



Master Camp 2014

The Value of Being a Spectator

By Kim Weber

A week before Master Camp, I received orders from my doctor that I was to use crutches and not train for 3 weeks due to some knee issues I have been having. Obviously, I was not happy. Since I had already paid most of the non-refundable fees for camp, I decided to attend and take notes. This turned into a very smart decision. I was able to accurately record the drills practiced during the classes. I was also able to write down all those valuable remarks the Senseis said during class.

Over the weekend, I was able to observe classes taught by Master Okazaki, from Philadelphia; Master Yaguchi, from Denver; Master Miura, from Italy; and Master Takahashi, from Australia. I will focus this article on Master Yaguchi's classes. I believe that readers will find his advice useful.

During Master Yaguchi's morning class, students performed basic techniques for most of the training. His depth of knowledge in the simplest of techniques was inspiring. There was too much information to include in this brief article; however, I would like to share some of Sensei's comments that can be fairly broad in their usage.

1. PROTECT YOUR CENTER. If you have ever trained with Master Yaguchi, you have heard him say this. He explained that your upper body is protected by your arms, and your lower body is protected by your legs. When moving your arms and legs don't open your body up; move from the inside out. You can apply this rule when changing from stance to stance, when blocking and even for attacking techniques. Sensei encouraged students to protect their center every opportunity they have.

2. DON'T SAVE YOUR TECHNIQUE. Don't hold back, give effort to each technique. He added "What's

the point of looking good if you can't use your technique?" Remember, just moving doesn't make the technique.

3. BIG TECHNIQUE, BIG BODY; SMALL TECHNIQUE, SMALL BODY. A big technique requires big motion of the body and hips. A small technique requires a small motion of the body and hips. An example of a big technique would be a step in punch, which uses a hip thrusting action. An example of a small technique would be changing from a middle block to a down block using the same arm, which uses hip vibration. Using the incorrect hip action changes the timing and effectiveness of the technique.



Photo courtesy of Kim Weber

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The Value of Being a Spectator

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At Master Yaguchi's Instructor Trainee class, he made an observation; he said "I see many familiar faces." He went on to explain that just because you joined the program doesn't mean anything. Many of the attendees have been in the Instructor Trainee Program for a long time. "You are SUPPOSED to graduate!" he exclaimed. "And then pass on what you have learned". You train your body hard, you should also train your mind hard. Put that mentality into this program to graduate. He ended saying that he hopes he doesn't see so many of us again next year in the Instructor Trainee classes. In addition to Sensei's comments, I have heard rumor that the ISKF could be implementing a 10-year

rule for the Instructor Training Program beginning in 2015. A trainee would have 10 years to complete the program for a D-level Instructor Certification, before the slate is wiped clean and one must begin the program over. I think Mid-America's trainees should consider how valuable an instructor certificate from Master Okazaki would be and should work to complete this program soon.

I could go on to share all of the drills that were actually taught at camp, but I would prefer that you attend camp to experience them for yourself.



Photo courtesy of Kim Weber

Taking Home What We Learn

By Jerry Baker

Karate students, like other people, attend seminars or trainings, struggle to come to terms with the skills or concepts to which they were exposed, and then, over the following weeks and months, return to their usual training methods. It is human nature to do so, but it goes against the precepts under which we try to live our karate lives. If our goals are to “Endeavor” and “Seek perfection of character” then we must continue to grow spiritually and develop our skills to improve ourselves through dedicated training. At our club in Dayton, we, like all of you, work to take what we learn and incorporate it into how we do our everyday training. The truth is that if you look for the universal concept or the underlying principle, you can find something that will improve all of your techniques and deepen your basic understandings.

Last year, Sensei Gary Swain came to Mid-America at our Spring Camp, and he brought with him his trainings to overcome muscle memory, build fluidity of movement, and support movements through the proper uses of stances. These are concepts to which we have all been exposed before, but, as is the case with the best teachers, Mr. Swain put what we know into his own words, and those words provided yet another view of something that seems familiar. The task then falls to us, the students, to incorporate and practice those skills with a new perspective.

One drill in particular has been informative for us. Sensei Swain led us in a drill where, from a front stance with our counter punch out, we jabbed and then counter punched to a 1-2 count over and over again. This rhythmic count was to get us to establish a tempo for both punches. We were then told to step in with a jab after the 7th of the in-place jabs, but we were to do so without missing the beat. The training continued with yet another change of stepping back after the 7th in-place jab to go back to our original stance and continue the jab-counter rhythm. Sensei Swain used a 7-count with one leg forward, repeated that 7-count while forward on the other leg, and then repeated the 7-count once we had returned to our original stance. This punching in place, stepping forward and remaining in place to punch, and then stepping back to begin the cycle again forced us to pay attention to the count, to our stances, to our punching targets, and to the transitions that took us

forward and backward without disrupting the established tempo.

Sensei Swain spoke repeatedly of how the timing would “drift” as we struggled to keep up and then found ways to adjust the timing to a pace we could handle. This was our “muscle memory” taking over so that we could be comfortable. He overcame this with us by counting for us and clapping to the tempo. You will find, however, that if you count to yourself that you will eventually drift in both your count and performance. At our club, much to the dismay of my students, I like to use a remote speaker that broadcasts the tempo from my iPhone’s Metronome App. The beats per minute, set at a rate that you choose (start at 65 bpm and advance in increments of 5 bpm), never get tired, never forget to sound, and never give you the break you would eventually give yourself. Much like a *makiwara* that simply stands there and waits for you to get it right, the metronome barks out its rhythmic timing and waits for you to find the way to keep time and maintain proper form.

And that is where the learning really begins. The trick is not in your punches or in the changing of the stances forward and back, but it is in how you make that step up and that step back. If you have a good support leg and move forward through your knee in a crescent step, and if you use the rear support leg effectively by transitioning with your hip over that rear heel on your way back, your efficiency is greatly enhanced, and your relaxed punches can flow with purpose and effective *kime*. As in many of the great trainings we have experienced, Sensei Swain’s lesson becomes not how to punch or kick with power, but how to move your body in an effortless and efficacious manner to facilitate the delivery of that punch or kick. That training has informed many of our other trainings, and practicing it on your own or in your club just keeps that camp experience alive.

What will be the next phase of this new training from a previous training? Sensei Vaughan and I will be working on how to adapt kata training to the metronome. We will report back to you in a future newsletter, so for now turn on that metronome and start punching!

Mid-America Welcomes Sensei Cathy Cline to Spring Camp

By Adam Clouser

Mid-America's Spring Camp 2014 was held on the campus of The Ohio State University. It seemed as though our special guest instructor for the weekend, Sensei Cathy Cline, brought the good weather with her, as we were given an absolutely beautiful weekend for the camp. Along with the weather, came an exceptionally high attendance and great training spirit. Sensei Cline was willing to share some of her knowledge and experience with us over the weekend and provided some excellent training. The weekend's trainings focused around Sensei Cline's expertise as a member of the ISKF Technical Committee with an extra close focus on the technical aspects of kata and basic technique.

Before delving in to the technical points and tips Sensei Cline gave us in reference to our kata, she provided a few simple drills to help us develop our basic technique. The movements in these combinations were complicated and sometimes required unusual movement designed to train our body. Sensei reminded us while we trained to focus on maintaining proper form by always making full range of motion and no extra movements.

Basics Drill

Starting in *jiyu-kamae*.

Step out with front foot to full *zenkutsu-dachi* and perform *kizami-zuki*.

In position, *gyaku-zuki*.

Oi-zuki (note that attacking hand is already out from previous position)

Shift back foot halfway to front (compress) and make full *gyaku-zuki*.

Partner Drill

Both partners begin with left leg forward in *jiyu-kamae*.

A: *Maeashi-mae-geri*, step back with leg that just kicked (don't set foot down first)

B: *Mae-geri chudan* landing in *zenkutsu-dachi*.

A: At the moment before partners foot lands, perform *name-gaesbi* (returning wave kick as seen in the *tekki* katas) on partners lower leg. Use the motion to pull them off balance in to an overly long *zenkutsu-dachi*.

A: Step back and outside to establish distance and perform *marwashi-geri* using the front leg and *gyaku-zuki* to finish.

Later in the weekend, Sensei spent a good deal of time helping us to develop our kata. It would be impossible to chronicle the full list of pointers and advice she gave us on the various kata, but suffice to say, we all have something to work on. Special focus was spent on the katas *Empi* and *Sochin*. Here is a brief overview of a few of the comments Sensei Cline made on these two kata.

Empi:

Move #1 is performed by quickly dropping/driving in to position. The feet are no more than shoulder width long and the left hand covers the solar plexus.

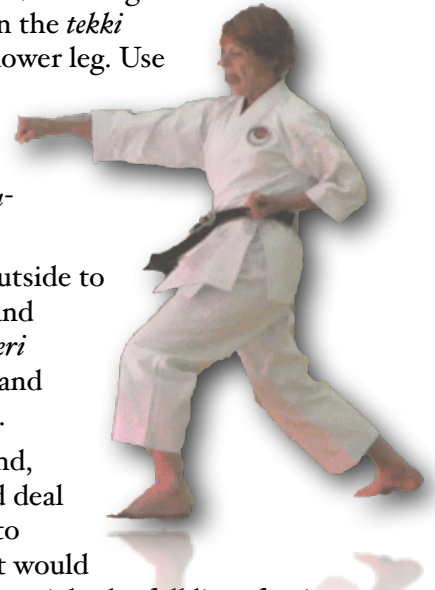
Move #3 must not be cut short. Make full range of motion with *gedan-barai*.

When performing *age-zuki* (rising punch) the punching hand must turn over quickly and earlier in the technique than a normal *zuki*.

Move #35 (the last position before the jump) is most likely *fudo-dachi* although there is some dispute. What it's definitely not, however, is *kiba-dachi*.

Photo Courtesy of Skip Greenman

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Mid-America Welcomes Sensei Cathy Cline to Spring Camp

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Sochin:

This kata's focus on *fudo-dachi* makes it important to have practiced the stance.

Move #1 raise right arm high, brush the knees, and let the whole body sink in to position with control.

Move #25 is a full shift and strike to the throat.

Maintain full *kiba-dachi*.

Chase the target with your *mikazuki-geri* (crescent kick). Make sure to land feet and hands same time.

This is a large, dynamic, kata. Show it in your movements.

Saturday night, after training, we had dinner at Champps as we have done in the past. We had a large and lively turnout for the dinner. In fact, we nearly doubled the size of the reservations we made. That just went to show how enthusiastic everyone was to be reunited with our karate family and welcome Sensei Cline to Mid-America.

Big thanks are due to Sensei Cline, as well as all of our Mid-America leadership, for organizing the weekend's camp and inviting such a fascinating guest instructor. We were all very lucky to have been present for Sensei Cline's first instructional visit to Mid-America and hope that she enjoyed herself as much as we did. As you read these articles and plan future trainings, remember that Sensei can only provide us with the lessons, it is up to us to bring them back to our respective dojos and practice them. We look forward to seeing everyone at the Mid-America Golf Outing and hope to have as lively a turnout as we did at Spring Camp.

Karate and High Intensity Interval Training

By Dr. Chip Poirot

Karateka who want to supplement or enhance their training in Karate have often looked to activities such as running for cardiovascular training and weightlifting for strength training. In this article, I want to suggest instead that adding a HIIT (high intensity interval training) routine may yield better results. First, I will discuss how a HIIT routine in addition to your Karate routine can help your Karate and second, I want to address how or whether your Karate training might directly incorporate HIIT.

Before proceeding further, a brief definition of what HIIT is may help. Though there are multiple HIIT

systems being promoted, all of them incorporate the same basic underlying idea. A HIIT routine incorporates a series of 6-8 exercises (sometimes with body weight alone, sometimes with hand held weights, or both in combination) done at high intensity for anywhere from 20 seconds to one minute, followed by a brief period of rest (usually about 10-15 seconds). Typically, at the end of each set of exercises there is also approximately one minute of rest and then one repeats the cycle 3-4 times, for a total of anywhere from 20 minutes to one hour.

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Karate and High Intensity Interval Training

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Where a typical walking or running regime might aim at getting the heart rate up to a range of about 130 beats per minute (depending on age) and maintaining that pace, a HIIT routine will often push your heart rate upwards of 150 beats per minute. Where running primarily works legs and cardiovascular and weight lifting targets specific muscle groups, the kinds of exercises often done in HIIT routines (e.g. burpees, mountain climbers, squats) engage multiple muscle groups with an emphasis on core strengthening while also improving cardiovascular fitness. It's also important to note that HIIT routines stress the importance of correct form, and some exercises such as squats, can easily be done from *Kiba dachi* or *shiko dachi* (which is easier on the hips and knees), while exercises like burpees help to build explosive power. You can also modify your HIIT routine to address underlying physical problems. For example, I found that omitting the final jump in burpees prevents my knees from being sore after a workout and that on days when I am having asthma flares I need to allow for longer rest periods. If you have been relatively inactive for a period of time you may find that it takes you several months to be able to perform a HIIT routine at maximum intensity. You may also wish to add 10-20 minutes (or more when you have time) of focused stretching after your routine to help improve flexibility and recovery. I have also found that twice a week is my current limit for my routine.

The potential benefits of supplementing your Karate training with a HIIT routine are clear. Often, our Karate training sessions are the only formal exercise we get and we may find ourselves lacking the stamina

to train effectively. A HIIT routine can increase our stamina and help build a good physical foundation for Karate. In addition, HIIT routines emphasize doing exercises correctly and with good form. I have found that as I continually push myself to find my limit by working with my own self designed HIIT routine that my ability to concentrate on building my technique in Karate training has improved significantly.

But can Karate itself be practiced as a HIIT routine? On this point, I think several pros and cons need to be considered. On the one hand, traditional Karate is already normally practiced as interval training. In addition, much of Karate training engages multiple muscle groups simultaneously. A typical HIIT circuit takes about 8-10 minutes to complete. One circuit, performed at moderate speed can warm the muscles up for a good stretch prior to a Karate class. On the other hand, there are times in Karate training where we want and need to deliberately slow down and focus on correct movement. High speed-high rep training is often an enemy of correct movement. To some degree the focus we often have in training on first doing a technique or a drill slow, then medium and then higher speed addresses this issue. How we train on any given day or period of time will often depend on what our immediate goals are and we can vary the nature of our training sessions to address these goals. Finally, HIIT routines by their nature can be hard on the body and should normally be done two to three times a week. By varying your HIIT routine with a slower Karate session focused on correct technique, you aid in the process of recovery.

Mid-America Karate Hosts 2014 Adult Regional Tournament and Executive Board Meeting

By Martin R. Schragger

This year's Adult Regional Tournament and Executive was held on May 17th at the Willis Intermediate School in Delaware, OH. As in year's past, the tournament was spirited and the board meeting productive. Below are the results from the *shiah*.

Event	Place	Name	Rank	Club
Color Belt Kata	1	Lehmpful, Lukas	6 kyu	Athens
	2	Ihnen, David	2 Kyu	Columbus
	3	Herrin, Mike	1 Kyu	Anderson
Color Belt Kumite	1	Ihnen, David	2 Kyu	Columbus
	2	Lehmpful, Lukas	6 kyu	Athens
	3	Herrin, Mike	1 Kyu	Anderson
Collegiate Brown/Black Belt Kata	1	Lasley, Cameron	Shodan	Swartz Creek
	2	Weber, Lexi	Shodan	Anderson
	3	Pry, Lexie	Nidan	Swartz Creek
Men's Black Belt Kata	1	Schragger, Martin	Yondan	Ohio Valley
	2	Talley, David	Godan	Creekside
	3	Oswald, Eric	Sandan	Ohio Valley
Men's Black Belt Kumite	1	Talley, David	Godan	Creekside
	2	Schragger, Martin	Yondan	Ohio Valley
	3 (tie)	Riedel, Brett	Yondan	Dayton
	3 (tie)	Oswald, Eric	Sandan	Ohio Valley
Women's Black Belt Kata	1	Weber, Lexi	Shodan	Anderson
	2	Kennedy, Jamie Lynne	Sandan	Swartz Creek
	3	Dewi, Cempaka	1 Kyu	Columbus
Women's Black Belt Kumite	1	Weber, Lexi	Shodan	Anderson
	2	Kennedy, Jamie Lynne	Sandan	Swartz Creek
	3	Dewi, Cempaka	1 Kyu	Columbus

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Event	Place	Name	Rank	Club
Men's Senior Kata	1	Weidele, Tom	Sandan	Creekside
	2	Gordon, Len	Sandan	Anderson
	3	Poirot, Clifford "Chip"	Sandan	Brown County
Men's Senior Kumite	1	Tomcsanyi, Michael	Nidan	Creekside
	2	Poirot, Clifford "Chip"	Sandan	Brown County
	3 (tie)	Greenman, Skip	Nidan	Swartz Creek
	3 (tie)	Abdurrahman, Sartono	Shodan	Columbus
Women's Senior Kata	1	Kikuchi, Yukiko	Sandan	Anderson
	2	Glenn, Carol	Godan	Swartz Creek
	3	Killion, Carla	Nidan	Indiana ISKF
Women's Senior Kumite	1	Glenn, Carol	Godan	Swartz Creek
	2	Kikuchi, Yukiko	Sandan	Anderson
	3	Killion, Carla	Nidan	Indiana ISKF
Adult Team Kata	1	Oswald/Schrager/Mohr		Ohio Valley
	2	Kennedy/Lasley/Pry		Swartz Creek
Senior Team Kata	1	Gordon/Kikuchi/J. Weber		Anderson
	2	Gay, Sr./Tomcsanyi/ Weidele		Creekside

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 25, 2014

Regional training - Brown County Dojo, Hamersville, OH

July 26, 2014

Mid-America Golf Outing - Friendly Meadows Golf Course, Hamersville, OH

August 14-17, 2014

Pan-American Tournament - Nuevo Vallarta, Mexico

August 15-17, 2014

Michigan Summer Camp - YMCA Camp Copneconic, Fenton, MI

September 5-7, 2014

ISKF US National Tournament - Anchorage, AK

October 4, 2014

Mid-America Youth Regional Tournament - Delaware, OH

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