



# Master Camp 2013

by Kim Weber



*Mid-America and other ISKF students who attended Sensei Vaughan's training. Photo courtesy of Chibo Bare.*

I have just spent a week at "one of the best places on earth". The food isn't the best, the lodging isn't either, and a 90-year old man named Bob blows a whistle every morning at 6:00 am to wake you up (I can still hear Bob's whistle).

So why is it "one of the best places on earth"? Karate classes are taught by instructors from around the world, there are over three hundred campers from about 30 countries, and it has Bob barking orders that keep campers on their toes and smiling. For those that have never been to Master Camp, here is what you can expect. There are up to four trainings daily, lasting an hour to an hour and a half each. Classes are divided by rank, including a special class just for instructor trainees.

Free time activities include lectures, canoeing, volleyball, salsa lessons, putt-putt, tennis, and many more. You are served 3 meals a day, and are required to be a server yourself at least once.

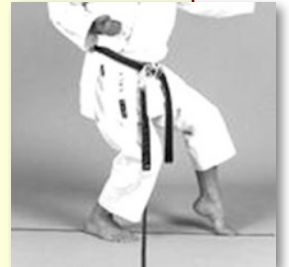
Some campers attend for a couple of days, and those that are able to, spend the entire week. Camp is for everyone, regardless of ability and rank. This year there was a camper that had limited mobility and used a wheelchair most of the time. His instructor felt that it was important for his student to experience Master Camp and made it happen. This instructor wheeled his student around camp, and carried him up and down the stairs of his cabin numerous times a day.

## Stance Training Exercises

By Dave Talley

In keeping with the theme of our regional meeting of putting pen to paper, I wanted to relate a few ideas on stance training. We always use the big three stances when training, but it's within the transition from stance to stance that we all find difficulty in movement.

I have found that *Neko-ashi-dachi* (cat stance) can be of great benefit in the development of our stances, especially in the transitional movement.



**Exercise 1.** Start with the left side forward cat stance position with the hips and upper body squared to the front. The right hand is out at face level and the left hand is on the left hip in draw hand position. Stride the left leg forward into front stance with your hips in *hanmi*, or half front facing position.

*Continued on page 2.*

### ***In This Issue...***

Master Camp - Pg. 1  
 Stance Training - Pg. 1  
 Spring Camp - Pg. 3  
 Principle and Process - Pg. 4  
 Regional Business Meeting - Pg. 5  
 Regional Tournament - Pg. 5

MASTER CAMP 2013 - Continued from page 1

This instructor was given the “Best Camper” award at the end of the week for his dedication to his student and received a standing ovation. You could see that they were both moved by the award.

If you have never attended Master Camp, I would like to personally invite you to attend. The instruction was amazing. This year, I was lucky to have been able to train under Sensei Takahashi, from Australia; Sensei Miura, from Italy; Sensei Jones, from Canada; and Senseis Yaguchi, Field, Cline, Swain, Pohle, Vaughan (yes, our one and only) from the USA. I am excited to report that Sensei Vaughan taught a class at this years’ camp. His class included *Ippon Kumite*, working the individual techniques for improvement before practicing them with a partner. Everyone enjoyed his training. Sensei Vaughan had a busy week... in addition to teaching a class, he also tested and passed his “A” level Instructors’ Exam and his “A” level Judges Exam. Also at camp, Sensei Oberschlake passed his “B” level Examiner Exam and both Jeff and I passed our “B” level Judges Exam.

Campers celebrated the busy week with a reception on the last night at a local restaurant/bar. I recall the bar tender saying to me, “Wow, you seem to be one of the few Americans here”. I felt proud to be in good company.

If you want to experience Master Camp, “one of the best places on earth”, for yourself, it will be held June 6-13, 2014. I hope to see you there!



Mid-America students with Takahashi Sensei. Photo courtesy of Kim Weber

STANCE TRAINING EXERCISES - Continued from page 1

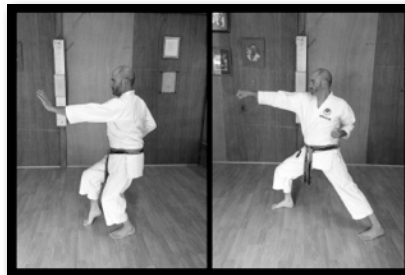
While doing this movement execute *kizami-zuki*, (jab punch). Return to your original starting position. Same exercise other side.

**Exercise 2.** Start with the left side forward cat stance position with the hips and upper body turned to the half front facing position. The left hand is out at solar plexus level and the right hand is on the right hip in draw hand position. Stride the left leg forward into front stance with your hips squared to the front. While doing this movement execute reverse punch to the solar plexus. Return to your original starting position. Same exercise other side.

Key points to consider:

- The length and width of your front stance in both the half front facing position and the full front facing position.
- The point of Focus (mental,

- physical, emotional, and visual)
- Coordination of body movement with the techniques used (i.e. movement and technique should



Sensei Talley demonstrating exercise 1



Sensei Talley demonstrating exercise 2

start and stop at about the same time).

- Concentrate on moving the same speed while expanding out into front stance and contracting back into cat stance.
- Finally, make sure the techniques used can be supported by the stance. This involves the correct tensions and alignments of the techniques to the stances.

There are multiple layers that can be added to these exercises; different techniques, makiwara training, and partner training. Consistency is the key to every karate exercise we do. Therefore, daily practice for a minimum of six weeks (ten sets of ten for each exercise on each side) is a good place to get started. When you start this training, stay on it! Don’t miss a single training: That’s the challenge!! At the end of the day, you will improve and benefit!

## SLOW IS SMOOTH, SMOOTH IS FAST - SPRING CAMP 2013 by Adam Clouser

This year's Mid America Spring Camp was held on the campus of The Ohio State University. We had a very successful weekend and welcomed special guest instructor, Sensei Gary Swain from the Mountain States region. He shared with us his expert insight and trainings. The trainings focused on principle, timing, and many technical points.

Sensei started the weekend off by introducing us to a challenge given to him by Sensei Nakayama: to make our stepping techniques as fast as our reverse punches. The key to this drill is using proper timing and technique to smooth our motions, which will, in turn, make them faster. His motto, exemplified by this drill is "Slow is smooth. Smooth is fast."

Starting in front stance with reverse hand extended:

1. *Kizami-zuki*
2. *Gyaku-zuki*
3. *Kizami-zuki*
4. *Gyaku-zuki*
5. *Kizami-zuki*
6. *Oi-zuki* (stepping punch)

Perform the drill slowly, with equal timing on each. Sensei Swain reminded us that starting slow will help us to develop a smooth, continuous technique. Try variations of this drill with other techniques, including both forward and backward stepping. Try with a partner with one person



Sensei Gary Swain at The Ohio State University with Mid-America students and instructors. Photo courtesy of James Nelson.

attacking and the other stepping back and blocking. Focus on timing.

One of the many technical points Sensei Swain also stressed was the importance of keeping your heel down throughout techniques. If the heel isn't rooted, we lose our connection to the ground and weaken our technique. To practice this point, Sensei provided us with a drill.



Sensei Gary Swain, 7th Dan

Starting in *Kiba-dachi*, left hand out.

1. *Nibon-zuki* (2 punches)
2. Shift right. *Empi-uchi* (elbow strike), Shift left. *Empi-uchi*
3. Right leg pulls in and back to back stance, *shuto-uke, kizami-geri* (front leg front kick)
4. Stepping forward in to front stance, *age-uke* with right arm, *gyaku-zuki*
5. Back (left) leg moves. Turn to face left corner, *gedan-barai, gyaku-zuki*.
6. Front (right) leg moves. Turn to face right corner (270 degree turn), *gedan-barai, gyaku-zuki*.

Focus on keeping the heel firmly on the ground as you move. When turning, drive weight on to the support leg to turn faster and keep the heel from coming up.

Spring Camp was a wonderful experience for all of us. Sensei Swain provided excellent trainings and valuable technical insight. As always, it is up to us to apply what Sensei gave us to our daily training. One weekend isn't enough - we have to bring these concepts back with us to our dojos and continue training them if we want to grow. It was a pleasure to have Sensei Swain as our guest instructor and to see so many people eager to learn.

## PRINCIPLE AND PROCESS by Sensei James Oberschlake

A good instructor teaches principle and process. Most students, even high-level students, are not aware of this. They are focused on what they are doing. They are focused on the activity. They listen to instruction and try to do what they are told. Students do not realize that underlying the lesson is some natural, dynamic principle of how mind and body best work. The lesson is not just an activity. It is a step-by-step process designed to help students experience and discover some natural, dynamic principle. When students become aware of the principle, they should then be able to apply the principle to everything they do.

What are some of these principles? Some major principles of karate training are *kime* and proper sequence of motion, correct application of power, correct application of speed, expansion and contraction of the body, reaction force, reflex action, *seika tanden*, and *mushi no shin* (mind of no mind). You will also hear certain aspects of these principles, such as center of gravity, posture, balance, and stability. As a martial artist you must do more than memorize these principles. You must do more than understand and be able to explain them intellectually. Through practice and training you must do them until they become a part of you.

You throw a technique from a strong and stable base. Your posture is good. There is no leaning when stationary nor feeling of falling when moving. The center of gravity is in the *seika*

*tanden*. The right and left side of the body are balanced and work in harmony. Appropriate muscles contract and relax in proper sequence, utilizing reaction force from the ground. The body expands and contracts sharply sending the technique accelerating toward the target at maximum speed. At the conclusion of your technique all parts of the body are in the correct position to direct energy into the target. This is the correct application of power. At impact you think all power comes from *seika tanden* and experience maximum muscle contraction. Your technique has *kime* (focus) and can end the fight with one blow. By practicing correct movement in response to real or imagined opponents, your technique becomes automatic. It becomes a reflex action that responds appropriately to the stimulus of sudden attack. Your mind is like a calm pool of water. No thought or emotion disturbs the surface of the water. The water is like a mirror that reflects aggressive action spontaneously back to its source. This is *mushin no shin*, the ideal mental state for self defense.

The transmission of these dynamic principles is accomplished by following a process. The process goes from simple to complex. The process builds proper motion by breaking down a technique into segments and then putting the segments together so they are performed in one continuous action. Let's look at an example. Sensei James Field taught the following process for straight punch: (Step 1) Stand in *heiko-dachi*, parallel stance. The

arms are extended to the front at solar plexus level. The fists are touching with palms facing downward. (Step 2) Turn the fists over. The fists are touching, palms facing upward. (Step 3) Pull the arms back toward the body. The elbows slide along the sides of the body. This motion continues until the fists come to rest at the sides of the body, just above the hip bones and directly below the shoulders. This is a double draw hand action. (Step 4) Extend and straighten the arms at the elbow joint. The arms are in the same position as described in step 2. (Step 5) Turn the fist over. The arms are in the same position as described in step 1.

After a number of repetitions, you practice the same movement in two steps. Steps 1, 2 and 3 are performed as one double draw hand action. Step 4 and 5 are performed as one double punch action. After several repetitions, one arm is extended in punching position and the other in draw hand position. On the count students perform straight punch with the accompanying draw hand action. Be sure the draw hand fist turns over at the beginning and the punching fists turns over at the end. The elbows sliding along the sides of the body indicates that your arms are performing the technique correctly. Correct movement is perfected by performing thousands of repetitions over time. If a student is having trouble, it means they need more work on previous steps of the process.

*Continued on page 5*

PRINCIPLE AND PROCESS - *Continued from Page 4*

Beginners need more repetitions of simple movements, but even advanced students should do a few repetitions so that no bad habits creep into their form.

What is the underlying principle in this process? This process teaches the correct course of straight punch. The correct course is a linear movement that travels to the target in a straight line. The shortest distance between two points is a straight line. The fist strikes the target exactly perpendicular to target. This insures maximum transfer of energy into the target. Striking the target at other than a 90 degree angle creates a glancing blow which is less effective. Students performing straight punch sometimes experience pain in the elbow joints. This indicates that they are not turning the fist over at the proper time. Okazaki Shihan says a little soreness in the muscles is natural, but if you experience pain in the joints, you are doing something wrong. This is another principle you can apply to all karate training.

All techniques are mastered by following a process. There is also a general process used to teach

all techniques. Okazaki Shihan uses this process. The process is no speed-no power, half-speed, full-speed. I will discuss this general process in more detail at another time. Another process I will discuss later is *shu-ha-ri* (obedience, divergence, transcendence). Karate-do means karate-way, the way of karate. The character used to denote do is *michi*, which means road or path. You travel a path by taking steps, one after another; therefore, karate-do itself is a process. By traveling this path step-by-step, you learn important principles of mind, body, self, and life.

When you are training in a karate class, don't just learn the moves. Become aware of the process and principals. When you self train, follow the process and learn the principles. Karate is not easily mastered. Students need to experience some degree of success so they will continue to train and evolve to higher levels. When you teach others, break down the movements and devise a process that helps students experience the natural, dynamic, life principals so they can incorporate them into everything they do. In this way, we all become true martial artist.

2013 ANNUAL REGIONAL BUSINESS MEETING - *By James Nelson*

There were four important resolutions passed at this year's annual business meeting.

**One:** that we set aside \$750.00 from the 2013 Mid-America Karate, Inc. Golf Outing to support Mid-America Karate, Inc. instructors, judges, and team members at future ISKF World Shoto Club/Pan Am tournaments. This would continue each year at the discretion of the Board.

**Two:** starting in 2013, any ISKF membership scholarship funds not used by an individual club during a current calendar year will be returned to the Mid-America Karate, Inc. general fund at the end of said calendar year. (See your club instructor for

details on how to earn a scholarship).

**Three:** starting on July 1, 2013, a new editor will take over the

responsibility of editing and publishing the Region's newsletter; The Mid-America Monitor.

**Four:** 50% of the profit from this year's National tournament be put into the region's general fund and 50% be put into the grant fund for each club that has volunteers helping at the Nationals; guidelines the same as those used for the distribution golf outing funds.

EXCELLENCE AT 2013 ADULT REGIONAL TOURNAMENT - *By James Nelson*

On May 18, 2013, twenty-four competitors gathered in Delaware, Ohio, for Mid-American's annual regional tournament; however, this year was a little different. In the past, the tournament included

both adults and youth competitors, but this spring only the adults competed. The youth will have their tournament on Saturday, September 14, 2013, in Delaware, Ohio, at the Willis

Intermediate school. There will be a general clinic at 11:00 AM, with the youth tournament to follow at 1:00 PM.

*Continued on page 6*

EXCELLENCE AT 2013 ADULT REGIONAL TOURNAMENT - *Continued from page 5*

This year, we were able to use either a double elimination or round robin format in each division since there were fewer competitors and we had more time. The men's adult black and brown belt division saw the most competitors with thirteen. David Talley (Creekside Karate) took first place in both *kata* and *kumite*, with Martin Schragger (Ohio Valley Karate) taking second in *kata*, and Brett Riedel (Dayton Shotokan Karate) taking second in *kumite*; Andrew Wolff (Shotokan Karate of Anderson) took third in *kata*. Eric Oswald (Shotokan Karate of Anderson) and Martin Schragger tied for third in *kumite*. There were also three male collegiate competitors who did both divisions. In the collegiate division Jon Lockhart (Shotokan Karate of Anderson) took first in both *kata* and *kumite*, Cameron Lasley (Swartz Creek Shotokan Karate) took second, and David Mertz (Ohio State Shotokan Karate) took third. Last year, the men's senior division had the most competitors; however, only about a third of them competed this year. Bobby Hensley (Brown County Shotokan Karate) took first in both *kata* and *kumite*, with Neal Frazier (Columbus Shotokan Karate) taking second in *kumite* and third in *kata*. Tom Weidele (Creekside Karate) took second in *kata*, and Greg Esz (Brown County Shotokan Karate) and Lawrence Kellner (Indiana ISKF) tied for third in *kumite*. The senior women's division had World Shoto Cup champion Kim Weber

(Shotokan Karate of Anderson) taking first place in *kata* and second in *kumite* behind Carol Glenn (Swartz Creek Shotokan Karate), which was a reversal from their World Shoto Cup placements. Carol took second in *kata*, and Carla Killion (Indiana ISKF) taking third. Michelle Randall (Swartz Creek Shotokan Karate) and Carla tied for third in *kumite*. Laura Graham (Brown County Shotokan Karate) and Jamie Kennedy (Swartz Creek Shotokan Karate) fought it out in the adult women's division with Laura taking first in both *kata* and *kumite*.

For the first time in the history of Mid-America's regional tournaments team competition included not only team *kata* but also team *kumite*. Team Shotokan Karate of Anderson took first place in *kata*, Creekside Karate placed second, and Swartz Creek Shotokan Karate took third. Creekside took first in team *kumite*, Swartz Creek placed second, and Anderson third. The technical committee decided that all teams must have at least two members from the same club, but

may have a third member from a different club. *Kata* teams may be made up of mixed genders and age divisions. For *kumite*, adults must be in the same age division (either adult or senior), but may have mixed ranks (to *kyu* though black belt). All *kumite* teams must be of the same gender.



*Swartz Creek Kata Team getting ready to compete. Photo courtesy of Jamie Kennedy.*

Besides the excellent competition, many table workers were able to learn their duties for this year's ISKF National Championships, which will be held at the Hyatt Regency, in Cincinnati, Ohio, on November 15-17, 2013. If you or a family member would like to help, please contact Jeff Weber at [AndersonKarate@aol.com](mailto:AndersonKarate@aol.com). A big thank you to all competitors, judges, and table workers for their assistance in making this year's regional tournament a resounding success.

## Sensei Golden



### Chief Instructor, 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.

## Sensei Vaughan



### Assistant Instructor, ISKF Mid-America Region

Sensei Martin Vaughan has been training under Sensei Golden and Master Okazaki for over 40 years and has been our region's assistant instructor since 1999. He is also the chief instructor of Indiana ISKF.

### 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

### July 26, 2013

Regional Training - Brown County Dojo, Hamersville, OH

### July 27, 2013

Golf Outing - Friendly Meadows Golf Course, Hamersville, OH

### August 16-18, 2013

Michigan Summer Camp - YMCA Camp Copneconic, Fenton, MI

### September 14, 2013

Delaware Youth Tournament - Regional Training-Willis Middle School, Delaware, OH  
11:00 AM - 1:00 PM

### October 12, 2013

Saturday-Regional Training-Willis Middle School, Delaware, OH 11:00 AM - 1:00 PM

### November 15 - 17, 2013

ISKF/US National Championships, Cincinnati, Ohio. For more information, please visit: <http://www.midamericaiskf.com/2013ISKFNationals.htm>

### December 14, 2013

Saturday-Regional Training & Dan Exam -Willis Middle School, Delaware, OH 11:00 AM - 1:00 PM

## Contributors

### SENSEI JAMES OBERSCHLAKE

Sensei Oberschlake, 6th dan, is the chief instructor at the Brown County Shotokan Karate Club in Hamersville, OH

### SENSEI JAMES NELSON

Sensei Nelson, 5th dan, is the chief instructor at the Swartz Creek Karate Club in Swartz Creek, Michigan.

### SENSEI DAVE TALLEY

Sensei Talley, 5th dan, is captain of the men's Mid-America regional team in Youngstown, Ohio.

### SENSEI KIM WEBER

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

### SENSEI ADAM CLOUSER

Sensei Clouser, 1st dan, is the chief instructor of the Ohio State University Karate Club in Columbus, Ohio.

## Editor

### SENSEI MARTY SCHRAGER

Sensei Schrage, 4th dan, is the chief instructor of the Ohio Valley Karate Club in Cincinnati, Ohio.