



## Sensei Greer Golden, Chief Instructor Emeritus of Mid America, Dies at 81

*By Martin Vaughan*

Greer Golden, founder of the Mid America Region of ISKF, the Ohio University and Ohio State University karate clubs, died in Columbus, Ohio on February 18. He was 81. Sensei Golden had suffered with Lewy Body Dementia, a group of disorders that includes Parkinson's disease dementia, for many years. His physical strength and will slowed the progression of the disease, but he finally succumbed after a short time in hospice care.

Quick-witted and charming, Sensei Golden was well known as an inspiring karate instructor. His ability to relate to his students, particularly college students, set him apart and left a legacy of former students throughout the ISKF.

Sensei Golden was born at Walter Reed Hospital, in Washington, DC on March 12, 1937. Active as a young boy, he spent much of his early life in the outdoors in Southwestern Florida. In 1956 Sensei Golden enlisted in the U.S. Air Force and was stationed in Okinawa, Japan. It was there that he began his study of karate under Sensei Kobayashi. After several years of rigorous training, Sensei Golden received his *Shodan* in 1961. Later that year, Sensei Golden returned to the U.S. and continued his karate training with Sensei Hidetaka Nishiyama in Los Angeles. In 1968 Sensei Golden enrolled in an instructor trainee program that Nishiyama Sensei, and his assistant Yutaka Yaguchi, patterned after the program used by the Japan Karate Association (JKA). In 1969 Sensei Golden finished the program and became one of the first non-Japanese graduates of the JKA program. Shortly after this time, in 1970, Sensei Golden was contacted by students from Ohio University, and later the Ohio State University, to form karate clubs on their campuses. Soon dojos were established on other college campuses and in many locations in Ohio, Michigan, West Virginia, Indiana, and Kentucky.

Upon moving to Ohio, Sensei Golden made contact and subsequently developed a close relationship

with Teruyuki Okazaki *Shihan* of Philadelphia. When Okazaki *Shihan* formed the International Shotokan Karate Federation in 1978, Sensei Golden was appointed to lead the Mid-America region of the new organization, a position that he held for over 20 years. In addition, Sensei Golden was also instrumental in organizing the Alaska region of the ISKF.

Perhaps Sensei Golden's greatest and longest lasting legacy is the number of student lives that he touched and the number of black belts that he produced. Inspired by the example set by Sensei Golden many of his students became "first generation" certified ISKF instructors; Steve Pohle and John Pohle (East Coast Region), Bruce Green (Mountain States Region), and James Oberschlake and Martin Vaughan (Mid-America Region) who then produced many "second generation" certified instructors, judges, and both national and international competitors. Together these students of Sensei Golden contribute to the leadership of the ISKF organization today and will continue to lead into the future.

Sensei Golden is survived by his wife Susan and his brother James. Condolences may be sent to Susan Golden at the following address:

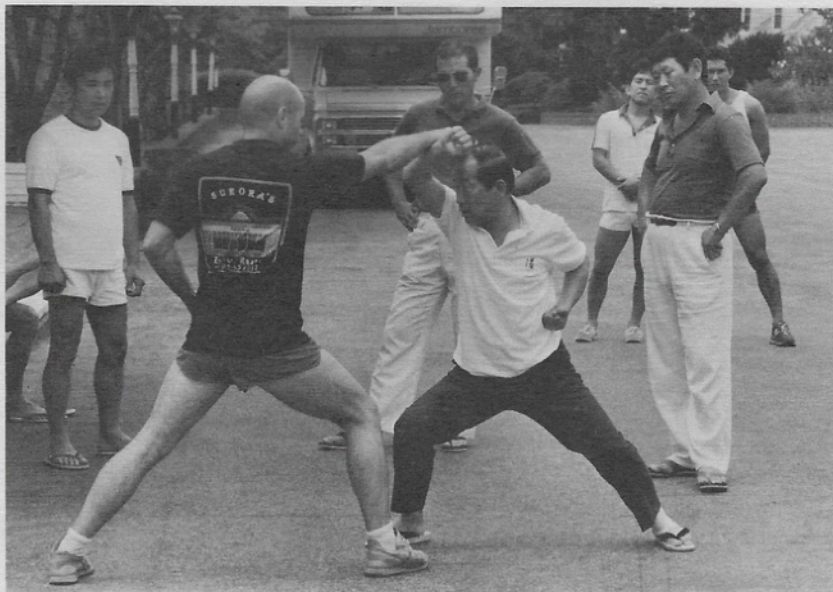
3143 Doris  
Columbus, Ohio 43202

A Memorial Scholarship Fund has been set up in honor of Sensei Golden to assist in the perpetuation of his legacy; monetary donations may be sent to:

Mid-America Karate, Inc.  
1020 Nottingham Drive  
Cincinnati, OH 45255

Make checks payable to Mid-America Karate, Inc with Sensei Golden Memorial Fund in the memo line.

## Remembering Sensei Golden



Even the masters practiced kihon at last year's Master Camp. (From left): Takayuki Mikami, Greer Golden, Master Nakayama (demonstrating age-uke), Shigeru Takashina (behind Nakayama) and Yutaka Yaguchi. Taking mental notes in the rear are campers Hiroyoshi Okazaki and Masonbu Nihei.



*Photos courtesy of various ISKF members from the Mid-America ISKF Facebook page*



# Shihan Okazaki Visits Mid-America

*By Anthony Sammons*



*December Clinic - Photo courtesy of Anthony Sammons*

On December 15, 2018, the Mid-America Region and the Dayton Shotokan Karate Club had the honor of hosting *Shihan* Hiroyoshi Okazaki for a wonderful clinic and dan testing in West Milton, Ohio. The attendance for the clinic was incredible, with *karateka* filling the gymnasium.

Five of us from the Lexington club made the trip: Nezar Falluji, James Gomes, Hussam Hamdalla, Stuart Henderson, and myself. Everyone found the clinic to be inspiring and left motivated to train even harder.

Okazaki *Shihan* offered many excellent drills for both the *kyu* and *dan* grades. For the *dan* grades, he had us practice a nice three-person exercise that emphasized *tai sabaki*, *ma'ai* (proper distancing), and an elegant, spinning reverse *uraken* as a finishing blow all in one

exercise. Okazaki *Shihan* also led us through many kata – starting with Heian Shodan to Bassai-dai – pointing out many technical nuances with each kata.

Perhaps the most inspiring lesson was Okazaki *Shihan's* explanation of proper back stance, i.e., *kokutsu-dachi*. As newer instructors, Sensei Falluji and I have discussed the proper physiology of this important stance. Okazaki *Shihan* beautifully demonstrated the transition between *zenkutsu-dachi* and *kokutsu-dachi* by explaining the position of the front leg and foot in the former stance is physiologically the same for the back leg and foot in the latter stance.

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at our regional events**



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## Shihan Okazaki Visits Mid-America

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*Okazaki Shihan demonstrating proper foot and knee position -  
Photo courtesy of Anthony Sammons*

Compare, for example, Okazaki *Shihan's* foot position and angle of his left knee in the two photos above.

The weight in *kokutsu-dachi* is slightly more forward to reflect that the torso rests more directly in a line over the back hip down to the heel than in *zenkutsu-dachi*, where the weight of the body centers slightly behind the front foot (e.g., the relative weight distribution we all know of approximately 70-30% and 60-40% in the respective stances). Otherwise, the foot and knee are identical. This was an excellent explanation that we have already begun incorporating in the lessons for our own students.

This was my first opportunity to meet Okazaki *Shihan*. He was warm, gracious, very patient with all, and very knowledgeable. We are hopeful he will return and make the December clinic a part of his regular schedule.

## Some Thoughts About Kata *Does Practice Make Perfect?*

*By Larry Rothenberg*

The more our kata improves, the more we realize how much more room there is for improvement. We also discover additional mental and physical aspects of the kata, to explore. Hence, we can never achieve perfection in kata.

But as legendary football coach Vince Lombardi was quoted as saying, "Perfection is not attainable, but if we chase perfection we can catch excellence."

Here are some thoughts regarding kata training:

**Spirit and Intent** - Before, during, and after every technique, we should visualize our opponents. We are not merely blocking and countering the air -- we are blocking and countering against visualized opponents as if our life depends on it. We must strive to maintain strong spirit throughout. We must deliver our techniques with intent to do harm. Master Funakoshi said, "Spirit first. Technique second."

**Reaction Time** - In visualizing an opponent's attack, we should train to react as if 1/10th of a second could be the difference between life and death. If we were to receive an electric shock when an opponent started to move, our body's reaction would be instantaneous and not dependent on our thought processes. Sensei Golden used to say, "Don't think, react!" This is the type of reaction time for which we should strive -- faster than our minds can think.

**Speed** - The start of each technique should be so explosive it is shocking to the opponent. We should study how to use all parts of our bodies, individually and as a unit, especially from the abdomen down, to create more explosiveness from the beginning of the technique to impact. We should imagine that the opponent even knows exactly what technique we are about to deliver, yet we strive to deliver it with such speed that our opponent cannot block or evade.

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## Some Thoughts About Kata

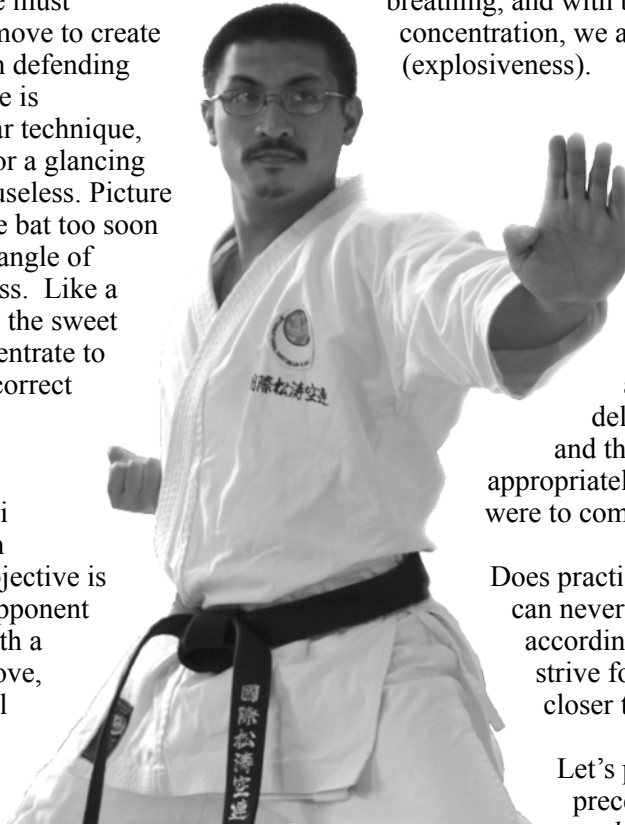
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**Target, Distance, Angle** - We must visualize our opponents and move to create the right distance and angle in defending and countering. If our distance is inappropriate for the particular technique, or if we deliver an off-target or a glancing blow, our techniques will be useless. Picture a baseball player swinging the bat too soon or too late, resulting in a bad angle of impact and a foul ball or a miss. Like a baseball player solidly hitting the sweet spot of the bat, we must concentrate to deliver to the target with the correct distance and angle.

**Kime** - “Tense.....relax-TENSE!” This is what Sensei Golden would often say when teaching *kime* (focus). The objective is *ikken hissatsu* -- to stop the opponent with one blow. Beginning with a strong stance from the last move, we must immediately relax all unnecessary muscles while moving, and exclusively use those muscles that are productive in reaching the target. At the instant of impact (and not before) we must stop all body parts abruptly as a unit, with complete tension, including all parts of the feet, legs, draw hand, and especially the *seika tanden* (body center below navel) and breathing. If any single part is not fully engaged, *kime* will be lacking.

**Slow Moves** - Like a predatory animal creeping toward its prey, with smoothness, balance, and controlled

breathing, and with both calmness and intense concentration, we are ready to pounce (explosiveness).



**Zanshin** - Total awareness and readiness. Although this is usually mentioned regarding *yame* (recovering to original position), it applies to all moves and all opponents – not only the particular opponent we are dealing with at the time – but also those encircling us ready to deliver the next attack. Both the body and the mind must be ready to react appropriately if an unexpected extra attack were to come from any direction.

Does practice make perfect in kata? No. We can never achieve perfection in kata, but according to Coach Lombardi, we can strive for perfection and perhaps come closer to excellence.

Let's put a twist on the dojo kun's third precept, “*Doryoku no seishin o yashinau koto* – Endeavor to excel,” and think of it as follows:

***Endeavor for the non-attainable goal of perfection in order to excel.***

It will take a lifetime. Let's train!

*Photo: Many time ISKF US, Pan-American, and World Kata Champion, Jumbo Banaria  
Photo courtesy of San Francisco Shotokan Karate*

## 2018 The ISKF US National Tournament

By Carol Glenn



Image courtesy of Kim Weber

The 40th Annual ISKF/US Nationals & Collegiate Championships was held in Sioux Falls, SD, November 3-4, 2018, hosted by the North Central Region.

To kick off the weekend Mid-America held a Team training Friday night.

Saturday morning, six Mid-America judges were kept very busy ensuring the four rings of eliminations ran smoothly. Fourteen Mid-America Team members performed in nine divisions and numerous individual and team events.

After the eliminations concluded on Saturday Team Mid-America and family members went out for dinner. Twenty-three of us went to “Big Erns Bar & Grill”, a small local pub. It was a chance to review and celebrate achievements of the long day. Being the welcoming group that we are, we made friends with the one of the “locals” who introduced us to “Chuck Norris”, in beverage form. (Ask any Team member to fill in the details.)

Sunday morning our Team members in the finals met early to warm up and to try to calm some nerves. The Opening Ceremony began with the “Groove Inc.” drum line performing while the competitors filed in. Partway through the day’s events the North Central Region did a demonstration titled “Tekki 92 Moves”. Twenty students performed Tekki Shodan multiple times, continuously, including 180° turns, followed by self-defense applications. Our Team Members gave strong performances in their events; and a few of our Judges were honored to officiate during the Sunday Finals competition.

Mid-America Team members brought home 11 individual medals, 7 Gold, 2 Silver, 2 Bronze, and 2 team event Bronze medals. In Individual events Miranda Jorge, youth color belt, placed 1st in both Kata and *Kumite*. Janet Meier, adult color belt, placed 2nd in *Kumite*. Steve Robbins, adult brown belt, placed 1st in both Kata and *Kumite*. In the “Super” Senior (ages

55-64) black belt division, Greg Esz placed 1st in *Kumite*. In the Senior division (ages 45-54), Laura Graham placed 3rd in *Kumite* and 2nd in Kata; Yukiko Kikuchi placed 3rd in *Kumite*. In the Collegiate division, Janet Meier took 1st place in color belt Individual Kata and Timothy Gay placed 1st in black belt Individual Kata.

In Team events our Women’s Senior Kata Team, which consisted of Yukiko Kikuchi Team Captain, Laura Graham, and Jamie Lynne Kennedy, took 3rd place. Mountain States took the Gold medal. In the adult division, our Men’s Kata Team, consisting of Martin Schragger Team Captain, Adam Clouser, Timothy Gay, Matt Madison (alternate), took 3rd place. North West Region took the men’s gold and Mountain States took the gold in the women’s team kata.

In men’s team *kumite* East Coast took the gold and the women’s team *kumite* was won by North Central. The complete results are listed on the ISKF website.

The tournament always concludes with a banquet Sunday evening. This is the time when everyone relaxes, catches up with old friends, meets new friends, and shares stories of the weekend’s events. It’s also when the Meritorious Service recipients are recognized, awards are presented, and testing results are announced. Mid-America’s 2018 Meritorious Service Award recipient was Michelle Randall. Adam Clouser passed his judges exam and is now ranked a “C” Judge. The highlight for our region Sunday evening was Martin Schragger being presented with the “Best Fighting Spirit” Award. This award was created to honor Sensei Greer Golden and is given to the competitor that demonstrates the characteristics of the exceptional fighting spirit of Sensei Golden. (Congratulations Marty! We’re proud of you!)

As always it was a great weekend of competition, meeting new people, catching up with friends, and karate. There’s nothing like it. Consider going to the 41st National Tournament in Las Vegas, November 16-17, 2019.



## Get More Out of Advanced Training

*By James Oberschlake*

There are things a student can do to get more out of karate training. Attend class and train regularly to receive instruction, correction, and guidance. Self-train or do karate with a training buddy to reinforce lessons learned in the dojo. Read articles and books about karate or watch videos of karate masters and champions. All this is good. But still...after a while...something more is needed. What is needed is more advanced training.

Mid-America and the ISKF provide advanced training. Mid-America has regular trainings, camps, and special trainings we call tournaments. Here Sensei Vaughan and other Mid-America, ISKF-licensed instructors are eager to help. Mid-America also brings in guest instructors who are internationally renowned and members of the ISKF Technical Committee. Each year the ISKF host two major events: Master Camp and the ISKF National Tournament. Participating in these events is life changing. ISKF members have the opportunity to do advanced training and sometimes train with legends.

The first way to get more out of advanced training is to participate. Don't stay home. Sensei Golden once told me, "Don't make an excuse why you can't come. Make an excuse to be there." Don't let your karate become "home grown". At the local dojo it is too

easy to fall into a routine. Students get comfortable training with the same opponents. Get out of your comfort zone. Karate is not about being comfortable; it is about seeking challenge, improving technical skill, and developing strength of character. Meet other members of your ISKF karate family. Discover the support and inspiration of being a part of a regional, national, and international organization.

It is said that knowledge comes from books, but wisdom only comes from experience. In advanced training the instructor has a tremendous amount of experience. Listen carefully for words of wisdom. *"In class you must be like a sponge, absorbing everything that is taught."*

*"The better you get, the harder it is to get better, and therefore you must pay attention to even the smallest details."*

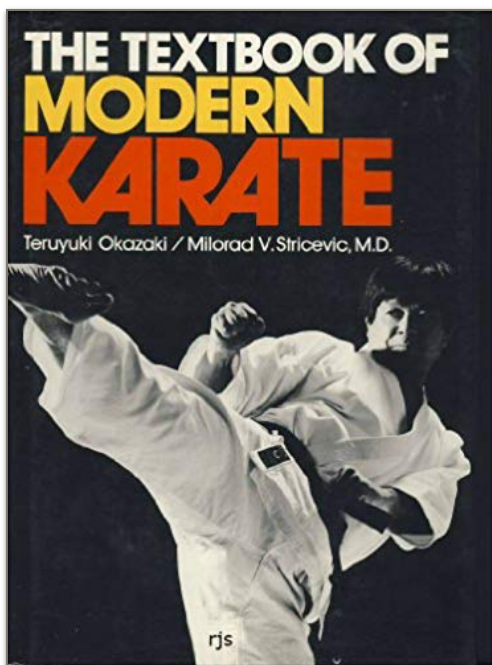
*"Slow is smooth and smooth is fast."*

*"First get a rhythm in your head. Then match your breathing to the rhythm. Then match your technique to the rhythm and breathing."*

*"It's ok to make mistakes. You need the experience of making mistakes."*

Contemplating such words can transform students and help them realize a higher level of understanding. Do you know what instructors made the above statements? Ask me at the next regional training.

In The Textbook of Modern Karate, *Shihan* Teruyuki Okazaki describes the five parts of karate training. The first three parts are warm up, post-warm up, and period of progressive intensity. In advanced training pay close attention to the post-warm up. Post-warm up is practicing simple karate techniques. The techniques may be simple, but the underlying lesson is thematic. These drills present important dynamic principles of movement crucial to improving technical skill. Good posture, correct alignment, balance, body connection, stability, reaction force, proper sequence of body movement, expansion and contraction – these are some of the principles that may be the underlying thematic lesson.



*Image courtesy of [amazon.com](https://www.amazon.com)*

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# Get More Out of Advanced Training

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Therefore, the goal of the post-warm-up drill is to master the dynamic principle. Doing so enables the student to improve all aspects of karate training.

Let us consider the following example of advanced training, the 2018 December Clinic taught by *Shihan* Hiroyoshi Okazaki. Okazaki *Shihan* described the need to increase the stability of stances by more strongly activating the inner thigh muscles. The post warm up drills activated these muscles and encouraged the development of other dynamic principles such as expansion and contraction, balance, and the harmonious coordination of body movement. The *kumite* drills had two attackers and one defender. These drills utilized the

principles above and required the defender to use shifting and blocking to thwart the attack and deliver a counter toward the opponent’s weak angle. These *kumite* drills further reinforced a common strategy when dealing with multiple attackers: effectively defending against one attacker and at the same time momentarily moving away from other attackers. This strategy is present in all kata. These are some of the thematic underlying lessons taught at the 2018 December advanced training.

To get more out of advanced training, commit to participation, seek wisdom, and work to master the dynamic principles. Then take home what is learned so that routine is never meaningless repetition and all training becomes advanced.

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## A Note from the Coach

*By Carol Glenn*

This is the first year Mid-America has had a Team Coach, and I am honored to have been given the opportunity to fill the position.

As Team Coach at the National Tournament I had the unique opportunity to watch all of our Team members compete. As a competitor or judge I was only ever able to see the competitors in the ring to which I was assigned. This was a chance to observe and cheer on each member of our Team. While not everyone made it to the finals, I am very proud of the effort put forth by each one of them. It is an honor to represent Mid-America Region as a member of the Team competing at the National Tournament, and I hope to give Team members more recognition throughout the year.

It takes dedication and commitment to be a part of the Team. There are many benefits gained from being a Team member, including a greater depth to your personal karate training and a camaraderie that develops among team members that can’t be attained in other training.

As we move forward, I hope we can provide additional team activities for interested students to become part of the team; and I hope that you will take advantage of them. Please watch for information in our Mid-America communications. The more student interest that can be generated, the stronger the team we

can build to represent our Mid-America Region at the National Tournament.

The 41st ISKF National Tournament will be held in Las Vegas, Nevada, November 16-17, 2019. Please mark your calendars and plan to attend!

Below are listed the judges and competitors that represented Mid-America at the 2018 ISKF National Tournament. Please thank them for their commitment and dedication, and congratulate them for the excellent job they did at the tournament!

<b>Judges</b>	<b>Competitors</b>
Martin Vaughan	Adam Clouser
James Oberschlake	Tim Cofrancesco
Kim Weber	Sonia Erfani
Jeff Weber	Greg Esz
Jamie Lynne	Timothy Gay, III
Kennedy	Laura Graham
Michelle Randall	Miranda Jorge
	Jamie Lynne
	Kennedy
	Yukiko Kikuchi
	Matt Madison
	Janet Meier
	John Merz
	Steve Robbins
	Martin Schrager



**Fourth Quarter Scholarship Winners and Promotions**

おめでとうございます

**2019 Mid-America Scholarship Winners**

Youth Division - Caleb Horner, Shotokan Karate of Anderson  
Teen Division - Alexander Geoppinger, Ohio Valley Karate  
Collegiate Division - Archie Tram, Ohio State University  
Adult Division - Laura Graham, Brown County Shotokan Karate

**December Clinic Dan Exam results**

**Shodan**

Joey Varone, Creekside Karate Club  
Isaac Deininger, Brown County Shotokan Karate  
Chloe Faust, Brown County Shotokan Karate  
Nathan Deininger, Brown County Shotokan Karate  
Nguyen "Archie" Tram, Ohio State University  
Terry Hazelbaker, Brown County Shotokan Karate  
Steven Robbins, Creekside Karate Club

**Nidan**

Jaylon Hudson, Indiana ISKF

**Sandan**

Tim Cofrancesco, Brown County Shotokan Karate  
Beverly Pugh, Shotokan Karate of Anderson

## 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 President of the 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 the 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

### January 19-20, 2019 - Kangeiko - Winter Camp

Hosted by Indiana ISKF in Indianapolis, IN

### February 16, 2019 - Youth Shiai

Hosted by Shotokan Karate of Anderson in Cincinnati, OH

### March 16, 2019 - Regional Training

Hosted by the Dayton Shotokan Karate Club in West Milton, OH

### April 13-14, 2019 - Spring Camp

Hosted by the Dayton Shotokan Karate Club in West Milton, OH

## Contributors

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Mr. Sammons, 2nd *dan*, is the chief instructor at Shotokan Karate of Lexington in Lexington, KY.

### LARRY ROTHENBERG

Mr. Rothenberg, 4th *dan*, is the chief instructor at the Cleveland Shotokan Karate Club in Beechwood, OH.

### CAROL GLENN

Mrs. Glenn, 6th *dan*, an instructor at the Swartz Creek Karate Club in Swartz Creek, MI and Mid-America team coach.

## Editor

### MARTY SCHRAGER

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

## Associate Editor

### MICHELLE RANDALL

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