



2018 Mid-America ISKF Kangeiko Winter Camp

By Rafi Fadhlurrahman



Mid-America Karate-ka attended Kangeiko. Photo courtesy of Rafi Fadhlurrahman

Kangeiko is a Japanese word that means “cold training.” Sometimes, I wonder - why would one bother to train and work hard in the cold? I think the idea behind that is a type of toughness training – forcing oneself to perform under difficult or even painful conditions. In theory, it strengthens the “fighting spirit” by helping students like us to find our true limits and quiet the inner weakling that keeps telling us to give up. Since we were introduced to karate by our parents 9 years ago, we have been using the karate spirit and training to build up our inner strength and personal

discipline. It works wonderfully for my brother and me, and of course, for our mom and dad.

To get to *Kangeiko*, it usually takes 3 hours. However, road conditions were so terrible coming from Columbus that it took about 5 hours. We drove very slowly and and made it through. My dad said that it was a nightmare driving experience, the worst he had ever seen, but he used the *Kangeiko* spirit to get there safely.

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**We are now accepting credit cards
at our regional events**



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2018 Mid-America ISKF Kangeiko Winter Camp

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Each year, *Kangeiko* for Mid-America ISKF is hosted by Sensei Martin Vaughan's Dojo, Indiana ISKF at Ben Davis High School and Hoosier Gymnastics in Indianapolis, Indiana. Sensei Vaughan (7th Dan) and Oberschlake (7th Dan) remind us each year to revisit and focus on basic training.

One of the topics of camp was to drive off the back leg. In this drill, we practiced driving and pushing forward with the rear leg to different angles. The drill was repeated continuously on both sides the same way.

Stances were another main topic of camp. This drill started with *hachiji dachi* (natural stance) which allowed us to practice a punching combination: single punch, double and then triple punch to the stomach and face. Then, continue with *kibadachi*, then *zenkutsu-dachi*.

Finally, we started in *hachiji dachi* with triple punches, then followed by 45 degree angle, moving forward to the right side with *zenkutsu dachi* and *oizuki*. Then, back to *hachiji dachi* with triple punch, then followed with 45 degree angle moving forward to the left with *zenkutsu dachi* and *oizuki*. These combinations were repeated over and over, 30-40 times. Before we finished

the training that day, we worked on *Heian* katas and *Tekki Shodan*.

The 2nd day of *Kangeiko* was held at Hoosier Gymnastics. There were two main topics: Jumping and *Tekki* kata.

The Jumping Techniques were also done repeatedly from *Heian Godan*, *Empi*, *Kanku Sho*, and *Meikyo*.

In *Heian Godan* for instance, the jump started by bringing right leg rapidly to left, jump off left foot, draw knees high, turn left 90 degrees in the air and land right low cross stance, draw both fists to waist during jump. Similarly for *Empi*, *Kanku Sho* and *Meikyo*. One must use

momentum to properly

execute. And of course, practice over and over.

Finally, Sensei Vaughan, with the help of Sensei Jeff Weber, showed us the *bunkai*) for *Tekki Nidan* and *Tekki Sandan*.

We left Indianapolis at noon with the driving conditions back to normal. My mother drove us back to Columbus, with me sitting on the passenger side as navigator, while my dad and brother napped in the back.



Photos courtesy of Rafi Fadblurrabman

Is Shotokan Karate the Fountain of Youth?

By William Hall

For a short time in the 1980's, which seems like 100 years ago, I trained in a style of Jiu-Jitsu. About 30 years later, at the young age of 61, I decided to start training again in October, 2017. I was looking for traditional karate, not the homemade styles you see all over. After a long and tedious search, I found the Cleveland Shotokan Karate Club, the only dojo I found in Cleveland teaching a traditional karate style.

Ever since my first month, what I have seen in the dojo has been mind boggling. All but one of the black belts in the dojo are in their 50s or 60s and they perform techniques and kata with speed, agility and grace. Their performance level is a treat to watch. It is like poetry in motion. Watching them raises my self-esteem, and energizes me. In this day and age, being in your 50s or 60s is not "old," but seeing these student is like seeing 50 and 60 year olds, in the bodies of 30 or 35 year olds.

This made me start thinking that maybe... just maybe, Shotokan karate practitioners have discovered the fountain of youth. I am just learning Shotokan, but after each training I feel looser and more relaxed than a 61 year old should. Could this be the reason the Japanese have such a long life expectancy? Could it be Shotokan karate? Could Master Gichin Funakoshi have known that he discovered the elusive fountain of youth?



*William Hall with Sensei Larry Rothenberg
Photo courtesy of William Hall*

My Sensei showed me an article from a 2005 edition of Shotokan Karate Magazine, in which Master Yutaka Yaguchi was interviewed. Sensei Yaguchi, who at that time was not much older than I am now, said, "No one can call me old aged or an old man, because I am still learning so much."

What great words to live by! I hope to train in Shotokan karate for as long as I am able. The black belts in

my dojo are my inspiration.

March Regional Training

By Jerry Baker

Sensei Oberschlake led the regional training in West Milton, Ohio, hosted by the Dayton club. The training was well attended, and the instruction was excellent. The opportunity to attend our regional trainings is not to be found everywhere, and we are very lucky to have the chance to receive first-rate instruction from Sensei Vaughan and Sensei Oberschlake. Remember to mark your calendars so that you can plan to attend these sessions.

The best way to report on this training is to allow Sensei Oberschlake's lesson plan to detail the Principle and Process he shared.

Stances

- The goal is to develop stability, mobility, and balance.
- Fast, powerful techniques are best thrown from a stable base.
- Stability is needed at impact to lock the body into a single mass braced against the earth.
- You want to turn the strong angle of your stance toward your opponent's weak angle.
- Build a stance from the ground up: feet, knees, hips and pelvis, spine, shoulders, neck, and head.
- Wobbly knees and skidding feet will negatively impact stability, mobility, and balance.

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Posture and Alignment

- The head sits atop the gentle S-curve of the spine.
- The body must be aligned around a central axis. Also, horizontal alignment and alignment of the two parallel lines through the load-bearing joints at the ankles, knees, hips, and shoulders is needed.
- At times, the application of techniques may require posture that is not perpendicular to the ground; however, the principles of alignment are most always applied.

Movement

- The sequence of movement is as follows: eyes, hips, legs, *tanden*.
- “Move down and in, back and up.” Do not fall into stances.

Expansion and Contraction of the Body

- Contract toward the center axis.
- Release and expand away from the center axis.
- Tense, relax, tense.
- 80% of your power should come from the middle and lower body. Most people are about 50/50.

Post Warm up and Drills

- Training develops muscular strength, flexibility, nervous system, and impacts coordination and muscle memory.
- Repetition of correct movement improves posture, alignment, and balance. The body begins to move according to nature’s design.
- When programming muscle memory, start out slowly and gradually increase speed and power. Too much speed and power too soon can make you revert to old muscle memory.
- Break movement into steps.
- Then make one smooth, continuous movement.
- Eventually, make into one smooth, continuous, accelerating movement.
- Continued effort brings improvement.
- *Kumite* drills require you to connect with another human being to apply effective techniques, improve distancing and timing, and develop good fighting spirit.

Drills

- *The Triangle of Power* - 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.
- *Reaching Tension* - At the moment of impact, the tension into the target is anchored by the supporting foot and driving foot while being concentrated by the expansion or contraction of the hips and legs. Correct posture and breathing will allow the upper body to do its work more effectively using the support from below.
- *Open Hip Expansion and Closed Hip Contraction* – In an expanded front stance position with down block, the expansion should be facilitated by a squeezing across the backside, which pushes the cheeks of the buttocks together. In Sensei Oberschlake’s description, the contraction would allow the holding of a vertical chopstick in that area. In a squared-up front stance position with counter punch, the contraction should resemble the squeezing of a beach ball between the legs using tension from the opposing back-leg hip and front knee.
- *Double-foot* – With one foot kept in place, step into a front stance forward punch, back to the center and out to the side in a *kiba dachi* stance with an elbow strike, and then back to the center and out to the rear into a back-stance knife hand. Each contraction/expansion of these transitions will emphasize the principles discussed in the previous drills.
- *Rising X-block/Double Down block* – Standing in a *kiba dachi* stance with arms down to the sides at a down block angle, bring one outside leg to the center with an overhead x-block with feet together and then step out with the other leg back into the double down block position. This drill can be repeated to both the left and the right, with or without a mirroring partner,

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March Regional Training

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first slowly and then rapidly to develop and practice the inside/outside tensions required. Working with a partner will allow the pair to develop a sense of each other and to connect as individuals. Making eye contact and moving fluidly together without any outside prompt will prove beneficial on many levels.

An important reminder! Sensei Oberschlake echoed the call from Sensei Vaughan that practicing these drills is the only way to consistently improve performance. Unless practice of what is learned in the group is then practiced by the individual, it will never fully become part of one's set of skills.

My Best Tournament So Far

By Sean Teismann

On February 10th, Shotokan Karate of Anderson held their annual youth *shiai*. Leading up to the *shiai*, I was feeling pretty cautious and nervous about what would happen, but also about who I would meet. There was a kata team from Columbus that was one member short, and I filling in for them.

There were also five other teams competing. My choice to compete with them meant that there would be six teams total--there could be three teams of lower belts competing against each other and three teams of upper belts competing against each other. This made the competition more fair for all of the teams.

Since the team I was filling in for was from Columbus and I was from Anderson, the only time we had to practice was a couple of hours before our event. Despite having so little time to practice, we came in first place. This surprised me and helped make me more confident.

After that, I realized that if I hadn't made the decision to fill in for the team kata, not only would some lower belts have had to compete against upper belts and not every team would get a medal, but also that my new teammates wouldn't have been able to perform their team kata. This made me even happier about the day and helped push a lot of my nerves away.

However, now that team kata was over, I wondered who I would hang out with. There wasn't

anybody there that I was super close with. I decided to hang around my teammates for the rest of the day. At first, I wasn't saying much and just laughing at their jokes. Towards the middle of the day, I had started warming up to them. I was saying a few things, but still not much.

Near the end of the day, I found out I was going to compete against one my teammates in *kumite* and *kata*. It was getting closer and closer to my event, which brought back some of the nerves, but I was also saying more things and laughing more openly with my new friends, which helped. In the aftermath of my events, my teammate took first in both *kata* and *kumite* and I took



Photo courtesy of Kim Weber

second in both.

Despite being tough opponents with one another in the ring, I was now comfortable and much less cautious and more confident about both my karate and my social skills.

This is why this youth *shiai* was the best one I've ever attended. I encourage you to take every opportunity you're given because you might have a positive impact on other people, allow more people to be able to have the same opportunity, surprise yourself in a good way, and make new friends.

MidAmerica Karateka Study the Science of Nature

By Michelle Randall

Two Mid-America *karateka* were recently spotted in Lecture Hall and Biology Lab in the Science and Engineering Laboratory Building at IUPUI. Katy Detlefsen and Sensei Vaughan were studying onion root tip plant mitosis, where the root is actively dividing and growing. In this particular experiment, chromosomes are large and easy to see. We at the Monitor wondered how Katy (6 *kyu*), from the Indiana ISKF Karate Club, was able to attend college at such a young age.

MR: Katy, which school do you attend?

Katy: Central Elementary

MR: What are your favorite subjects in school?

Katy: Reading, Writing, and Science

MR: Did you ever get into trouble for reading?

Katy: Yes! At school and even at home.

MR: What happens when you get into trouble for reading?

Katy: I get my books taken away!

MR: How old are you? And how did you get to go to college at such a young age?

Katy: I'm eight years old. My awesome Sensei! He teaches Biology and I'm really interested in it, so he let me come to a lecture and lab.

MR: How did you get started in karate? How old were you?

Katy: I think I was seven...(Mom corrects, "You were six!")

MR: Why did you start? What was it about karate that you found interesting?

Katy: I really liked learning how to defend yourself if anyone comes at you.

MR: What is your favorite thing to do in karate?

Katy: My favorite thing to do is to practice kata and hit the bags.

MR: When you hit the bag what's your favorite technique?

Katy: My favorite technique on the bag...is round kick, but my favorite technique is side snap.

MR: What's your favorite kata?

Katy: I don't really have a favorite, but I've already started doing (*Heian*) *Godan* and I really like *Godan*... but right now I'm working on *Heian Yondan*.

MR: Is there anything else you'd like to share about your training in karate?

Katy: (I like it when) my friends come...My friends Jesse and Jasmine come...and they help me with sparring!



Katy and Sensei Vaughan in the lab. Photos courtesy of Jennifer Detlefsen

Putting the “Art” in Martial Arts

By Jeb Brack



Artists from Urban Sketching. Photos courtesy of Jeb Brack

Some sketchy folks stopped in at the Ohio Valley Karate Club in January. Specifically, members of Urban Sketchers Cincinnati came to watch and draw as the *karateka* practiced.

Urban sketching is a pastime that has swept the world in recent years. Practitioners of all skill levels gather to draw wherever they can, then share their sketches online. Groups like this have been formed in almost every city, and the Cincinnati chapter officially started late last year. In pleasant weather, they sketch outdoors, but in winter they’re always looking for new and interesting subjects.

As an officer in both organizations, I thought it was a natural to get karate and sketching together. Sketchers Christina Wald, Rebecca Kuhlmann, Melanie Tran, and David Hartz joined me, along with photographer Jen Koehler, to try and capture the beauty of karate with our pencils, pens, and watercolors. Most often, Urban Sketchers draw landscapes or outdoor scenes, buildings or interesting details around them. *Karateka* in action present a different kind of challenge. “It was really hard to sketch those guys while they were in motion,” Rebecca said to me. “A good exercise, though.” On the other hand, while it is impossible to draw a single pose, karate workouts repeat motions several times; this allows artists to create “gesture drawings,” quick impressions using minimal lines that can be turned

into more complete drawings later. Sketches like these help the artist understand the way the human body moves.

To see more work from the Urban Sketchers, visit our Instagram account, @cincyurbansketchers. If you’d like to join us for sketching, we post our outings on Facebook under Urban Sketchers Cincinnati. And if you live in a different city, chances are there’s an urban sketching group near you. Consider inviting them into your dojo to get a new look at your karate.





2018 Regional Tournament and Board of Directors Meeting

Our 2018 Regional Tournament and annual Board of Directors meeting will be held on Saturday, May 19 on the campus of the Ohio State University. The tournament will be held in the South Gym of the RPAC, which is located on the bottom floor, near the locker rooms. Check in will begin at 11:00 am, with the tournament beginning at 12:00 pm. There will be a judges meeting at 11:45 am. The Board Meeting will follow the tournament and more information regarding the meeting will be sent to board members.

2018 ISKF Master Camp and Goodwill Tournament

The 52nd Annual ISKF Master Camp and Goodwill Tournament will be from June 8 - 15th at Camp Greenlane in Camp Greenlane, Pennsylvania. Karate masters from all over the world will be in attendance to provide a world-class training experience. Reserve your spot now for this amazing karate tradition.

ISKF Passports

It is a new requirement for all Mid-America black belt students and students testing for 1 *kyu* to have an ISKF Passport. Members need to submit their passport when taking a 1 *kyu*, dan, instructor, examiner, or judge exam and are not permitted to take an exam without one. These passports should be purchased thru your instructor, who will purchase them thru Mid-America headquarters. The cost of the passport is \$60. Instructors should contact regional headquarters to arrange to have passports brought to upcoming regional events. The ISKF passport does not replace the ISKF membership card.

Legendary Karate Master Kawawada to Conduct Seminar

Kawawada Sensei from the *Hoitsugan* dojo in Tokyo is visiting June 8-10 this year in Peoria, Illinois. Kawawada Sensei kept the *Hoitsugan* tradition going after Nakayama Sensei passed away. He was the 1985 World Champion and is an internationally known and respected Shotokan instructor. This will be his only trip the USA this year. Please contact Michael Busha for pre-registration details. Text 309-363-4302 or email Michael@Busha.com

Sensei Vaughan



Chief Instructor, ISKF Mid-America Region

Sensei Martin Vaughan trained under Sensei Golden and Master Okazaki for over 40 years and is our Regional Director. He is also the Chief Instructor of Indiana ISKF and Vice President of ISKF.

Sensei Oberschlake



President and Assistant Instructor, ISKF Mid-America Region

Sensei James Oberschlake trained under Sensei Golden and Master Okazaki starting in 1974. He is also the Chief Instructor of Brown County Shotokan Karate Club.

Sensei Golden



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.

Calendar

April 14-15 - Spring Camp/Collegiate Regional Tournament with special guest instructor Sensei David Jones of ISKF Canada

Hosted by The Ohio State University Karate Club in Columbus, OH

May 19 - Adult and Youth Regional Tournament and Regional Directors Meeting

Hosted by The Ohio State University Karate Club in Columbus, OH

June 8 - 15 - ISKF Master Camp

Camp Green Lane, PA

July 13 - 14 - Regional Training and Golf Outing

Hosted by the Brown County Shotokan Karate club and Friendly Meadows golf course. Hamersville, OH

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