Nos. 1 & 2, as well as some of the SKIF kihon ippon kumite drills. In addition, Kancho taught the advanced kata Bassai-Sho.

After the training ended on Saturday,



Kancho conducted a dan examination for two SKIF members, Fernando Espinosa and Joseph Formica. Both advanced to sandan.

On Saturday evening a group dinner party was held with Kancho and seminar participants at a local Chinese restaurant. The party provided a nice opportunity for people to visit informally with each other and Kancho.

On Sunday morning, June 15th, Sensei Stoddard taught an early-morning jyu kumite class geared for people interested in tournament competition. About fifteen early-risers attended this class and were given a good warm-up for Kancho's class to follow. Later Sunday morning Kancho taught his third and final class of the weekend seminar. This class began with a special breathing exercise and warm up, and then turned into a nearly four-hour marathon in advanced karate. During this time Kancho taught several of the SKIF jyu ippon kumite

drills as well as some of his favorite jyu kumite drills performed with a partner. The highlight for many, however, was when Kancho taught the advanced SKIF kata Nijuhachiho, including detailed explanations of each movement and their applications. From the feedback we received on Kancho's Wisconsin seminar it seems to have been a great success. On behalf of SKIF-USA and Wisconsin Shotokan, I want to thank all of you who participated for your support and strong karate spirit. Oss!

(Author's Note: A VHS videotape of the last two hours of Kancho's Sunday, June 15th class, including instruction in the kata Nijuhachiho, is available from Sensei Glenn Stoddard. SKIF-USA members who would like a copy of this video for their personal use should contact Sensei Stoddard for more information by email at: Stoddard@Garveystoddard.com.)

-- Glenn Stoddard, *Rokudan*.  
Below sensei Stoddard demonstrates kumite techniques at the Wisconsin seminar.



**HAWAII**— Kancho Hirokazu Kanazawa arrived in Hawaii on United Airlines flight 59 at 2:00 p.m. on Monday, June 23, 2003. Some of Kancho's closest friends were there to greet him at Honolulu International Airport on his arrival. These were Shihan Victor Takemori (8<sup>th</sup>. Dan), Hanshi Francis Fong (7<sup>th</sup>. Dan and current SKIF-USA President), and Shihan Bob Nishimura (7<sup>th</sup>. Dan). Kancho had just previously completed his USA mainland tour and now it was time to relax for a few days in Hawaii before going back to Japan. From the airport, the group proceeded to the Ala Moana Hotel. At the hotel, Shihan Kiyohisa Hirano, Sensei Russell Titus and Sensei Wesley Yoshikawa of the Japanese International Karate Center and

some of his other students were there to greet Kancho. Shihan Hirano was a former 1960 All Japan Karate Champion and a friend of Kancho from the early days of 1960. JIKC teaches the Wado-Ryu style of karate.

On Tuesday, Kancho and a few of the senior instructors of SKIF – Hawaii spent the day at the Polynesian Cultural Center. Wednesday was a day for golf at the Mid Pacific Country Club. On Thursday, Sensei Mike Fujimoto of our Kona dojo took Kancho on his private plane to Kona. Our Chief Instructor, Shihan Ron Awa (7<sup>th</sup>. Dan) also accompanying them. Sensei Gilbert Taira met the group in Kona. The day was spent

on the beach at the Mauna Kea Hotel. We were told that the group got special instruction on Nijuhachi-Ho on the beach. Sensei Awa informed us that Kancho detailed many of the finer points of the kata.

Later that evening on June 28, 2003, SKIF of Hawaii conducted the first seminar with Kancho. This Yudansha seminar was held at the Japanese Cultural Center dojo from 5:00 p.m. to 7:00 p.m. Representatives from Funakoshi Shotokan, Kenshukan, Testubukan, Japan International Karate Center, Japan Karate Association, U.H. Karate and others attended.

Kancho himself directed the warm up exercises. This night's training consisted of

basic kihon techniques, which proceeded into jiyu kumite techniques with partners, and kata training. Kancho broke down two katas for the class which were Kanku Dai and Jion. After training, many of the participants had the pleasure of joining Kancho for dinner at the Hee Hing Chinese Restaurant. It was a treat for all to sit, relax and have dinner with Kancho.

Sunday, June 29, 2003 was a full day's training at the Manoa Valley Recreation Center Complex. Many of SKIF of Hawaii's younger students attended this seminar. Kancho again led the warm up exercises. He explained that since Hawaii has a hot climate, about 15 minutes of warm up is sufficient. Many were amazed at Kancho's flexibility. Kancho demonstrated his 180 degree leg split and then completely bent his upper body to the floor. He said that students should strive to achieve harmony with the floor.

Training again proceeded from basic kihon techniques, to SKIF's sanbon kumite syllabus, and then jiyu ippon kumite with partners. Kancho repeated

**HOUSTON** — This was a 3 day seminar that included many styles, not just Shotokan and not just SKIF. This truly was a spirit of the unity that karate-do brings. Sensei's Mansyur and Richeaux organized this well.

Kancho emphasized the contraction/expansion of appropriate muscles when executing techniques. Right hand shuto ready for age-uke,

The emphasis was on the expansion and contraction of muscles in executing kihon . All the major katas were reviewed and the finer points explained. For example, in bassai-dai, the hasami-uchi is executed after the double jodan uke is executed to forcefully push apart the hands of the attacker outwards and upwards.

Many of the kata moves are used to affect acupressure points and breathing supports the flow and direction of the flow of ki.

In kumite, oneness with the mind of the attacker is achieved gradually as gohon,

the techniques until the entire group could do it correctly. He split some of the groups up for demonstration and had a "contest" between some of the groups. He would judge each one for correct techniques. Kancho was always encouraging to the younger students and if he saw something he liked, he would say "beautiful". Kancho continually impressed upon all of the use of correct breathing and use of the hara.

Part of Sunday's training consisted of a detailed study of Niju-hachi Ho with the advanced students. We learnt many of the bunkai for the kata. Kancho explained that this kata is good for meditation. I personally had difficulty on one of the hand movements. Later, Kancho explained to me that I was doing the hand movement for Nijushiho which has a 180 degree movement. Niju-hachi Ho has a 360 degree hand movement instead.

The seminar ended at about 3:30 p.m. and the gym was cleared. A Dan exam then followed with Kancho, Shihan Victor Takemori and Shihan Bob Nishimura sitting as examiners.

sanbon and ippon kumite is mastered. First, movement, then breathing, then with the harmony of ki, we can see into the opponents mind said Kancho. Overcoming the opponent is achieved through harmony with them.

Nijuhachiho was again analyzed and taught. The breathing kata that Kancho has been teaching was also reviewed.

Grading was conducted by Kancho and among others, Charles Lee received Godan and Charlie Valentin received Sandan.

The last day marked the 20th anniversary of the Houston University Shotokan Dojo with a show of martial arts performers

After all of this, a quiet Sunday night dinner was set up at the Akasaka Restaurant. I was honored to be a guest again along with some of the senior Hawaii sempais – Victor Takemori, Francis Fong, Ron Awa, Bob Nishimura and Kancho. Kancho left for Japan early on the following day with a great many boxes of gifts from Hawaii.

Kancho did express to the Hawaii people that he appreciated the rest. He said that it is not always possible to rest before his training seminars.

SKIF Hawaii So-Honbu would like to thank SKIF-USA for allowing us to always be a part of Kancho's USA Tour. We would also like to thank all of those who assisted us in making this year's tour a great success. We look forward to next year's visit.

Steven D. Wong, President – SKIF of Hawaii So Honbu



Kancho Kanazawa at the Hawaii Cultural Center



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**WE'RE ON THE WEB!**  
**WWW.SKIFUSA.COM**

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Dojo Kun (Precepts of the Dojo):

SEEK PERFECTION OF CHARACTER!  
BE FAITHFUL!  
ENDEAVOR!  
RESPECT OTHERS!  
REFRAIN FROM VIOLENT BEHAVIOR!

## Children and Karate-do



Kancho has clearly emphasized that training must be adapted for various age groups. Children, for example should concentrate on basics, development of hara and use special training methods (see previous newsletter)

Kancho feels they must be trained so they can realize their full potential in school and become exemplary leaders in society.

Through training of hara and strengthening the tanden, the brain cells are also strengthened.

“There are three kinds of *ki* which manifest in the *tanden*, or lower abdomen, which serves as the central powerhouse of our bodies. *Tai-ki* is the energy drawn from the atmosphere, *chi-ki* from the ground, and *nai-ki* resides within the body. This flows through the spine and explodes out of our fists, and this instant is termed *kime*, or focus.” - Kanazawa Kancho in *Karate, My Life*

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