

SKIF-USA Newsletter

A publication of SKIF USA
Editor: Ali Arsanjani



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KARATE FIGHTING TECHNIQUES—
BY H. KANAZAWA, KANCHO
TRANSLATED BY RICHARD BERGER

"This book is Kanazawa's first--and the very first complete guide to kumite, or sparring. The karate training process comprises four areas: basics, kumite, kata (forms; prearranged movements and techniques), and competition. Kumite--"the art of grappling with opponents," as it might be called--is the key to success in karate tournaments. *Karate Fighting Techniques* teaches all the kumite techniques.

With almost 500 photos of the author and some rare photos of the late Gichin Funakoshi and his famous disciple Masatoshi Nakayama (author of the popular Best Karate series), *Karate Fighting Techniques* is an indispensable resource for all karate practitioners." —Kodansha Publications

Purchase from SKIF-USA website under Merchandise as of September 20th or order before that by contacting us at SKIFUSA@comcast.net

SKIF-USA CENTRAL REGION OPEN TOURNAMENT

September 25, 2004

A **seminar** will be held for everyone on **Thursday, September 23**
SKIF-USA **Judge and Referee Training with Certification** will be held for all Black Belts on **Friday, September 24**
(See page 6)

IN DEPTH COVERAGE OF KANCHO'S 2004 TOUR EXPERIENCE



KANCHO ACCEPTING THE DOCUMENTS IN HOUSTON FOR KANCHO DAY.

Editor's column: Interview with Kanazawa Kancho — Part 1: The Way of Harmony



Kancho Kanazawa demonstrates the Finer Points of Breathing in Hangetsu

Oss, fellow karate-ka! Interviewing Kancho is always a very sobering experience, as one gains an even understanding of the incredible depth of his character, his strength and his humility and gain a deeper understanding of his Karate-do.

I will break out this interview into a couple of columns. His is the Way of Harmony. The first theme in this issue will be Harmony and Ki. Breathing correctly in life, through meditation and during the execution of kata is essential to culture the ki. In Hangetsu, we have a great opportunity to do so. Kancho went over the finer points of Hangetsu (also available in the Hangetsu DVD that you can order from SKIF-USA HQ). Short in-breathing and long-outbreathing during the beginning phases of the kata followed by appropriate pauses in which movement is done to move the ki through the body.

Even the beginning movement is in (short)-out(long) as well as the gyaku zuki. Then the entire lower abdomen is tensed and this sudden tension shifts the direction of the feet and one can proceed to “walk” forward into the next hangetsu.

And now to the interview...

I asked Kancho to explain his Way of Harmony which I have been trying to emphasize in these columns and he pointed out that harmony comes in various elements of karate do. Specifically, harmony with oneself, with Nature and with others.

I asked him :” Kancho, can you tell us about spirit, ki which is developed in this kata. In the world today people get sick because ki is less, so how can we increase ki?”

Kancho replied:

“...Image training is very important. Breathing is most important. Because we automatically have ki inside us from when we are born. Ki from parents especially from our Mother. We have ki (nai-ki) and then there is , chi-ki, (earth ki), tai-ki (universal ki). We must take earth ki and take universal ki through breathing . Sometimes special movements can be used but even through regular karate movements if you do them correctly, move with correct breathing, and also with good image, then you can take into your body chi-ki; tai-ki and you already have in your body, nai-ki. Then you can have everything in your body healthy and have no worries! Also, a person must be satisfied with his position . Even if someone is rich and has a high position but he may not be happy. He wants more and more and more money, he is not happy. But if satisfied then happy. We must be satisfied with our position . But of course he should try to move ahead (progress) . This is very important. Therefore, always feel thankful this is very important. Even when you pay



money, feel thanks to you, especially thanks to money. Always thank you. So money comes back to me, [even when you are giving money away]. The feeling you have when you are giving money is to be thankful. In that way, money comes back to me.”

— Ali Arsanjani, Editor, *GoDan*

Kanazawa Kancho Tour (Jun 12– Jun 30th 2004)

Kanazawa Kancho's Summer 2004 USA tour started with a stop in SKIF-Hawaii So Honbu, Honolulu Hawaii June 12-13.

San Jose California was the next stop on the tour his tour. The Satsuma Dojo had the privilege of hosting Kancho June 15-17.

June 19-20 found Kancho in Houston Texas hosted by the University of Houston Shotokan Karate-do.

Nekoosa Karate & Fitness of Nekoosa WI and Peak Performance Shotokan Karate-do of New Brighton MN were honored to host Kancho June 22-24.

New England Shotokan Karate-do and Maine Shotokan Karate Association had the privilege of hosting Kancho on his final stop in Connecticut.

A few words from Sensei Mike Krueser of Nekoosa Karate & Fitness:

"On behalf of our students and families, we would like to thank the SKIF Headquarters for giving us an opportunity to host Kancho Kanazawa at our dojo. Being our first time hosting, we were very nervous, yet excited and honored to have Kancho come to our dojo. The adrenaline in our dojo was high and our students were engrossed with Kancho.

The experience was refreshing and really rejuvenated my principles in teaching. Karate is an art that instills a deep purpose in one's spirit. It shapes our character in so many ways that it deeply reflects who we become and how we deal with every day issues.

Kancho is a profound legend and his training was full of meaning. I became so captivated in watching him and appreciating all that he had to offer."

I think these are sentiments that we can all relate to! On behalf of everyone with SKIF-USA, we would thank Kancho for honoring us with his presence and expertise!

For more details on Houston and Connecticut see pages 7 & 8.



Houston



Houston



Wisconsin



Connecticut



Minnesota

FIRST SKIF-USA CENTRAL REGION TOURNAMENT AND JUDGING SEMINAR



The Central US Tournament

SKIF-USA CENTRAL REGION OPEN TOURNAMENT September 25, 2004

Hold on to your hats, it's finally here! The *first SKIF-USA Central Region Open Tournament!* This tournament will be held in Mounds View, Minnesota on September 25, 2004 and hosted by Peak Performance Shotokan Karate-Do.

SKIF-USA has grown over the last few years with dojos spread across the USA. As we continue to grow, now seems to be the right time to establish regional and national competitions for our organization.

We are honored to have Murakami Sensei present at this momentous event. Murakami Sensei is a past world Kata and Kumite champion and is currently International Director of SKIF. Aside from being the Chief Referee for the tournament, he will also conduct a Competition Kata and Kumite seminar on September 23rd and a Judging and Referee Clinic on September 24th.

A SKIF-USA Congress meeting will be held the evening of September 24. During this meeting, two representatives from each dojo will be able discuss additional ways to help SKIF-USA expand and improve.

We have already received requests for information from the East and West Coasts as well as Hawaii. You can download the registration form at www.skifusa.com or contact Peak Performance Shotokan Karate-Do at 651 631-2379 or by email at: skifmn@comcast.net.

Mounds View is a suburb of Minneapolis/St. Paul and is 25 minutes from the Minneapolis/ St. Paul International Airport. The Twin Cities area is beautiful in September with great restaurants, nightclubs, sporting events, and the largest shopping mall (the Mall of America) in the USA! What more could anyone want! See you in September!

HAWAII GOODWILL TOURNAMENT

On Saturday, April 3, 2004, from 9:00 a.m. to 4:00 p.m., Shotokan Karate-do International Federation (SKIF) So-Honbu Hawaii hosted its 2nd local goodwill tournament at the Manoa Gym in Honolulu, Hawaii. The tournament was open to all SKIF Hawaii members, other Hawaii Shotokan karate dojos, and invited guests. A total of ninety participants representing thirteen clubs competed in the various age categories of kata, team kata, kumite and kihon competitions. The tournament was a complete success and provided a wonderful opportunity for the members of SKIF of Hawaii, other Shotokan dojos, their families, friends, and guests to meet and intermingle with one another.

As with all tournaments, an extraordinary amount of time and effort was required to plan and run the event. Invitations to the various dojos were sent out in February. The tournament rules were provided to each participating dojo in March. In order to standardize the judging criteria for the kata, kumite, and kihon competitions, a tournament clinic was held in March for all referees and scoring officials to review the rules and address any questions. The tournament could not have been possible without the numerous instructors, members, parents, supporters, and friends who volunteered their time to referee, keep score, organize the competitors, sell concessions, set up, clean up, and all the numerous activities required to run a successful tournament.

Attached is a list of the participating dojos, their instructors, and the results of each competition category. I hope you find our attempt to inform SKIF USA of some of the activities being sponsored by SKIF Hawaii to be of some value.

Troy Taira
Secretary
SKIF Hawaii So Honbu

Shotokan Karate-do International Federation (SKIF) Hawaii So-Honbu 2nd Annual Goodwill Karate Tournament - April 3, 2004 - Manoa Gymnasium - Honolulu, Hawaii

Tournament Coordinator: Les Nishikawa

Head Referee: * Ron Awa
Participating Dojos and their Instructors:

* Japan Shoto Karate Association (Ed Fujiwara)
* SKIF Hawaii - Salt Lake (Francis Fong)

* Shotokan Karate Center (Paul Imada)
* Island Ki (Hisae Ishii-Chang)
* SKIF Hawaii - Susannah Wesley (Ed Kiyuna)

* Kapolei Karate Club (George Lam)
* Japan Shoto Karate Association (Charles Lee)

* Japan Karate Association of Hawaii (Richard Lovell)

* Karate for Jesus Christ (Alton Nadamoto)

* NHPC (Wesley Nakamoto)
* SKIF Hawaii - Makaha (Kaleo Patterson)

* Hawaii Shotokan Karate (Alan Sekiguchi)

* SKIF Hawaii - Pearl City (Victor Takemori)

* SKIF Hawaii - Kaunakapili (Robert Nishimura)

Tournament Results:

Kata Category:

Color Belts Ages 7 - 8

1. Rachel Uemoto (Hawaii Shotokan Karate)
2. Yusuke Tsuzuki (Hawaii Shotokan Karate)
3. Michael Loui (Shotokan Karate

Center)

4. Shea Chun (SKIF Pearl City)

Color Belts Age 9

1. Christian Shimana (SKIF Salt Lake)
2. Jay Yoshimi (Shotokan Karate Center)
3. Mirie Hara (Shotokan Karate Center)
4. Sean Kakigi (Karate for Jesus Christ)

Color Belts Ages 10-11

1. Brandon Finn (SKIF Salt Lake)
2. Joseph Samante (Karate for Jesus Christ)
3. Erin Chun (SKIF Pearl City)
4. Dayton Sato (SKIF Pearl City)

Color Belts Age 12

1. Kylie Kim (Island Ki)
2. Francis Cheng (SKIF Salt Lake)
3. Caitlynn Nonaka (NHPC)
4. Charles Eron (Karate for Jesus Christ)

Color Belts Ages 13 - 16

1. Malia Sato (SKIF Pearl City)
2. Marcus Dumaran (Shotokan Karate Center)
3. Ezra Knight (Shotokan Karate Center)
4. Chelsey Nonaka (NHPC)

Female Color Belts Ages 18 and Above

1. Serena Thomas (SKIF Susannah Wesley)
2. Sharon Arneson (NHPC)
3. Brandi Hirai (NHPC)
4. Trish Nonaka (NHPC)

Male Color Belts Ages 18 and Above

1. Robert Loui (Shotokan Karate Center)
2. Jeffrey Fontanilla (SKIF Salt Lake)
3. Jason Yagi (NHPC)
4. Bill Michel (Kapolei Karate Club)

Male Black and Brown Belts Ages 10 - 12

1. Reynold Kajiwara (Shotokan Karate Center)
2. Christian Hara (Shotokan Karate Center)
3. Ray Urublo (Kapolei Karate Club)
4. Taiki Noah Hayakawa (JKA Hawaii)

Male Black and Brown Belts Ages 14 - 17

1. Matt Kealoha (JKA Hawaii)
2. Mathew Kiyomoto-Isara (JKA Hawaii)
3. Brian Chung (JKA Hawaii)

Female Black and Brown Belts Ages 18 and Above

1. Trisha Nakamoto (NHPC)
2. Eloise Aguiar (Hawaii Shotokan Karate)
3. Sherine Nohara (Shotokan Karate Center)
4. Lilly Kato (Hawaii Shotokan Karate)

KANCHO KANAZAWA 2004 USA TOUR — HOUSTON



Kancho
Kanazawa
is a living
legend of
Shotokan
Karate-do

Friday, June 18th 2004

Kanazawa Kancho arrived at the IAH (Bush International Airport) around 4 PM. Eight members of the University of Houston Shotokan waited for him and excited to see him back at the airport. In spite of his busy traveling and seminar schedule, he did not look tired at all. Our club president, Mimi Hoang, welcomed him with a Hawaiian flower necklace Lei. Then we took him in an 8-passenger stretch limousine. This limo was about 35 feet in length, and he enjoyed welcome champagne inside and a smooth ride to the University of Houston (UH) campus. This evening he took a rest at Hilton hotel conveniently located at UH campus.

Saturday, June 19 2004

Kancho took a breakfast at Hilton restaurant. We had the first training session from 10AM. The session took place at one of the biggest halls in the UH Recreation Center. There were a huge welcome banner in one side of the hall and US and Japanese flags, along with Master Gichin Funakoshi's paint, at the front of the hall. The paint was created by one of the club members, who happen to be an artist, to make Kancho welcomed and feel home.

The seminar started with a half-hour stretching, which Kancho performs routinely every morning. Many participants felt a joy in this innovative stretching method. We practiced sanbon kumite #1, 2, and 5. We went to lunch together at a Chinese restaurant nearby.

In the afternoon, we practiced katas and special movements consisting of different stances. The advanced katas we practiced were Bassai-dai, Hangetsu, and Gojushiho-dai. At 4PM, five people took dan exams, 2 brown belts for shodan, 1 black belt for nidan, and 2 black belts for yondan. All of the examinees passed the tests, and Kancho congratulated them. The examinees are Antonino Domingo, David Edralin, Junichi Sugiura, Deddy Mansyur and Patrick Richoux. Deddy Mansyur is a chief instructor of the UH Shotokan and the chief organizer of the seminar. After the exam, many people congratulated his achievement, especially, the UH Shotokan members were very happy sharing this moment.

We had Kancho's night (dinner party) to celebrate his 73rd birthday. During the party we had an excellent entertainment program including martial arts demonstration groups, Patrick Richoux's karate kids, Bushiban American style martial arts, Ramon Veras' Goju Ryu, Manny DaCosta's Iaido, and Junichi Sugiura's Kobudo. In addition to the martial arts demonstration, there were Mexican mariachi band and Middle Eastern belly dancer.

The highlight of this special night was to honor Kancho's presence in Texas. UH karate club worked hard to make local and state politicians recognize Kancho's dedication to the art of karate-do. As a result, this day, June 19, 2004, was designated as Hirokazu Kanazawa's day in the City of Houston, Harris County, and the State of Texas. Kancho's flag was raised on the Texas state capital building in Austin, Texas. The party guests were all stunned at the outstanding achievement recognized by three different levels of the government.

Sunday, June 20 2004

The last training session started at 10AM. We practiced Happo-kumite and advanced katas for black belts, such as Gojushiho-sho. Kancho also talked about his philosophy on muscular power, internal-organs power and mental power. To demonstrate this, Kancho took gyakuzuki on his stomach (Hara) multiple times, which were executed by Junichi Sugiura. Junichi was concerned about the strength of the punches since he executed them in full-power. However, Kancho kept asking him to continue them and even to increase the strength of gyakuzuki. He successfully illustrated the importance of Hara and Nizou-ryoku (abdomen and internal-organ power), and the participants were all convinced to believe his philosophy.

Overall we received great lessons on not only techniques but also Kancho's philosophy in karate-do during this two-day seminar. The participants came from all over the U.S. also from different styles and organizations. This fact reflects the philosophy of Kancho Kanazawa's harmony in spreading out the essence of true karate-do. Since all participants were happy about the quality of his seminar, they strongly would like to see him come back to the University of Houston every year.

KANCHO KANAZAWA 2004 USA TOUR — CONNECTICUT

Saturday Session-1 (10am-12pm)-

Kancho led the large group of approx 90 participants (SKIF, JKA, SKA & others) thru a 1/2 hour warm-ups & stretching exercises. Kancho then explained correct procedure for sitting in seiza position & the proper way for standing up from seiza.

He said everything must work together in "harmony" & proper breathing is very important from musubi-dachi to bowing, then standing up correctly and finally stepping out with right foot to yoi position while continuing to breath correctly. He then went on to review Heian Shodan and Heian Nidan Katas for entire group.

After performing Heian Shodan/Nidan several times at Kancho's count, we then executed the Heian Katas in unison (without Kancho's count). Kancho then reviewed several techniques for Kihon-Ippon Kumite Combinations (first without partners then with partners). We reviewed Jodan-zuki, Chudan-zuki, Mae-Geri, Yoko Kekomi, Mawashi-geri). During all sessions, Kancho was assisted by Fujishima Shihan and Shea Sensei as well as other Black Belts in group. Kancho also reviewed part of his breathing kata/exercise and explained the importance of the index fingers touching in front of body, extending to rear and finally sharply swinging arms forward while exhaling.

Saturday Session-2 (1pm-4pm) -

We did warmup drills, practiced Sambon kumite "spinning around" technique for Jodan, Chudan and Mae-geri (attacking, spinning/blocking and countering w/gyaku-zuki). After this, we went on to practicing Jiyu-Ippon Kumite doing two combinations for Jodan, Chudan, Mae-geri, Yojo-Kekomi, Mawashi-Geri, Ushiro-Geri, Kizami-zuki and Gyaku-zuki. First we practiced combination drills individually then with our partners.

The last hour of the 2nd session was spent applying Jiyu-ippon kumite combinations against "FOUR" attackers and Defender standing in kamae at the center of the ring. Defense was against Chudan-zuki, Jodan-zuki, Mae-Geri and Mawashi-Geri attacks.

Kancho again, explained working in harmony with your partners and the importance of proper distance (maai) and body/hip shifting while blocking & counter attacking.

This session ran a little longer than two hours allotted and actually ended around 4pm. After 2nd session, Grading took place for Yondan, Sandan, Nidan & Shodan candidates. In addition, one junior student graded and received 1st-kyu Brown Belt. Afterwards, Kancho signed Books, Gi's and posed for pictures with the many participants in attendance. It's amazing how humble Kancho is, his patience and the time he takes to accommodate all those who want to pose with him for pictures & obtain his autograph.

On Saturday night from 8:30pm-11:00pm, we had 84 participants who attended a wonderful

Group dinner and gathering at Angelinno's Italian Restaurant in Vernon, CT.

Sunday Session-1: (10am-12pm)

Sunday morning's session began with light warm-ups and proceeded to continuation of Jiyu-Ippon Kumite drills with and without our partners. Junior participants were separated and reviewed Kihon drills with Fujishima Shihan and Adult participants continued working on their Jiyu-Ippon Kumite drills/combinations.

We had several technical explanations from Kancho where everyone

gathered around a circle an Kancho demonstrated specific techniques with the assistance of Fujishima Shihan, Shea Sensei and other selected Black Belts from the group.

Sunday Session-2: (1pm-3pm)

In the last session, Kancho separated the Black Belts to one side of the Gym and reviewed the Yondan Combination Drill focusing on Neko-Ashi Dashi, Gyaku-Zuki & Mawashi-Uke in Sanchin Stance. Mawashi-Uke (Circular Block) was repeated again & again with Kancho observing & correcting us in the proper way to execute Mawashi-Uke block & stepping out to Yoi.

During the final hour of this Session, Kancho explained the Breathing Kata Hangetsu and it was performed numerous times by the Black Belts with and without Kancho's count.

Kancho explained the importance of breathing for this Kata, using internal organs & stepping into Fudo-Dachi while executing Uchi-uke slowly and proper timing of the Hangetsu Kata. Kancho was also planning to review and demonstrate the Kata (NijuHachi-Ho) but hurt his leg (seemed to have pulled a muscle) while demonstrating some Jiyu-Ippon Kumite techniques and was not able to go over this Kata. Kancho stressed that as one gets older, they need

to warm-up more carefully to possibly avoid getting hurt as he did on Sunday. At the end of the Seminar, Kancho presented the results of Saturday's Grading Examination and again stayed around after the Seminar to pose for pictures and sign autographs with Students.

Comments: This Seminar was absolutely an awesome experience !!! Having previously trained with Kancho in Hong Kong (for the 1st Advanced Yudansha-Kai event), in Houston, Florida, New York, etc. I'm never seized to be amazed at Kancho's level of detail, his breakdown & meaning of even the simplest moves/techniques & how important proper breathing is for health, posture, Kata, Kihon, Kumite and Life in general. Shea Sensei, Cook Sensei, Fujishima Shihan & the rest of their Staff did an "excellent" job coordinating this event and everyone had a really wonderful time training & meeting old/new friends.

Confession: I actually needed "two" days to recover my aching/aging muscles after the Seminar and long drive home BUT it was worth every minute of it & I look forward to next Seminar with Kancho.

- Charles Valentin, Sensei
Chief Instructor
SKIF-Orangeburg, New York

(please email your articles to the editor at aarsanjani@mum.edu)

SKIF USA Central Region Open Karate Tournament

September 23 - 25, 2004

This will be the first SKIF USA Central Region Tournament. It will be open to all traditional karate styles.

Day 1, September 23

Seminar covering competition kata and kumite .

Day 2, September 24

Seminar covering Referee and Judges training.

National certification will be given to those who successfully pass the exam following

Visit us on the web at
www.skifusa.com
Send pictures and articles, letters for the next newsletter to
aarsanjani@mum.edu

Upcoming Events

the training.

Day 3, September 25 SKIF-USA Open Tournament

This event is hosted by Peak Performance Shotokan Karate-Do.

Contact Chris Johnson or Lynda Crimmins for further information at skifmn@comcast.net or 651-631-2379.

New DVD now available

Hangetsu "Breathing Power of Karate"

New Book now available

"Karate My Life" by Kanazawa Kancho

Also available is our new "Kyu and Dan Examination Requirements Training Manual"; Kata and Kumite Books

You may now purchase all of Kancho's new books and DVD's, Kata and Kumite Books, Videos and much more on the web at www.skifusa.com or by emailing to skifusa@comcast.net

SKIF—USA Newsletter

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