



ISKF SPOTLIGHT

Winter 2013 INTERNATIONAL SHOTOKAN KARATE FEDERATION

A Special New Year Message From Okazaki Shihan

I'd like to wish all of our ISKF members and their families a very Happy, Healthy and Prosperous New Year!

All of us look to the New Year with a sense of hope that it will be better than the past. If we didn't do this, we would not have goals, and work harder to achieve them. This is a good thing. Sometimes we have goals we may not be aware of. Those are the ones that are most important. It is good to have a goal to better yourself in your career, your training and other tangible items. However, it is the intangibles that are the most important. What I mean by this is, we have all been effected one way or another by the tragedies that have occurred in 2012. There were weather disturbances, international wars and the tragic violence and killing of innocent people, including defenseless children. We cannot control the weather but we can do our best to help the world become a better place. This is what I mean when I speak of goals we may not be aware of. We all want the world to be a safer place. This is human nature regardless of the country or region you live. We often say, we wish the government would do a better job protecting us or make better decisions so we and our families are safe. However, the government is made up of people – human beings as well. It is our responsibility to start with ourselves, be good human beings, set a good example to the children and instill in them pride and value for others. This is why our karate training and studying the Dojo Kun and Shoto Niju Kun are so very important. They were important many years ago when our founder – Master Gichin Funakoshi

gave them to us because they were difficult times as well, and even more so in this day and age. If you contemplate this, Master Funakoshi was well ahead of his time and had a keen insight into not just the physical techniques, but also in the human mind.



He knew we are human beings and can be weak and that we all needed guidance, and he gave us these principles to help us understand and to work on them to be good human beings. Just think about those guidelines and you will see how they would definitely have affected the outcome of those tragedies. If we demonstrate a good example to others, especially our youth that we treat each other with respect and courtesy, including ourselves, and value life then this value would be copied and help to bring peace to the world.

My hope for all of you for the New Year is that you continue to train hard, study the Dojo Kun and Niju Kun and help spread these values to others. As a martial artist it is your responsibility to be the best human being you can be and also to help the world be a better place. Imagine, if each and every one of us makes a conscious effort to do this we can very possibly prevent some of these tragedies. We cannot stop natural disasters, but we can assist those who are affected by them. However, we can definitely prevent violent disasters by setting a good example and teaching others the true principle of a real martial artist. If you do this you will have a positive impact on 2013 and the future.

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ISKF Master Camp 2013
Sometimes an Obi is more than a Belt
2013 ISKF Calender Events

2nd ISKF World Shoto Cup in Cebu, Philippines

November 9th – 11th, the ISKF Philippines hosted the 2nd ISKF World Shoto Cup in Cebu, Philippines. The Shoto Cup is open to all ISKF member countries; unfortunately not all countries can attend every event. For this event sixteen countries attended with over 200 competitors; all hoping to represent their respective countries to the best of their ability and take home the gold. The ISKF Philippines was a gracious host and did a spectacular job.

In addition to the tournament, there were Dan exams, seminars, and a banquet to end the week of activities. Seminars with Master Yaguchi and Master Takahashi were filled to capacity. This is a true testament to their knowledge as Shotokan Masters and the lessons they teach.

Youth competitors kicked off the tournament on Saturday. This group of participants are truly the future of the ISKF. More kids are competing and the level of competition continues to rise. It is obvious that many of the youth train just as hard and as seriously as adult competitors. They not only exhibit a remarkable skillset in physical techniques, but many are mature as well. The youth group was followed by senior competitors, who continue to prove that karateka can compete, and push them selves at any age. Last, but not least were the adult competitors in the open division. The adult divisions also returned on Sunday to compete in the finals.

Support from families, friends, and spectators was very obvious on Sunday. During the finals, the crowd let out a thunderous roar when the home town competitor, Orencio Delos Santos won the gold medal in Men's Individual Kata. After bowing out, Orencio leapt into the air with joy when he realized he'd won and everyone cheered. For the Women's Individual Kata, Yoko Ishida, from the USA took home the gold. Both of them performed Unsu. When it came to kumite, the excitement continued. Carol Haddad took

home the gold for Canada in Women's Individual Kumite, while Pedram Rastegar, representing the USA, won the gold in Men's Individual Kumite. (See the complete list of winners under the tournament results.) All the competitors trained hard to represent their countries in the second ISKF World Shoto Cup and they did not disappoint the spectators.

Following the tournament, was a great banquet with live entertainment all night. A band played great, and after dinner, each country was invited up to entertain the audience. Countries sang or danced, and some did both, most performances represented the country's culture and history, and all were fun! Participants got to relax and enjoy the company of other competitors after a long weekend of competition. The banquet is one of the last times for competitors to mingle and make new friends before returning home. Once again, the host staff did a wonderful job.

Despite the long hours that go into setting up and training for competition, we must be reminded that the objective of tournaments is not just about winning medals, but also to develop camaraderie among fellow karateka and continue Master Funakoshi's ultimate aim of spreading peace through karate-do. As Master Funakoshi once said, "the ultimate aim of the art of karate lies not in victory or defeat but in the perfection of the character of its participants."

Please continue to support the team and individual team members in your region and country as they begin to prepare for the 3rd World Shoto Cup to be held in South Africa. Tournaments are open to all spectators. Members of the ISKF are encouraged to come and bring friends and family. All are welcome. If you have never been to a world tournament, try to attend. No less significant is the cadre of new judges, ring managers, and volunteers that must also go through thorough training to provide a well-run tournament experience for all. Thank and support them as well for their hard work and dedication to the ISKF. We are looking forward to seeing as many of you as possible in South Africa in 2016!

Shoto Cup Tournament Results

Junior Division

8-9 year old Boys Individual Kata

- 1st place. David Ian Tubana (PHI)
- 2nd place. Andreiy Phoebe Tindugan (PHI)
- 3rd place. Juan Pablo Palomeque (ARG)

8-9 year old Boys Individual Kumite

- 1st place. AndTindugan (PHI)
- 2nd place. Alphonso Raphael Pastias (PHI)
- 3rd place. Jose Nonito Ongayon (PHI) & Raphael Vidal (PHI)

8-9 year old Girls Individual Kata/Kumite

- 1st place. Urielle Joaquin (PHI)
- 2nd place. Marissa Rebanal (PHI)
- 3rd place. Katheryn Barredo (PHI)

8-9 year old Girls Individual Kumite

- 1st place. China Fontillas (PHI)
- 2nd place. Sofia Jasmine Balagot (PHI)
- 3rd place. Sofia Villegas (PHI)

10-11 year old Boys Individual Kata

- 1st place. Geoff Millard Visorio (PHI)
- 2nd place. Edsylv Mirabel (PHI)
- 3rd place. Elijah Claravall (PHI) & Jeremiah Christian Pacheco (PHI)

10-11 year old Boys Individual Kumite

- 1st place. Roi Dariel Lao (PHI)
- 2nd place. Earl Justine Perez (PHI)
- 3rd place. Ryder Bawden (RSA) & Francois Roberts (RSA)



Shoto Cup Tournament Judges from around the world. Thank you for supporting the ISKF!

10-11 year old Girls Individual Kata

- 1st place. Lalor Deang (PHI)
- 2nd place. Hazel Napa (PHI)
- 3rd place. Shaina Louise Visorio (PHI)

10-11 year old Girls Individual Kumite

- 1st place. Czarina Napa (PHI)
- 2nd place. Lalor Deang (PHI)
- 3rd place. Gabrielle Joaquin (PHI) & Hazel Napa (PHI)

12-13 year old Boys Individual Kata

- 1st place. Alexander Lay (PHI)
- 2nd place. Miguel Joaquin (PHI)
- 3rd place. Jaime Villegas (PHI)

12-13 year old Boys Individual Kumite

- 1st place. Alexander Lay (PHI)
- 2nd place. REymel Alfonso (PHI)
- 3rd place. Jericho Christian Pacheco (PHI) & Jan Evan Guapo (PHI)

12-13 year old Girls Individual Kata

- 1st place. Gabrielle Dela Rosa (PHI)
- 2nd place. Joanna Marie Lim (PHI)
- 3rd place. Ma. Jeannel Ogayon (PHI)

12-13 year old Girls Individual Kumite

- 1st place. Gabrielle Dela Rosa (PHI)
- 2nd place. Talia Cassidy (RSA)
- 3rd place. Jacqueline Andrew (RSA) & Dayna Collins Wells (RSA)

14-15 year old Boys Individual Kata

- 1st place. Christopher Coppin (CAN)
- 2nd place. Bryan Fontillas (PHI)
- 3rd place. Charles Bonagua (PHI)

14-15 year old Boys Individual Kumite

- 1st place. Marvin Pinpin (PHI)
- 2nd place. Charles Bonagua (PHI)
- 3rd place. Alexander Kouri (RSA) & Jessie Daniel Salas (PHI)

14-15 year old Girls Individual Kata

- 1st place. Christine Cornel (USA)
- 2nd place. Mary Mikaela Mahilum (PHI)
- 3rd place. Aurelie Etienne (CAN)

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14-15 year old Girls Individual Kumite

1st place. Marione Mae Rebanal (PHI)
2nd place. Mary Mikaela Mahilum (PHI)
3rd place. Courtney-jo Cawood (RSA) & Christine Cornel (USA)

14-15 year old Boys Team Kumite

1st place. Philippines Team A
2nd place. Argentina
3rd place. South Africa

16-17 year old Boys Individual Kata

1st place. Prince Andreen Zipagan (PHI)
2nd place. Brian Carnero (ARG)
3rd place. Martin Chiodi (ARG)

16-17 year old Boys Individual Kumite

1st place. Prince Andreen Zipagan (PHI)
2nd place. Victor So (CAN)
3rd place. Brian Carnero (ARG) & Martin Chiodi (ARG)

16-17 year old Girls Individual Kata

1st place. Franchesca Reign Lim (PHI)
2nd place. Consuelo Coco Vigilar (USA)
3rd place. Dana Alcantara (USA)

16-17 year old Girls Individual Kumite

1st place. Marimar Fontillas (PHI)
2nd place. Priyanka Sarkar (RSA)
3rd place. Claire Banzagales (PHI) & Bethany Martin (AUS)

14-15 YO Girls Team Kumite

1st place. Philippines
2nd place. South Africa A
3rd place. South Africa B

Junior Team Kata (Mixed)

1st place. Philippines
2nd place. Argentina
3rd place. USA

Senior Division

Senior Men's Individual Kata

1st place. Paul Mckeena (CAN)
2nd place. RHoel Parungao (PHI)
3rd place. Jeffrey Heermans (USA)

Senior Men's Individual Kumite

1st place. Paul Mckeena (CAN)
2nd place. Frank Pinnig (GER)
3rd place. Jim Stanley (CAN) & Anthony Cuffie (USA)

Senior Women's Individual Kata

1st place. Miyuki Kuroha (USA)
2nd place. Kim Weber (USA)
3rd place. Marcia Ransom (USA)

Senior Women's Individual Kumite

1st place. Kim Weber (USA)
2nd place. Carol Glenn (USA)
3rd place. Dawn Rivard (CAN) & Marie Oliver (RSA)

Senior Men's Team Kata

1st place. Philippines
2nd place. USA

Senior Men's Team Kumite

1st place. USA
2nd place. Philippines

Senior Women's Team Kata and Kumite

1st place. Team USA

Adult Division

Men's Individual Kata

1st place. Orencio Delos Santos (PHI)
2nd place. Michael Cornell (USA)
3rd place. Jumbo Banaria (USA)

Men's Individual Kumite

1st place. Pedram Rastegar (USA)
2nd place. Michael Cornell (USA)
3rd place. Aiman Benkhadra (CAN) & Ben Skennar (AUS)

Women's Individual Kata

1st place. Yoko Ishida (USA)
2nd place. Tracy Pearce (AUS)
3rd place. Crystal Schatz (CAN)

Women's Individual Kumite

1st place. Carol Haddad (CAN)
2nd place. Kimberly Ding (CAN)
3rd place. Crystal Schatz (CAN) & Luciana Pereira (CAN)

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Men's Team Kata

- 1st place. USA
- 2nd place. Australia
- 3rd place. Canada

Men's Team Kumite

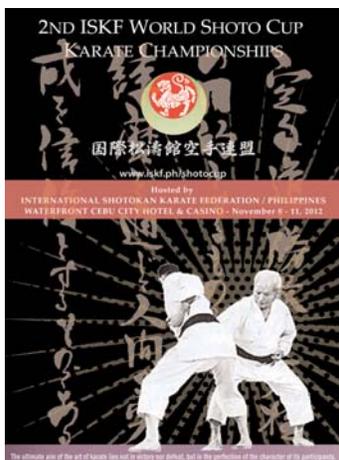
- 1st place. Australia
- 2nd place. Canada
- 3rd place. USA

Women's Team Kata

- 1st place. Australia
- 2nd place. Canada
- 3rd place. USA

Women's Team Kumite

- 1st place. Canada
- 2nd place. USA
- 3rd place. Philippines



Master Camp Lectures and Events-2012

Below are highlights of the morning and evening lectures given throughout the week.

Saturday-John Russo, TSKFA, ISKF Australia and Mark Willis TSKFA, ISKF New Zealand

Topic: Joining the ISKF

Mr. Russo and Mr. Willis shared their experience and decision making process in deciding to leave the JKA and join the ISKF. They discussed some of the difficulties and even pain of ending ties with the JKA. They walked us through the final actions that lead to the departure, much of which mirrored stories of others who have left, up to the deciding factors that brought them to the ISKF. They wanted an organization that followed the precept that karate begins and ends with respect, so they forged ahead to make their own organization. Once they decided to move on and join a larger group, they did a thorough search of other Shotokan organizations. The main criterion was an organization that still followed traditional Shotokan

principles handed down from Masters Funakoshi and Nakayama.

Master Okazaki welcomed them and invited them to become a part of the ISKF family. After attending Master Camp and meeting members of the ISKF, they felt the people were friendly, warm, and open. They found the combination they were looking for, traditional karate and people that truly welcomed them. They also expressed their deep honor and gratitude that Master Takahashi stayed with them throughout this ordeal, and continues to offer his leadership, guidance, and teaching.



John Russo (left), TSKFA, ISKF Australia and Mark Willis (right) TSKFA, ISKF New Zealand

Sunday- Cathy Cline, 8th Dan, ISKF Technical Committee
 Topic: ISKF Technical Committee-purpose, history, and function

Sensei Cline gave a historic overview of the ISKF and technical committee and then proceeded to discuss its role. On September 20, 1977 the ISKF was formed at the Nationals in Denver, CO. The organization was formed because of the prodding by members for a more democratic organization. Previously some high ranking Instructors had been expelled because they taught at camps outside of the organization.

In 1998, Sensei Okazaki decided that the Shihankai needed a technical committee. Thus the ISKF Technical Committee was formed, initially with six members: Senseis James Field, Cathy Cline, Frank Woon-A-Tai (Canada), Greer Golden, Robin Rielly, and Maynard Miner. Today, Master Yaguchi is the Chairman and there are 13

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committee members. The bylaws state that they can have a minimum of 5 and maximum of 13 members, but this is now under review. The plan is to steadily grow the committee so that the ISKF can bring in dedicated instructors from other parts of the world and be less North American centric. According to the bylaws, the committee was formed “to uphold all of the technical principles of the ISKF, none of which can be passed on until the Shihankai approve of it, will be involved in different political events or issues and be involved with grading and reporting, dan and kyu exams.”

A major feat of the committee was to transcribe the rules and qualifications onto paper. Previously, these were oral notes passed on by the Japanese masters. Now, they are on the ISKF website. The Technical Committee is trying to be a little more transparent about the rules. They have also added four ad hoc committees: Collegiate, Tournaments and Rulebook, Dan and Kyu Examinations, and Instructor Trainee to help with some of the work.

A new area of concern is teaching children. We need to have more focus on the safety and security of our youth. They must be able to train in a safe environment without fear of inappropriate behavior by instructors or assistants. Conversely, we need to have safeguards so that people aren't falsely accused. We don't want people to make accusations against leaders or instructors that are not valid. One of the easiest precautions to take is to never be alone with a child. No smart phones should be allowed in changing or dressing rooms. Other safeguards include having back ground checks for instructors,



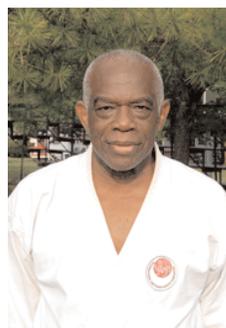
*Sensei Cathy Cline, 8th Dan,
ISKF Technical Committee*

and taking child abuse prevention classes. This is obviously a topic that still needs further review and discussion, but the conversations have started.

Tuesday- James Field, 8th Dan, ISKF Technical Committee Topic: How the Technical Committee Works-Practical Applications

The lecture began with a review of the technical committee and its role in the ISKF. Sensei Field spoke about the need for standards and rules, and everyone adhering to them. Every group even a small group, has to have standards. Sensei Field explained his role as Vice Chairman. One of his primary roles is to know all of the rules, and to make sure that everyone else knows them. This is especially important when it comes to kumite rules. Sensei Field emphasized that there should not be contact during a match. “There is no light contact, or medium contact or hard contact—contact is contact” He also reiterated many of the points.

When asked about teaching and judging in different countries, Sensei Field emphasized that we should all use the Japanese vocabulary. It's the universal language of karate. At his dojo they learn in English and Japanese in the beginning, so people can know and understanding what they are doing. After that, it's only Japanese. You don't have to study Japanese but learn the terms we use in karate. Judges should definitely use Japanese.



*Sensei James Field, 8th Dan,
ISKF Technical Committee*

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Sensei also stressed that beginners must learn basics correctly. Teach the course of the technique, and then you can add speed and focus, and kime. It's hard to break bad habits. Teach people correctly at the kyu level.

Wednesday AM- Paul K. Smith,
Ph.D.

Topic: Form and Stability

Dr. Smith used 8 people in the form of a circle to demonstrate the role of form and stability in executing correct techniques with kime. The 8 people represented rhythm, power, timing, focus, balance, distance, and form. We formed a circle to show that all of the elements have a purpose, a role in executing a technique. For example, rhythm is the natural harmonics and movement, and speed is how fast you can move from one point to the next, whereas timing is all the body parts, muscles, bones, etc. moving together.

Dr. Smith emphasized points from Master Nakayama's Best Karate Series, using the correct application of speed and power and the proper use of body contraction and expansion. He also discussed using the appropriate muscles at the appropriate time when performing techniques. Dr. Smith also emphasized that although karate principles should remain the same, different body types may need to train differently to achieve the same results.

Wednesday PM- George Stollsteimer,
M.D., Orthopedic Surgeon

Topic: Karate Adaptations for Young and Old

This lecture was also more of an interactive seminar. Dr. Stollsteimer began with the mechanics of making a proper fist so that the first two knuckles make contact with the target, and the science behind positioning. He also discussed how

using the sword edge of the foot for kicking concentrates and focuses the power to the target.

Two of the other highlights were keeping the core strong and taking care of one's knees. He reviewed the importance of the core in karate and conditioning, and generally for good health. One analogy was about the core being a tube and the tube must be strong all the way around, front and back. He then used a member of the audience, Bruce Costa, to demonstrate exercises to strengthen the entire core. Dr. Stollsteimer emphasized that we should avoid positions that lead to or exacerbate knee injuries. Linear motions, going forward and backward, are the safest positions for the knee, anytime we add rotational movement we place strain on the knees. Perform stances correctly and build muscles around joints.

In closing, Dr. Stollsteimer reminded us that competitors, and young people in general, often push themselves to the limit when training, especially for a big event like a tournament or Dan exam. This type of training can be very demanding and harmful. The more we push our bodies to the limit, the more likely we are to experience problems and injuries. We should use caution and train smartly.

Interview with Sensei Miura at Master Camp 2012



Spotlight: What kind of kid were you?

Sensei Miura: When I was young, it was during the war. We were very poor and had to move to the countryside to avoid bombing. In the village where I lived, I made a little group and we fought with the other group. I was always the boss of my group. That is how I spent my days, in childhood.

Spotlight: How did you get interested in karate?

Sensei Miura: When going to school about a mile
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or two away, there was one village I had to go through and as the outsider, the other kids picked on me. I wanted to learn self-defense. I started going to the police academy. At that time, martial arts were still prohibited, however, instead of Judo they suggested I do wrestling and somehow I started karate.

Spotlight: Who was your first instructor?

Sensei Miura: My first instructor was also a news reporter, I believe, and taught karate. I think his name was Murikami, but I 'm not sure.

Spotlight: Was it Shotokan?

Sensei Miura: No.

Spotlight: How did you get interested in Shotokan karate?

Sensei Miura: I went to the dojo when I was a high school junior or senior. Master Nakayama and Sensei Kanazawa came to visit. At that time, they were trying to spread Shotokan around the country and Master Nakayama and the top instructors and students would travel around and give demonstrations.

Sensei Kanazawa was practicing, and then started sparring with me. I swept his leg and he fell. At that time, the atmosphere was that if you hit or did something to a senior person, you could expect revenge. They would get you back. And I thought, "Oh no I made a big mistake, what a terrible thing, now I'm going to get it." Instead, Sensei Kanazawa just tapped me on the shoulder and said, "It's okay." So I thought, "Wow." I was really impressed, so I asked where this gentleman came from. It was so different. I asked the teacher and he explained that they practiced Shotokan in Tokyo at JKA headquarters and they practiced at Takushoku University. Sensei Nakayama was the main instructor and Senseis Kanazawa, Asai, and Enoeda were there. I went home and told my mother I wanted to go to college and she was so happy, but I didn't tell her it was because of karate.

Spotlight: What was that like?

Sensei Miura: It was very scary, very intense. About 130 people joined in my freshman year, but only 6-8 people graduated. Everyone else quit.

Spotlight: Did you become an instructor after graduating?

Sensei Miura: At the time there was an accident at my school, one of my kohai went into town and had a fight and killed someone. The whole school was suspended from the JKA, so we could not compete or go to headquarters for 4 years. After college, I worked in a government job but knew after 6 months that I didn't like it. I saw Nakayama Sensei one day and he was still sending instructors abroad. I talked to him about teaching and he said he would probably send me to Europe. So I went to Germany first, then Italy.

Spotlight: Is there a difference between training now and then?

Sensei Miura: Some of my style and basics are much different from Master Nakayama. When you look at the basic technique it is looks the same, but my style is different from how we used to train. Some of my style and basics are different from Master Nakayama.

Spotlight: Can you give an example of the difference?

Sensei Miura: Chudan ude uke, with Master Nakayama you had to use your strength, and make a big motion. Today, when I do it, it looks like my arm doesn't move at all- it's a small motion. It doesn't look like I'm moving but I am moving. When I was young everybody was using a lot of strength and power. My arm was swelling and I wasn't able to eat— I had to figure out how to do it without forcing power. I had to learn to do it without big movement. I was very small and worried about how to protect myself.

I would touch my arm and pain would shoot up my hand. I tried and tried but it was painful to the touch. Then I tried it different ways and found

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that sometimes when I did it I didn't feel pain, so I studied what it was, and how to always do it that way. Now, I use my opponents' power. The stronger the opponents are the stronger the block.

For anyone who studies martial arts, the goal is the same. It's like climbing a mountain from many different sides, one side judo, another aikido, another karate, and so on; everyone is looking for the same thing. The final goal is the top. When you reach the top, it's the same. Everybody's trying to achieve the same goal.

Spotlight: Budo- is it the same today?

Sensei Miura: Just a little bit. I was disappointed this morning, one student who had eye contact with me didn't say anything not good morning or osu, nothing. Since you study martial arts, budo, you have to greet each other - bow to each other. If you don't have eye contact, that's different. But I looked straight at him and he turned away. That's not good.

But it's difficult to answer- kids want to play, and young people want to train hard. When you get older, you may not have the skill anymore but at the same time, you start seeking more deeply. You want to learn more. You have more questions. What's the philosophy of karate? What is martial arts, etc.?

Spotlight: Do we need to learn more budo, etiquette?

Sensei Miura: We definitely have to educate students about budo and etiquette. It's our responsibility.

As martial artist, we are supposed to have kindness, a strong mind to overcome any difficulty, be generous and help people, and be humble. (I'm's still working on it.) That's the type of character we need to develop. Always you have to look at yourself and make sure you don't cause trouble for other people. These days the world has changed. Budo's idea is like, all the society is going in one direction like the flow of water and budo is going in the other direction. It's going against the current.

Spotlight: Sensei, I heard that you like to tango, is that true?

Sensei Miura: I learned as a student.

Spotlight: Do you still practice?

Sensei Miura: Once in a while.

Spotlight: Did you learn it at the same time you were studying karate?

Sensei Miura: Nakayama Sensei is a very good instructor. He told us to try something new and use those skills to learn karate.

Spotlight: How did tango dancing influence your karate?

Sensei Miura: Rhythm. It's like skin-ship. When you dance, once you touch your partner you know the movement. It's the same with your opponent, or like horseback riding- you have to be in the same rhythm, and to know your opponent, to know your dance partner, to know the horse it's all skin-ship. If you get scared, the horse will get scared, and if you have trouble, dancing your partner will have trouble.

I also tried skiing; I got pretty good at skiing. In Japan, it was difficult to travel to certain mountains after the war, but once I got to Europe I could practice more.

Spotlight: What do you see as the relationship between kata and kumite?

Sensei Miura: Kata and kumite are totally different subjects, but it's very important that you know the components that are in the kata. You need them to spar well.

Spotlight: What do you like best? Do you have a favorite: kata, kumite, or kihon?

Sensei Miura: Empi and Kanku-sho used to be favorites, and I liked sparring too. These days, I really think when I get old, I think even at this age, it's great I can do this much. For higher-ranking instructors-those people should study more. Especially when you get older and your body doesn't lis

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ten to you anymore, at that point those people need to start practicing like I do-my technique. Kihon movement you can do when you get older but to spar you need techniques like my techniques, it's very good for that style- use your opponent's strength.

Spotlight: Did you ever compete when you were in school?

Sensei Miura: No. it was during the ban/suspension period with the JKA. I never could compete or go to a tournament. A year after graduation the school was allowed to compete in tournaments. However, when I was in high school I used to compete, I would win the local tournament or be in top four.

Spotlight: What is your favorite technique to teach?

Sensei Miura: None. Kihon, basics, is what we need to study, learning not to move your arm and block. Probably the basic form is the same when you make application. That's why I don't have a favorite technique. To master my technique, you need to work on regular basics first, and then go to the next level.

When I look at the people here, especially the higher ranking, they are still working on their basics. I wish they would study more to get to the next level. Not only ISKF but around the world, instructors are training how to teach but they don't train for themselves. I think the instructors need to study more.

Spotlight: Any last training advice for students?

Sensei Miura: The camp atmosphere is wonderful, but the higher ranking people especially instructors should study more, like details of techniques, like timing for example. Know the difference between 0.0 to 0.1 seconds- timing difference. For example, now I have free time- people, can come and ask technical questions- I wish I could share more, but nobody comes and asks me.

Spotlight: Makiwara training- Did you do a lot of it?

Sensei Miura: When you're young, it's okay but after that, it's not necessary. Before 14 or 15 is too young. It's no good. In your 20s or 30s, it's okay sometimes. But you have to be careful to do it correctly, and not too much. The purpose of a punch is to use control. If you really want to hit something, you better use a hammer.

Makiwara practice has a purpose when you punch. On impact, you tighten your muscles like your lats (latissimus dorsi), and once you learn how to do that then you don't need to do it anymore.

As karate practice, karate has a form, and you need to develop the correct form. Some people do push-ups 300 times or 200 times to develop the necessary muscles, you don't need so many repetitions just do a small number and correctly. Once you develop the necessary muscles, do small sets and don't overdo it.

Spotlight: Thank you sensei

Sensei Miura: Okay, and please ask questions. In class, I can usually look at students' movements and understand their conditioning, but I can't see what they are thinking. And I want to communicate more, so ask questions. It's good for me too: it makes me study more. I want to study more, so tell people to ask me questions.

Spotlight: Yes, Sensei we will put it in the Spotlight! Thank you very much Sensei.

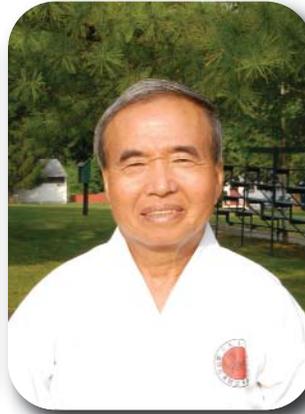
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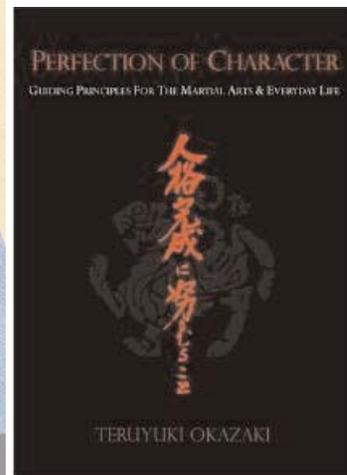
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Perfection of Character by Master Okazaki is in stock. It is \$20, plus shipping. Please, contact the ISKF Headquarters to order. It will be also available at the ISKF Master Camp 2013.

Sometimes an Obi is more than a Belt

Even with my admitted naiveté of many facets of the art of Karate-do, there are times when important lessons are solidified even in me. The journey of one such lesson began quite innocently on April 24th, 2010, at an awards banquet among fellow ISKF-NS karateka. The results of the days Dan examinations were to be announced. I was honoured to have been one of the few grading that day for the rank of Sandan, and in the presence of the always inspiring Master Okazaki. The results were delivered one-by-one and I was delighted to have achieved the rank of Sandan. However, what happened next was of total surprise and the perfect culmination to a fantastic clinic. I had been selected by Sensei Tony Tam, Chief Instructor of ISKF Nova Scotia and Sensei Danny Tam, Vice Chief Instructor of ISKF Nova Scotia, as the recipient of the Master Teruyuki Okazaki Scholarship. This afforded me the opportunity to represent ISKF-NS at Master Camp in Philadelphia.

Life being as it is, I had to defer attending ISKF Master Camp until June 2011. I was well advised by previous attendees, to bring back a souvenir from which to remember my experience. Little did I realize, this was not to be purchased at the Camp store or the Philadelphia airport.

A full year of anticipation of training under the instruction of the world's top ISKF Masters and among 500 fellow karateka (mostly black belts), was realized upon driving through the gates of Camp Green Lane. Not to trivialize the physicality of the training or the skills learned inside the dojo, but several important lessons that I have taken away from my experience were learned outside the dojo.

An invaluable component of Master Camp is the evening seminars given to complement the physical training. One such lecture was presented by our host, Master Okazaki, where he noted that in his opinion, the essence of Karate-do is contained within *dojokun #1: Jinkaku kansei ni tsutomuru koto!* (To strive for the perfection of

character). This, as it turned out, would become the first part of my "souvenir".

A second memorable moment occurred in the dining hall nearing the end of the week. A young boy, not much older than nine, was celebrating his birthday. Word soon traveled to the ear of Master Hideo Ochi (ISKF-Germany), who being a lively character, brought the boy up on stage and proceeded to sing happy birthday to him. Afterwards, he took his well-worn belt, tied it around the boy's waist (I assume it was later retrieved) and made the boy promise to, "Train! Train! Train!" I later thought of the tremendous honour to have been, albeit temporary, bestowed such a belt. This memory later solidified the second part of my "souvenir" of Master Camp.

As I packed to leave Master Camp, I stuffed my belt in my training bag and realized the perfect way to incorporate these experiences. I would design a new black belt for having recently obtaining the rank of Sandan, incorporating Master Okazaki's teachings of the essence of Karate-do.

I wanted this message to be as authentic as possible, so I utilized the original calligraphy scribed by Master Masatoshi Nakayama. However, with individual styling's being unique as they are, this did not transfer well to embroidery. So I commissioned a calligrapher/translator in Japan to redesign Master Nakayama's calligraphy to a format compatible with embroidery. This also entailed rescaling the hiragana characters to comparable size to the kanji characters. This step was performed with traditional ink on rice paper, where it was then sent to a graphic designer in Montreal for digitization. Once in digital format, I could finally proceed with embroidery and belt design.

My final decision was to have; *Jinkaku kansei ni tsutomuru koto*, embroidered on the end that would normally contain the practitioners name and to have; *International Shotokan Karate Federation*, in its original nine character kanji as utilized on ISKF headquarters letterhead, embroidered on the style end.

After many months, and the efforts of many
(Cont'd Page 13)

(From Page 12)

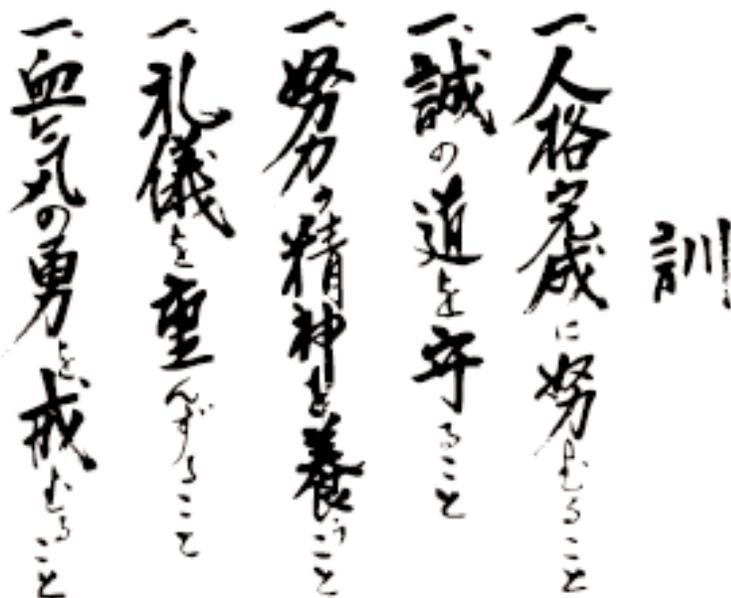
different people, my new belt had finally arrived. But I was uncertain if it would be appropriate to wear this unique belt given my modest rank. I had resolved to mount it in a shadow-box and hang on the wall, should it be seen as a breach of etiquette. First, permission must be obtained from my Sensei's, but what would Master Okazaki think of this keepsake of Master Camp?

In June of 2012, we were again blessed to have Master Okazaki visit us for a clinic and grading. When Sensei was ready to leave I approached him to thank him again for a memorable Master Camp experience and that I was honoured to have attended as a Master Teruyuki Okazaki Scholar. I told him that I learned many things, but most memorable for me was the lecture he delivered on opening night. I asked him if he recalled his message of the essence of karate being contained within dojokun #1. To which he responded, "Oh, yes!" I told him that I wished to always remember that message and held up the ends of my new belt. As a big smile came upon his face, I asked if it would be inappropriate to wear a belt containing this message. He conveyed to me the importance of the lessons I have learned. But what he said next will always resonate in me. He said, "You went to Master Camp as one who practices Karate, but you left a Martial Artist."

Well this belt never had to be mounted in a shadow-box, but is wrapped proudly around my waist. And though it is still in its infancy, one day it may be a well-worn belt like the one bestowed upon the young boy by Master Ochi. Perhaps I will one day tie it around the waist of someone at the beginning stage of their search for the essence of Karate-do.



Carman Mills, Sandan
ISKF-Halifax, Nova Scotia Canada



- Calligraphy by Master Masatoshi Nakayama -

Dojo Kun
Seek Perfection of Character
Be Faithful
Endeavor
Respect Others
Refrain from Violent Behavior

DOJO KUN

Everyone who trains in karate must know the dojo kun. At the end of each training session—whether it be at the dojo, after class, or after a tournament, which I always call “special training”—the dojo kun is repeated all together by the students as a reminder of why we train. The dojo kun states the basic philosophy of karate, according to its founder and my teacher, Master Gichin Funakoshi. Master Funakoshi believed that, for the true karate-ka, the dojo kun should not only be considered a set of rules of conduct in the dojo, but a guide to everyday life. Everything we learn in the dojo, we should apply to everyday life. Master Teruyuki Okazaki

