

MID-AMERICA MONITOR

THE ISKF MID-AMERICA REGIONAL NEWSLETTER

The three stages of teaching

By Jim Oberschlake, Mid-America Chief Instructor & President

I was a high school English teacher for 30 years. During an in-service meeting I attended, the speaker made some interesting comments about how teachers evolved to become better teachers. According to the speaker, there are three stages of becoming an excellent teacher.

First stage: Survival

The first stage is survival. After 4 or 5 years of college, the beginning teacher graduates with a degree in education and a state-certified license to teach. They return to the classroom, not as a student, but as the teacher, the one who is in charge. Of course, they are excited. This is their dream. They want to be a teacher who really makes a difference. But they are also terrified. They are haunted by memories of how students treated substitute teachers and teachers who struggled with classroom control. They experience doubt: "Can I really do this job? Can I survive?"

Second stage: The objective teacher

At some point during the first year of teaching, the successful beginning teacher realizes that they can indeed survive. The next stage of development is what the speaker called the objective teacher. The teacher has a goal or objective, and they teach to accomplish their objective. The objective teacher is focused on mastering and teaching their subject matter. As years go by, they become quite expert and feel confident in their teaching ability. The objective teacher is a successful teacher.

Third stage: The impact teacher

Then, something happens to some objective teachers. They survived, and they know how to

teach, but they begin to wonder how much of what was taught will have a lasting impact on their students. How much will be forgotten? How much was never really learned? For many students the memorized meaningless details will not survive long after the test has been taken. It is a painful insight.

The focus of the impact teacher shifts from teaching subject matter to student learning. The subject matter remains largely the same, but the way it is taught changes. It is said that experience is the best teacher because significant experiences can never be forgotten. The impact teacher becomes more than the conveyor of information. The impact teacher is the facilitator, who helps each individual student create a meaningful, shared learning experience. The impact teacher is engaged in the daunting task of leadership.

Whether we call ourselves teacher, sensei, instructor, assistant instructor, trainee, mentor, parent, or coach, it is our calling to become the impact teacher.

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A conversation with Sensei Marty Vaughan

Sensei Marty Vaughan served as MidAmerica's chief instructor from the early 2000's until late 2024, when he moved to Colorado.

When and why did you start karate?

I started training in September of 1972. Due to a problem with my class schedule (my fault), I had to revise my entire schedule quickly and many classes were closed. Needing to find credit hours to fill out my schedule, I searched the class schedule for possibilities. I saw Karate listed under the Physical Education Department [at Ohio University], and since the quarter had already started, I needed to ask permission of the instructor to add the class. This is when I first met Greer Golden.

What impressed you most about your original sensei, Sensei Golden, and what were the most important things you learned from him?

I watched the class before approaching Mr. Golden to ask permission to add the class. He was very impressive from a technical point of view, even for someone who had no knowledge of Karate. But I think the most compelling thing for me (and others I'm sure) was his personality. He had a tremendous physical presence for a small man. And he had a way of communicating that was friendly and at the same time no-nonsense. I really liked his approach; I was completely sold!

As a side note, I played in a band at this time and we were playing in a bar uptown, so I asked Mr. Golden if he would stop by to see us play. This was early on, and I didn't think we would actually show up. To my surprise, he did show up sitting front and center. I think this illustrates something about the man in terms of personality and leadership.

I learned many things of a technical nature from Mr. Golden, and I often met with him outside class during my time in Athens, [Ohio]. He also coached me on how to become an instructor both in the dojo and in many late-night sessions outside the dojo.

However, the two things I value the most were his lessons in leadership and Japanese culture. As I mentioned before, Mr. Golden had a strong presence in the dojo with his broken English/Japanese commands. But the lessons in leadership were ones that I learned by observing the man for over seven years, not from instruction. I feel this was his most valuable and lasting

influence on me and my career as a teacher of Karate and professionally.

Secondly, he was always teaching me about proper manners, both inside and outside the dojo. I remember a "lesson" when I was about to leave the dojo with my hands full and Mr. Golden was about to move a table. I hurried over to help and put my shoes on the table to free up my hands. I was immediately and sternly corrected on this breach of etiquette. "Never put your shoes on a table!" Later during a visit to Japan, I was reminded of this by a sign over a Temple door, "Do not make the mistake of shoes." Thanks to Mr. Golden I did not.



Training in the 1970s: Sensei Vaughan (right), Larry Rothenberg (left) and Chris Elsaesser (center) at Sensei Takashina's Florida dojo.

Tell us a little about the senior students from when you started.

I was very lucky to have had many sempai [senior students] while at the [Ohio University] club. They included Chris Elsaesser, Bruce Green, Bob Hardy, Steve Krause, Floyd Locke, Tim Olstrum, Larry Rothenberg, and Jim Shiri. All were friendly and very helpful as I came up through the ranks.

Tim was a national kumite champion and taught the OU club one summer (around 1974). He had a

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— *Continued: Sensei Vaughan conversation*

great spirit, a quirky personality, and a great deal of technical knowledge that he shared at, what I think was, a critical time of my career (2 kyu).

Chris was a very gifted athlete and my teammate (for the first ISKF National tournament in 1978 and the Pan America Championship in Montreal Canada that same year). And as such, we trained together quite a lot and he had a significant influence on my development.

Bruce and Larry were friendly “rivals” that I always enjoyed training with and who pushed me to be better.

Who have you admired the most in karate, and why?

The two people that I admire most in karate are Greer Golden and Teruyuki Okazaki and for the same reasons. Both were a tremendous source of technical information, but perhaps more importantly, they were men of exceptional character. Master Okazaki was always a person I wanted to emulate from the first time I met him in December of 1972 at my first kyu exam.

Through the years I had the opportunity to get to know Master Okazaki a bit more in different situations and the feeling remained the same. He was to me the perfect karateka, a combination of technical excellence and fine character. I continue to try to emulate these two fine gentlemen, and I continue to come up short.

Do you have a favorite karate story?

I’m not much of a storyteller, but I can relate two. I had the privilege of training in the East Coast Region of ISKF from 1988-1999 and became an instructor trainee and ultimately received my D level instructor certification. During this time, I had many occasions to train under Master Okazaki and host him when he came to give exams at my club at the University of Rochester.

In 1999 I planned to move back to the Mid-America Region. I spoke to Master Okazaki about the move at Master Camp and instead of a happy response I instead received a cold stare. In the months following when I called ISKF headquarters to talk to Master Okazaki he greeted me as the “traitor.” He continued to refer to me as the “traitor” off and on in the subsequent years, even in front of the entire Mid-America group at a clinic in Delaware, Ohio, in the early 2000s.



Master T. Okazaki and Sensei Vaughan in the 1990s.

Secondly, when I was a judge at the Shoto Cup in Osaka, Japan, I travelled with the ISKF-US team to several dojos across Japan. We travelled from Osaka to Sendai by train, sending our bags separately to arrive at our hotel in Sendai. We were scheduled to train as a group at a local dojo that afternoon. However, the bags had not arrived, and several members of the team shipped their uniform and belt in their bags. Since I was not a member of the team, I loaned my uniform to a team member so that he could participate in the training while I watched. This is a lesson that Mr. Golden taught me: **ALWAYS** travel with your uniform and belt, **NEVER** ship it.

What advice would you give to a beginner?

Three things. Practice, Practice, Practice. Command of the basics is most important for beginners, particularly stance. Pay careful attention to your stances as you train and try to make them perfect. Also, I recommend that you hit something to test and develop your technique. Not just punching and kicking but striking and blocking as well. This feedback will help to develop your techniques very quickly.

What advice would you give to a shodan?

The ability to freely apply these techniques. This requires a great deal of training and study. Also, you should continue to develop the proper attitude. As Okazaki Sensei often said, “Don’t get a big head.” Humbly keep training. This is how you can progress.

A note from the coach

By Carol Glenn, Mid-America Vice President & Team Coach



Mid-America Team, 2024 ISKF Nationals in Las Vegas, Nevada, with Coach Glenn (third from left)

As Team Coach for Mid-America, I encourage you to consider competing. Competition is an additional aspect of our Karate training and another way to challenge or test yourself. It is also an opportunity to make new friends and develop camaraderie.

There are many ways to prepare for competition, and adding additional self-training to your regular training routine is very beneficial. Attendance at Regional Trainings and Team Trainings is highly recommended as well.

Additional training can include things like plyometrics, weight training, endurance training, and general conditioning exercises. Most important for karate competition is to spend more intentional time studying and practicing your kata along with the others required for your rank, as well as basic techniques, foot work, and sparring drills—both defensive and offensive.

I recommend adding basic shifting to your training routine, which will help not only with endurance but with footwork for sparring as well. Start with one minute each side, forward to start, shifting slowly. Progress to two to three minutes each side and increase your speed. Then add punches or blocks with the shifting while staying light on your feet.

One thing to note with self-training is to be aware of what your body is telling you. If you have lower extremity pain, your shifting training should be slower and more controlled. If you have other health issues, you may need to check with your primary care physician before ramping up your training.

If you are interested in competing, please sign up to compete in the Mid-America Regional Tournament, which is scheduled for Saturday, April 5, 2025, in Columbus Ohio, at the Ohio State University. Consider putting together a Kata Team with other members of your club, as well as competing in both individual kata and kumite events.

Results of the Regional Tournament are considered in the selection of the Kata Teams and Kumite Teams representing Mid-America at the ISKF National Tournament. This year the nationals tournament will be November 22-23, 2025, in Philadelphia, Pennsylvania.

In addition, try to participate in as many Regional Trainings and Team Trainings as you are able to attend. Some Team Trainings will be scheduled with Regional Trainings, others will be “stand-alone” Team Trainings.

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— *Continued: Coaches note on Team training*

Our first Team Training of this year will be on Saturday, May 3, 2025, in conjunction with our Regional Training in Delaware, Ohio. More details will be included in future regional emails and will be posted on the [Mid-America website](https://midamericaiskf.com/index.html) (<https://midamericaiskf.com/index.html>) as they become available.

Summer Camp in Michigan, Aug 1-3, 2025, is an opportunity for all karateka, as well as competitors, to get together to train.

To ensure you are informed about future Team Trainings, email me: cglenn@midamericaiskf.com. I'll add you to the Mid-America Team email list. Use this email address to contact me with any questions as well.



Sensei Carol Glenn performs Jitte at the 2015 nationals.

On the move: A note from Kim & Jeff Weber

By Kim Weber, chief instructor, Shotokan Karate of Anderson

Editor's note: The Webers have been part of Mid-America since the mid-1980s. Both earned their 7th dans in 2024; both have been strong competitors, great teachers, and leaders in Mid-America for many years.

You may have heard the news: After much consideration, Jeff and I have decided to relocate south in search of a warmer climate. We are building a home in South Carolina, near Hilton Head; our new home should be ready sometime this June or July.

Jeff and I founded Anderson Karate in 2002, and leaving our dojo family is undoubtedly a difficult decision. You have all become like family to us, and we will deeply miss being a part of your training and seeing your successes.

However, we are excited to share that our journey in karate will continue! We have been asked to help revitalize the South Atlantic Region of the ISKF, which encompasses North Carolina, South Carolina, Georgia, and Florida. I will be serving as the Chief Instructor, and Jeff will take on the role of Regional Director.

We will continue to attend Master Camp, ISKF Nationals, and regional events whenever possible; and we hope to see some of you at these events.

If you're ever in the Hilton Head area and would like to meet up or train, please feel free to reach out to me at KWeber@SouthAtlanticISKF.com.



Jeff & Kim Weber, founders of Shotokan Karate of Anderson

Preparing for dan exams: Part 2

By Marty Schrager, Mid-America Assistant Instructor & Regional Director

In my last article, I wrote about the importance of Dan exams and the appropriate attitude in preparing. As a follow up, I am providing a framework for training with specific areas of focus.

Taking a methodical approach to training for each component of the exam (Kata, Kihon, and Kumite) will increase the likelihood of a successful result, as will learning Japanese terminology and establishing a self-training regimen. Dojo training alone is not enough for any of these. Self-training is imperative.

Kata

First, pick a kata that highlights your strengths. If your body-type is Shorei, pick a Shorei kata. If your body-type is Shorin, pick a Shorin kata. Additionally, choose a kata that is appropriate for your level. If testing for Nidan, then Sochin or Unsu may be too advanced. A Sentei kata is probably a better option.

Second, know your kata. This may seem like a given, but you should study your kata thoroughly. Sensei Oberschlake used to tell me that I shouldn't perform the kata but practice it to the point where I **become** the kata. Assuming 1,000 reps is the right amount, that means 6-7 kata per training three times per week for a year. This is a lot, but training at this level will provide a deep understanding.

Third, be prepared for your second kata. Generally, you will have to perform one of the 15 primary kata (Heian 1-5 and Tekki 1 for Shodan and Tekki 2-3, 5 Sentei kata, Jitte, and Gankaku for higher levels). However, as you progress to higher grades, it isn't out of the question to have a different kata selected. On top of the 1,000 iterations of your individual kata, you will need to practice all the others to a level of competence.

I spoke about "bare minimum" expectations in my last article. That isn't good enough for kata. You must know your kata exceptionally well.

Kihon

For decades there was little variation in the required waza [techniques] from Master T. Okazaki. For Nidan and above, there were seven. However, Shihan Hiro Okazaki has made some changes, and other members of the Technical Committee may have their own variations. You can't predict exactly what kihon you'll be asked to do but practicing the ones from Master Okazaki with some frequency will help. During the exam, listen carefully and adapt. Know your kihon!

Kumite

Kumite for an exam isn't the same as for a tournament. You don't have to win, although it doesn't hurt to be the stronger fighter. Your goal is to demonstrate that you can move effectively and with control while attacking and defending.



Sensei Marty Schraeger delivers otoshi-empai to partner Vince Ciola (photo courtesy Mid-America ISKF).

For Shodan candidates, jiyu-ippun kumite is required. For each of the prescribed attacks you should have one or two standard counterattacks. The exam is not the place to experiment. These

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— *continued: Dan preparation*

counters should be practiced regularly with attacks at different speeds, distances, and angles so you can react properly.

For Nidan and above, jiyu-kumite is required. Focus on drills that develop timing, reaction, distance, and especially, footwork. Have several attacking waza that you can launch at any time and a strategy for defensive fighting. Even if your defense is simply to block and counter, have a plan and practice it. Familiarity and competence are key.

If choosing self-defense (age 50+), principles similar to jiyu-ippō kumite apply.

Japanese Terms

This is the easiest yet most-often overlooked aspect of karate training. You don't have to speak Japanese, but as a karate-ka, knowing the terms

which are integrally linked to the art is important. The kihon instruction may only be given in Japanese, and you should know enough to understand what is being asked.

Self-Training Regimen

Plan for an additional 30-60 minutes of relatively intense training 2-3 times per week in the year leading up to your exam, focusing on these skills. Even with the lofty kata goals above, this is enough. You should be conditioned to do a full two-hour training followed by your exam without being exhausted.

With Dan exams there are no guarantees of passing but following training ideas like these will maximize your chances for success.

ISKF Mourns the Passing of Sensei Najib Amin

From the Shotokan Karate Club of Maryland

The ISKF community is saddened by the passing of Najib Amin Sensei on March 9. Amin Sensei had been training since the early 1960's.

Amin Sensei was a direct student of Master Teruyuki Okazaki and was in the ISKF'S very first instructor trainee class in 1975. He dedicated his life to promoting character through karate-do.

Amin Sensei earned the rank of 8th dan in 2009 from Master Okazaki and became a member of the ISKF Shihankai (the ISKF'S small group of its most senior instructors).

Amin Sensei is remembered for his smooth, deep voice and his unwavering commitment to tradition and etiquette.



Najib Amin Sensei

Reflections on Kangeiko 2025

By Malavika Patel and the Cleveland Shotokan Karate Club

Introduction

On January 18 and 19, 2025, Oberschlake Sensei delivered three training sessions as part of the winter camp (Kangeiko 2025) at the Ohio State University in Columbus, Ohio. Like other Mid-America ISKF regional events, the winter camp was very well-organized. It also included a testing session and acknowledgements of students (*karateka*) and *sensei* (teachers).

Upon arrival, we had some time to warm up and interact with our friends and acquaintances from other dojos. After an initial round of stretching, we assembled to take group photos and then continued with the rest of the training. The exams began shortly after completion of the first training session and consisted mainly of kyu exams and dan pre-tests with several students testing for different ranks. Thereafter, we had a lunch break followed by the second training session. The third training session was conducted on the 19th.

Throughout the camp, Oberschlake Sensei addressed a wide range of topics with an overall focus on using the body most efficiently to generate maximum power and becoming a better karateka. The camp was a balanced mix of practice and theory, and students also had several opportunities to train with karateka and sensei from other dojos.

Perhaps the most unique aspect of the camp was the application of breathing in karate because when used efficiently, breathing can generate a lot of power while preventing too much fatigue.

As a mechanical engineer, I also enjoyed hearing about the application of the third law of motion ("For every action (force) in nature there is an equal and opposite reaction") and other physics concepts to the concept of propelling oneself and generating power. In addition, Oberschlake Sensei used his experience as an educator to emphasize the importance of reviewing, practice and teaching.

My fellow attendees from the Cleveland Shotokan Karate Club collaborated with me to create the list

below, of our observations from this year's Kangeiko trainings.

Students' observations

Reviewing

Retention rate drops with the passage of time. For example, reviewing a subject within the first 48 hours after learning leads to significantly lower retention of the subject matter as compared to reviewing it within the first 24 hours. Thus, it is important to review concepts as soon as possible.

Practice

- Practicing karate is superior to talking about karate.
- We must attempt to make at least one technique better each time we practice karate.
- We should strive to become better at something with each training.

Teaching

- Teaching is a great way to improve oneself. Teaching a technique to another highlights what we need to improve ourselves.
- Become a better teacher. Change your student's world with each training. Make your students a little better at each training session.
- Soft/Hard instructions: Have the student perform their kata one step at a time. Use soft touch to move them into the proper position, then hard touch to lock them in.

On movement and stances:

- The draw hand should rest at the soft spot between the ribs and hip bone - not too high and not too low.
- When making a punch, the elbows should brush against the sides of the body.

Similarly, the legs should come together, and the knees should brush when practicing the movement of stances, for example, when moving from Zenkutsu-dachi to Zenkutsu-dachi. This ensures that the arms and legs are not being flimsy, and the potential energy of the compressed stance can be converted into kinetic energy to make a powerful movement.

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— *continued: Kangeiko notes*

Additionally, the support leg should remain bent to generate power as the back leg or support leg.

To make a good Shiko-dachi (square stance), ensure that the toes and knees are on the same plane as if glued to it, then drop the hips straight down towards the floor.

Use the **Kiba-dachi** (horse stance) to improve stance, shifting and kime:

- Make a Kiba-dachi with the arms to the side in the double down block position.
- Shift towards the right-hand side by bringing the legs together and focusing on using the inner thighs (adductor muscles) to generate power. Simultaneously, cross the arms at the front of the body, at the hip level, and raise them over the head along the body center to make an X block with wrists facing out.
- Continue to shift to the right, pushing off the floor with the left leg, and bring the arms down the center of the body and back to the side in the double down block position (beginning stance).
- During the entire drill, the feet should be grounded to the floor and the body center should be used to make kime. Avoid popping the head up and down, and keep the legs flexed.
- Repeat the drill by moving towards the left-hand side.

Short and petite people should try to make their stances bigger. A bigger stance is also a good and powerful stance.

On kata and stance

Karate is bigger than us, and kata is the perfect learning tool. Kata has everything one needs to learn and improve one's karate - stances, forward propulsion/power, breathing, kiai and kime.

Heian Shodan is about learning the movement of the Zenkutsu-dachi (front stance) rather than the Zenkutsu-dachi. Similarly Heian Nidan is about learning the movement of the Kokutsu-dachi (back stance).

Try **practicing Hangetsu** (half-moon stance) in the Sanchin-dachi (hourglass stance) to perfect it, then move to the Hangetsu-dachi stance. If you cannot



Figure 2: Sanchin dachi



Figure 2: Hangetsu dachi

master Sanchin-dachi, you will not be able to do Hangetsu-dachi. The following schematics show the foot place, width, and length of sanchin-dachi and hangetsu-dachi (Figures 1 and 2).

There are three main points in Hangetsu, namely, breathing, the Hangetsu-dachi (half-moon stance), and exact coordination of the lower and upper body. The practice of slow movements can develop control of the center of gravity, balance, and coordination of the upper and lower body.

On using muscles

- Use adduction and abduction for compression and expansion during movement. It is important to strengthen the abductors (outer thigh muscles) and adductors (inner thigh muscles) as this allows us to generate power when moving between stances.
- Use the hamstrings and abdomen muscles to make power through kime.
- Strengthen the pelvic floor using the Kegel method.

On breathing

Inhale through the nose and exhale through the mouth. Meditate by inhaling through your nose, beginning with the tongue on the top teeth. As you inhale, move the tongue across the roof of the mouth and back to the soft palate. As you exhale, breathe out through the mouth, move the tongue forward towards the back of the teeth. Set a timer for 5 minutes and practice this breathing meditation daily.

Use breathing intentionally. Inhaling and exhaling when used correctly can greatly reduce training fatigue. This is especially true for kata wherein one can experiment and identify whether inhaling or exhaling works best for each movement in a kata. For example, we can try different breathing techniques such as inhaling when making a block, then exhaling

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— continued, *Kangeiko* notes

on one or more subsequent moves. Each person will have their own breathing pattern for each kata. Practicing kata this way is the most effective way.

Use breathing in sparring to switch between a fighting stance and a full attacking stance. When sparring, inhale to collect yourself into a fighting stance, then use the inhaled breath as *kime* to make a powerful attack. For example, the inhaled breath can be used to quickly propel forward. In this regard, the following breathing training exercise can be used as practice: Assume a fighting stance, left side forward, followed by a *Kizami-zuki* (short punch), then a *Gyaku-zuki* (reverse punch), and then an *Ude-uki* (middle block) with the same hand. The corresponding breathing pattern should be exhale-exhale-inhale.

The speed of breathing dictates the speed of movement. Thus, inhaling quickly can be used to move quickly from one stance to another.

For most karateka, there is difficulty in timing the inhale with the *kime* (focus) on the block. The tendency is to complete the inhale before the final execution of the block.

We must be able to defend ourselves when inhaling as well as exhaling because we can be attacked just after we finish exhaling.

Practice Heian Shodan with a breath for each move, for example, an inhale for one move, an exhale for the next, an inhale for the one after and an exhale for the next two attacks, when appropriate (move 4). Exhales should be at *kiai* points because it is difficult to *kiai* on an inhale.

If you know Hangetsu, practice kata breathing on Hangetsu several times a day.

On propulsion

Every action has an equal and opposite reaction. Apply this concept to karate by using a fixed support to propel yourself into a position rather than assuming a position. The floor is usually the best fixed support available to us. Thus, movement must begin by pushing oneself against the floor first. For example, when practicing *kihon*, such as making an *Oi-zuki* (step-in punch), push yourself against the floor with the back foot to propel forward. Bend knees slightly

before propulsion to be able to push forward. This is a more efficient and effective way of practicing karate.

Use the front leg to generate power when stepping in. Keep the front leg slightly bent to generate forward power, and drive through the heel as the front leg becomes the back leg. Keep your hips and upper body upright, do not bend forward. When moving in karate, your upper body should remain on the same plane instead of bobbing up and down as you move forward or to the side during attacks, defense or kata.

Tying it all together

Combining the use of muscles with breathing and propulsion can make a strong stance and generate power. This is how the entire body versus just the hips or the back leg should be used in karate.

Karate is the best teacher. Just as playing a Mozart composition does not make the composition better, practicing a kata does not make the kata better because the kata is already as good as it can be. However, practice makes the karateka better. Thus, the goal of practicing karate should be to improve oneself, not to make karate better.

Karate is more than techniques, more than mindless repetition.

There is a process to learning, to learning karate.

Purpose

- Karate is divided into two parts: development and application
- Physical development - quality of life
- Mental development
- Application - self defense

Principles

- Stance, Posture, Correct form
- Effortless effort
- Reflex action
- Kime

Process

- Breakdown the Principles into steps. Master each step before moving on.
- The process teaches you something; it also teaches you how to do something.

CONGRATULATIONS!

2024 dan results

Name	Club Affiliation	Rank Achieved
Geno Cardosi	Ohio Valley	Shodan (1st)
Curtis Foster	Creekside	Shodan (1st)
Micheal Hudson	Brown County	Shodan (1st)
Hallie Bram Kogelschatz	Cleveland	Shodan (1st)
Robert Opoka Jr.	Anderson	Shodan (1st)
William Stamp	Athens	Shodan (1st)
Richard Williams Sr.	Anderson	Shodan (1st)
Sofia Chatterton	Swartz Creek	Nidan (2nd)
Douglas Fadley	Columbus	Nidan (2nd)
Rafi Fadhlurrahman	Anderson	Nidan (2nd)
Caleb Horner	Anderson	Nidan (2nd)
Daniel Waldren	740 ISKF (Pataskala)	Nidan (2nd)



Recent Honors Congratulations!

Name	Club Affiliation	Honor
Philanna Hooper	Swartz Creek Karate Club	Mid-America ISKF Scholarship: Adult
Caleb Horner	Shotokan Karate of Anderson	Mid-America ISKF Scholarship: Teen
Graydon Neuringer	Shotokan Karate of Anderson	Mid-America ISKF Scholarship: Youth
Dan Waldren	ISKF 740 (MA-54)	Meritorious Service Award

Spring-Summer-Fall 2025 Calendar

April 5: Regional Tournament and Board of Directors Meeting at The Ohio State University in Columbus, OH

May 3: Regional training at the Delaware YMCA, Delaware, OH

June 6-13: ISKF Master Camp at Camp Green Lane, Green Lane, PA

Aug. 1-3: Summer Camp at Covenant Hills Camp & Retreat, Otisville, MI

Sept. 13: Regional Training at Ohio Valley Karate Club, Wyoming, OH

Oct. 11-12: Fall Camp at Creekside Karate Club, Boardman, OH

Nov. 21-23: 45th Annual ISKF US National Karate Tournament, Philadelphia Marriott Old City, Philadelphia, PA

Sensei Jim Oberschlake
President & Chief Instructor
ISKF Mid-America Region

8th dan 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 in southeastern Ohio.



Sensei Carol Glenn
Vice President & Team Coach
ISKF Mid-America Region

7th dan Carol Glenn, who started karate in 1979 and trained under Sensei Golden, earned her nidan from Nakayama Sensei in 1986. She is the Chief Instructor of Swartz Creek Karate Club in Michigan.



Marty Schrager
Assistant Chief Instructor
& Regional Director
ISKF Mid-America Region

6th dan Marty Schrager began karate in 1993 at the Ohio University Shotokan Club in Athens, Ohio, under Howard Beebe Sensei. He earned his shodan in 1997 under Greer Golden Sensei. Schrager is also the Chief Instructor of Ohio Valley Karate in Wyoming, Ohio..



Contributors

JIM OBERSCHAKE

8th dan, Oberschlake is chief instructor for the Mid-America region and chief instructor at Brown County Karate Club.

CAROL GLENN

7th dan, Glen is chief instructor at the Swartz Creek Karate Club in Swartz Creek, MI, and Mid-America team coach & Vice President.

KIM WEBER

7th dan, Kim Weber has been chief instructor of Anderson Karate since 2002. She has also served as Mid-America secretary through 2024.

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