

SKIF-USA Newsletter

A publication of SKIF-USA



MASTERING KARATE



katas including the Heinans, Tekki's plus others.

DAN KATA-Black belt kata. Each kata includes the form being done first slow and then fast along with the bunkai (explanation) of each move by Kancho.

NI JU HACHI HO-White Crane form done in slow speed and then full speed by Kancho Kanazawa including many explanations of the moves.

KUMITE-In this DVD you will see why many consider the Shotokan practioners to be the best fights in traditional Japanese karate as two SKIF champions go full out demonstrating ippon kumite, sanbon kumite, gohon kumite and jiyu kumite. Manabu Murakami and Nobuaki Kanazawa will show you what their teacher taught them.

INTERVIEW WITH KANCHO- This is a tell all interview that we have all been waiting for. Have you ever wondered how and why the JKA did what they did? Ever wonder why Kancho Kanazawa left the JKA or England. Its all here plus he talks in depth about what he learnt from Funakoshi, Nakayama, Okazaki, Nishiyama and the

rest. Plus just so much more it is amazing. The interview was conducted by acclaimed author, writer, interviewer Don Warrener.

A MASTER GOES TO HOLLYWOOD-Hirokazu Kanazawa is not above having a laugh, even if it is at his own expense. You will see all the bloopers, errors and mix-ups. You will see people from all over the world giving testimonials and accreditation to the one they call Kancho. Plus many surprises as you are taken behind the scenes of the making of Mastering Karate.

You can buy these individually or in a set of all nine. There is also a LIMITED EDITION available.

For more information or to purchase visit our website: www.skifusa.com or email us at SKIFUSA@comcast.net

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Hirokazu Kanazawa is considered by most to be the most technically gifted martial artist of all time. His technical excellence is only superseded by his personality. He is one of the very few Japanese Masters who has been able to bridge the gap between the western mind and the Japanese mind. He has now created a nine DVD set for all to learn from.

The titles:

TE WAZA-Hand techniques including strikes, blocks and much more.

ASHI WAZA-Foot techniques including kicks, stances, hips and shifting.

KIHON IDO-Combinations of hands and feet together plus shifting and much more.

KYU KATA-Below black belt



FROM OUR GENERAL SECRETARY

Dear Members,

Earlier this year I was honored to be elected by the SKIF-USA board of directors to succeed Ms. Glenna Burleson as your new SKIF-USA General Secretary. Although I did not seek this position I accepted it and I hope to help lead this organization toward further successes in the future. But before discussing the future, I want to acknowledge the important contributions of Ms. Glenna Burleson, Mr. James Shea, and Mr. Hiroyasu Fujishima. All three of these individuals were involved in the formation of SKIF-USA and they all served on the SKIF-USA board of directors for several years before "retiring" from the board last year. They are still very active in SKIF karate-do, and I know they will continue to help our current board with constructive ideas and volunteer efforts in the future. Moreover, they are all excellent karate practitioners and instructors of high rank, and I know they will continue to share their knowledge of karate-do and the SKIF system with others. These individuals deserve much of the credit for making SKIF-USA what it is today. Ms. Burleson, in particular, deserves our collective thanks for the countless hours of hard work she put in handling administrative tasks and difficult policy issues as our first real General Secretary. This position can be a thankless one at times, and Ms. Burleson persevered in the job and did it very well for many years. To all three of you, I must say "thank you" for your hard work and dedication to the art of Shotokan karate-do!

As for the future, along with efforts to expand our membership I would like to see us focus more attention on improving the technical abilities and the overall character of our members and, particularly, of the younger people coming up within our ranks. To do this, I hope we can implement more

instructor and team training programs, and hold more safe and well-run tournaments, like the regional tournament we had last year in Minnesota. I would like to see SKIF-USA develop an even better reputation for excellence in technique and excellence in the character of our membership.

This September SKIF-USA will be holding its first national tournament in over ten years. The tournament will be in Minnesota, and the sponsors learned much from last year's regional tournament and have since worked very hard to make the national tournament a success. But for that to happen we need your support and participation. Therefore, I urge all SKIF-USA members to make a sincere effort to participate in some way in this tournament. Whether you do so by competing, helping officiate, helping sponsor a competitor, or by some other means, it is important to help support our SKIF-USA national tournament. Although SKIF has never been focused heavily on competition and "sports" karate like some other organizations, there is no doubt that some competition can be very beneficial for the development of any serious karateka. Just as hard and diligent training in the dojo helps build technique and character through self discipline, self control, and the experiences obtained in training with other people, so too does tournament competition. In fact, competition in a karate tournament can raise the stakes encountered in dojo training in important ways. For example, it is one thing to go to the dojo and be pretend to be humble when training or sparring informally with someone from the same dojo. But when a trophy or medal is at stake in competition, how many of us can be truly humble and not get caught up in the desire to win and be the star? Thus, competition can be a very good way of learning how to perfect our techniques and our character, because it forces us to face ourselves under the pressure of a potential win or loss. This tests our ego, which is what we all must learn to control if we are to understand the dojo kun and the teachings of master Funakoshi and Kancho Kanazawa. In a tournament, we can test

ourselves to see if we really can be humble when a trophy or medal is on the line. Consequently, there is really no excuse for any of us not to participate, at least once, because it is not really about winning or scoring points against the opponent. Instead, it is about doing our best and keeping our head on straight no matter the challenge. Thus, tournament competition can and should be approached in the same manner as all budo, with the goal of defeating our own egos and letting the judges worry about who wins and who loses. This year's SKIF-USA National tournament in Minnesota will be a great place to put such ideals into practice and by doing so you can help strengthen your character and support SKIF-USA. I hope to see you all there, and I look forward to meeting you and to helping build SKIF-USA into an even better organization in the future.

Oss!

Glenn Stoddard,
General Secretary, SKIF-USA

Welcome new SKIF-USA Board Members

We would like to introduce our current Board Members. The returning members are: Francis Fong, President; Glenn Stoddard, General Secretary; Michael Cook, Secretary; and Glenn Burleson.

New members are: Chris Johnson, Treasurer; Ali Arsanjani and Shadi Barazi.

If you have any questions, concerns or suggestions for the board, please forward these to

skifusa@comcast.net.

SKIF-USA Honors Glenna Burleson



At the Farewell Banquet for the SKIF-USA Central Regional Tournament, Glenna Burleson was surprised to receive the first SKIF-USA Recognition Award. The other SKIF-USA Board Members had unanimously voted her this honor. Everyone who has worked with her though the years has seen her tireless efforts to enhance the teachings of Kanazawa Kancho and SKIF-USA.

She started karate in 1978. In 1980, she received her Shodan, testing under Yamaguchi Shihan, the only one to pass that day out of twenty. She began teaching karate in 1980, and has taught ever since. She has competed in numerous Regional, National and International Tournaments and was two times SKIF World Female Senior Kata Champion.

In 1990, when she joined SKIF she quickly realized that due to lack of communication it was difficult for dogo in the United States to work well together. She therefore founded the SKIF-USA Newsletter.

A few years later, she was asked by Kanazawa Kancho to be on the steering committee to form SKIF-USA. She was elected General Secretary and has held that position until this year. She has been instrumental in the growth of this organization from a few independent clubs to a national organization of more than 50 dogo. She was awarded the title of Renshi by Kanazawa Kancho in 2001.

I am sure we all wish to say to Glenna Burleson Thank You and OSS.

By Glenn Burleson



SKIF-USA attends the Ozawa International Karate Tournament

In March, a number of SKIF-USA members attended the Ozawa International Karate Tournament held in Las Vegas. We would like to congratulate all of the competitors who participated, this is a high level tournament and everyone was in top form! A special "way to go" to the following people who placed in their divisions:

Kata

10-12 year old Black Belt Male

Michael Dillard, Seishin Shotokan Karate, 4th

35-45 year old Black Belt Female

Lynda Crimmins, Peak Performance Shotokan Karate-Do, 3rd

46 year old and up Black Belt Male

Jay Castellano, Satsuma Dojo, 3rd

Kumite

10-12 year old Black Belt Male

Michael Dillard, Seishin Shotokan Karate, 1st

Andrew Sherman, Seishin Shotokan Karate, 4th

34-45 Black Belt Female

Lynda Crimmins, Peak Performance Shotokan Karate-Do, 3rd

2004 in Review

As we start 2005 and look forward to another year of events, now is the perfect time to look back at the past year. 2004 was a very busy year for SKIF-USA! The year started with a visit by Murakami Sensei in February. His first stop was to Shotokan Karate-Do Center (Shadi Barazi Sensei) in Houston Texas. He finished his trip with a stop at Peak Performance Shotokan Karate-Do (Glenna Burleson Sensei) in New Brighton. During the trip to Minnesota, several members of the Technical Committee had an opportunity to clarify several technical issues with Murakami Sensei.

In April, we sent an eight member team to Port of Spain, Trinidad for the 5th SKIF Pan-American Championships. The team included Charles Lee II, New Jersey (now Florida); Paul Danos, Florida; Patrick and Veronica Richoux, Texas; Dennis Livotto, Texas; Susan Lee, Wisconsin; Chris Johnson and Lynda Crimmins, Minnesota. 12 countries were represented and the competition was excellent of course! This was SKIF-USA's first trip to this tournament and we represented ourselves well. Although we may have been a small team, we did return with six silver medals!

June brought Kancho's annual U.S. tour. He started the tour in Honolulu, HI then traveled to San Jose, CA; Houston, TX; New Brighton, MN & Port Edwards WI, and ended his tour in Tolland, CT. It is always a privilege and pleasure when Kancho visits! I know we are all looking forward to his 2005 visit.

September brought the first SKIF-USA Central Region Open Karate Tournament. The three day event ran from September 23 – September 25. We were honored to have Murakami Sensei here to be the Chief Referee. He also took time to conduct a seminar on Thursday and a Judges/Referee Clinic on Friday. Following the Judges/Referee Clinic, the first SKIF-USA National Congress was held with 15 dojos in attendance.

For the main event, 10 states and 19 dojos were represented! The competition was friendly and excellent. Here is a comment we received from one of the competitors:

When the competitors feel this way, the tournament can only be called a success! The tournament festivities ended with a dinner. It was the perfect chance for friends, old and new, to relax and visit after a long weekend.

In addition to these events, five new dojos joined SKIF-USA. They are Florida: SKIF of West Palm Beach, Charles Lee II Sensei; Maine: Shotokan Karate Academy- Maine, Nelson Vaughn Sensei; New Hampshire: Rochester Shotokan Karate Club, Steven Warren Sensei; Texas: Shotokan Karate Academy, Ben Pedraza; Shotokan Karate Dojo, Manny DaCosta. WELCOME to the organization!

The first event for 2005 is the Ozawa Cup in Las Vegas, March 24 – March 27. No, this is not a SKIF (or SKIF-USA) event but Kanazawa Kancho has accepted an invitation to attend this event. He will be conducting a seminar on Friday, March 25th as well as participating in the Master's Demonstration on Sunday, March 27th. If you are interested in supporting Kancho at Ozawa Cup, please go to www.ozawacup.com for online registration. So we have an idea of who will be attending, please send an email to: skifmn@comcast.net.

Murakami Sensei will also be traveling with Kancho during this trip. They will be in the U.S. prior to the tournament and will be visiting several SKIF-USA dojo. Kanazawa Kancho will be hosted by James Shea and Michael Cook in Connecticut and Paul Walker in California. Murakami Sensei will be hosted by Shadi

Barazi in Texas and Paul Walker in California.

June finds Kancho back in the U.S. and will be hosted by Steven Warren, Michael Cook and James Shea. Kancho will be conducting a weekend seminar June 25 and 26th in Rochester, New Hampshire.

The year will wrap with the SKIF-USA National Open Karate Tournament. The Tournament will be held September 24, 2005 and hosted by Peak Performance Shotokan Karate-Do in New Brighton, MN. The event will be preceded by a training seminar September 22 and Judges/Referee training on September 23. We are fortunate enough to have Murakami Sensei return to be the Chief Referee for the tournament. He will also be conducting the seminars on Thursday and Friday.

Watch www.skifusa.com for details on these and other upcoming events for SKIF-USA.

2004 was a very successful year for SKIF-USA and 2005 looks to be just as successful!

By Lynda Crimmins



Team USA
Pan-American Championships



SKIF-USA NATIONAL OPEN KARATE

Last year was the first Central Region Open tournament. What follows a regional event? Well, naturally, a NATIONAL event! Peak Performance Shotokan Karate-Do is honored to be hosting the SKIF-USA National Open Karate Tournament. The tournament will be September 24, 2005 in Mounds View, Minnesota.

What's the best news though? This tournament will be used to select a team to participate in the 9th World Championships in 2006. And just in case you haven't heard, the Championships will be held in Tokyo, Japan October 30 – November 5th. And facility is the same one where Kancho won the Kumite of the first Japan Karate Championships!

We are also honored to have Murakami Sensei return as the Chief Referee. And, just as last year, he will be conducting a Competition Kata and Kumite seminar on Thursday, September 22nd and a Judging and Referee Clinic on Friday, September 23rd.

After the Friday evening seminar, we invite two representatives from each dojo to attend the second SKIF-USA National Congress. This meeting will give everyone a chance to offer feedback on how SKIF-USA is doing as well as suggestions on how we can improve and grow.

Registration information can be found at www.skifusa.com or contact Peak Performance Shotokan Karate-Do at 651 631-2379 or by email at: skifmn@comcast.net.

As many of you know, 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! We hope to have another good competition held in a friendly atmosphere. What more could anyone want! See you in September.

Karate Tournament is a Success

The first SKIF-USA Central Region Open Karate tournament was a great success! The event activities ran from Thursday, September 23 thru Saturday, September 25, 2004. Hosted by Peak Performance Shotokan Karate-Do of New Brighton, the tournament and seminars were attended by adults and children from ten states and 19 dojos.

The activities started with a seminar conducted by Murakami Sensei on Thursday. Those in attendance warmed up with basics, different drills and ended with kata. We covered the katas people would be performing at the tournament. What a great opportunity to have your kata critiqued by Murakami Sensei!

Friday afternoon and evening were spent in a Judges-Referee Clinic, again conducted by Murakami Sensei. The afternoon session was basically a lecture where we covered the kata & kumite rules. In the evening, we had a chance to actually practice judging & refereeing. For those with judge-referee experience, the sessions were a great review. For the rest of us, they were great training sessions just a bit overwhelming!

Following the evening session, the first SKIF-USA National Congress was held. Representatives from 15 dojos discussed the 2004 events sponsored by SKIF-USA as well as the events tentatively planned for 2005.

The Youth division kicked off the tournament on Saturday, September 25. Not

only was it fun to watch the children (many competing for the first time) but it was also a great chance to watch the future of karate.

The Senior/Open division was as exciting as always. Their kata & kumite performances were excellent. During the Team Kata section, a team of brothers from Central Minnesota Karate put on a great show. Their performance of Kanku-Sho was like a demonstration on synchronization!

But the Veterans division was not to be outdone. In the 40-49 kata group, there was a four way tie! And to keep things interesting, there was another tie (for 3rd) after the tie-breaker second katas were completed. Who said only the 'kids' get to have fun?!

The weekend activities wrapped up with a Farewell dinner. Everyone had a chance to relax and visit with old and new friends. The evening's activities included comments from the Tournament Committee, the Board members, a cake to celebrate Murakami Sensei's birthday and an award for Glenna Burleson, Renshi and General Secretary. She was presented with a plaque in honor of her hard work and dedication to karate and SKIF-USA.

As a part of the Tournament Committee, I feel that we had a successful tournament for two reasons. The first is a comment received from one of the attendees. Here is a portion of the email

we received:

"The atmosphere was friendly and open..... It was great to be at a tournament were the sole purpose was to demonstrate the principle of karate-do"

The second was the progression from 'newly introduced' to 'friend' for so many of the participants!

Although it was a lot of hard work to pull off, I feel privileged to have been a part of a successful event. Of course, none of this would have happened without all of the help of our volunteers and most importantly, you, the participants. **THANK YOU** to everyone who was a part of this special event!

By Lynda Crimmins



"The atmosphere was friendly and open..... It was great to be at a tournament were the sole purpose was to demonstrate the principle of karate-do"

Kanazawa Seminars March 2005

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Seishin Shotokan Karate had the great pleasure of welcoming Kancho Hirokazu Kanazawa, 10th Dan and Sensei Manabu Murakami, 6th Dan to our club in Apple Valley, CA from March 14th to March 17th, 2005.

Kanazawa-kancho & Murakami-sensei gave two excellent evenings of seminars on Tuesday 15th & Wednesday 16th March. As usual both instructors provided top quality teaching and everyone without doubt went home knowing they had just been in the presence of two very special individuals. All in all we held four seminars, two on each evening as well as some time for autographs and photos and then we went for dinner after each seminar.

Click here for some seminar photos or click here for seminar notes.

Unfortunately all good things must come to an end and Kanazawa-kancho & Murakami-sensei had to leave Apple Valley a day earlier than originally planned due to a schedule change. So on Thursday I drove them from Apple Valley to their next stop - [Rising Sun Productions](#) in Hollywood. The following day they would begin filming an instructional DVD series called "Mastering Karate". Thanks to the kind invitation of producers Don Warrener and Isaac Florentine I was able to join Kanazawa-kancho, Mu-

rakami-sensei and Kancho's eldest son, Nobuaki-sensei, on set for filming. This was great news and of course I accepted. For the next three days I drove to and from Hollywood and even got to play a part in the DVD series. Thank you to Don & Isaac and of course to Kanazawa-kancho, Murakami-sensei and Nobuaki-sensei for this tremendous opportunity. I will never forget the experience!

Paul Walker
Chief Instructor
Seishin Shotokan Karate



WELCOME NEW DOJO TO SKIF-USA

Hawaiian Shotokan Karate-Do

Chief Instructors: Shihan Robert Nishimura

Emeritus; Rev. Dr. Kaleo Patterson

Satellite Dojos of Hawaiian Shotokan Karate-Do

Makaha Dojo

Univeristy-Crossroads Dojo

Chinatown Dojo

CHECK OUT THE MERCHANDISE!

SKIF Male Polo Shirt

Constructed from 7 oz. heavyweight pique for durability and long-term wear. Garment washed to reduce shrinkage. The official SKIF-USA logo is embroidered on the left chest. Colors: Athletic Gold, Royal Blue and Ivory. Sizes: M-XL (inquire for larger sizes).

Price: \$33.00 plus shipping and handling.



SKIF Female Polo Shirt

Constructed from 7 oz. heavyweight pique for durability and long-term wear. Garment washed to reduce shrinkage. The official SKIF-USA logo is embroidered on the left chest.

Colors: Yellow, Blueberry and Stone.

Sizes: M-L

Price: \$33.00 plus shipping and handling

Order online: www.skifusa.com

