



INSIDE THIS
ISSUE:

Va Beach Training	1
Technical: Honto Kata	2
Safety begins with Awareness	3
First Impressions	4
Photo Album	5
Dojo Activities pages: Fill in the blank, word-find	6-7

Norfolk Seminar

On Thursday night, January 29th Kaicho Burgermeister arrived at the Norfolk International Airport in Norfolk, Virginia. He was greeted at the airport by Scott Sprouse Sensei, Shibuchō VA SE, two of his yundansha and by the host Johnnie Felton Sensei and his wife Tammy.

Friday evening and Friday night proved to be very eventful. On Friday afternoon Kaicho met with a local Judo instructor Sensei E. Ravon Spruiell. This meeting led to the reception of the ISKU'S first Judo instructor on Saturday afternoon.



The seminar took place at Faytons Martial Arts Academy. Sensei Fayton is currently a Tae Kwon Do

instructor who was at one point a personal student of Soke Kuniba for several years. Sensei Fayton gra-



ciously opened his doors to us for the entire weekend.

On Friday night Kaicho taught all 5 Hokei Kumite. Students at the seminar ranged from white belts who had only been training for three weeks, to dan ranks. All those present enjoyed the intense time of practicing the Hokei Kumite. After the session ended Kaicho dismissed all those present from the seminar. At this point, Wes

Brown Sensei, Leo Rivera Sensei and Johnnie Felton Sensei were taken through a rigorous exam by Kaicho.

On Saturday morning Kiacho taught all five Pinan kata. He pointed out the direct relationship to the Kusonku kata. He also taught the bunkai to the kata. On Saturday afternoon Scott Henson Sensei was examined for rank promotion. Later that night the group went to Golden Corral for dinner. After dinner the yudansha and their spouses had the privilege of meeting with Kyoshi Baylor, the secretary of the DNBK-ID and Kiacho Burgermeister. This was a momentous weekend for everyone.

Tammy H. Felton



Promotions

Mina San, I had the pleasure of experiencing a Seishinkai seminar on January 30-February 1 in Norfolk, Virginia. The seminar included direct instruction from Robert Burgermeister (Kaicho) on all the Pinans including bunkai and the Hokke Kumite. This seminar was a breath of fresh air, it gave black belts a refresher course and the beginners' careful instruction on what to expect in the

future. The constant repetition of the Pinans gave fluidity to oneself as well as the ability to demonstrate the Pinans at any speed with technique. This really opened up my eyes that through constant practice and perseverance, success will follow.

Testing for Dan grades was done on Friday the 30th and included 2 kata (shurite, nahate, and tomarite), Hokke Kumite and Kumite. The experience was well worth the pain and bumps. The test pushed many of us to our breaking points but

we focused and relied on our technique. I would like to congratulate Robert Fulton (4th Dan), Wes Brown (3rd Dan) and myself Leonardo Rivera (3rd Dan). I recommend these seminars to everyone that has an interest, passion and the willingness to train, train and yes TRAIN!

Leonardo Rivera Sensei



The Practice of Honto Kata

Honto Kata no Keiko

工:
Pinan
Shodan,
Pinan
Nidan,
Jion

Honto (real) kata is a concept that describes the true intentions of a kata and the practices used to help one discover more about the kata they practice. There are a few rules we must discuss before getting into Honto. Here are a few:

- Kata were designed to hide techniques
- Techniques came first. They were then organized through the formulation of kata
- Karate, until recent times, was an oral tradition
- Kata are organized so that one practices both sides

There are many things in kata that confuse the subject of bunkai (meaning/ analysis) because they follow a pattern (enbusen). For example, in Pinan Nidan, do we go left because the attacker is on the left or because the predetermined pattern dictates we move left? Now, if it is the pattern that tells us to go left, is the attacker really to the left? Master Gichin Funakoshi touches on this in his book "Karate Do Kyohan". Many kata were created using kanji as the pattern.



- 一: Naihanchi series, Chinto
- 丁: Pinan Sandan, Pinan Godan, Passai Dai
- 十: Seisan, Jitte
- 工: Pinan Shodan, Pinan Nidan, Jion
- 士: Pinan Yondan, Kusanku (Koshokun), Matsukaze (Wankan)

Additionally, Ananku follows the pattern of the kanji for rice (米). The practice of left and right, changing directions, and following a pattern can distort the meaning of many kata techniques.

Honto Training Methods



The first method is to change the timing of your kata. Think of the execution of kata as following music with one beat being one technique. The ratio here is 1:1. Now, change the timing to 2:1. This is done quite often, for example, in Pinan Nidan where one executes the opening block followed immediately by the punch as if they were a part of one technique.



But what happens when it becomes 3:1. Now, the 180 degree turn and down block become a part of the single technique. What could we be doing here?" The ratios can continue to change utilizing 4:1, 5:1 and so forth.

The purpose of this exercise is to try to open the mind to not think of what the movements are based on our personal perception. Our perception of what the kata is doing ultimately means very little...we did not create the kata. Only with the practice of Honto and a better understanding of the history of the culture from whence the kata came can we truly master kata.

A final Honto practice is to eliminate doing the kata to practice both sides. Strip the kata down to its bare essentials, only executing each series or individual technique one time. Do not worry about ending in the same place or facing the same direction when practicing this method of Honto Kata.

This method of practice is very old and has been kept in the traditions of the Shobayashi Ryu, Kobayashi Ryu, and Motobu Ryu in Okinawa for many generations. Shito Ryu practices a form of it called the Hokkei Kumite. If you do not have a copy of "The Bubushi", please get one. It shows many of the original techniques that kata movements were based upon.



Rob Rivers, USA Honbucho

"Strip the kata down to its bare essentials, only executing each series or individual technique one time."

"The test of a good teacher is not how many questions he can ask his pupils that they will answer readily,

but how many questions he inspires them to ask him which he finds it hard to answer."

~Unknown~

Safety Begins With Awareness

TIPS FOR YOUR VEHICLE

MANY TIMES WE GET IN THE HABIT OF USING OUR CARS LIKE A HOME AWAY FROM HOME. WE PULL OUR POSSESSIONS OUT FOR USE THEN, AND FORGET TO PUT THEM BACK, OFTEN WALKING AWAY FROM THE VEHICLE WITH OUR POSSESSIONS OUT IN THE OPEN.

BESIDES KEEPING OUR VEHICLES NEAT AND CLEAN, WE NEED TO REMEMBER, TEMPTATION IS THE LEADING CAUSE FOR A LOT OF THE VEHICLE BREAKINS.

A GPS SYSTEM, IPOD, OR JUST A BACKPACK, WOULD BE MORE THAN ENOUGH REASON TO BREAK OUT YOUR WINDOW AND RUMMAGE THROUGH YOUR CAR, TAKING WHAT EVERY THE THIEF DEEMS WORTHY. HERE ARE A FEW THINGS TO THINK ABOUT.

KEEP VALUABLES OUT OF SIGHT, GPS, SATELITE RADIO ETC...

IF YOU ARE TRANSPORTING EQUIPMENT/POSSESSIONS, USE THE TRUNK TO STORE THEM, REMEMBER: "OUT OF SIGHT OUT OF MIND" !

ALWAYS LOCK YOUR GLOVE BOX.

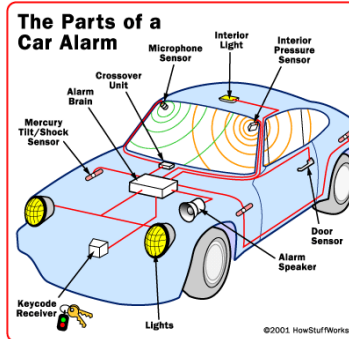
USE THE DETACHABLE FEATURES OF YOUR CAR STEREO, WHETHER IT'S THE FACE OR TAKING THE WHOLE SYSTEM OUT.



ALWAYS KEEP DOORS LOCKED AND WINDOWS UP, DON'T "CRACK" YOUR WINDOWS, KEEP DOORS LOCKED EVEN WHEN YOU ARE IN THE CAR.

REMOVE ALL SMALL ITEMS, INCLUDING CD HOLDERS/FOLDERS.

ALWAYS WALK TO AND FROM YOUR VEHICLE WITH YOUR KEYS IN YOUR HAND, THE KEY NEEDED FOR THE DOOR IS OUT AND READY TO USE.



ONLY USE ELECTRONIC LOCKING DEVICES TO UNLOCK THE DOOR WHEN YOU'RE NEXT TO YOUR CAR.

HAVE YOUR VEHICLE INFORMATION HANDY INCASE IT IS STOLEN, SUCH AS LICENSE PLATE #, VIN #, COLOR, MAKE MODEL, AND ANY OTHER IDENTIFIABLE FEATURES.

A NEAT IDEA IF YOU DON'T HAVE A HOME ALARM SYSTEM:

PUT YOUR CAR KEYS BESIDE YOUR BED AT NIGHT. IF YOU HEAR A NOISE OUTSIDE YOUR HOME OR SOMEONE TRYING TO GET IN YOUR HOUSE, JUST PRESS THE PANIC BUTTON FOR YOUR CAR.

THE ALARM WILL BE SET OFF.

IT'S A SECURITY ALARM SYSTEM THAT YOU PROBABLY ALREADY HAVE AND REQUIRES NO INSTALLATION. TEST IT. IT WILL GO OFF FROM MOST EVERYWHERE IN-



SIDE YOUR HOUSE AND WILL KEEP HONKING UNTIL YOUR BATTERY RUNS DOWN OR UNTIL YOU RESET IT WITH THE BUTTON ON THE KEY FOB.

IT WORKS IF YOU PARK IN YOUR DRIVEWAY OR GARAGE IF YOUR CAR ALARM GOES OFF WHEN SOMEONE IS TRYING TO BREAK INTO YOUR HOUSE, ODDS ARE THE BURGLAR RAPIST WON'T STICK AROUND...

AFTER A FEW SECONDS ALL THE NEIGHBORS WILL BE LOOKING OUT THEIR WINDOWS TO SEE WHO IS OUT THERE AND SURE ENOUGH THE CRIMINAL WON'T WANT THAT. AND REMEMBER TO CARRY YOUR KEYS WHILE WALKING TO YOUR CAR IN A PARKING LOT. THE ALARM CAN WORK THE SAME WAY.

WE HOPE THESE TIPS WILL BE OF HELP TO YOU. SEE YOU NEXT MONTH WHEN WE TALK ABOUT HOME SECURITY.

WES BROWN SENSEI

"Victory is reserved for those who are willing to pay it's price." - Sun Tzu

First impressions...

In the last few issues of the newsletter, there have been some good articles dealing with etiquette.

In this article, I want to take the etiquette lesson one step further, or should I say, 1 minute further.



That's right, 1 minute... Believe it or not, it takes 1 minute for a person to make a decision about you. Its broken down into 3, 20 second sections.

The first 20 seconds of your encounter with a person, the person is looking at you. Making a judgment based on how you look. This is a given, I hope we all know this one. Regardless if you agree or not, how we look starts the wheels rolling. Example: wrinkled dirty karate uniform vs clean non-wrinkled uniform.

Second, they are watching your body language, what you were saying to them without words. Were you open to them, receptive and ready to get to work or were you closed making them feel you didn't have the time, or not interested.

Third, what was your verbal communication like? Were you appropriately loud enough to be heard with good tone and pitch? Did you use good clear enunciation, speaking proper English and not using slang? Did you use proper titles or respectful "Sirs and Mam".



I realize we all know this or have heard it in some form or fashion, what is surprising to most people is how fast the first impression is made. Every thing about us and who we are is based on a short minute, 60 seconds...

So much more could be added to each of these 20-second sections, I will leave the additions to you as you train or train others. What I wanted to convey to you is that sometimes we take for granted the first impression, that very, very, very short first impression.

Especially when you think about how fast, it takes a first impression to form in ones mind; 1 minute is all it takes. However, it can take hours if not days and months to change the 1-minute first impression.

As students and teachers, parents and children, we all need to make the best "first impressions" we can and continue to build on them every chance we get. First impressions lead to lasting impressions, lasting impressions build strong relationships and bonds, and its these bonds that give the ISKU student credibility to who they are. So work on making your "First Impression", the best one.

Wes Brown Sensei



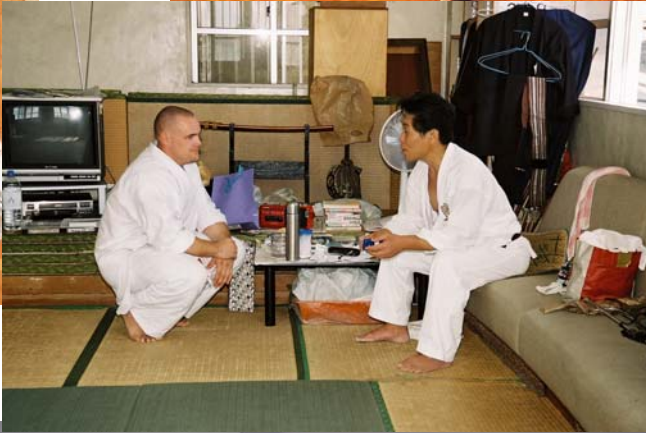


Photo Album





Who is this Sensei?

Who is this Sensei? _____

Words to find:

- Akahira
- Ankoh Itosu
- brawler
- grappling
- Japan
- kata
- Kosaku Matsumura
- kumite
- makiwara
- monkey king
- naihanchi
- Okinawa
- Osaka
- techniques
- tradition

b d w j l z w k h p t v g j g m n h k u
 y h z x g g t c f r v w w n x m o i a n
 h z w m c a b e e m q w i z d i i n v a
 i m o q p i r s c p t l x u o n t a a p
 y h q l u o b u r h p s t f n a i r n a
 m y c h p v s e m p n c e f s u d a k j
 r u i n g c l r a u b i d w a g a w o l
 g t o j a w h r e s s y q s m h r i h n
 v n l a a h g j j x a t d u w s t k i t
 k c i r e p i g g g k v a n e b d a t p
 i b b k f t k a j w a j p m l s a m o g
 a h e y y s i u n m h k q a u b y r s r
 k t m n e e r m i t i y a d x k j u u q
 e s e b z z k u u f r b p s x p a a y n
 n f t y i g i n q k a n f h o t h s x v
 k i l h i j x a o r y p u d z b o g o j
 a q k x g a l y p m l j q z a h p o x k
 t l q f o k w p o q j f x v l e r a n a
 a q n a n h u y l l u l n p y g h e c s
 k p w n t u s k a w a n i k o h k z d w