



2015 Mid-America ISKF Golf Outing Another Successful Year

By Andrew Wolff

The 2015 Mid-America Golf Outing was a success by every measure. A packed training and *Kyu* exam were followed by a great day of golf. Sensei Vaughan taught to a full dojo on Friday evening with a focus on *Kihon* and *Ippon Kumite*. The training was followed by a *Kyu* exam and formal presentation of Sensei Oberschlake's *Shichidan* (7th Dan) certificate. Sensei Kim Weber was also announced as an official instructor/examiner after successfully completing the ISKF Instructor Trainee requirements during Master Camp in June.

Saturday's Golf Outing benefited from a beautiful summer day with plenty of sun and warm temperatures. Fortunately, there was also plenty of food and drink to fuel a day full of golf activities. These activities included a golf scramble, skins game, longest drive competition as well as a putting competition. We thank the Friendly Meadows Golf Course for hosting the event and equally as important are the hole sponsors and volunteers who helped make the event such a success.

While the Golf Outing is inevitably a great training opportunity and an enjoyable day of golf; we must remember that its purpose is to raise funds for the various regional activities, such as helping to send competitors and judges to the ISKF US National

Tournament. To this end we cannot thank the individual and business sponsors enough for their assistance in meeting our goals and providing for our region. Their donations help provide for many regional functions and enable Mid-America ISKF to back our competitors at national and international events. We look forward to next year's Mid-America Golf Outing.



Sensei Vaughan with Sensei Oberschlake and Sensei Kim Weber. Sensei Oberschlake is holding his Shichidan certificate. Sensei Weber was recognized as an official instructor/examiner.

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Self-Training

By James Oberschlake

The *Dojo Kun* says, “Be Faithful.” Funakoshi said, “Karate is like boiling water. You have to keep a fire under it to keep it going.” Okazaki *Shihan* says you need to self-train at least 15 minutes a day, 5 to 7 days a week.

Some things you just can’t get without working it on your own. Karate is one of those things. If you come to class regularly and obey your instructor, you will make progress, but without self-training you will not mature to the level where your karate seriously impacts your own life or benefits the lives of others.

Consider a piano teacher: A piano teacher usually gives lessons once a week. Students are required to practice on their own 1 to 2 hours a day. What do you think would happen if a student showed up the following week without practicing on their own? The lack of progress would be evident. The teacher would probably have to repeat the lesson of the previous week. The student would be admonished, and the need for self-training would be re-emphasized. If the student fails to incorporate self-training into their daily life, the only song they will ever play is “Chop Sticks”, the *Heian Shodan* of Piano-do.

Becoming proficient in other musical instruments, achieving fluency in a foreign language, playing a sport at the college level, exercising to maintain optimum health – these are examples of other things that require the daily devotion of self-training. Of course, self-training can positively affect mastery of other skills and areas of study.

Psychology has measured the importance and impact of daily review. If a student learns something and reviews within 24 hours, long-term retention will be 80 to 90 %. If the student waits 48 hours or longer, long-term retention drops to 20%.

Consider the inefficiency of time and energy and the amount of relearning necessary when a student fails to practice daily review: Let’s say a student learns 100 units of information each day, Monday through Thursday. If the student practices daily review, 360 units out of 400 is retained, and preparing for Friday’s test is not a great burden. However, if the student does not practice daily review, 80 units out of 400 is retained, and studying for Friday’s test becomes a much more difficult task. Without daily review, more forgetting than learning takes place, and learning becomes stressful and unproductive. Teachers should

try to incorporate review into their lessons, and a student should review daily even when no homework is assigned.

Many karate dojos offer instruction only 2 or 3 times a week. Even if classes are offered every day, many students will not attend every class. This situation leaves many 48 hour gaps that need to be filled with daily review and self-training.

Here is what I want you to do: Take personal responsibility for your karate development. Make a plan to incorporate review and self-training into your daily life. Try to utilize more than guilt and other negative emotions. Love is always the highest motivation. Feel good about yourself, like you are living your life in victory, each day you follow your plan. As you begin to experience the benefits of daily review and self-training, apply the principles you have learned to other areas of your life.



Master T. Okazaki “self training” with Master Kanazawa

Image courtesy of indoshotokan.blogspot.com

Michigan Summer Camp 2015

By James Nelson

The thirty-fourth Michigan Summer Camp was held at the beautiful YMCA Camp Copneconic, in Fenton, Michigan, on August 17-19, 2015. Our special guest instructor was Ms. Cathy Cline, 8th dan, from the Northwest Region. Sensei Cline was assisted by our own regional instructors Dr. Martin Vaughan, 7th dan and Mr. James Oberschlake, 7th dan.

One of the main points of the camp was common mistakes in kata. As a member of the ISKF Technical Committee, Sensei Cline has an incredible depth of knowledge on this subject. Some of those considerations are described below in pictures and text.



Heian Shodan move four. From the down block position, make sure to move your weight forward while twisting the right arm so that the thumb is facing the knee before bringing the foot and arm back to do the hammer fist strike.

Photos courtesy of Jamie Kennedy

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Heian Nidan, going from move one to two. Make sure the left arm does not drop below face level. The same is true for moves four and five. Also, when doing the side kick (move seven) make sure it is middle level kick and not face level.

Photos courtesy of Jamie Kennedy



Heian Godan, moves twenty-one and twenty-three. As the hand comes down, make sure the knife hand strike is from the outside in and not straight in. This also holds true for move twenty-five in *Bassai-Dai*.

Photos courtesy of Jamie Kennedy

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One other common issue in *Bassai-Dai* is in movements twenty-three and twenty-four. It is still a half step in movement twenty-three as you execute a middle level scissors strike with both hammer fists; however, the left foot does not move when doing move twenty-four a middle level punch with the right hand (we no longer do *yor-ashi*). We covered many “watch items” in many different katas during a thorough and detailed review.

In all, this was an excellent camp, and a very enjoyable experience. Seventy-two *karate-ka* took part in the clinics, exams, and recreational activities. One of the favorite social events was the Saturday night ice cream social and party. This year, we celebrated two promotions in our Region. At Master Camp, Sensei James Oberschlake was promoted to class A Instructor and

class A judge. Sensei Kim Weber completed her instructor training course and was promoted to class D Instructor and class D Examiner. Taking dan exams at Michigan camp were Timothy Gay III (Creekside) and Raihan Nurrahman (Columbus), who passed their *Shodan* exam. Paul Schaffer (Swartz Creek) passed his *Nidan* exam, and Calvin “Skip” Greenman (Swartz Creek) passed his *Sandan* exam. In addition, both Len Gordon (Anderson) and Yukiko Kikuchi (Anderson) passed their *Yondan* exam. Next year we will celebrate our thirty-fifth Michigan Summer Camp. It is scheduled for August 19-21, 2016, at the same location. A big thank you to all of those who help make this camp so special, especially Sensei Cline, Sensei Vaughan, and Sensei Oberschlake.

The Secrets to Japan’s Little League Success: 10-Hour Practices

By Dr. Martin Vaughan

This was the title of a story by Anthony Kuhn on NPR’s Morning Edition (August 28, 2015). The eventual winner of the 2015 Little League World Series was a team from Tokyo, who also won the title in 2012. However, the story centered on another Japanese team, from a Tokyo suburb, winners in 2003 and 2013. As I listened to the story I couldn’t help but think about our karate training and how closely it parallels what we do (or should do) in the dojo.

Kuhn observed that there is no “baseball season,” the team practices every Saturday and Sunday for 8-10 hours. They do fielding practice in the morning and hitting practice in the afternoon. “This is the Japanese way of doing sports, the same as karate as in baseball.” Manager Masumi Omae continues, “It emphasizes what we call *konjo*, grit or tenacity. Repetition is important. You’ve got to repeat movements until you master them.”

Baseball was introduced to Japan at about the same time it became popular in the U.S. (late 19th century). However, in Japan it was viewed less as a leisure activity and more of an activity to forge national strength and moral character. Termed *yakyuudo*, the way of baseball, baseball practice focuses on the honing of technique until it is flawless and instinctive. Manager Omae comments on the team’s ability to win titles year after year, “We have no star players, but our discipline and repetition of basic plays made our defense strong and helped us to finally win.” The team’s coach Kohji Ohno has a slightly different perspective. “Beautiful form is important, but so are good manners. For example, the team bows to the field before the game. Perhaps American players don’t do that?” In fact the players and their families clean the field after practice.

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The Secrets to Japan's Little League Success: 10-Hour Practices

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Discipline and repetition are the secrets to success in baseball as they are in karate training. Repetition is important. Repeat movements until you master them, until they become flawless, natural, and instinctive. This requires *konjo*, tenacity. One time, one training does not produce flawless, natural and instinctive techniques. It requires hours and hours of practice and *konjo*. But this is not the entire answer. "Beautiful form is important, but so are good manners." Don't forget that good manners and proper etiquette complete the picture.



Japan: 2015 Little League World Series Champions

Photo Courtesy of www.littleleague.org

September Regional Training Report

By Jerry Baker

Sensei Vaughan conducted a well-attended Regional Training at the Dayton Club on Saturday, September, 19. The thrusts of the training covered several key points with a particular focus on those competing in the National Tournament this November in San Francisco. But, as in much of karate instruction, what applies to one set of students applies to all students. Sensei Vaughan's instruction dealt with details of training that can enable everyone to improve in their karate performance and understanding. Here is a summary of the critical points covered.

1. The Triangle of Power

For most of us, one of our very first lessons in karate involved standing in a natural stance with both of our arms out in front of us with our fists next to each other along our mid-line. That earliest of lessons was about how to direct a punch and how to use a draw hand. It also taught us to grip the floor while we used our hips to create power. As beginners, we had no way to understand that the structure we had built with our arms and fists and connection to the floor was a strategy for strength and the directional control of movement that should guide our trainings as advanced students. Without a solid foundation and the direction of our

attack guided by the direction of our hips, feet, and knees, we cannot hope to produce the power required to deliver our most effective technique. If we fail to align ourselves in relation to both our body and the opponent's, we will almost certainly diffuse our power along a misguided pathway. Such a diffusion of power may well enable your opponent to continue to attack. We have often studied the foundations of effective techniques – distance, timing, counters and attacks. We further know that of these, distance can be the deciding factor. By measuring our opponent, and then by blocking or evading the opponent's attack, we then create an opportunity to respond. When that moment comes we must be close enough to use our timing to deliver the technique. That moment is when we must be aligned properly to use our Triangle of Power effectively in the right direction, at the right distance, and in the proper way to stop our opponent. That triangle we build will maximize our stability, focus our direction, and liberate our power.

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2. *Kumite Strategies*

Ease of movement and the effective assessment of distance and timing will work to improve our *kumite* strategies. In any encounter with an opponent, we must strive to find the balance between a strong foundation and a soft stance from which we can move efficiently. One of the many paradoxes of karate training is that one must be both solid and fluid at the same time. Each person needs to know their own body and the capabilities and limitations it presents. Through thoughtful training, each of us must find what works and then seek to improve our stability and mobility. Rigid stances, like overly-forced techniques, limit us. Stances that seem to always be in search of a home cannot support effective techniques. We must find the balance that both fits us and works.

Sensei Vaughan's observations have shown him that blocking is being ignored as competitors and testing students seek to create a one-sided offense. If both sides of an encounter are either constantly attacking or waiting to attack, it becomes a haphazard slug fest rather than effective sparring. *Kumite* has a rhythm that is often best managed with blocks that break the timing of the opponent and create an opening for a powerful counter attack. Likewise, often the best techniques are the simple ones. An effective block at close quarters will enable one to set the distance in which the Triangle of Power can deliver the proper counter attack. Proper stances at the right distance support the block and create a chance for the timely delivery of an appropriate response.

- Partner drills with a block to a punching attack to the face required us to step back to a back stance with an upper level forearm block, shift at a 45 degree angle to the open side of the attacker. Respond to attacker's counter punch with a down block and counter punch from that angle making sure that you are aligned directly with the target.

- Partner drills in response to a kicking attack to the stomach required a shift to a 45 degree angle to

the closed side of the attacker with a down block and counter punch while making sure of our alignment directly with the target. Work to time your counter punch with to kicker's attack in order to catch the kicker at the moment of his/her full extension. If the attacker follows the step-in kick with a same-side punch attack and a counter after being blocked, we must be prepared to block that punch and counter before delivering our own counter attack. Timing and distance are critical in such a scenario.

3. *Kata Performance*

Improvement in kata performance can be achieved by practicing the kata until its moves become second nature, and the kata is all that is in your mind. In the delivery we must show power, and we must stretch the kata – release it from the confines of a rigid delivery. A fluidity of motion that shows a clear understanding of both the prescribed movements and the transitions from one stance or action to another will facilitate the telling of the kata's story. And certainly, if one is to show true ownership of a kata and make a definitive statement while performing it, there can be no mistakes. Sensei Vaughan stated clearly the mindset needed for one to dramatically present a kata when he said, "You cannot keep your kata in a box." Effective kata performance requires the control of power, the control of speed, and the effective use of expansion and contraction. Learn it until you perform the kata without hesitation, but make sure your big moves are showcased by the contractions and moments of release that occur throughout the kata. Another paradox arises wherein the performance must balance small and large, fast and slow, explosive and controlled. By working to achieve the correct balance in such disparate forces, the kata performance becomes more dramatic and powerful.

Katas studied included the *Heian 1-5*, *Tekki 1*, *Bassai Dai*, and *Kanku Dai*.

Dayton Shotokan Karate

Mid-America Club Profile

By Jerry Baker

The earlier roots of the Dayton club go back to Sensei John Pohle prior to his move to Virginia. My training started a bit later than many others at the age of 38 in 1986. During those years I trained under the guidance of Sensei Jan Wilson and Sensei Tori Moore. I assumed the leadership of the Dayton Shotokan Karate Club in the fall of 1992 and established our current training site in the Milton-Union Schools just north of Dayton in West Milton, Ohio, in January of 1993, when we were included in the school's community education program.

Our club is small and very close-knit, a true karate family. The atmosphere is one of dedicated training in pursuit of proficiency in skills and the betterment of our spirits. The students come from all walks of life, and each one adds a unique and interesting perspective on karate training. Since we have been together for a long time, all of the students are advanced in their trainings. We welcome new members from time-to-time, but our core group has been together for decades. That longevity of training is what makes our club special.

If you were to ask anyone in our club what they have received from their years of karate training, I am certain you will hear them discuss what karate has added to their lives. For all of us, our time together is both challenging in what we try to learn and fulfilling in the closeness that has grown among us. Karate has made our lives better, and our little club is, in my opinion, the best place for someone to find both karate and themselves in the company of friends.



Dayton Shotokan Karate Club along with Master Yaguchi

Photo Courtesy of Jerry Baker

Student Profile: An Interview with Terry Collis

By Kim Weber

Terry Collis is a member of Shotokan Karate of Anderson. He has been training in the martial arts for 53 years, and was the chief instructor at the Florence YMCA for many years. He has many interesting stories of his years spent traveling and studying a variety of martial arts.

Can you give us a brief history of the martial arts you have trained in?

I began training in 1962 in Covington, Kentucky with William Dometrich. He had received his black belt in the *Chito-ryu* style while serving in the Army. His certificate was signed by Gichin Funakoshi. Sensei Dometrich became interested in the JKA Shotokan system. He liked the sparring that he saw with that style. In 1967 he took me and another student to Philadelphia to train with Sensei Okazaki. We spent a week training with two visiting senseis - Enoeda and Kisaka. Over the years we attended seminars and classes in Chicago conducted by Sugiyama and Nishiyama. I was with the *Chito-ryu* organization for nineteen years. As with a lot of martial art clubs, there arise political problems that make you look elsewhere for study.

In prior years I met a *Tai Chi Chuan* teacher Mok Lau. I contacted him and he accepted me as a student into the Wu style. I started training with him in 1980 and continue to present day. Tai Chi traditionally does not have belt rank like karate.

I left the *Chito-ryu* organization and practiced Tai Chi but I missed karate instruction. In 1982, a martial arts magazine carried an article on Master Okazaki and the ISKF. My wife, son and I traveled to Philadelphia to see about joining his organization. He told me to contact Greer Golden in Ohio and he gave me Renee Butler's telephone number as she was running his region while he was traveling.

Another student from Covington, Gene Adams and I tested in Erie, Pa. and were accepted as Ni-Dan in the ISKF. Gene and I began to make trips to Brown County to receive instruction from Sensei Oberschlake. I had been teaching at the Florence YMCA so our club became part of the ISKF until 2005 when the YMCA sold the building.

Legend has it that you sparred Bill "Superfoot"

Wallace, can you tell us anything you remember about the match?

Bill "Superfoot" Wallace. In the mid-1960s, Sensei Dometrich sponsored a number of tournaments. Bill Wallace lived in Indiana so he attended a few of them. I was one of the lucky ones to draw him for a match. He scored a ½ point with a punch and then I scored a ½ point and he scored a ½ point with a punch so IPPON for him.



Terry Collis

Photo Courtesy of Kim Weber

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Student Profile: An Interview with Terry Collis

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What instructor/s have had the most impact on you?

Instructors that have had an influence on me are too many to list. Now with YouTube I am finding even more. The two main ones are Sensei Dometrich and Sensei Golden. Some *Chito-ryu* instructors are Dr. Tsuyoshi Chitose, Mike Foster, Ken Sakamoto, Hidemichi Kugazaki, Kazunori 'Kita San' Kawakita, a resident instructor; Masami Tsuruoka Karate-do. Some Shotokan influences are Yutaka Yuguchi, Hidetaka Nishiyama, Teruyuki Okazaki, Shojiro Sugiyama, Sensei Takashina, and Sonny Kim. I also trained with Shinichi Kumanomede from the Gensei-ryu style. And my *Tai Chi Chuan* teacher is Master Mok Lau.

Do you have any other hobbies?

Some hobbies are Bonsai, Genealogy, Bicycling, Motorcycling, Hiking, and Backpacking, and I am a part of the SAR (Sons of the American Revolution) Color Guard which presents the colors for events such as the Honor Flight.

You are retired now, what was your profession?

I retired from Cincinnati Bell after thirty years in which I had titles of Frame Man, Switchman, Course Developer, Instructor and Repair Service Supervisor.

Tell us something interesting about yourself that we might not know?

One of my secret life ambitions is to walk the Appalachian Trail.



Terry Collis (right) gracefully evades a kick from Bill "Superfoot" Wallace

Photo Courtesy of Kim Weber



Instructor Emeritus, ISKF Mid-America Region

Sensei Greer Golden graduated from the Instructor Trainee Program in 1969 and was sent to Ohio University in Athens to begin sharing his knowledge with Mid-America karate students.



Chief Instructor, ISKF Mid-America Region

Sensei Martin Vaughan has been training under Sensei Golden and Master Okazaki for over 40 years and is our region's Chief Instructor as of 2015. He is also the Chief Instructor of Indiana ISKF.

President and Assistant Instructor, ISKF Mid-America Region

Sensei James Oberschlake has been training under Sensei Golden and Master Okazaki since 1974. He is also the Chief Instructor of Brown County Shotokan Karate Club.

Executive Director, Mid-America Region

Sensei James Nelson is the Chief Instructor of the Swartz Creek Karate Club and has served as the Executive Director of the Mid-America Region since 2003.

Calendar

October 17-18 - Fall Camp

Hosted by Creekside Karate Club, Youngstown, OH

November 13-15 - ISKF US National Tournament

Hosted by ISKF Northwest Region, San Francisco, CA

December 12 - Regional Training (Tentative)

Hosted by Dayton Shotokan Karate, West Milton, OH

Contributors

SENSEI JAMES OBERSCHLAKE

SENSEI MARTIN VAUGHAN

SENPAI ANDREW WOLFF

Senpai Andrew, 4th *dan*, is a senior member of Shotokan Karate of Anderson in Cincinnati, OH.

SENSEI JAMES NELSON

SENSEI JERRY BAKER

Sensei Baker, 4th *dan*, is the Chief Instructor of the Dayton Shotokan Karate Club in Dayton, OH.

SENSEI KIM WEBER

Sensei Weber, 5th *dan*, is the chief instructor of Shotokan Karate of Anderson in Cincinnati, OH.

Editor

SENSEI MARTY SCHRAGER

Sensei Schrage, 4th *dan*, is the Chief Instructor of the Ohio Valley Karate Club in Cincinnati, Ohio.

Associate Editor

SENPAI MICHELLE RANDALL

Senpai Randall, 2nd *dan*, is a senior student at the Swartz Creek Karate Club in Swartz Creek, MI.