

SKIF –USA Newsletter



A publication of
SKIF-USA

SKIF-USA National Team Update

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When we started putting the SKIF-USA National Team together, the World Tournament was still a year away. But time flies - August has just arrived and November will be here before we know it!

The registrations have been received and we will have 38 total competitors attending! This includes those who placed during the SKIF-USA National Tournament in September 2005. For those who are curious, the divisions are Junior (age 19 or younger), Senior (age 20-39) and Masters (age 40 plus). We are able to have an unlimited number of competitors in the Junior and Masters divisions. The Senior Division does have a set limit of competitors (from each country) though.

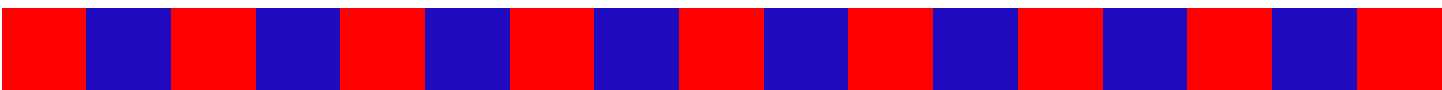
Our youngest team member will be 9 and our oldest is 75!. These 38 people will compete in a total of 53 events – kata, kumite or both. And in the Masters division, we will have 2 Men’s Kumite teams (1 in the age 40-49 category and 1 for Yaku-soku). We will also have 1 Kata team in the 150+ age category. Put these different groups together and we’ll have a very well rounded team!

In addition to the competitors, we will have approximately 8 people traveling as coach/judge and 20 family members and friends going to cheer us on. Look over the

list of competitors below. If you know anyone going, wish them luck!

Team warm-up suits are now available also. Each team member will be provided with a uniform with their name embroidered on it. The warm-up suits are also available for sale to non-team members. All proceeds will go to support the National Team. If you are interested in purchasing a warm-up suit, please contact your Sensei for price and size information.

In May, SKIF-USA had a team training event conducted by Senseis Glenn Stoddard (Team Coach), Mike Cook, and Shadi Barazi. The 3 day event was attended by Senseis Theresa Nichiporuk, Wayne Shockness, Steven Warren, Jamie Wong and Chris Johnson as well as Clay Morton, Ahcene Briguene, Jeremy Villanueva, Natalie Benehabib, Erica Vissness and Lynda Crimmins. Although a small group, we enjoyed 3 days of concentrated training! Another team training event will be held in August. This will be part of a seminar conducted by Dozono Sensei of Canada. The event is being hosted by Senseis Mike Cook, Jim Shea and Steven Warren. For registration details, please go to the Events page at www.skifusa.com.



SKIF-USA National Team

Junior Division

| <u>Name</u> | <u>Dojo</u> |
|------------------|------------------------|
| Matthew Ferrando | Long Island Shotokan |
| Harrison Pham | Rochester Shotokan |
| Michael FungQuee | Long Island Shotokan |
| Ian FungQuee | Long Island Shotokan |
| Benjamin Abelido | Long Island Shotokan |
| Louis Yasuhiro | San Francisco Shotokan |
| Angela Shockness | Shockness Shotokan |
| Michael Mondelio | Long Island Shotokan |
| Ted Knapp | Shockness Shotokan |

Senior Division

| <u>Name</u> | <u>Dojo</u> |
|---------------------|---------------------------|
| CJ Blackman | Shockness Shotokan |
| Christopher Lapiana | Rochester Shotokan |
| Faye Paulson | Shockness Shotokan |
| Alex Ndem | Shotokan Karate-Do Center |
| Clay Morton | Peak Performance Shotokan |
| Stephanie Uehara | CSUN Karate |
| Michele Farwell | Maine Shotokan |
| Andre Jeanbart | CSUN Karate |

Masters Division

| <u>Name</u> | <u>Dojo</u> |
|--------------------|---------------------------|
| Giorgi Goshadze | Baruch Shotokan |
| Paul Danos | SKIF Miami |
| Jaime Wong | SKIF Miami |
| Ahcene Briguene | U.S.K.A. |
| Lynda Crimmins | Peak Performance Shotokan |
| Steven Taback | CSUN Karate |
| Wayne Shockness | Shockness Shotokan |
| Steven Warren | Rochester Shotokan |
| Stephen Ferrando | Long Island Shotokan |
| Lisa Turner | Maine Shotokan |
| Alison Chakoumakos | Rocky Mountain Shotokan |
| Glenn Stoddard | Wisconsin Shotokan |
| Shannon Blanchard | Rochester Shotokan |
| Aldwyn Lawrence | Long Island Shotokan |
| Eugene Smith | Peak Performance Shotokan |
| Masashi Yasuhiro | San Francisco Shotokan |
| James Shea | New England Shotokan |
| Mike Cook | Maine Shotokan |
| Charles Macolino | Long Island Shotokan |
| Penelope Karpovsky | CSUN Shotokan |
| Francis Fong | SKIF Hawaii – Salt Lake |

SKIF-USA

Would like to thank all of those who have graciously contributed to our National Team participating in the World Karate Championships this fall in Japan.

Don Warner of Rising Sun Productions
Glenn Stoddard
Francis Fong
Glenn & Glenna Burleson
Ahcene Briguene
Peak Performance Shotokan Karate-Do
Shadi Barazi
Paul Walker
SKIF Hawaii So Honbu

We would also like to thank all of our hosting dojo's during the Kanazawa 2006 tour for all of the money they raised for our fund raiser:

Long Island Shotokan Karate Dojo, NY
Bronx Traditional Shotokan, NY
Peak Performance Shotokan Karate-Do, MN
Shotokan Karate-Do Center, TX
Seishin Shotokan Karate, CA
SKIF Hawaii So Honbu, HI

If you would like to help our team please contact us at:
skifusa@comcast.net

Kanazawa Kancho United States Tour 2006

Once again, we were very fortunate to have Kanazawa Kancho visit several locations in the U.S. This year, he traveled with his eldest son, Nobuaki Sensei. Their trip took them from Long Island Shotokan in New York to Peak Performance Shotokan Karate-Do in Minnesota. These stops were followed by stops at Shotokan Karate-Do Center in Houston and Seishin Shotokan in California. They rounded out their tour with a stop with SKIF Hawaii Honbu in Hawaii. The following are articles from several of these stops:

Kancho's June 2006 New York Seminar a Great Success

By Glenn Stoddard

On June 9-11, 2006, Kancho Kanazawa and his oldest son, Nobuaki Kanazawa Sensei, gave a terrific karate seminar in New York City. The seminar was hosted by Sensei Charles Macolino and Sensei Jerry DiCario, of Long Island Shotokan Karate-do, and by Sensei Terry Nichiporuk, of Bronx Traditional Shotokan Karate-do.

Many New York area SKIF sensei and students were in attendance. However, there were also many others from around the nation at the seminar. As a result, there were about 100 participants each day of the seminar. All seminar courses were held in a large gymnasium at the Police Athletic League in New Hyde Park, New York. This enabled Kancho and Nobuaki Sensei to divide the large group of participants into two sub-groups, consisting of dan grades and kyu grades.

During each day of the seminar, Kancho Kanazawa divided his time between the dan grades and the kyu grades. In working with the dan grades, Kancho reviewed kihon, major parts of the SKIF kumite syllabus, and the following advanced kata: Bassai-Dai; Kanku-Dai; Jion; Enpi; Gankaku; Hangetsu; Sochin; and Nijuhachiho.

On Saturday morning, Kancho had Nobuaki Sensei teach the dan grades several jyu-kumite training drills that involved shifting, blocking, and shifting back in with a counter-attack. These drills were easy to learn, effective, and they got everyone moving and sweating.

Nobuaki Sensei, like his father, is a patient and excellent instructor. While Kancho was teaching the dan grades, Nobuaki Sensei worked patiently with the kyu grades on kihon, prearranged kumite, the five Heian

kata, and Tekki Shodan. He also constantly demonstrated as he taught, which was very helpful to the kyu grades as well as the dan grades.

After class on Saturday Kancho tested a number of kyu grades for their next kyu level. Those who tested had obviously prepared well, as they were all ultimately promoted by Kancho to the next kyu level.

On Saturday evening, our hosts put on a wonderful dinner party at a well-known restaurant. Kancho Kanazawa and Nobuaki Sensei were the honored guests at the party and all of those who came were very respectful and made a special point of greeting them as they sat at the head table. This party was a nice opportunity for everyone to share a few words with Kancho and Nobuaki Sensei and to thank them for coming all the way from Japan to give such a wonderful seminar. As the night progressed, everyone seemed to enjoy the speeches, toasts, conversation, and good food.

At the party on Saturday night there was also a special fundraising auction to raise funds to help support the SKIF-USA Team, which will be competing in this year's 9th SKIF World Tournament in Tokyo, Japan. Among the items auctioned off were two sets of Kancho's new training DVDs, including one limited edition special set. These DVD sets were donated by their producer, Rising Sun Productions, and SKIF-USA greatly appreciates this support and sponsorship of our team. (Kancho's new training DVDs can be ordered through SKIF-USA at www.skifusa.com or directly from Rising Sun Productions at www.risingsunproductions.net)

On Sunday, Kancho and Nobuaki Sensei again taught the two different groups and continued working

mostly on kata and kumite drills. However, Kancho worked even more closely on Sunday with the individuals who were planning to do dan grading later in the day. This was good training for everyone because Kancho went over many of the little details of each kata chosen by the examinees. Additionally, Kancho had Nobuaki Sensei demonstrate the major kihon-ippon and jyu-ippon kumite defenses from the SKIF syllabus against me, as I assisted him at Kancho's direction. This was a great chance for everyone to see Nobuaki Sensei's fine technical ability on display.

After the class on Sunday, a large group of individuals tested for various dan grades. Overall, Kancho was quite pleased with the high level of karate he saw exhibited by most examinees, although not everyone testing was promoted.

In conclusion, the New York seminar was a high quality karate seminar with a large turnout and good karate spirit. I greatly enjoyed the chance to train with Kancho and Nobuaki Sensei, and to see so many members of our SKIF-USA family while in New York. The budo

spirit was strong at this seminar and it was nice to be a part of that. The hosts, Sensei Charlie Macolino, Sensei Jerry DiCanio, and Sensei Terry Nichiporuk, and their many students and assistants, all deserve much credit for hosting this event and for a job well done. Special recognition must also be given to Sensei Hiroyasu Fujishima and Sensei James Shea, both of whom helped greatly with local travel, kyu and dan grading, and in many other ways at the seminar. Of course, all of the many participants who showed support by participating also deserve recognition. But there isn't enough space to list their names. OSS!

Note: Below are several photos from the New York Seminar taken by Gwen Pham, which were sent to Sensei Glenn Stoddard. These photos show Kancho, Nobuaki Sensei, Sensei Glenn Stoddard, Sensei James Shea, Sensei Charles Macolino, and others who participated in the seminar.



Kancho USA Tour 2006 Minnesota

By Lynda Crimmins

Peak Performance Shotokan Karate-Do had the pleasure of hosting Kanazawa Kancho and his son Nobuaki Sensei June 13 – 14 2006. Although it can difficult to gather a large crowd for mid-week sessions, we were very happy with the turnout as well as the spirit of everyone there!

Kancho started Tuesday's session by teaching the Seienchin kata for the first hour. This kata, which emphasizes breathing and movement in shiko-dachi, was included in the SKIF system by Kancho specifically to emphasize training in the shiko-dachi stance. The version of this kata taught by Kancho is from the Shito-Ryu style of karate-do.

The second hour of the class was spent practicing the various kata selected by those who were planning to take their dan exams after the class. During this hour, Kancho worked with the black belts and reviewed the following kata: Sochin, Gojushiho Sho, Gojushiho Dai, and Nijuhachiho. At this time, Nobuaki Sensei worked with the kyū ranks on various moving and shifting drills.

Unfortunately, after the dan exam on Tuesday, Kancho was not feeling quite himself. As a result, the next day Kancho decided to get a medical check-up. After doing so he was advised to rest for a few days and have a follow-up check up with his own doctor in Japan. Kancho took this advice and returned to Japan on Thursday, June 15th. However, Nobuaki Sensei continued on with the tour and taught for Kancho in each location, including Wednesday, June 14th in Minnesota.

On Wednesday evening Nobuaki Sensei taught a terrific class, which focused on kihon. This was certainly very good for those of us who sometimes teach more than we train! Although the training was all on various kihon techniques, there was always a little twist! For example, there

was the drill where we kicked mae geri then yoko keikomi with the same leg, holding the yoko geri out, and then finishing by rotating on our support leg 180 degrees before drawing the kick and putting the foot down! Of course, Nobuaki made this exercise look easy and flawless! We also did quite a bit of partner work. But I think the best part was the end – partner stretching. I suspect this was everyone's favorite section!

Note: Fortunately, by the time Kancho returned to Japan he was feeling fine and once he arrived there his doctor cleared him to travel and teach again. As a result, he flew back to Hawaii at the end of the following week to make that stop on the USA Tour and link up again with Nobuaki Sensei.



2006 HAWAII SUMMER TOUR WITH KANCHO HIROKAZU KANAZAWA AND NOBUAKI KANAZAWA

By Steven D. Wong, President-SKIF Hawaii So Honbu

SKIF Hawaii So Honbu offers great appreciation to SKIF-USA for allowing us to host Kancho Kanazawa on a yearly basis. We look forward to Kancho's visits and experiencing his expertise. This tour and tournament was in planning for months prior to Kancho and Nobuaki's arrival on June 23rd, 2006. It was with great disappointment that we learned on the week prior to his arrival of his illness in Minnesota and his subsequent return to Japan. We then made some frantic phone calls to various participants to inform them that Kancho would not be coming but we still would be hosting Sensei Nobuaki.

On Tuesday, July 20, 2006, we received an e-mail from Sensei Iwai in Japan that Kancho had booked a flight back to Hawaii and would definitely be with us. We felt some concern with his health and it was decided that Kancho would only be asked to enjoy himself here and be an observer.

Kancho arrived the morning of June 23, 2006 on Northwest Airlines at about 9:00 a.m. His first words to me was "Wong-san, so sorry for all the trouble I caused." I was in shocked disbelief that this humble man actually was apologizing to me. Sensei's Victor Takemori, Francis Fong and Robert Nishimura were also present to greet Kancho.

We then loaded up his bags and headed off to breakfast at the "New Eagle Café." Kancho enjoyed a Belgian waffle with strawberries and whipped cream.

The rest of the day was free and Victor Takemori checked Kancho into the Waikiki Prince Hotel.

On Friday night at 5:00 p.m. Kancho went to Sensei Fong's dojo in Salt Lake to give a junior shodan exam to a student. However, during the exam, we received a call at about 6:30 p.m. that Nobuaki was waiting at the airport. There seemed to have been a mixup in his arrival time, since we were expecting him about 9:00 p.m. We rushed down and found him waiting. Since Kancho liked the New Eagle Café, we then headed there for dinner with Nobuaki. I can't remember what Kancho ordered since I was amazed that Nobuaki ordered a double cut prime rib of beef. After he polished that off, he ate the leftovers from another's plate. Wish I could be as trim as him and still eat the way he does. I guess I have to train harder.



Sensei Fong and Students

Saturday was another free day for Kancho and Nobuaki. Nobuaki went for some sightseeing and then we all joined for lunch at Sanoya Noodle House. If you think that this newsletter talks more about eating rather than karate, you have surmised correctly. When you come to Hawaii, the "Ohana" or family spirit always seems to revolve around food, eating and gathering. Kancho and Nobuaki ate ramen and other things. We then headed off for some shopping at Ala Moana Shopping Center. Nobuaki had mentioned he needed some omiyagae to bring home.



Nobuaki, Kancho and Francis Fong eating ramen noodles



*Kancho and Victor Takemori with my 2 kids
at Ala Moana shopping center*

On Saturday evening, we held our advanced brown and black belt seminar at the Japanese Cultural Center, Kenshikan Dojo. We were surprised to see Kancho coming with his gi since we did not expect him to teach. However, Nobuaki conducted the warm-ups and kihon and kumite practice. We did learn some new techniques on kumite that we had not practiced before. Kancho then split the group during the kata practice. The brown belts went with Nobuaki to learn the finer points of Jion. The black belts went with Kancho to dissect Chinte. Kancho briefly went over Nijuhachiho before the class was dismissed. After the seminar, some of the senior instructors went to a Chinese dinner.



Susannah Wesley Dojo



Kancho demonstrating



Kihon practice



***Participants at the Kenshikan Dojo-
Advance training night***

On June 24, 2006, our fifth annual SKIF tournament was held at Manoa Valley Recreation Center. This was an open tournament with many outside dojos participating. There were about 150 – 200 competitors from various traditional karate organizations. Our thanks goes out to all who assisted and participated. Nobuaki assisted and was head referee during some of the final kumite matches.

We were also happy to host Sensei Castellano from the Satsuma Dojo, California. Sensei Jay Castellano also entered the tournament and placed first in kata in his group doing Gojushiho Dai. Sensei Castellano and Sensei Nobuaki also performed a demonstration on Jiyu Ippon kumite later during the tournament. Everyone showed a lot of spirit and enthusiasm and also a little nervousness. Kancho and Nobuaki did express to me later that they could see that everyone was a little nervous.



Kata competition –Kancho, Senseis Kobayashi, Nobuaki, & Takemori in background.



Happy contestants with their trophies



Team Kata

Later that evening, we had a final Hawaiian buffet dinner at the “Willows Restaurant”. We were joined by Sensei Ed Kiyuna, Victor Takemori, Francis Fong, Les Nishikawa, and Jay Castellano. We were also honored to have a visitor from Ireland who participated in the seminar and tournament, Renata Balducci.

After dinner Kancho was tired so he went back to the hotel. Nobuaki, however was not finished shopping. The shopping center was not opened on Sunday night so we went to Walmart which is open 24 hours. There is no such thing as Walmart in Japan. Nobuaki commented that everything was reasonably priced. He bought a lot of souvenirs to take home.

Kancho and Nobuaki then left Hawaii on Monday, June 26th. Before they left, however, I visited both of them at their hotel since SKIF Hawaii needed an evaluation on our tournament in the hope of improving ourselves for next year.

Kancho and Nobuaki offered this advice:

- Need to practice more “Deai”. This is timing or attacking when an opponent attacks you.
- Kancho was impressed with the “elders” who entered the tournament. There was a large group of over 50 – 60 yrs. Old.
- Concentrate on basic stances. He noticed that some stances were not correct during kata competition.
- Nobuaki noticed that everyone was nervous. He said that when practicing, you should think like you are in a match or tournament. When the tournament day comes, you may have settled down by then.
- In all, Kancho complimented everyone on good basics.

As the doju kune goes, we will seek perfection of character and endeavor to better ourselves.

Aloha to all and mahalo to all.

“Oss!”

THE SEIPAI KATA OF SKIF

By Glenn Stoddard

As discussed in the last issue of this newsletter, the SKIF system developed by Kancho Hirokazu Kanazawa includes all 26 traditional Shotokan-style kata as practiced by the Japan Karate Association (JKA), plus four additional kata: Seienchin, Seipai, Gankaku-Sho, and Niju-Hachi-Ho. This article discusses the Seipai kata as taught by Kancho Kanazawa. In the last issue, I described the meaning and history of the Seienchin kata. In future issues I will discuss the Gankaku-sho and Niju-Hachi-Ho kata.

Seipai kata is a very traditional Japanese/Okinawan style kata. It is most commonly practiced by Goju-Ryu and Shito-Ryu karate stylists. The name Seipai is generally defined as "18 hands." This kata is also sometimes referred to as the "Dragon kata." Like Seienchin, which is traditionally part of both the Goju-Ryu and Shito-Ryu styles of karate, Seipai was fully incorporated into the SKIF system of Shotokan taught by Kancho Kanazawa in the early 1990s.

The version of Seipai taught by Kancho Kanazawa as part of the SKIF system is based on the most common Goju-Ryu variation of this kata, rather than the Shito-Ryu variation. It includes a mixture of soft, circular techniques with hard and fast techniques. Seipai is also said to exemplify crane techniques, which can be seen in the stances, upper body postures, and evasive footwork.

Seipai, unlike Seienchin, includes three front snap kicks. It also includes two inward foot snaps (nami-ashi) followed by lower level double punches against the opponent after he has been taken to the ground. Additionally, this kata has a unique technique with a joint lock followed by a body rotation and arm break. Seipai also has much twisting and body rotation. The SKIF version of this kata as taught by Kancho Kanazawa includes the following stances: shiko-dachi, zenkutsu-dachi, rear-facing zenkutsu-dachi, heiko-dachi, sanchin-dachi, and nekoashi-dachi.

The World Karate Federation (WKF) lists Seipai as a compulsory (shitei) kata of Goju-Ryu for competition in WKF tournaments. The Seipai kata is also recognized for competition in SKIF tournaments in certain divisions.

SKIF-USA PROUDLY PRESENTS OUR NEW NATIONAL WARM-UP UNIFORM

These functional and premium quality team warm-up uniforms feature breathable material (polyester) and exclusive mesh liner. Jacket comes with zippered pockets. The pants feature elastic waistband with additional draw cord, open pockets and open leg bottoms for a high degree of comfort.



Back embroidered with
SKIF-USA logo



Colors: Insignia Blue, White and Red

Show your support for SKIF-USA by wearing our national warm-up uniform. This is the same uniform that will be worn by our National Team at the World Karate Championships this fall in Japan. Ask your Sensei about them today or email us at: skifusa@comcast.net



See all of the SKIF-USA merchandise catalogue online at:
www.skifusa.com

The newsletter staff would like to thank all of those who have contributed to this quarters Newsletter.
If you have an article that you would like to contribute please email it to: skifusa@comcast.net
