

# 闘志

FIGHTING SPIRIT



# 35<sup>th</sup> ANNUAL ISKF/US National Karate Championships

November 16-17, 2013  
Hyatt Regency Cincinnati

Hosted by the Mid-America Karate Region





**BEST WISHES FOR ALL COMPETITORS**

***L.A. NUTRITION***

American Nutritional Supplements To The World  
E-Commerce/Logistics Operations For Japan. Livey.com, 1protein.com and etc.

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Please visit [www.MidAmericaISKF.com](http://www.MidAmericaISKF.com) after the tournament for results and a link to view photos from the tournament.





*Ambassador of Japan  
Washington, D. C.*

As the Ambassador of Japan to the United States, I would like to welcome all of you to the 35<sup>th</sup> Annual International Shotokan Karate Federation United States National and Collegiate Karate Championships.

Karate is a dynamic martial art which trains you both mentally and physically. I hope that all the contestants in this year's Championships will do their best to demonstrate their skills and sportsmanship, sharing their talents with all the people who love and support karate. I also hope that karate will continue to enhance the enduring friendship between Japan and the United States.

I wish all the participants and the International Shotokan Karate Federation an exciting and fruitful competition.

Kenichiro Sasae  
Ambassador of Japan






*John R. Kasich and Mary Taylor*  
*Governor and Lieutenant Governor of Ohio*  
*do hereby officially recognize*

## THE INTERNATIONAL SHOTOKAN KARATE FEDERATION

Today, we join you in celebrating your 35<sup>th</sup> annual U.S. National Karate Tournament in Cincinnati, Ohio. It is a wonderful honor for our great state to be representing the Mid-America region at this year's gathering. Cincinnati is a beautiful city and it is our hope that all in attendance will take the time to explore its many treasures. On behalf of all Ohioans, we extend our best wishes for a successful and memorable event!

On this 16<sup>th</sup> day of November, 2013:

  
John R. Kasich  
Governor

  
Mary Taylor  
Lieutenant Governor



# City of Cincinnati



Mark Mallory  
Mayor

Office of the Mayor

Room 150, City Hall  
801 Plum Street  
Cincinnati, Ohio 45202  
Phone (513) 352-3250  
Fax (513) 352-5201

July 15, 2013

Dear Participants and Guests,

On behalf of the City of Cincinnati and all its citizens, I am pleased to welcome the International Shotokan Karate Federation's 35<sup>th</sup> Annual US National Karate Championships to the Greater Cincinnati area! We look forward to hosting this great event over the dates of November 16-17, 2013.

Cincinnati offers world-class accommodations, a variety of award winning restaurants, and shopping opportunities. When the day's events are over we hope that you will make time to explore Cincinnati's many fine entertainment options. Our city is home to a top rated zoo, several world class museums, a casino and a nearby aquarium. The nightlife might include a Broadway production at the Aronoff Center for the Arts, or a performance at the Cincinnati Symphony.

We invite you to experience Cincinnati's big city vibrancy and small-town charm. Cincinnati truly is the Queen City. Good luck in your competition and enjoy your stay.

Sincerely,

Mark Mallory  
Mayor



Equal Opportunity Employer





It is with great excitement after two years of planning that we welcome the 35<sup>th</sup> annual ISKF US National Karate Championships to our home, Cincinnati USA.

Centrally located in the heart of a safe, vibrant, and growing downtown area, Cincinnati has the arts, entertainment, professional sports and attractions one might find in a 'big city', but with the benefits of a medium-sized city and virtually none of the disadvantages of the so-called 'first tier' cities.

#### What sets Cincinnati Apart?

**Compact Downtown Package:** The compactness of the downtown package allows the convenience and cost savings in eliminating the need for any transportation plans also allowing guests to park their cars the first day or simply not need a car. Also located in the heart of downtown within just a few blocks from the host hotel is Fountain Square, which features shops and within walking distance to more than 50 restaurants.

**Entertainment and Attractions:** Cincinnati USA Entertainment options for your attendees include dining at one of ten new restaurants at the newly developed Banks on the Riverfront, a few blocks from your hotel. Or enjoy complimentary transportation offered 24/7 from all downtown hotels to the brand new, first-class Horseshoe Casino, just five blocks from the heart of downtown, also featuring four more distinct restaurants.

Families could enjoy sightseeing Newport Aquarium, shopping at the Newport on the Levee or enjoyable a family-friendly riverboat cruise or our nationally-renowned attractions such as the world-famous Cincinnati Zoo, Cincinnati Museum Center at Union Terminal, Contemporary Arts Center which offers free admission, Cincinnati Bengals and an abundance of diverse cultural attractions.

Greater Cincinnati Sports Corporation, a non-profit affiliate organization, founded in 1989, has a proven history of understanding what it takes to coordinate and host large-scale national sporting events. We are celebrating our 24<sup>th</sup> anniversary and have a great track record in hosting more than 250 different sporting events.

On behalf of the Greater Cincinnati Sports Corporation, we sincerely welcome you to our home!

Leslie Spencer  
Executive Director  
Greater Cincinnati Sports Corp

Greater Cincinnati Sports Corporation, 700 W Pete Rose Way, 5<sup>th</sup> floor, Cincinnati, Ohio 45203 513.345.3054 Fax 513.322.0190  
The Region's Sports Marketing Corporation Representing Cincinnati USA and Northern Kentucky CVBs





## **International Shotokan Karate Federation**

PRESIDENT: JUDGE PAUL RIBNER

434 W. ALLENS LANE, PHILADELPHIA, PA 19119, USA  
TELEPHONE: (215) 222-9382 • FAX: (215) 222-7813

November 17, 2013

To all Contestants, Officials and Guests:

As President of the ISKF, I extend the official greetings of our organization to everyone who participates in the 35th Annual Championships Tournament that is being held in Cincinnati, Ohio. We recognize the energy and time expended by the Tournament Committee of the Mid-America Region, ISKF and the dedicated people working with them in organizing and producing an event of this type. We express our appreciation to each of them and particularly to Greer Golden, Region Chief Instructor and Martin Vaughan, Tournament Coordinator who oversaw the preparation of this meeting.

The ISKF is recognized throughout the world as a great martial arts organization. I have worked from the founding of our group with the legendary Master Teruyuki Okazaki, our Chairman, whose awesome knowledge and skills, along with an unbelievable administrative ability have led us to this position of preeminence in this martial art.

We look forward to watching a first rate demonstration of the skill and training our members are known for, and the results of the superb training given to them. The prestige of the ISKF continues to grow along with our reputation for excellence.

It is my pleasure on behalf of the ISKF to offer to everyone who enters the competition our best wishes for a successful and memorable contest.

JUDGE PAUL RIBNER







## 国際松濤館空手連盟

November 17, 2013

Greetings and welcome to the 35<sup>th</sup> ISKF/US National Championships.

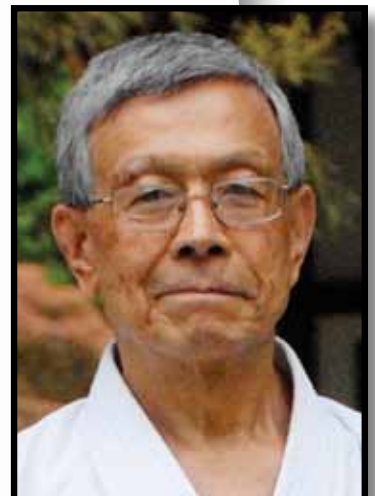
It gives me great pleasure to welcome all of our competitors, officials and spectators to the 35<sup>th</sup> Annual ISKF/US National Championships. All karate-ka, both competitors and officials alike must train consistently in order to achieve success in their endeavor. However, do not mistake success as the ultimate goal of winning a medal or trophy. Rather, success in karate-do is to endeavor to be a good martial artist by practicing and living within the guidelines of the Dojo Kun and Shoto Niju Kun. When you do this, then all success, be it in the dojo, in a tournament or in your personal life can be attained naturally.

Tournaments are a special training to exhibit your skills as well as your spirit and etiquette. It is very obvious when a karate practitioner is observed in this type of venue if they are truly a martial artist and following the Dojo Kun. You must respect each other as competitors and officials. Courtesy for one another must be at the forefront. If you do not treat each other in this manner; you are merely practicing sport which is not how our founder Master Gichin Funakoshi intended our Shotokan karate-do to be. He continuously emphasized spirituality over physical techniques. Without this no one can be a winner.

I'd like to thank Mr. Greer Golden, Mr. Martin Vaughan and the Mid-America Region for hosting this years' ISKF/US National Championships and for bringing us all here together for this "special training".

Sincerely,

Teruyuki Okazaki  
Chairman and Chief Instructor  
International Shotokan Karate Federation



**INTERNATIONAL SHOTOKAN KARATE FEDERATION**  
Chairman & Chief Instructor: Teruyuki Okazaki

222 South 45th Street Philadelphia Pennsylvania 19104 USA T/215-222-9382 F/215-222-7813 E/iskf@iskf.com W/www.iskf.com





November 14, 2013

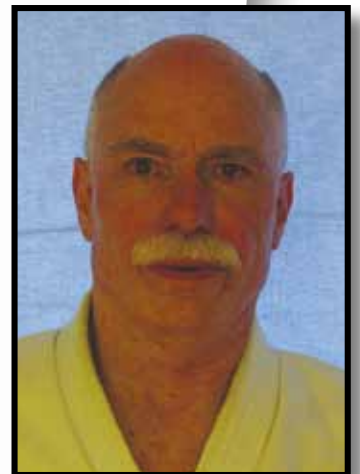
Greetings to everyone!

It is my pleasure to welcome contestants and spectators to the 35th Annual 2013 ISKF-US National and Collegiate Karate Championships in Cincinnati, Ohio. It is my hope that your many hours of training will result in a successful tournament. In addition, I hope that you will have an opportunity to explore the many attractions, restaurants, and entertainment venues in Cincinnati.

I would like to thank the members of the Mid-America region for all of their hard work in preparing for this tournament. In particular I would like to thank Marty Vaughan, Jeff Weber and Jim Nelson for the many hours they have spent organizing this event. I am very proud of all the efforts from all our members!

Best of luck and enjoy your stay in Cincinnati.

Greer Golden  
Chief Instructor  
Mid-America Region, ISKF



Member of the International Shotokan Karate Federation



# SCHEDULE OF EVENTS



ALL EVENTS WILL TAKE PLACE AT THE HYATT REGENCY CINCINNATI HOTEL

## Thursday, November 14, 2013

**6:00 pm - 9:00 pm** Check-in for all competitors, examinees, judges at the Hyatt Regency Cincinnati Hotel

## Friday, November 15, 2013

**10:00 am - 9:00 pm** Check-in for all competitors, examinees & judges at the Hyatt Regency Cincinnati Hotel

**8:00 am - 9:00 am** NCKA Board of Directors Meeting - *Keystone*

**9:00 am - 12:00 pm** ISKF Board of Directors and Board of Governors Meeting - *Hoosier A & B*

**12:00 pm - 1:00 pm** Directors and Governors Luncheon - *Hoosier A & B*

**1:00 pm - 3:00 pm** Judges Meeting - *Buckeye A & B*  
Judges Exam (Written & Practical) - *Regency E*

**3:30 pm - 5:30 pm** Dan Examinations - *Regency F & G*

**7:00 pm - 8:30 pm** Instructor Trainee Class - *Buckeye A & B*

## Saturday, November 16, 2013

**8:00 am** Doors Open - *Regency Ballroom*

**9:00 am** Competition, Eliminations and Finals  
Youth  
Collegiate Color Belts  
Adult Brown Belts  
Collegiate Advanced  
Senior Black and Brown Belt Individual  
Senior Team Kata  
Adult Black Belt  
Adult Team Kata



# SCHEDULE OF EVENTS (cont.)



## Sunday, November 17, 2013

**12:00 pm**

Doors Open - *Regency Ballroom*

**1:00 pm**

### **OPENING CEREMONY - ANNOUNCER (BRUCE GREEN)**

Contestants Enter

Honor Guard presents the colors

(Greater Cincinnati Police & Fire Emerald Society)

US National Anthem (Clara Wilson)

Japan National Anthem (Hiroki Fukui)

Introduction of Honored Guests and Officials

Contestant's Oath

### **DEMONSTRATION**

Youth Tekki Shodan (All youth Brown & Black Belts asked to participate)

### **ISKF NATIONAL COLLEGIATE FINAL EVENTS**

Women	Men	Team Kata	Team Kumite
Kata: 3 Finalists	Kata: 3 Finalists	3 Finalists	2 Finalists
Kumite: 2 Finalists	Kumite: 2 Finalists		

### **DEMONSTRATION**

Cincinnati Dayton Taiko

### **ISKF NATIONAL SENIORS FINAL EVENTS**

Women	Men	Team Kata
Kata: 4 Finalists	Kata: 4 Finalists	3 Finalists
Kumite: 4 Finalists	Kumite: 4 Finalists	

### **DEMONSTRATION**

### **ISKF NATIONAL FINAL EVENTS**

Women	Men	Team Kata	Team Kumite
Kata: 4 Finalists	Kata: 4 Finalists	Women: 3 Finalists	Women: 2 Finalists
Kumite: 4 Finalists	Kumite: 4 Finalists	Men: 3 Finalists	Men: 2 Finalists

**5:00 pm**

### **CLOSING CEREMONIES**

**6:00 pm**

**RECEPTION, CASH BAR** - *Sun Garden (2nd Floor)*

**7:00 pm**

**BANQUET, CASH BAR AND ENTERTAINMENT** - *Regency Ballroom*



# FIGHTING SPIRIT

*Eddy Vaughan, Shodan, Indiana ISKF*

Fighting spirit is a combination of physical strength and mental strength. In our karate training we are often reminded of how important developing a strong fighting spirit is. This emphasis on developing fighting spirit is typical of Japanese martial arts dating back to the days of the samurai. Without fighting spirit there is no martial art.

## **BEST FIGHTING SPIRIT AWARD RECIPIENT - Greer Golden**



**B. Baleotti of Italy (left) vs. G. Golden of the U.S.**

*Photo credit: Samurai Magazine*

In all aspects of karate training, karate-ka display fighting spirit. At the core of training is to develop the ability to defend oneself in a real fight. This is especially apparent in competition. In kumite competition the players face each other and attempt to score an effective technique on their opponent, to test their technique and their training. In this contest the participants should not actually strike each other, but should use control of their techniques and deliver their techniques just short of a vital target with full speed and power. This skill is developed by hours of practice. Training that is both physical and mental is necessary to prevent serious injuries that would result from poorly controlled techniques from an unskilled competitor.

One of the first signs that a competitor has a strong fighting spirit is determination. The competitor develops strong mental focus with a single goal of truly testing their technique against their opponent. The competitor with a strong fighting spirit will appear calm, but as soon as an opening presents itself, proper technique is unleashed to an appropriate target with good distance and timing, that completely prevents the challenger from countering. If your mind cannot remain focused as you make your way

through the match will give your opponent a chance. To win, one must not only have the strength to finish the fight, but also the determination to make it to the end.

In sport kumite rules limit the target area and techniques allowed, but does allow for “real” confrontation with an opponent. Judges and a referee apply the rules and determine the “winner”. There is an understanding that both competitors will adhere to the rules and respect the decisions of the judges and officials. Whether or not the match goes their way, karate-ka with fighting spirit will always be respectful of the decision. Respect, self control and restraint produce the proper attitude. Achieving technical level is easy compared to proper attitude. This is fighting spirit.

The rules provide a method to “win” the match. This means that there will also be a loser. The opportunity to deal with loss and disappointment. The competitor with fighting spirit learns from the result of a match. Most understand that much can be learned from both a victory and a defeat. In a victory, you learn what you have done is effective, so it would be wise to retain and refine that skill. On the other hand, in defeat, the techniques you used were not effective, and, therefore, you adjust your training and rethink your fighting strategy. Win or lose the result is the same, keep training.

As our instructors and seniors have told us countless times, it is crucial to understand fighting spirit. However, truly understanding it is not easily learned through word of mouth. It is understood by training and observing those who already have it. The competition we have all gathered here for provides many chances to observe some great examples of fighting spirit. As you go through this tournament, ask yourself: “Who among all these great competitors and karate-ka has shown me what fighting spirit truly is?”

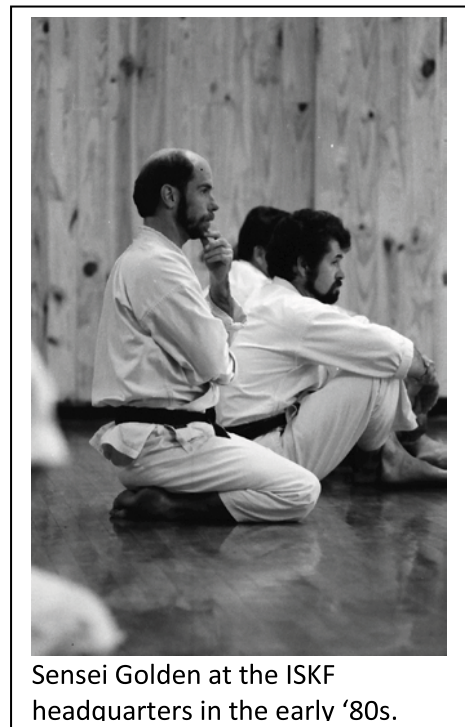


# GREER GOLDEN

## A Cornerstone of Shotokan Karate in America

Many current Shotokan instructors, not only in the Mid-America Region, but also many who migrated throughout the country, began their training during their college years, under Sensei Greer Golden. Others from around the country were able to experience Sensei Golden's teaching at ISKF summer camps or other events in the past. Virtually all would agree that he had a way of motivating and connecting to college-age students that made him genuinely special. His students, and their progeny, perhaps numbering in the thousands, owe much of their current understructure for karate spirit, technique, and personal growth, to Sensei Golden. His history of courage and enthusiasm, and his legacy as an instructor are truly inspiring.

In 1956, Mr. Golden was stationed in post-World War II Japan. While stationed in Okinawa Golden saw Sensei Kobayashi conducting karate classes at the Air Force base. Mr. Golden began training with Sensei Kobayashi and Shotokan karate quickly became his passion. The Japanese were defeated but unbroken, and many were harsh on an American determined to master the skill and lifestyle of Shotokan. Golden persevered despite the difficulties, and extended his enlistment, allowing him to earn his shodan in Japan, as one of the first Americans to do so.



Sensei Golden at the ISKF headquarters in the early '80s.

Sensei Golden returned to the United States in 1961. He was invited by Master Hidetaka Nishiyama to train in his dojo in Los Angeles. In 1965 they were joined by a young assistant instructor from Japan, Master Yutaka Yaguchi, who had a major influence on Golden. In 1968 Master Nishiyama established the Japan Karate Association instructor training program in Los Angeles. Golden, Ray Dalke and Lester Ingber became the first trainees in the new program. They trained for six hours a day with Master Nishiyama and assistant instructor, Sensei Yaguchi. The three Americans became the first non-Japanese to complete the program and were licensed as instructors by the Japanese Ministry of Education.

Karate was becoming popular in the United States. Ohio University in Athens, Ohio, acting on students' wishes, was looking for an instructor to establish a karate club. Master Nishiyama recommended Golden, who was native to the area, and he accepted the position at Ohio University in 1970. He also started the club at Ohio State University in Columbus shortly thereafter, and created the Mid-America Region, which has since expanded to include Michigan, Kentucky, and Indiana.

The move to Ohio brought Mr. Golden closer to Philadelphia, where he began training and developed a relationship with Master Okazaki. In 1977, when the ISKF was created under Master Okazaki's leadership, Sensei Golden's students and the Mid-America Region were among the original members and have been loyal members ever since. Sensei Golden served for several years on the original ISKF Technical Committee and was instrumental in the organization and addition of the Alaska region to the ISKF.

However, Sensei Golden's lasting legacy may be the many students that went on to become national champions, Pan American champions, or members of the ISKF national team. Many of these students are now themselves certified ISKF instructors, such as Steve Pohle and John Pohle (East Coast Region), Bruce Green (Mountain States Region), and James Oberschlake and Martin Vaughan (Mid-America Region).



In most every successful person's life, there are notable leaders who have directly and positively affected their life's path. Greer Golden's contribution to the lives of his students, and the resulting impact on his students' students, as well as to Shotokan karate in general, is immeasurable.

To me, Mr. Golden is, and always will be, my sempai. He is a real sempai. A sempai is a person who helps his kohai and teaches him the right way to do things, both in manner and technique. He never holds back in helping the kohai, even if it is something that he himself needs improvement in. (For example, some sempai hold back showing techniques that they are not good at performing.) He never held back anything from me that he thought would help me.

I first met Sempai Greer Golden around 1965 or '66 in Los Angeles at Central Dojo. He had been in Arizona as the instructor there for a few years. He was one of the ranking black belts in the dojo.

In the beginning, I thought of him as being like the others, but found out he was quite different, even friendly. Of the group, Mr. Golden and Mr. Smith were the only ones who helped me by letting me know what I could do to improve myself. My sempai, Mr. Golden, was a special person to me. We would sit and talk, sometimes for an hour or 2, about what I could do to make my karate better. He also educated me on the history of Shotokan and the JKA lineage. (The ISKF hadn't been formed yet.) Mr. Golden was the only one that had trained in Japan at that time. He told me stories of most of the instructors that I had only heard about through the grapevine. He passed on to me a great deal of information about the JKA, its history and the people who made it. He also told me of a man I later came to know and admire very much, my instructor, Mr. Yutaka Yaguchi. Even now when I get to see him, Mr. Golden still tells me things that are new to me.

My Sempai, Mr. Golden, helped make me who and what I am today. He gave me the enthusiasm to want to learn more about the origins of karate and the path to follow to improve myself, a journey I continue.

Sensei James Field

*Author – Howard Lebow (e-mail at: [Lebowdia@aol.com](mailto:Lebowdia@aol.com)), with assistance from Marty Vaughan, Larry Rothenberg, and Bruce Green.*



# TOURNAMENT OFFICIALS



## ISKF TOURNAMENT OFFICIALS

<b>Chairman:</b>	Teruyuki Okazaki
<b>Vice Chairman:</b>	Yutaka Yaguchi
<b>President:</b>	Judge Paul Ribner
<b>Vice President:</b>	Lance Astrella, Esq.
<b>Chief Judge:</b>	James Field
<b>Vice Chief Judge:</b>	Hiroyoshi Okazaki
<b>Chief Arbitrator:</b>	Robin Rielly
<b>Vice Chief Arbitrator:</b>	Maynard Miner

## JUDGES

<b>Class A Judges:</b>	James Field, Cathy Cline, Hiroyoshi Okazaki, Scott Dingman, Bruce Green, Robert Hoffman, Kambiz Khaili, Gordon McDaniel, Steve Pohle, Leon Sill, Gary Swain, Robin Rielly, Najib Baha Amin
<b>Class B Judges:</b>	Tony Nakazawa, Kei Fukuda, Dennis Bower, Catherine Margola, John Pohle, George Vance, Lee Doohen, Chuck Coburn, Kris Haight, Lois Luzi, Joji Mercado, James Oberschlake, Jeff Trammell, Eon Waldron, Dale Wyant, Karen Caporale, Rita Doohen, Cheryl Coburn, Carol Glenn, Jason Haase, Andre McWilliams, Kimberly Weber, Kristen Hoffman, Susan Jones, Mike Tavalero, Mathew Thomas, Steven Majors, JD Swanson
<b>Class C Judges:</b>	Dawn Flick, Beth Fournier, Ken Kraisler, Beckie Brocies, Stephan Mueller, Dave Bracklow, Julian Fisher, Irene Bowden, James Evaristo, Shaun Lee, Lynn Nakada, Peter Ngoon
<b>Class D Judges:</b>	Tina Lee Malkuch, Diana Stevens, Jeffrey French, Kirby Campbell-Rierson, Enrique Olivares, Tom McFetters, Laura Graham, Jamie Kennedy, Todd Elliott

### Special Thanks to our Volunteers from the following Mid-America Region Clubs

Athens Karate, Brown County Shotokan, Butler County Shotokan, Cleveland Shotokan, Columbus Shotokan Karate Assoc., Creekside Karate, Dayton Shotokan, Indiana ISKF, Ohio State University Karate, Ohio Valley Karate, Shotokan Karate of Anderson, Swartz Creek Karate





# TOURNAMENT OFFICIALS (cont.)



## ISKF / US Board of Directors

<b>Alaska:</b>	Anthony Nakazawa
<b>East Coast:</b>	Teruyuki Okazaki
<b>Hawaii:</b>	Jan Tenbruggencate
<b>Mid-America:</b>	Greer Golden
<b>Mountain States:</b>	Yutaka Yaguchi
<b>North Central:</b>	Lee Doohen
<b>Northwest:</b>	Cathy Cline
<b>Puerto Rico:</b>	Bryan Guadalupe
<b>South Atlantic:</b>	Dr. Kim Koo
<b>Southern:</b>	Leon Sill
<b>Southwest:</b>	James Field
<b>Western:</b>	Chuck Coburn

## TOURNAMENT STAFF

<b>Coordinator:</b>	Jeffrey S. Weber, Sr.
<b>Vice Coordinator:</b>	James Nelson
<b>Technical Directors:</b>	Greer Golden, Martin Vaughan
<b>Tournament Manager:</b>	Jerry Baker
<b>Program Coordinators:</b>	Lisa Moore, Christian Moore
<b>Medical Team:</b>	Dr. Josh Hill, Sean Mahoney, RN

## ISKF TECHNICAL COMMITTEE

Yutaka Yaguchi, <i>Chairman</i>	Najib Baha Amin	Gary Swain	Peter Warren
James Field, <i>Vice Chairman</i>	Cathy Cline	David Jones	Steve Pohle
Maynard Miner	Gary Turnbull	Larry Loreth	Tony Tam
Robin Rielly	Hiroyoshi Okazaki	Leon Sill	Oded Friedman



# MERITORIOUS SERVICE AWARDS



**ROY SPENCER**  
**MID-AMERICA REGION**

Roy began his training in 1973, and received his shodan rank in 1989. He has been an instructor at the Swartz Creek dojo since 1987, and is instrumental to the programs success. Roy helps coordinate Mid-America's annual summer camp and participates in most regional events. Besides karate, he also enjoys tinkering, golf, going for camping trips with his wife and extended family, and almost anything else that takes him outside. Roy has been a valuable asset to his club and the Mid-America Region, and we are thankful for his service.



**HEATHER FOLTZ**  
**ALASKA REGION**

Heather Foltz, Nidan, is a wonderful person and outstanding "role model" karate-ka for the members of the ISKF Alaska Region. She is a several-time team member for the ISKF Alaska Region and she trains at the University of Alaska Fairbanks dojo. For Alaska, she serves as the Region's Treasurer and Webmaster; for ISKF US, she is the Secretary for the NCKA and Technical Editor for the Journal of the National Collegiate Karate Association.



**JANETTE GIVNISH**  
**EAST COAST REGION**

Janette Givnish, Godan, has been training for 31 years. Previously a member of the East Coast & PSKC Women's teams for several years. More importantly, she is a martial artist who understands the philosophy of giving back by helping members both on and off the dojo floor and has continuously volunteered her time for many years to assist at Master Camp, Fall Camp and tournaments.



**TATSUUN RYU**  
**MOUNTAIN STATES REGION**

Tatsuun, "Li", has trained with Sensei Yaguchi for 15 years. He is a Godan and a Certified Instructor. He is in pursuit of "Traditional" DO. He has competed for the region and won many times. Li also assists with the adults and the children's classes. His spirit and dedication set an example that all can aspire to and few are willing to meet. Li is an inspiration for all. Thank you "Li".



# MERITORIOUS SERVICE AWARDS (cont.)



## **PAT WICKER** **NORTH CENTRAL REGION**

Pat Wicker has been training with the ISKF for over 8 years. During this time, he has become an instrumental part of the North Central region, assisting with regional events and competing nationally for the North Central team. His spirit and passion for karate is an inspiration to us all. North Central is proud to have Pat as part of our team and we thank him for his continued dedication and support over the years.



## **DAWN FLICK** **NORTHWEST REGION**

Dawn Flick has been training for 30 years, beginning at Lycoming College under George Vance Sensei, followed by several years at ISKF Headquarters under Okazaki Shihan, and later six years in Washington D.C. under David Ernst Sensei. She moved to California in 1996 and started the San Francisco Shotokan Karate Club in 2000. She was promoted to rokudan in 2008 under the guidance of Cathy Cline Sensei. She was a successful national and international competitor for many years, and is most proud of leading three different National Champion kata teams. Her students are her greatest inspiration today.



## **LYNN NAKADA** **SOUTHWEST REGION**

Lynn Nakada, Sandan, inspires everyone with her hard training and good spirit. Captain of the ISKF SW Competition Team, Instructor Trainee, Rank C Judge, Lynn is the ultimate ISKF participant. She attends nearly every major ISKF event (camps, tournaments, and other events whether regional, national or international). She helps teach classes and has assisted with self-defense courses. Training since 1989, she has a long history of helping out and has become an indispensable part of the Southwest Region.



## **SERGEI SHEYDAYI** **WESTERN REGION**

Sergei started training with Chuck Coburn, Sensei in 1983 at the age of 16. He currently holds the rank of Nidan, and is enrolled and actively involved in the ISKF instructor training program. Sergei has spent many years helping and supporting the dojo, and says that he looks forward to many more.



# CENTER JUDGE SIGNALS



## Nakae

Contestants Enter or Re-Enter Match Area



## Shobu ippon hajime

One Point Match - Begin



## Yame

Stop



## Moto no ichi

Return to Start Positions



## Tsuzukete hajime

Begin Again



## Attate iru

Contact



## Waza ari

An effective technique that does not meet the criteria for ippon - scored as one-half point



## Ippon

Perfect Scoring Technique  
Scored as One Point



## Torimasen

No Point



## Hikiwaki

Draw



## Jogai keikoku

Contestant(s) out of match area - 1st Warning



## Jogai chui

Contestant(s) out of match area - 2nd Warning



## Jogai hansoku

Contestant(s) out of match area - Disqualification



# CENTER JUDGE SIGNALS (cont.)



**Jikan**  
Stop Time



**Hayai**  
Faster Technique



**Aiuchi**  
Same Time



**Ukete iru**  
Blocked Technique



**Taiming ga osoi**  
Improper Timing



**Hansoku chui**  
Warning



**Hansoku**  
Disqualification



**Shikaku**  
Disqualified



**Maai ga toi**  
Improper Distance



**Nukite iru**  
Off Target



**Yowai**  
Weak Technique



**Fukushin shugo**  
Single Judge - Conference



**Fukushin shugo**  
All Judges - Conference



**Soremade**  
End of Match



# CORNER JUDGE SIGNALS



**Shobu ippon hajime**  
One Point Match - Begin



**Maai ga toi**  
Improper Distance



**Aiuchi**  
Same Time



**Yowai**  
Weak Technique



**Nukite iru**  
Off Target



**Hayai**  
Faster Technique



**Ukete iru**  
Blocked Technique



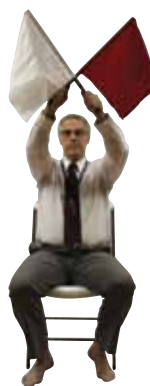
**Meinai**  
Could Not See



**Hansoku chui**  
Warning (Small Circles)



**Hansoku**  
Excessive Contact (Large Circles)  
Disqualification



**Hikiwaki**  
Draw



**Ippon**  
Perfect Scoring Technique  
Scored as One Point



**Torimasen**  
No Point



**Waza ari**  
An effective technique that does not meet the  
criteria for ippon - scored as one-half point



**Jogai**  
Contestant(s) out of match area





# **GICHIN FUNAKOSHI**

1868 - 1957



# PAST CHAMPIONS

10 YEAR LOOK AT PAST CHAMPIONS - ISKF/US ADULT									
KATA					KUMITE				
YEAR	LOCATION	MEN		WOMEN		MEN		WOMEN	
		INDIVIDUAL	TEAM	INDIVIDUAL	TEAM	INDIVIDUAL	TEAM	INDIVIDUAL	TEAM
2003	Honolulu	H. Okazaki East Coast	East Coast	C. Foo South Atlantic	Mt. States	M. Diouf Western	East Coast	L. Jorio East Coast	East Coast
2004	Columbus	T. Maeshima East Coast	East Coast	A. Haraguchi South Atlantic	Mt. States	D. Papadopoulos Southern	Southern	A. Haraguchi South Atlantic	Mt. States
2005	TOURNAMENT CANCELLED								
2006	Anchorage	T. Maeshima East Coast	East Coast	A. Nakazawa Alaska	Northwest	D. Papadopoulos Southern	Southern	M. Ransom East Coast	Northwest
2007	San Francisco	J. Banaria Northwest	Northwest	C. Smith Northwest	Northwest	K. Torres Northwest	East Coast	C. Foo Northwest	East Coast
2008	Los Angeles	J. Banaria Northwest	East Coast	K. Hoffman East Coast	Northwest	J. Banaria Northwest	Western	J. Baker East Coast	Western
2009	Philadelphia	J. Banaria Northwest	East Coast	K. Hoffman East Coast	Northwest	J. Nepo East Coast	Northwest	Y. Ishida Western	Western
2010	Souix Falls	J. Banaria Northwest	East Coast	K. Hoffman East Coast	Northwest	J. Banaria Northwest	East Coast	Y. Ishida North Central	East Coast
2011	Denver	J. Banaria Northwest	East Coast	Y. Clarabal Northwest	Northwest	P. Rastegar East Coast	East Coast	Y. Ishida North Central	North Central
2012	Phoenix	J. Banaria Northwest	Northwest	Y. Perkins Northwest	Northwest	P. Rastegar East Coast	Northwest	Y. Ishida North Central	North Central
2013	Cincinnati								

10 YEAR LOOK AT PAST CHAMPIONS - ISKF/US SENIOR						
KATA				KUMITE		
YEAR	LOCATION	MEN	WOMEN	Combined	MEN	WOMEN
		INDIVIDUAL	INDIVIDUAL	TEAM	INDIVIDUAL	INDIVIDUAL
2003	Honolulu	J. Heermans Mountain States	A. Chung Northwest			
2004	Columbus	J. Heermans Mountain States	C. Bare Mid-America			
2005	TOURNAMENT CANCELLED					
2006	Anchorage	C. Holness Alaska	C. Bare Mid-America	Alaska		
2007	San Francisco	J. Heermans Mountain States	P. Holness Alaska	Alaska		
2008	Los Angeles	J. Heermans Mountain States	C. Ramos Northwest	Alaska		
2009	Philadelphia	D. Vaughns East Coast	N. Miller East Coast	East Coast	D. Vaughns East Coast	C. Glenn Mid-America
2010	Souix Falls	C. Holness Alaska	M. Kuroha Mountain States	Mid-America	C. Holness Alaska	C. Glenn Mid-America
2011	Denver	J. Mercado Northwest	M. Kuroha Mountain States	Mid-America	D. Vaughns East Coast	M. Kuroha Mountain States
2012	Phoenix	J. Mercado Northwest	M. Kuroha Mountain States	Mid-America	T. Cuffie East Coast	B. Ottley East Coast
2013	Cincinnati					

10 YEAR LOOK AT PAST CHAMPIONS - ISKF/US COLLEGIATE								
KATA					KUMITE			
YEAR	LOCATION	MEN	WOMEN	Combined	MEN	WOMEN		
		INDIVIDUAL	INDIVIDUAL	TEAM	INDIVIDUAL	TEAM	INDIVIDUAL	TEAM
2003	Honolulu	D. Papadopoulos Tulane University	J. Valdez Skyline College	Penn State University	D. Papadopoulos Tulane University	Tulane University	L. Jorio North Virginia C.C.	Penn State
2004	Columbus	J. Banaria UC Santa Cruz	K. Hoffman Pittsburgh	Penn State University	D. Papadopoulos Tulane University	LSU	A. Junot NW Louisiana	Drexel University
2005	TOURNAMENT CANCELLED							
2006	Anchorage	J. Du Arizona State	A. Nakazawa University of Alaska	University of Alaska	B. Cheeseman University of Alaska	University of Alaska	L. Jorio George Mason	-
2007	San Francisco	B. Cheeseman University of Alaska	J. Hagan University of WA	Penn State University	P. Rastegar Geo Mason University	Penn State University	J. Hagan University of WA	Penn State
2008	Los Angeles	B. Cheeseman University of Alaska	C. Smith Airforce Comm College	Drexel University	P. Rastegar Geo Mason University	Drexel University	C. Smith C.C. of the AF	Drexel University
2009	Philadelphia	D. Elliott Art Institute of Philadelphia	C. Smith AMA Sacramento	Drexel University	M. Maquivar The Ohio State University	Drexel University	Y. Ishida University of Minnesota	Drexel University
2010	Souix Falls	A. Tooyak University of Alaska	C. Smith Airforce Comm College	Drexel University	S. Burgio Drexel University	The Ohio State University	Y. Ishida University of Minnesota	University of Minnesota
2011	Denver	A. Tooyak Alaska	Y. Ishida North Central	University of Colorado	Michael Cornel Southwest	The Ohio State University	Y. Ishida North Central	-
2012	Phoenix	Michael Cornel Southwest	Y. Ishida North Central	Drexel University	Chemazu Amadi East Coast	-	Y. Ishida North Central	-
2013	Cincinnati							





# PAST CHAMPIONS (cont.)

10 YEAR LOOK AT PAST CHAMPIONS - ISKF/US YOUTH							
ADVANCED KATA							
COMBINED							
YEAR	LOCATION	7 - 9	10 - 11	12 - 13	14 - 15	16 - 17	TEAM KATA
2003	Honolulu	A. May	P. Murray Alaska	L. Ojeda South Atlantic	K. Flores Northwest	C. Smith Northwest	-
2004	Columbus	F. Ruperti South Atlantic	K. Chan Northwest	L. Ojeda South Atlantic	J. Perez South Atlantic	P. Rastegar East Coast	South Atlantic
2005	TOURNAMENT CANCELLED						
2006	Anchorage	C. Cornel Southwest	V. Miller East Coast	M. Cornel Southwest	Y. Ishida Western	C. Coleman Mid-America	East Coast
2007	San Fransisco	C. Cornel Southwest	P. Rastegar East Coast	S. Ikuno Northwest	M. Cornel Southwest	A. Mercado Northwest	Alaska
2008	Los Angeles	S. Perez Southwest	M. Tolentino Southwest	N. Ladores Northwest	I. Law Southwest	M. Cornel Southwest	Southwest
2009	Philadelphia	J. Wong East Coast	A. Paminiano Northwest	N. Ladores Northwest	G. Elliott East Coast	M. Mendoza Northwest	Northwest
2010	Souix Falls	J. Reyes Northwest	J. Miller East Coast	D. Alcantara East Coast	M. Morgan East Coast	T. Judge Northwest	East Coast
2011	Denver	B. Johansen Mountain States	S. Hatano East Coast	C. Viligar, EC T. Kajiwara, EC	I. Herrera Mountain States	G. Elliott, EC T. Mummery, EC	East Coast
2012	Phoenix	-	K. Kaproth East Coast	K. Patarakun Western	S. Elliott East Coast	G. Elliott East Coast	East Coast
2013	Cincinnati						

ADVANCED KUMITE									
COMBINED									
YEAR	LOCATION	7 - 9	10 - 11	BOYS 12 - 13	GIRLS 12 - 13	BOYS 14 - 15	GIRLS 14 - 15	BOYS 16 - 17	GIRLS 16 - 17
2003	Honolulu	B. Aenile Northwest	T. Hidalgo Northwest	P. Stowman Alaska	Y. Ishida Western	K. Flores Northwest	S. Buckwalter Northwest	P. Rastegar East Coast	C. Smith Northwest
2004	Columbus	V. Miller East Coast	A. Fauzi Mid-America	H. Swartout East Coast	Y. Ishida Western	J. Perez South Atlantic	C. Coleman Mid-America	P. Rastegar East Coast	C. Smith Northwest
2005	TOURNAMENT CANCELLED								
2006	Anchorage	A. Paminiano Northwest	I. Davidovich Alaska	M. Cornel Southwest	-	C. Wood Alaska	R. Martin Alaska	A. Mercado Northwest	C. Coleman Mid-America
2007	San Fransisco	C. Cornel Southwest	P. Rastegar East Coast	S. Ikuno Northwest	I. Cabana Southwest	M. Cornel Southwest	C. May Northwest	A. Mercado Northwest	J. Baker East Coast
2008	Los Angeles	J. Blinder Northwest	C. Cornel Southwest	M. Morgan East Coast	K. Tolentino Southwest	I. Law Southwest	A. Yabut Northwest	P. Murray Alaska	M. Fukumoto Southwest
2009	Philadelphia	J. Blinder Northwest	A. Paminiano Northwest	P. Rastegar East Coast	R. Zuela Northwest	M. Morgan East Coast	G. Elliott East Coast	A. Blasko Northwest	S. Saidoo Mid-America
2010	Souix Falls	J. Blinder Northwest	K. Patarakun Western	E. Vaughan Mid-America	D. Alcantara East Coast	M. Morgan East Coast	G. Elliott East Coast	T. Judge Northwest	A. Yabut Northwest
2011	Denver	B. Johansen Mountain States	K. Patarakun Western	T. Kajiwara East Coast	D. Alcantara East Coast	R. Lavey Alaska	M. Mettais Mountain States	-	G. Elliott East Coast
2012	Phoenix	-	K. Kaproth East Coast	J. Miller East Coast	A. White Northwest	P. Esguerra East Coast	C. Cornel Southwest	L. Lotta East Coast	G. Elliott East Coast
2013	Cincinnati								



# 祝

Teruyuki Okazaki, 10th Dan  
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“Best Wishes to All Participants”



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*"We would like to wish the  
Mid-America Region and all the Competitors  
a Successful Tournament"*

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**Jeffrey S. Weber**  
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Martin Vaughan, Instructor • (317) 371-5471 • mavaughn@iupui.edu



Good luck and best wishes  
to all athletes and volunteers  
on having a fantastic  
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missed but not forgotten  
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Chuck Coburn - My first US team coach  
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Cheryl Coburn - My first US team coach



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# Good Luck and Best Wishes



## Mountain States Region, USA Chief Instructor: Yutaka Yaguchi

---

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FOR A  
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**Regional Director: Mr. Lee Doohen**

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**Jeff Trammell**

**Lee Doohen - Regional Director**

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**WELCOME AND GOOD LUCK  
TO ALL  
PARTICIPANTS**

**SIOUX FALLS SHOTOKAN KARATE CLUB**

**INSTRUCTORS: Jeff Trammel & Lee Doohen**

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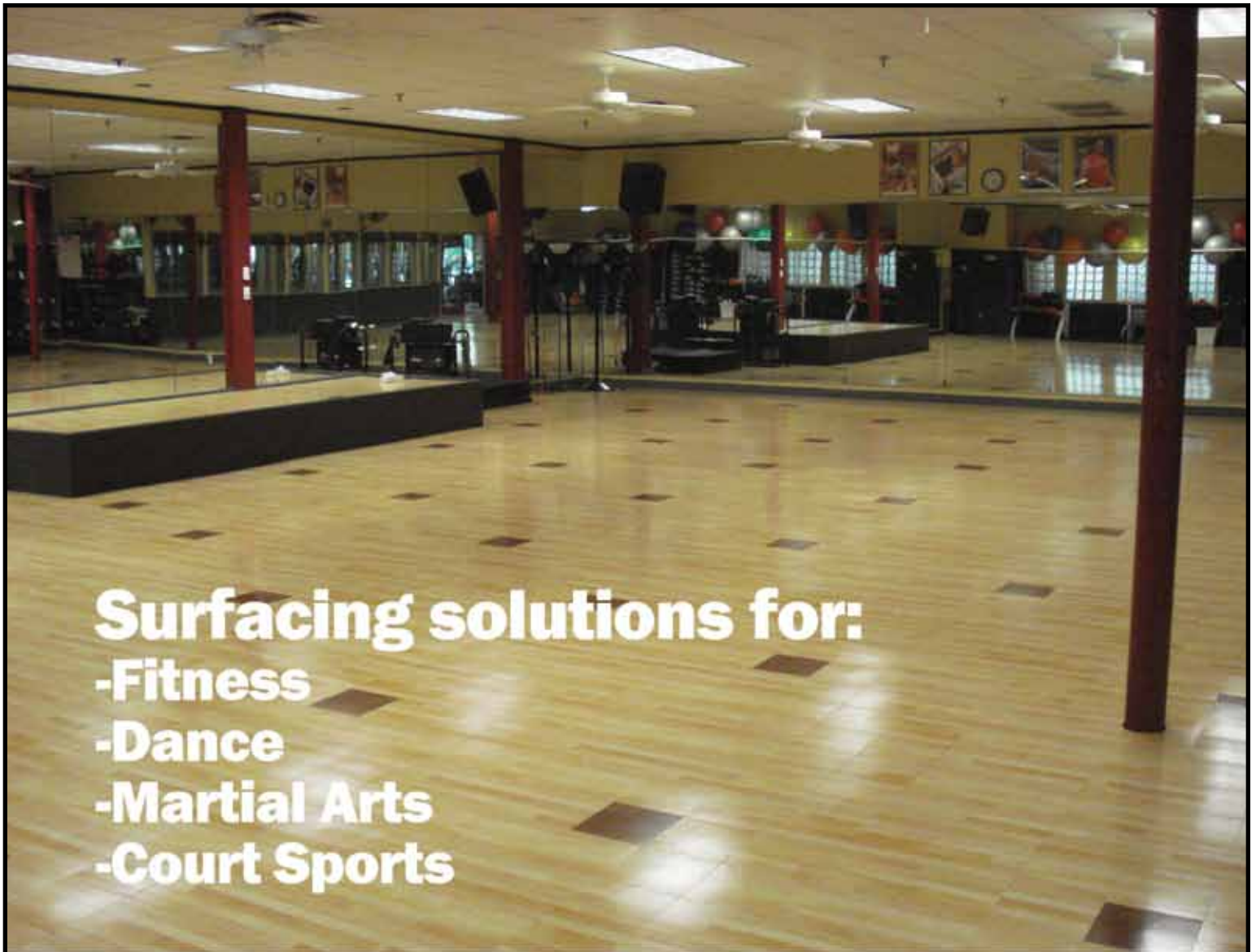
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**Best wishes to all 2013 ISKF U.S. Nationals Competitors!**

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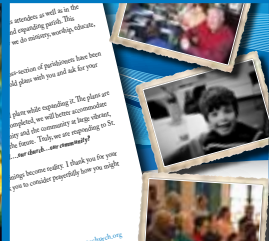
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**North Valley Shotokan—*Bruce Hiner***

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**San Francisco Shotokan—*Dawn Flick***

**Shotokan Karate of Spokane—*Matt Thomas***

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**Whitworth University Shotokan—*Matt Thomas***

**WWSKC—*Cathy Cline***



International Shotokan Karate Federation  
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*salutes the participants of the*

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Karate Championships**



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# Brown County Shotokan Karate



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**James Oberschlake**  
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wishes the  
Mid-America Region  
a successful and joyous  
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**Best Wishes to all Competitors, Officials,  
and Workers at this year's  
ISKF National Championships.**



BEST WISHES FOR A SUCCESSFUL  
TOURNAMENT

From  
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# Good Luck!

to the

## Mid America Region

And all of the competitors  
at this years

National Tournament  
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**Phone:** 937-403-8746

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BEST WISHES FOR A SUCCESSFUL TOURNAMENT

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CHIEF INSTRUCTOR - KEI FUKUDA

INSTRUCTOR - KELVIN UYEDA





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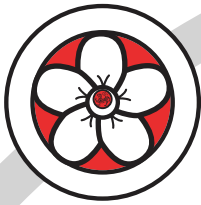


**Best of luck to all the competitors!**



Sun Valley Karate Dojo & Hollywood Karate Dojo  
Yukitoshi Otake - Chief Instructor  
Peter Ngoon - Instructor  
Best wishes for a Successful Tournament!





**Best Wishes to all the competitors  
of this years ISKF Nationals  
from the  
Mid-America Region**

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**[www.MidAmericaISKF.com](http://www.MidAmericaISKF.com)**











**CONGRATULATIONS**  
TO ALL PARTICIPANTS IN THE  
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