



Final Memorial Service Held for Sensei Golden

By Jerry Baker

On May 11, 2019, a final memorial service was held for Sensei Golden in Sarasota, Florida. At the invitation of Susan Golden, Sensei's wife, a group of family and karate friends gathered to witness the placement of Sensei Golden's ashes into the waters of his youth in Sarasota Bay. A shy, unassuming man whose impact is felt throughout the karate world, Sensei Golden lived the life of service to his art and his students. He taught us to seek the pleasure of karate, and he truly loved his widespread karate family. We will never forget how he changed our lives.



*Sensei Greer Golden - A pioneer of karate in the USA
Images courtesy of Mid-America ISKF*

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It's Pretty Basic

By *Tim Cofrancesco*

Throughout last year leading up to my *Sandan* examination, I struggled with the kata, Gankanku. It wasn't my only problem, but since I am not a quick, sharp kind of person, it was its own kind of special challenge. I was having difficulties with some of the spins. The fifth move haunted me the most. I spent a lot of time before and after class trying to understand the move. I was trying to figure out how to move forward while at the same time turn a hundred and eighty degrees and end up behind the starting point. I imagine I was the "comic relief" of the dojo for a good while. After a lot of disappointment and frustration, I asked Sensei Oberschlake for some tips on how to execute the movement. I stood there like he was going to give me the "secret to karate," but that didn't happen. It was a pretty basic answer. I'm not sure word for word how he said it, but it was something like squeeze your knees and get your ready position quicker.

After using his advice, along with a lot more practice, I was able to make the move look "not half bad." My focus on the forward motion had left me struggling to get turned around into the *Kiba-Dachi*. Only after making sure I was squeezing and getting the proper ready position and proper body alignment did the move start falling into place and feeling good. I was able to break down the last spinning move in the kata by myself by applying the basics and fundamentals from the other spinning techniques. I am not saying that I'm a karate savant now, but I was able to use the same advice to overcome problems with a similar technique.

Another nemesis I had was the jump in the kata, Empi. The jump looked so easy when I watched other people do it. Like I said before I am not the quick, sharp type, and I beat myself up practicing this move. By the time I asked for help, I had determined I was uncoordinated, unable to jump, and definitely not able to do this kata correctly. What did I do? Look to the basics and fundamentals? No, I didn't. I asked Sensei for advice again, and he put me on the path to figuring it out. He said, "Squeeze together fast, get your knee up high and quickly get your hands in ready position. Now that wasn't the end of my agony, but I was able to use these basic concepts to eventually improve the jump.

There are a lot of different things that instructors say in order to get us to do techniques correctly. Sensei Oberschlake says things like, "Dynamic Movement", which I interpret loosely as big hip and good ready positions. "Expansion and Contraction" is another one or as Sensei David Jones says, "compression in." In my mind it means to brush knees. I won't even attempt to say that I totally understand all these concepts, but I do understand things like brush your knees, make sure to rub your elbows, big hip action, push into your support leg, hips square, shoulders square and back leg straight. These are things that all of us have heard throughout our training. It all pertains to the basics and fundamentals of karate that we are taught from the beginning.

In my experience when I slow down and work out a problem without having to ask Sensei, it seems to get integrated into my karate more consistently. I don't purposely ignore his advice, but I think it's just the time and thought process of working through difficulties that make me more aware of my deficiencies. It's like Sensei has been tying my shoes for a long, long time and I just realized how to loop the bunny ears through and do it for myself. Over the years I have encountered numerous obstacles in my training. Anytime I am able to sort through them by myself and improve my karate, it's definitely a boost in my confidence.

I have come to appreciate all that the basics and fundamentals offer to my training. They're like a nice little toolbox I can use when things aren't working right. Anytime I have problems with a technique or series of movements, I go to the basics and fundamentals for help. Most of the time it is something that I am making out to be more than it is. For instance, a student thinking that a stepping punch in the kata Kanku-Sho is different than one in Heian Shodan. The execution of the move needs to be quicker and involves other advanced elements, but the movement itself is the same.

Whether you are a *Kyu* rank or a struggling young black belt, look to the basics and fundamentals for help. As you advance in rank, your movement will have to increase in speed and power, but the fundamentals will always be the same.

Thriving While Recovering from an Injury

By Scott Mendenhall

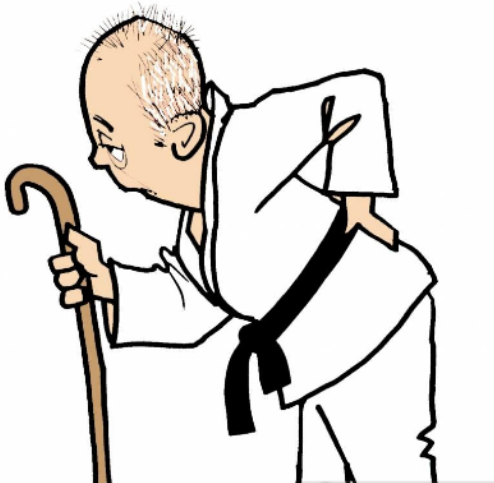


Image courtesy of cartoonstock.com

My injury occurred on April 18th, my birthday. It didn't happen in the dojo or while working out at home. The accident occurred during an everyday, mundane activity. I was carrying a cardboard box of books up from our basement, when halfway up the stairs, the underside of the box tore open, threatening to spill out its fifty pounds of contents. Rather than letting the books fall out, I torqued my body as I brought my left arm underneath to prevent the spill, while my right arm held the load. BIG MISTAKE.

When I set the box down at the top of the stairs, I knew something was wrong with my back. Not being a stranger to occasional aches and pains, I took some Aleve and went about my day. It wasn't until the next morning that I realized my injury was serious. My entire torso was in pain, and it took me an hour to get out of bed. I tried to do my usual stretching routine, but it only seemed to make things worse. I hobbled through the next few days, hoping that things would get better, but they didn't. I showed up for Karate training told my Sensei that I couldn't participate because of my injury, and that I was going to see a doctor.

A couple of days later, my doctor told me I had severely strained all the muscles in my lower and middle back. He also uttered some bad news: Absolutely no karate or physical activity for at least six weeks!

Needless to say, I was depressed and I turned my Sensei, Larry Rothenberg, for advice on keeping my karate mindset alive and well during my recovery. Among many things, he suggested that I watch videos on the katas that I already know, and that I should study a new one (Jitte). He also suggested doing "mental karate," practicing basics, kata, and *kumite* in my mind. While I healed and underwent physical therapy, I found it critically important to keep coming to training, even though I wasn't participating. From the sidelines, I observed the rest of the *karateka*, and it was an interesting perspective to be an "outsider." I picked up on a lot of little things I wasn't used to seeing. I also took a lot of notes during the training, basically writing down the entire class in a form of shorthand. At the end of each of our training sessions, Sensei Rothenberg reads a paragraph from Master Teruyuki Okazaki's book, *Perfection of Character*, Guiding Principles for the Martial Arts and Everyday Life. Recently, we were going over the 5th principle of *Niju Kun* which states, "Spirit and Mind are more important than technique."

During my recovery, I found a lot of solace in this principle, because it stresses that while physical training is important, spiritual development is the essence of karate, and the technical skills are merely the means to this end.

Master Okazaki states, "Spirit and mind continue to be made manifest in the students who doggedly persist: who show up to class regularly and practice every day." Through this principle, I found that a karate mindset can thrive, even during recovery from a serious injury.

I was able to maintain discipline in not trying to do anything physical during my recovery. I focused on healing and "mental karate." As a result, my back has healed and I am back to training. I can honestly say that my injury and its interruption of my physical training have actually added a new dimension to my karate growth.

The Karate Road

By Jerry Baker

Here's a view from the old-guy seats in our shared world of karate. A karate life is the best way I know to keep moving, to stay engaged physically and intellectually, and to build circles of friends who share the secret joys of what we do.

I've been around awhile, 70 years to be exact. I see others in my demographic reaching for the remote, seeking out the biggest buffets, and mostly going for a ride in their own lives.

Not me. Not my fellow travelers in my karate family. Not my karate pals. The term "senior" means something different in karate land. It is not about cheaper coffee or parking near the front of the store. A senior karate student is one who has put in the time, continues to train as though it matters, and is still learning every day. A person does not set out to become a senior student. It grows on you; you grow into it. It is a natural progression.

Sure, the aging process brings its own challenges and limitations, some of which teach you lessons you never thought you'd have to learn. But growing older inside of karate means that you can do

what others who head for the recliner cannot. Your mind and body remain active, and your goals are not to reach a new minimum standard. You are still seeking perfection of your character and your technique, remaining faithful to the personal need to develop, and striving to be the driver of your life – not its passenger.

From time to time, one of my non-karate acquaintances will seek to "remind" me that it is "time to stop doing that karate stuff." That statement is really meant to reassure the advice-giver that a sedentary life is a worthy goal. Their words are not really meant for me but for themselves.

Guess what? As long as I can get parts, I'm going to keep on rolling. I'll train in some way every day. I'll engage my body and mind and, most importantly, my spirit in the dojo of my life. I'll carve out the time in each day when the world and all its challenges can go away as I follow my seniors into the blessed space where only the moment counts, where only things done well really matter, and where the Karate Road of my life continues on around the next bend.



Image courtesy of teepublic.com

Mid-America ISKF Regional Tournament Results

Event	Description	1st Place	2nd Place	3rd Place	3rd Place (Kumite)
1	Adult Team <i>Kata</i>	OSU	Brown County	Shawnee	
2	Youth Team <i>Kata</i>	Brown County	Creekside		
3	Adult Men's Advanced <i>Kata</i>	T. Gay III (CS/ OSU)	B. Riedel (DSK)	A. Clouser (OSU)	
	Adult Men's Advanced <i>Kumite</i>	B. Riedel (DSK)	A. Clouser (OSU)	M. Stahl (BC)	C. Oje (SC)
4	Senior Women's Advanced <i>Kata</i>	L. Graham (BC)	B. Pugh (SKA)	A. Bowe (SC)	
	Senior Women's Advanced <i>Kumite</i>	L. Graham (BC)			
5	Adult Women's Advanced <i>Kata</i>	S. Erfani (SKA)	J. Meier (OSU)	M. Kiem (SKL)	
	Adult Women's Advanced <i>Kumite</i>	S. Erfani (SKA)	J. Meier (OSU)		
6	Adult Men's Senior <i>Kata</i>	J. Merz (BC)	M. Herrin (BC)	D. Nicolae (SC)	
	Adult Men's Senior <i>Kumite</i>	D. Nicolae (SC)	J. Merz (BC)	M. Herrin (BC)	
7	Boy's 5-8 y/o (8B-8 Kyu) <i>Kata</i>	J. Higgs (CS)	J. Armstrong CS	V. Gray (CS)	
	Boy's 5-8 y/o (8B-8 Kyu) <i>Kumite</i>	J. Higgs (CS)	J. Armstrong CS	V. Gray (CS)	
8	Women's Adult (8-7B Kyu) <i>Kata</i>	J. Henderson (BC)	J. Hendrix (SC)		
	Women's Adult (8-7B Kyu) <i>Kumite</i>	J. Henderson (BC)	J. Hendrix (SC)		
9	Boys 8-9 y/o (8-7B Kyu) <i>Kata</i>	G. Hammons (BC)	J. Minano (BC)		
	Boys 8-9 y/o (8-7B Kyu) <i>Kumite</i>	G. Hammons (BC)	J. Minano (BC)		
10	Men's Adult (10-8 Kyu) <i>Kata</i>	S. Riggs (SKA)	R. Williams (SKA)		
	Men's Adult (10-8 Kyu) <i>Kumite</i>	S. Riggs (SKA)	R. Williams (SKA)		
11	Mixed 12-13 y/o (8 - 7b Kyu) <i>Kata</i>	R. Boss (SC)	S. Minano (BC)	A. Boss (SC)	
	Mixed 12-13 y/o (8 - 7b Kyu) <i>Kumite</i>	R. Boss (SC)	S. Minano (BC)	A. Boss (SC)	

Mid-America ISKF Regional Tournament Results

Continued

Event	Description	1st Place	2nd Place	3rd Place	3rd Place (Kumite)
12	17 & Up y/o (6b - 6 Kyu) <i>Kata</i>	S. Bishop (BC)	A. Lonsway (CS)		
	17 & Up y/o (6b - 6 Kyu) <i>Kumite</i>	S. Bishop (BC)	A. Lonsway (CS)		
13	Mixed 14-15 y/o (8-7B Kyu) <i>Kata</i>	K. Radcliff (AKC)	H. Wolfe (AKC)		
	Mixed 14-15 y/o (8-7B Kyu) <i>Kumite</i>	H. Wolfe (AKC)	K. Radcliff (AKC)		
14	Mixed 10-11 y/o (5-4B kyu) <i>Kata</i>	C. Horner (SKA)	M. Minano (BC)		
	Mixed 10-11 y/o (5-4B kyu) <i>Kumite</i>	C. Horner (SKA)	M. Minano (BC)		
15	Girls 11-14 y/o (4B-1B Kyu) <i>Kata</i>	M. Jorge (CS)	J. Robbins (CS)	K. Brayshaw (SKA)	
	Girls 11-14 y/o (4B-1B Kyu) <i>Kumite</i>	M. Jorge (CS)	J. Robbins (CS)	K. Brayshaw (SKA)	
16	Boys 14-17 y/o Black Belts <i>Kata</i>	I. Deininger (BC)	N. Deininger (BC)		
	Boys 14-17 y/o Black Belts <i>Kumite</i>	I. Deininger (BC)	N. Deininger (BC)		

Girls
**M. Jorge
(CS)**

Boys
**C. Horner
(SKA)**

Best Competitor Awards

Women
**L. Graham
(BC)**

Men
**B. Riedel
(DSK)**

Second Quarter 2019 - In Pictures

Images courtesy of Kim Weber



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 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.

Contributors

JERRY BAKER

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

TIM COFRANCESCO

Mr. Cofrancesco, 3rd *dan*, is a senior student and instructor at the Brown County Shotokan Karate club located in Hamersville, OH.

SCOTT MENDENHALL

Mr. Mendenhall, 1st *dan*, is a student at the Cleveland Shotokan Karate Club in Beechwood, OH.

Calendar

August 9, 2019 - Regional Training

Hosted by the Brown County Shotokan Karate Club in Hamersville, OH

August 10th, 2019 - Golf Outing

Friendly Meadows Golf Course in Hamersville, OH

September 14th - Regional Training

Hosted by Ohio Valley Karate in Cincinnati, OH

October 12th-13th - Mid-America Fall Camp

Hosted by Creekside Karate Club in Youngstown, OH

November 15th-17th - ISKF US National Tournament

Las Vegas, NV

Editor

MARTY SCHRAGER

Mr. Schrage, 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.