



## Beautiful Weather Welcomes Karateka to Michigan Summer Camp

*by James Neslon*

Mid-America's Michigan summer camp celebrated its thirty-second year of existence on August 16-18, 2013, with special guest instructors Dr. Martin Vaughan, *shichidan*, and Mr. James Oberschlake, *rokudan*. Both instructors did an excellent job, and we are very grateful to have them as part of our Mid-America family. Originally, Mr. Steve Pohle, *shichidan* was to be our instructor, but was forced to withdraw because of an injury he sustained at Master Camp; nevertheless, Sensei Vaughan was able step in and take his place. Along with our regular training, Jeff Weber, *godan*, gave two classes for those students who are planning to help with this year's ISKF National Championships, which is being held in Cincinnati, Ohio, on November 16-17, 2013.

The main theme of this year's camp was triples. For example, start with the left leg forward in a reverse punch position. Next, jab, reverse punch, jab. Maintain that position, and reverse punch, jab, reverse punch, etc. Switch sides. We also did the same thing with kicking. The main idea was use your hips when executing the techniques. Sensei Oberschlake worked with the *kyu* ranks on Saturday afternoon while Sensei Vaughan held an instructors training class. There were several *kyu* exams taken after the 11:00 AM class and four dan exams after the 5:00 PM class. Congratulations to Rick Hornick, Columbus, and Deven Makuch, Swartz Creek, for passing their *shodan* exams. The next dan exam will be on Saturday, December 14, 2013, in Delaware, OH, following the clinic with Okazaki *Shihan* starting at 11:30 AM.

We were fortunate to have beautiful weather during the entire weekend. This allowed for beach time and waterfront activities for everyone, but was especially enjoyed by the younger students. The cool nights and warm days allowed for excellent training conditions.

Saturday night is party night, and this year we had a surprise birthday party for Jim Nelson, who turned sixty-five on Tuesday, August 20, 2013. Jim said this was a



*Photo courtesy of Chibo Baer*

special year for him because at the time he was sixty-four, and it was his thirty-second year of attending the camp, so half of his life he has been coming to Michigan summer camp.

People from all over the Region attend Michigan summer camp. The greatest distance traveled was by Wendy McVicker and Myra Waterbury, making the long seven hour journey from Athens, Ohio. Both Wendy and Myra agreed that they love coming to camp each year despite the many hours on the road. Along with wonderful instruction they find the camp very peaceful and relaxing. Camp Copneconic does have a beautiful setting, and they offer excellent accommodations, delicious food, and many fun activities. In all, sixty-two people attended camp from Michigan, Ohio, Kentucky, and Indiana. Next year's camp will be August 15-17, 2014.

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

Michigan Camp - Pg. 1

Attacking Combinations - Pg. 2

Book of Five Rings and Karate-do - Pg. 3

Youth Regional Tournament Results - Pg. 4

Sensei Vaughan Achieves Major Milestones - Page 7

# Developing Effective Attacking Combinations

By James Oberschlake

In a self-defense situation there are times when opponents clearly communicate their violent intentions. Perhaps they mean to intimidate you and instill fear that cripples your ability to respond. They may also be taking time to create some psychological justification for their violent action. At such times your best strategy may be to end the conflict by initiating the action. This is the strategy of *sen no sen*, sometimes called winning on the attack. In free sparring you can use this strategy; however, it is difficult to score on an experienced opponent with a single technique. It is good to develop an effective attacking combination.

An attacking combination is a *sen no sen* strategy that creates a mental/physical opening for scoring an effective technique. The combination generally consists of two or three techniques, utilizing some of the following characteristics: Using upper and lower body techniques thrown from both the right and left side of your body. Attacking various targets on your opponent and utilizing long, medium, and short range techniques. Attacking with a broken rhythm so that your opponent will not easily catch your timing. And finally, setting up your opponent by constantly moving the strong angle of your stance into his weak angle. Consider the difficulty of defending against such attacking combinations.

The ability to execute effective attacking combinations depends on applying certain basic dynamic principles. Many move by stepping and falling into their technique. This merely uses gravity which has a constant rate of acceleration. Also, the process of stepping, falling, and throwing your technique takes additional time and telegraphs your movement. Greater speed and power can be achieved by using propulsion power. First, sink and activate the leg muscles and lower-body joints. Next, move the hips and push into the floor by straightening appropriate leg joints. This action propels the whole body into your technique at greater velocity. If done properly, you will complete the motion in one smooth action and land your technique at the instant you establish proper distance.

By examining the free sparring stance, you will see the above-mentioned principles at work. A free sparring stance is highly mobile and easily converts to a more stable stance at technique impact, where maximum power is transferred to the target. The head and eyes should constantly be fixed on your opponent. The

shoulders are relaxed. The elbows rest close to the body in line with the hips and shoulders. In a straight line from elbow to fist, the forearm is aimed at your opponent's face; the other is directed at his solar plexus. The lower body joints are bent. The feet are about one foot-length closer together than a basic stance with the weight resting mostly on the balls of the feet. No matter which direction you move, you should feel like you are constantly pressing the *seika tanden* toward your opponent. Within the lower abdomen and body muscles should be a "ready tension" – always ready to propel the body in any direction and execute any appropriate technique. This is the "always-ready" ready position.



Photo courtesy of L. R. Nakada

There is a sequence to executing an effective attacking combination. 1. Preparation Distance: Establish a distance from your opponent so that you are one step away from making correct distance for throwing your first technique. 2. Primary Technique: Throw this technique with tremendous energy. You might actually score on an inexperienced opponent. More experienced opponents may avoid your primary technique, but in so doing, they will create an opening for your next technique. 3. Main Technique: Throw this technique strongly and *kiai!* This technique will score or break down your opponent's defensive position and create an opening for your third technique. 4. Follow-up Technique: If your main technique did not score but was strong enough to break your opponent's posture, the third technique should score easily.

*Continued on Page 3*

## Developing Effective Attacking Combinations - Continued from Page 2

5. Reaction Recovery: After throwing your third technique, return to your ready position at an advantageous distance and angle to your opponent. Do not let your feeling drop. Be ready to respond defensively or continue your attack.

You must practice your attacking combination continuously and develop your muscle memory with thousands of repetitions over time. Against an imaginary opponent, work on developing muscle strength, flexibility, programming the nervous system, body timing, and attacking rhythm. With a partner, work on proper distance and try to deeply experience the vulnerability of your opponent's opening. I recommend the following training process: 1. Throw your first technique and pause. Experience proper distance and your opponent's opening. This opening is the stimulus that triggers further action. 2. Complete

the combination. 3. After several repetitions, practice your attacking combination as a continuous action using a broken rhythm. Eventually, you will be able to execute your attacking combination as a reflex action that is faster than conscious thought.

After mastering the movement of your attacking combination, consider how the combination can be modified according to your opponent's movement. After the primary technique, your opponent may remain stationary or move forward, backward, or to the sides. If you have maintained your balance and a position of readiness, you may still be able to modify your techniques and movement and bring your attacking combination to a successful conclusion. In this manner, an attacking combination evolves into what appears to be many others.

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## Musashi's *Book of Five Rings* and Karate-do

by Michelle Randall

At our Regional training in September, Sensei Oberschlake discussed important principles regarding combat from Miyamoto Musashi's *Book of Five Rings*.

During *kihon*, Sensei gave us basic block and counter kumite combinations that emphasized the importance of getting into and away from an opponent with speed while maintaining one's guard and always being ready to strike again. Here he referenced a passage in Musashi near the end of *The Scroll of Water*:

*...It is bad to wait after having struck. Immediately resume your guard position on the two sides, and as soon as someone advances, strike him forcibly and in this way shake your opponents. Extending this momentum, assault those who advance each time with the intention of making them crumble... (trans. K. Tokitsu)*

This is found under the heading, "Conduct Against Many Adversaries," where Musashi emphasizes training with many partners to exercise in "the way of driving them back." Sensei reminded us of the importance of driving our opponents back during this practice. After each block and counter we snapped back quickly into ready position. We then practiced interval

training, with *kizami zuki*, *mae ashi geri* and *gyaku zuki*, always pulling back into ready position as if to take on another opponent. To increase distance on the kick, we further practiced lengthening the step of the back foot during the jab, always driving forward as if into the opponent.

This driving principle is at the heart of karate training. While *kihon* help us to refine our techniques, *kumite* tests the effectiveness of these techniques by engaging us in combat with a single opponent. *Kata* help us to visualize and to train for multiple opponents. To train correctly, all of this has to be done



Image courtesy of [www.cyberpathway.com](http://www.cyberpathway.com)

Continued on Page 4

**Musashi's Book of Five Rings and Karate-do** - Continued from Page 3

with the opponent(s) in mind. Seeing the opponent in front of you helps train the mind for combat; but how does one train the mind in front of an opponent?

Musashi's text contains Five Rings, consisting of five different scrolls with the headings earth, water, fire, wind, and heaven. The Scroll of Water is so named because Musashi uses the element of Water to invoke the state of mind during combat.

*Your look must be broad and ample. Looking and seeing are two different things. Look powerfully, see gently. It is necessary to look at what is distant as something that is close and what is close as something that is distant-this is essential for strategy.*

Having a mind like water is the essential and foundational principle of Japanese martial arts that follow *budo*, the way of the warrior. This is the state of mind that ensures success in combat and in competition.

*You should learn what is essential regarding the state of mind from the nature of water. Water follows the form of a*

*square or round vessel. It is a drop and also an ocean... The mind is the same whether it is a matter of defeating one person or a thousand or ten thousand enemies.*

*Karate-ka* will recognize here the principle of *mizu no kokoro*, where the mind in adversity is free of anger, fear, and ego.

*The wisdom of strategy is distinct. Even right in the middle of a battle where everything is in rapid movement, it is necessary to attain the most profound principle of strategy, which assures you an immovable mind. You must examine this well.*

This difficult seventeenth-century text from an accomplished Master of the art of the sword gives both practical and profound insights on strategy. For *karate-ka*, reading Musashi illuminates the philosophical and technical reference points in our art that stem from the Japanese art of the sword.

I would like to thank Sensei Martin Vaughan for his help in writing this article.

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## Youth Regional Tournament A Big Success

*by Martin R. Schrage*

This year, for the first time, Mid-America held a separate tournament for youth competitors which took place on Saturday September 14th.

The change from our normal process of holding the youth and adult tournaments on the same day has a number of advantages. First, it allowed for expedited tournaments on both accounts, making for much shorter days. Second, it provided us an opportunity to have a clinic taught by Sensei Oberschlake and Sensei Nelson prior to the competition. Third, and most importantly, it provided another opportunity for our volunteer table workers for the 2013 ISKF

National Tournament to get real experience in their critical roles.

Sensei Oberschlake ran an invigorating and exciting clinic for advanced students. The focus was on *jiyu kumite* (free sparring) and executing various attacking techniques. Sensei demonstrated the concept of mastering a single attacking combination and having variations on that combination available in your arsenal in order to adapt and execute the techniques based on how your opponent reacts.

*Continued on Page 5*

**Youth Regional Tournament a Big Success** - *Continued from Page 4*

Sensei Nelson provided an equally exciting clinic to intermediate and beginning students and worked on *Kata* and *Kumite*.

For *Kata*, the focus was on the three most important components: correct application of speed, correct application of power, and expansion and contraction.

*Kumite* training was about “the three Ts”; Timing, Target, and Technique. Timing entailed not moving too soon or too late, target not only deals with correct aim, but also correct distance, and technique

encompasses all the rest, i.e., draw hand, hips, stance, body position, eyes, breathing.

Students from all over the region attended the tournament and the level of performance continues to improve. With our upcoming hosting of the 2013 ISKF US National Tournament, this opportunity provided invaluable experience for competitors, judges, and volunteers to prepare.

Below is a summary of results from the *shiai*.

Age 7-8 10 Kyu - 7 Kyu Kata	Place
Aidan Glaeser - Creekside	1st
Tyler Tremayne - Creekside	2nd
Sean Teismann - Anderson	3rd

Age 9-10 10 Kyu - 7 Kyu Kata	Place
Bryce Powers - Brown County	1st
Matthew Tyler - Columbus	2nd
Dakoda Baker - Brown County	3rd

Age 9-10 6 Kyu - 4 Kyu Kata	Place
Dylan Hart - Anderson	1st
Raihan Nurrahman - Columbus	2nd
Prabh Dhaliwal - Creekside	3rd

Age 11-13 6 Kyu - 4 Kyu Kata	Place
William Thomas - Anderson	1st
Noah Gay - Creekside	2nd
	3rd

Age 14-15 6 Kyu - 1 Kyu Kata	Place
Molly Smith - Anderson	1st
Hannah Heavener - Creekside	2nd
	3rd

Age 7-8 10 Kyu - 7 Kyu Kumite	Place
Aidan Glaeser - Creekside	1st
Luke Gehring - Creekside	2nd
Zach Fabian - Anderson	3rd

Age 9-10 10 Kyu - 7 Kyu Kumite	Place
Bryce Powers - Brown County	1st
Matthew Tyler - Columbus	2nd
Dakoda Baker-BC/William McDulin-Anderson	3rd

Age 9-10 6 Kyu - 4 Kyu Kumite	Place
Dylan Hart - Anderson	1st
Raihan Nurrahman - Columbus	2nd
Prabh Dhaliwal - Creekside	3rd

Age 11-13 6 Kyu - 4 Kyu Kumite	Place
William Thomas - Anderson	1st
Noah Gay - Creekside	2nd
	3rd

Age 14-15 6 Kyu - 1 Kyu Kumite	Place
Molly Smith - Anderson	1st
Hannah Heavener - Creekside	2nd
	3rd

*Continued on Page 6*

**Youth Regional Tournament a Big Success - Continued from Page 5**

Age 10-11 3 Kyu and Above Kata	Place
Catherine Dorsey - Anderson	1st
Anna Polivka - Anderson	2nd
Corinne Dressler - Indiana ISKF	3rd

Age 12-13 3 Kyu and Above Mixed Kata	Place
Jett Ventresco - Creekside	1st
Rafi Fadhlurrahman - Columbus	2nd
Jeremy Washburn - Ohio Valley	3rd

Age 14-15 3 Kyu and Above Boys Kumite	Place
Joshua Snyder - Brown County	1st
Jonathan Esz - Brown County	2nd
Timmy Gay - Creekside	3rd

Age 16-17 3 Kyu and Above Girls Kumite	Place
Sophia Talley - Creekside	1st
	2nd
	3rd

Team Kata	Place
Anderson Girls	1st
Anderson Boys	2nd
Creekside	3rd

Age 10-11 3 Kyu and Above Kumite	Place
Catherine Dorsey - Anderson	1st
Anna Polivka - Anderson	2nd
Corinne Dressler - Indiana ISKF	3rd

Age 12-13 3 Kyu and Above Boys Kumite	Place
Jett Ventresco - Creekside	1st
Austin Kirk - Brown County	2nd
Jesse Nolan-Anderson/Rafi Fadhlurrahman-Colmbus	3rd

Age 16-17 3 Kyu and Above Kata	Place
Alex Grooms - Brown County	1st
Vincent Talley - Creekside	2nd
Sophia Talley - Creekside	3rd

Age 16-17 3 Kyu and Above Boys Kumite	Place
Vincent Talley - Creekside	1st
Alex Grooms - Brown County	2nd
	3rd

Boys Teams Kumite	Place
Brown County	1st
Anderson	2nd
	3rd

Girls Team Kumite	Place
Anderson	1st
Creekside/Anderson	2nd
	3rd

## 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.

**Congratulations to  
Sensei Vaughan for achieving  
his A level Instructor and Judging  
Certifications!!!**

### 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 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

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Sensei Vaughan, 7th *dan*, is the Mid-America ISKF Region Assistant Instructor and Chief Instructor of the Indiana ISKF Karate Club in Indianapolis, IN.

### 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.

### SENPAI MICHELLE RANDALL

Senpai Michelle, 1st *dan*, trains with the Swartz Creek Karate Club in Swartz Creek, Michigan.

## Editor

### SENSEI MARTY SCHRAGER

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