



THE 37th ANNUAL ISKF/US NATIONAL CHAMPIONSHIP & INTERNATIONAL GOODWILL TOURNAMENT

By Carol Glenn



Mid-America Members at the US National Tournament

Photo courtesy of Kim Weber

The 37th Annual ISKF/US National Championships were held November 14-15, 2015, in San Francisco, and hosted by Sensei Cathy Cline and the Northwest Region. Mid-America was well represented in number of attendees. We had students testing for *dan* and judges ranks, we had competitors in numerous divisions, we had spectators/family members cheering us on, and we had judges participating in both days of competition.

Most of us arrived on Thursday, prior to the start of the tournament. About twenty-one of us had a great opportunity to be part of a private tour of the San Francisco 49ers new, state-of-the-art, and eco-friendly stadium, "Levi's Stadium". We were able to tour the cheerleader's locker room-lots of bright lights, and the away team locker room-the kids got to try on a couple of jerseys, shoulder pads and all.

We had a tour of the restaurants and the press box, and were taken up to the roof and shown the view from above. The stadium is very "green", and does a lot of recycling, including its water. This incredible experience was made possible by Tim Gay, and we can't thank him enough. THANK YOU, Tim !!

The judges exam and the *dan* exam on Friday were the first events of the weekend.

Results of the Judges exam:

Michelle Randall, D Level
Jamie Kennedy, B Level

Results of the *Dan* exam:

Marty Schrager, *Godan*
Carol Glenn, *Rokudan*

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Later Friday evening we had a Mid-America Team training, with Sensei Vaughan leading the way, getting us warmed up for the next day's events.

Saturday morning brought the start of the tournament. Four rings of competition were run to help speed up the day's activities. This was the first ISKF/US National Tournament with the new Chairman of the ISKF, Hiroyoshi Okazaki, at the helm.

The first events of the day were the Youth, Collegiate, and Adult Brown Belt divisions. Mid-America was



*Mid-America Men's Kumite Team preparing for battle
Photo courtesy of Kim Weber*

represented by eight youth competitors, two collegiate and one adult brown belt participants. In the Youth division, Aiden Glaeser placed 2nd in Advanced *kata* 7-9 year olds, and 3rd place in *kumite*. In the Intermediate 10-11 year old division Nadia Glaeser placed 1st in both *kata* and *kumite*. In the 12-13 year old Advanced Girls *kumite*, Jazmin Sorvala won the silver medal. Savannah Gay won the gold in both *kata* and *kumite* in her division of 14-15 year old Beginner/Intermediate. Timmy Gay finished with a 2nd place win in the Advance Boys 16-17 year old *kata* division. In the Adult Brown Belt category, Mike Herrin took home the Bronze medal in *kumite*. Congratulations to all the Youth, Collegiate and Brown Belt Competitors!

You represented the Mid-America well, and we are very proud of you! Keep training!

Next was the Senior Division. Individual competitors Kim Weber, Jeff Weber and Yukiko Kikuchi finished at the top in their rings and all went to the finals on Sunday.

The final events of the day were all the Adult black belt divisions - Men and Women, *kata* and *kumite*, and team events.

Sunday was the day of the Finals competition. After the Opening Ceremony and Contestant's Oath, the Senior Events started the day. In Individual Men's *kata*, Jeff Weber took the Silver medal in the 45-54 year old division and Kim Weber took the Gold in the Women's 45-54 year old *kata* division. Yukiko Kikuchi took 2nd place in both the Women's 45-54 year old *kata* and *kumite* divisions. Our Senior Team *kata*, Kim and Jeff Weber and I, took the Gold Medal, for the 6th year in a row! And because of that win, we were invited to compete in the International Goodwill Tournament later that day.

Our Adult Men's Team consisting of Dave Talley, Marty Schrager, Adam Clouser, and alternate Ari Kirsh, took 3rd place in Team *Kata*.

The final event of the day was the International Goodwill Tournament. Three countries, Canada, Philippines and Mexico sent representatives to participate. Our Senior Team *Kata*, representing the USA, took first place against the team from the Philippines.

The banquet was held immediately following Sunday's competition. Mid-America had about 20 attendees, many of whom were anxiously awaiting awards and test results.

First was the presentation of the 2015 Meritorious Service Awards. This year, Tim Gay, Sr. was the honored recipient from Mid-America.

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Members of ISKF Mid-America at Levi's Stadium in San Francisco, CA

Photo courtesy of Kim Weber

The "Best Fighting Spirit Ward", created by Mid-America, was presented to Kelly Wicker from the North Central Region. This is the 3rd year for this award that was established to honor Sensei Greer Golden, Mid-America's Chief Instructor Emeritus, for his exceptional fighting spirit.

Next was the announcement of the 2016 US Men's and Women's teams. Our own Marty Schrage was honored to be selected as a team member, competing at the 3rd ISKF World ShotoCup in Cape Town, South Africa, in

August 2016. CONGRATULATIONS, MARTY !! We're so proud of you!

Overall, it was a great weekend, full of great karate, good friends – old and new, good conversation and great memories. It was a successful weekend for Mid-America as a region. We had quite a few first-time attendees from Mid-America this year, and they all seemed to enjoy themselves, and some plan to attend next year.

Kime: The Internal Dynamic

By James Oberschlake

“The essence of karate techniques is *kime*. The meaning of *kime* is an explosive attack to the target using the appropriate technique and maximum power in the shortest time possible. A technique lacking *kime* can never be regarded as true karate, no matter how great the resemblance to karate.”

(M. Nakayama, Best Karate 2: Fundamentals, p.11)

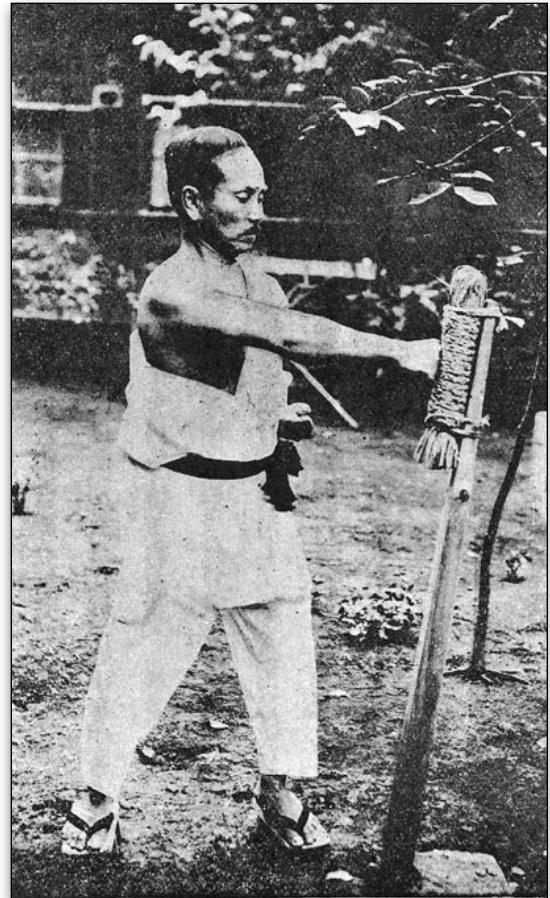
Contemplate and consider the challenge of what Nakayama *Shihan* is telling us. Casual observation of your karate technique might reveal nothing lacking. Your eyes, stance, posture, position, alignment, target, striking surface, sequence of motion, balance, body timing, and course might all be correct, and yet... without the internal dynamic of *kime*, your technique may lack the power to save your life.

As I see it, the development of *kime* has much to do with utilizing the internal action of the body muscles. The muscles are arranged in corresponding pairs that contract and relax to create movement. The muscles are hard when contracted and soft when relaxed. Being either flabby or “stiff as a board” is not good. You want your muscles to be able to relax completely of excess tension and contract deeply to a maximum degree. This reminds me of the karate maxim: “Water and stone – you need both.”

When you condition your muscles with the ability to be both very soft and very hard, your body becomes strong and flexible, and the generation of *kime* becomes possible. In large measure, the degree to which you can completely relax and then suddenly and completely contract the muscles determines the *kime* power you can generate.

In a way, the internal dynamic of *kime* is the natural action of the body in the process of hitting something. I remember the words of Sensei Golden: “Don’t forget, Jimmy. Always teach, ‘Tense, relax, tense’.” When preparing to hit something, you draw in a breath and assume a ready position. It feels much like drawing back the string of a bow. There is a ready tension in the body that wants to release and propel the technique toward the target at maximum speed. As the technique accelerates toward impact, it is important to relax as much as possible. There should be just enough tension to guide the technique on its correct course but not enough to create “friction” that slows the speed of the technique. At impact the body muscles contract suddenly and sharply to a maximum degree. The body locks itself into a solid mass braced against the earth. A shockwave of energy explodes into the target with

devastating effect. This is the tense-relax-tense process of hitting something with *kime*.



Master Funakoshi developing *kime* by hitting a makiwara

Photo courtesy of karatecoaching.com

It is also possible to develop *kime* to the degree where very little outside body movement is required. I remember Sensei Golden telling me once of a time when he was teaching tense-relax-tense. To demonstrate he placed a relaxed fist on a club instructor’s body then suddenly contracted his body muscles. The club instructor was quite impressed and found it easy to remember the lesson for the next several weeks. If you consider the legendary feats attributed to karate masters, it would seem that developing *kime* is a gateway to some rather remarkable abilities.

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Kime: The Internal Dynamic

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Considerations for Developing *Kime*:

- *Kime* is physically demanding. Condition the body gradually to avoid injury. Pay attention to warm up, warm down, and recovery time.

- Consider how the twisted stands and fibers add strength to a rope or cable. The muscles are made of fibers. Many techniques increase *kime* through the twisting and untwisting action of the muscles.

- Snap kicks and striking techniques create *kime* with a whipping motion that employs the hinge-like action of the knees and elbows. Think of the muscle contraction needed to stop and quickly reverse the direction of a front snap kick or back fist strike. I have been told that the crack of a whip is caused by the breaking of the sound barrier. With such speed and dynamic muscle contraction it is easy to see how snapping and striking techniques generate *kime*.

- Research, explore, and employ exercises and training methods that increase the balance, range of motion, flexibility, speed, and strength of the body. Put most of your emphasis on the middle and lower body.

- You need to hit something. *Makiwara* is the traditional method of developing *kime*. Hitting a focus pad is also good. (*Kime* is often translated as “focus”). Punch small holes in a suspended sheet of newspaper. Extinguish the flame of a candle with a reverse punch. (Caution: Children should avoid hitting anything too hard with maximum power. You want to develop, not deform, growing bodies).

- *Kime* and control go together. The target is three dimensional. You should be able to focus the explosive energy into or just short of the target. This is one of the high level demands of free sparring.

Thank you for your kind attention.



Master Tanaka is known for demonstrating incredible levels of Kime in his technique

Photo courtesy of <http://karatehistorie.dk>

Fall Camp Heads North!

By David Talley

This past October Creekside Karate Club had the pleasure of hosting this year's fall camp. The camp was led by Sensei Vaughan and assisted by Sensei James Oberschlake. The focus of this year's camp was the preparation of competitors for the International Shotokan Karate Federation annual tournament held in San Francisco, California.

Session one: Saturday's first class consisted of preparing *kyu* examinees for their upcoming test.

Special attention was placed on stance training and how we use rotation and shifting to transfer power to the target. Partner work was utilized in order to capture the essence of the lesson. Sparring basics and kata review was covered to round out the lesson and provide a general refresher clinic for what is expected on the exam.

Session two: After a brief break the second session took a deeper look at the concepts of the first session. These drills utilized both upper and lower body techniques in combination with each other. Front kicking techniques were addressed in that the knee of the kicking leg must be brought up high and close to the body and press into the supporting leg so that we can create a pendulum motion before releasing the kick. This action will help prevent the "scooping" motion of the kicking leg. Various angles were used with

these drills to give a wider variety of timing and distance concepts for everyone to practice. After the second session everyone one met for dinner, where of course great stories and fellowship was shared by everyone.

Session three: Sunday's lesson focused on preparation for the National Tournament. *Nagashi-uke* (sweeping block) was featured as a way of defending multiple techniques. This in conjunction

with proper angles and correct timing opened a variety of ways of countering techniques in order to score in competition. Sudden death free sparring was simulated by having two opposing single file lines square off where each competitor tried to take the first point. Lastly, team *kata* was practiced in front

of the group with coaching from Sensei Vaughan on technique

and presentation. In all, Mid - America had a great experience at fall camp and Creekside Karate Club greatly appreciates everyone's enthusiasm and participation. See you all next year.



*Belt exam held at Creekside Karate
Photo courtesy of Michelle Randall*

Athens Karate Club

ISKF Mid-America Club Profile

By Wendy McVicker

The Athens Karate Club grew out of the Ohio University Shotokan Karate Club, founded in 1963 by Major Charles E. Walden, and is one of the oldest karate clubs in the nation. Sensei Greer Golden, for many years Chief Instructor of the ISKF Mid-America region, graduated in 1969 from the first Instructor Trainee Program held by the Japan Karate Association in the United States, and came to Ohio University to teach karate.

The Athens Karate Club's chief instructor is Howard Beebe, *godan*. Sensei Beebe started karate in 1973 and earned his *shodan* in 1977. He began teaching karate in 1980, the same year he received his Masters in Philosophy from Ohio University (OU). Sensei Beebe was part of the OU collegiate team that won first place in team kata at the very first ISKF National tournament in 1978; other team members were Sensei Marty Vaughan and Chris Elsesser. The team was then chosen to compete at the first Pan American Championships in Montreal, Canada, where they won the gold medal.

Assisting Sensei Beebe is Wendy McVicker, *yondan*, who began her karate training under Sensei Beebe in 1991.

A number of very distinguished and accomplished *karate-ka* are Ohio University/Athens alumni. These include Bruce Green, Dr. Martin Vaughan, Larry Rothenberg, Marty Schragar, and Karen Richards.

The club trains at the Athens Community Center, 701 East State Street, Athens, Ohio (740-592-3325).

Website: <https://athenskarateclub.wordpress.com/>

Email: wendy.mcvicker@gmail.com



Sensei Wendy and Sensei Beebe congratulate new AKC shodans Lukas Lehmpful and Myra Waterbury in December, 2014

December Clinic and Dan Exam

By Jerry Baker

On December 12, 2015, Sensei Vaughan and Sensei Oberschlake conducted our annual December clinic and *Dan* exam. Below is a summary of some of the important points from the class.

1. Defensive Techniques are Important!

Sensei Vaughan commented on the lack of blocking and countering techniques in sparring matches he has observed. He noted that effective sparring makes use of more than offensive techniques. It is through effective positioning, blocking, distancing, and counter attacks that the most success is found against an opponent. If we just try to overpower every opponent, we will soon meet someone who uses our aggression to create openings for counter attacks against us. By blocking, they will stop an attack, create an opportunity for a response, and ultimately defeat us. We must, in order to make sure our *kumite* training is more balanced, study how and when to block and counter effectively.

2. Proper Stances and Foot/Knee Placement

Foot positioning and the location of the knee above the supporting foot are critical to the stability of a front stance. If the foot is not pointed toward the opponent, and if the knee is not forward above the foot, a move to the front will require that the body has to relocate above the foot before the desired movement can take place. That delay shows that the weight distribution was toward the back and not in a position to move quickly. That additional movement will, in turn, alert your opponent that you are coming, thereby creating an opportunity to block your attack. Simply put, if we do not move smoothly and immediately from our front-stance position, we make a chance for our opponent to attack us.

- The first solo drill required us to assume a front stance, rotate our hips with our hands on our hips and our thumbs pushing our rear hip forward. That helped us to see the relationship between an anchored back foot and the movement of our hips. That led naturally to in-place counter punching from a front stance. Again, with the rear foot firmly anchored and pushing against the floor and our front knee forward over our front foot, hip rotation would deliver the punch with a snap at the end of the technique. Make sure the power for the block or punch comes from the stability of the stance, the rotation of the hips, and then the natural flow of the arms and hands.

- A second solo drill called for us to use the same strategies of foot/knee placement, posture, hip rotation, and stability to execute in-place rising blocks
- A third solo drill included stepping in with triple punch. The front foot was to be pushing down into the floor with the knee above the foot, and at the moment of release of the back foot the front foot asserts a pulling action to allow the back leg to follow. Once the back leg reached the midway point, the former front foot becomes the back foot and pushes the stepping action to its desired conclusion. That support leg action is key to delivering a powerful and smooth punch. Posture, proper use of the support leg, and allowing the body and hips to provide the mass and power that one's moves become more efficient and reach their maximum power potential.



*Mid-America brown belts testing for the Shodan
Photo courtesy of David Ihnen*

3. Positioning for Counter Attacks

If one is to attack effectively, one must be able to move from the set position to the point of the attack quickly and smoothly. One must attack from the body center. Sensei Vaughan cited an analogy used by Sensei Golden in which Sensei Golden told us to imagine a bayonet protruding from the knot on our belts.

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December Clinic and Dan Exam

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The attacker does not attack with the arms or hands or feet or legs. Rather, the effective attacker charges forward with the body center, the bayonet, to deliver the point of the bayonet to the opponent's center. Such an attack calls for clear intent, body control, smooth action, and quickness.

If one is to redirect an attack and then respond with a counter attack, one must be in the right place, establish the right distance from the attacker, and be prepared to immediately release the most efficient counter attack. What looks simple is actually a complex set of moves, all rooted in the areas studied in item 2 above. If we use our attacker's intent to draw the attack toward us, a slight movement out of the line of the attack, when coupled with an effective block, will put us in the best position to deliver a decisive counter attack at the moment when our opponent is fully engaged in the attack. It is the combination of the positioning, the timing of the block, and the immediate return of the counter attack that can lead to victory.

A variety of partner trainings were utilized to provide opportunities to practice and improve upon strategies and techniques for both the attacker and the defender. Here are some examples of drills carried out during the Dayton training:

- Closed-side defense against step-in punch to stomach: Defender should not move straight back where he/she is more vulnerable. Block is to be completed with an outside-in middle block to the attacker's closed side with a pivot on front foot to the side and a slide out of the way while maintaining an effective distance for a counter elbow strike to the face of the attacker. For safety, the attacker covers his/her face with the non-attacking hand palm-out after the punch is completed. Note: As the defender shifts in with a side stance for the counter attacking elbow strike, an effort should be made to place his/her leg behind the attacker's knee to break the attacker's stance.

- Open-side defense against step-in punch to stomach: Defender should shift at an angle and a bit to the rear as the attack is delivered and block with a downward block. The counter in this case is to be a rear-leg front snap kick to the midsection of the attacker. Distancing is key here, so the defender needs to find the distance from the attacker that will enable the support leg to plant and then support the counter kick. Try to avoid a double shift. However, the distance of the defender's shift may make a direct kick impossible, so in this drill the defender adjusts the front/support leg to create

proper distance while almost simultaneously delivering the rear leg kick. Work to make the second shift of the support leg on the blocking side as quickly as possible. Maintaining the hip height from the blocking move to the kicking move is important as well, so try not to change heights after the block.

- Open-sided defense against a kick to the stomach: To step straight back against an effective kicker is not a wise move due to the extra distance created by the kicking attack, so, again, a shift to the side is advisable. Timing is critical with the block and counter of an incoming kick. Practice beginning the counter punch at the touch of the block. Sensei Vaughan recommends contacting the rear, calf side of the leg rather than the shin side. That stimulus-response of feeling the block touch the leg of the attacker and an immediate response of a punch to the kicker's face will enable the defender to time the counter punch to the landing of the attacker's kicking foot. Note: Step back at angle of less than 90 degrees, and do not step so far as to lose the distancing required to land the counter kick. Keep your needed distance in mind as you move. When kicking, do not swing the kicking leg. Make sure you bring up the knee up to the target height before releasing the lower leg and foot for the kick.

Closed-side defense against side thrust kick to stomach: The attacker needs to bring the kicking leg up without swinging it. Thrust kicks are powered by the support foot on the floor and the action of the hip during the delivery. For all side kicks, the head must remain above the support leg. Bring the kicking knee in front of the body and then smoothly and forcefully extend the kicking leg toward the target by the thrust of the supporting leg and the straightening of the hip. Do not over-rotate the hip. Retract the kicking leg by reversing the hip rotation and lower leg extension. Place the foot near the opponent's front leg. The defender, in this exercise, should pivot on the lead leg and use an inside scooping block. Often from this position, a smooth adjustment of the stance toward the opponent must be made to perform a well-directed counter attack.

- Note that the blocking described for the front snap and the side thrust described above can be used for either kicking attack.

December *Dan* Exam Results

Congratulations to all students who tested and received *Dan* promotions at the December clinic!

Name	Promotion Rank	Club
Matt Madison	<i>Shodan</i>	Ohio Valley Karate Club
Alexis Ortiz-Rosario	<i>Shodan</i>	Ohio State University Karate Club
Ari Kirsh	<i>Shodan</i>	Ohio State University Karate Club
Tim Cofrancesco	<i>Nidan</i>	Brown County Shotokan
Jonathan Esz	<i>Nidan</i>	Brown County Shotokan
Jonathon Taylor	<i>Nidan</i>	Brown County Shotokan



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

February 27 (tentative) - Youth Tournament
 Hosted by Shotokan Karate of Anderson. All ranks up to age 17.

March 12 - Regional Training
 Hosted by Dayton Shotokan Karate, West Milton, OH

April 16-17 - Spring Camp
 Hosted by the Ohio State University Karate Club, Columbus, OH. Honored guest instructor will be Sensei James Field.

Contributors

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Mrs. Glenn, 6th *dan*, is a leader and senior student at the Swartz Creek Karate club in Swartz Creek, MI.

DAVID TALLEY

Mr. Talley, 5th *dan*, is the captain of the Mid-America competition team and trains in Youngstown, OH.

WENDY MCVICKER

Mrs. McVicker, 4th *dan*, is an instructor at the Athens Karate Club in Athens, OH.

JERRY BAKER

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

Editor

MARTY SCHRAGER

Mr. Schrager, 5th *dan*, is the Chief Instructor of the Ohio Valley Karate Club in Cincinnati, Ohio.

Associate Editor

MICHELLE RANDALL

Mrs. Randall, 2nd *dan*, is a senior student at the Indiana ISKF club in Indianapolis, IN.