



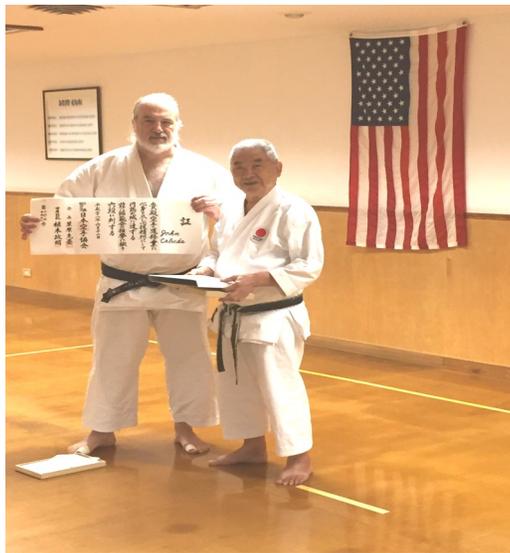
JKA AF Newsletter

Member - Japan Karate Association

Chief Instructor –Takayuki Mikami

JKA/AF Members Earn top Results

Earlier this past summer Johnny Caluda (Previous Champion and US Team Coach) earned the rank of Roku Dan at the JKA/AF Summer Camp. Sensei Mikami presents certificate at JKA/AF Honbu Dojo. Congratulations Johnny.



Just a few weeks ago Jose Ferrand (Miami Shotokan) attended the 2016 JKA Autumn Camp held in Tokyo Japan. Jose, who is a Rokudan and a Coach of the US JKA Team, tested for special rights examiner. He successfully completed and earned Nidan special rights. We want to congratulate Jose Ferrand for obtaining these outstanding results.



Volume 1, Issue 2

Newsletter Date
10-10-2016

Key dates of Interest

November 12-13 – JKA AF National and Goodwill Tournament (New Orleans LA)

November 19 – Jimmy Blann’s Tournament (Regional Representative of USANKF)

December 10- End of the year training and annual scheduling meeting.

2017

April—JKA USA Team Trails

June– Summer Camp

JKA World Championships– Ireland

The Making of a Champion

It is said the roots of motivation come from desire. All success, achievement, and championships begin with desire. Motivation begins as a goal to accomplish something and grows to a will to do it, and becomes a burning desire. Desire is the prime element in the athletes motivation to win.

Desire can be developed. How?

Anticipate what becoming a champion will mean to you. See yourself as a champion.

Learn and study everything you can about your sport.

Watch and study your sport at every opportunity. Learn from all who participate in your sport.

Identify with a champion in your sport.

Remind yourself of your goal and keep the fire in the belly and desire.



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Training With Machida -

By Christina Foo

JKA Northern California welcomed Chinzo Machida to the Bay Area on October 23rd, 2016. Sensei Machida (5th Dan JKA Instructor) is a lifelong friend of our JKA NorCal instructor Wauriman Borges with roots from JKA Brazil under elder Sensei Yoshizo Machida. While the Machida's are notable in the MMA/UFC arena, Sensei Chinzo focused the 4-hr training with our JKA NorCal students on traditional JKA curriculum/techniques. It was a stimulating seminar beginning with fundamentals (Kihon), reviewed Jion (Kata), showcased sparring (Kumite) and closed with useful Self-Defense moves turn to Offense! It was wonderful to fellowship with Sensei Machida, and we look forward to more

opportunities to train together now that he has moved to California and is teaching in UCLA.



Chinzo Machida
5th Dan JKA Instructor

*Multiples Karate
Internationals Titles:

Runner-up JKA World
Championship

*Head Coach of U.F.C.
Former World Champion
Lyoto Machida

*Currently M.M.A.
Fighter

Undeafated at Bellator

*Currently UCLA
Shotokan Karate
Instructor

MOUTHPIECES

UNITED STATES OLYMPIC COMMITTEE, DIVISION OF SPORTS MEDICINE

What is the function of a mouthpiece?

Many people think a mouthpiece is just to protect teeth in the front of the mouth from getting broken or knocked out. This is an important function but maybe more important is the cushioning effect it gives to Temporomandibular Joint (TMJ). A blow to the face or jaw can be spread to TMJ, causing a serious injury to this joint. The cushioning provided by the mouthpiece will spread out and lessen the force, therefore decreasing possible injury or concussion.

Why should you wear a mouthpiece?

Any athlete who has the potential to be hit or receive a blow to the face or jaw. It only takes one blow to be very damaging not only to your mouth but to your performance during training or even important competition. It is also necessary for people who have crowns, caps, bridgework, root canals, or are wearing braces to wear a mouthpiece.

Is it hard to talk and breathe with a mouthpiece?

Some athletes use this as an excuse not to wear a mouthpiece. Most "stock" mouthpieces that you buy in a store and boil can be less comfortable to wear. This is because

they do not fit tightly. A "custom made" mouthpiece, fitted by a dentist can make breathing and talking so easy that some athletes forget they have them in their mouths.

As human nature goes, people have a tendency to think it will never happen to them. Don't be fooled by thinking this because there have been athletes who have had to withdraw from championship competitions because of dental injuries that might have been prevented with a mouthpiece.

Dental health goes far beyond cosmetics and appearance. Don't play the odds and avoid the risks.

REPORT: 2016 JKA Autumn Camp by Jose Ferrand

From the 13th until 16th of October, the fall camp was held at the JKA Head Quarters in Tokyo, Japan. For the first time it was open for all styles of karate. Excellence classes of kata and kumite were given by certified instructors with experience on the subjects. Over 300 hundred instructors and practitioners from all over

the world participated in this event. I have been present in many of these camps and my personal opinion is that it was the best as far as communicating with the senseis. We shared opinions and ideas with each other. It was a great experience that I will transfer to my students and members of our group.





JKA—SKDI Goodwill Championship Results

Members of the JKA/AF recently participated in the JKA Shotokan Karate-Do International Championships. The event was Hosted by Sensei Mori at Lehman College West Bronx, New York. We had participants from University of Tulane, Southeastern University, Memphis, TN and JKA Maine that supported the event and represented Sensei Mikami well.

The weekend events started with discussions between the three US JKA organizations. Jerry Kattawar, Jr. represented the JKA/AF. Discussion topics included future team trials for upcoming World Tournament, Karate in the Olympics, AAU membership, and JKA in the U.S. (more info to follow).

Damiam Boldt (Sensei Joey Giluso), Rachel Kattawar (Sensei Jerry Kattawar, Sr.), Harry Rahn and Vicki Weiyao Wang (Sensei Kyriakos Papadopoulos) all four competed head to head

with the champion of their events. JKA Maine (Sensei Ferdie Torres and Sensei Khim Torres) represented with a large group and strong results.



2016 JKA SHOTOKAN KARATE-DO INTERNATIONAL CHAMPIONSHIPS & U.S. GOODWILL TOURNAMENT

Date: October 12, 2016 Lehman College, West Bronx, New York

Team Kumite Men

1. JKA Shiroma
Jorge Torres, Jonas Correias, Sergey Lukyanenko
2. UConn JKA Karate Club
Mike Jacobs, Ryan Jacobs, Aidan Boyce

Team Kata Black Belt

1. JKA Maine
Rosh Torres, Michael Umayam, Yuki Torres
2. JKA Boston
Moe Wakai, Luna Damiani, Yana Lazarova-Weng

Black Belt Kumite Men

1. Joe Vincente (New York)
2. Sergey Lukyanenko (Shiroma)
3. Mike Jacobs (UConn)
3. Ryu Goto (New York)

Black Belt Kata Men

1. Joe Vincente (New York)
2. Rosh Torres (Maine)
3. Ryu Goto (New York)
4. Andrew Bakoledis (Montville)

Black Belt Kumite Women

1. Edna Lima (New York)
2. Maryam Alsalah (Boston)
3. Abby Barrera (Montville)
3. Carolyn Rinaldi (Wallingfrd)

Black Belt Kata Women

1. Tsuneko Ito (Shiroma)
2. Moe Wakai (Boston)
3. Abby Barrera (Montville)
4. Noriko Furuhashi (New York)

Shodan Kumite Men

1. Yick Chong Lam (Yale)
2. Quang Ha (Boston)
3. Michal Benes (Brooklyn)
- Luis Aguiles (Shiroma)

Shodan Kata Men

1. Tino Damiani (Boston)
2. Yick Chong Lam (Yale)
3. Luis Aguiles (Shiroma)
4. Chi Wai Chow (Boston)

Brown Belt Kumite Men

3. Bruce Luong (Maine)

Brown Belt Kata Men

1. Bruce Luong (Maine)

Brown Belt Kumite Women

1. Kim-An Do (Boston)
2. Kitty Yang (UConn)
3. You You (GW Univ)
4. Weiyao Wang (Tulane)

14-17 Years

Brown/Black Belt Kumite

1. Yuki Torres (Maine)
2. Michael Umayam (Maine)

Brown Belt Team Kata

1. JKA Maine
Mikaella Torres, Benjamin Farris, Ariana Touchette-Ruiz
2. UConn JKA Karate Club
Phil Minichino, Kitty Yang, Jeremiah Smith

Junior Brown Belt Team Kata

1. JKA Maine
Mikaella Torres, Benjamin Farris, Ariana Touchette-Ruiz
2. JKA New York
Yusuke Kobuse, Martin Basset, Kai Smith

9-13 Brown/Black Belt Kumite

2. Ariana Touchette-Ruiz
3. Benjamin Faris

9-13 Brown/Black Belt Kata

4. Ariana Touchette—Ruiz (Maine)

JUDGES CORNER

Kyriakos Papadopoulos Roku Dan

Judge - Class A

In judging kata, a key criterion is the application of the techniques. However, the performing competitors do their kata without a partner, and do not demonstrate applications of kata techniques on someone who attacks them. How are the judges supposed to judge whether the techniques are meaningful as defenses and attacks? My preferred way of evaluating application of techniques is to make myself be an imaginary opponent of the competitor. When s/he punches, kicks or strikes, I ask myself how easy would it have been to block the techniques? Similarly, when the competitors perform defensive moves I imagine attacking them; could the competitor have defended successfully against a strong attack?

What might possibly be other ways to judge application of technique in kata?



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Training in the Philippines

By Kellan Lyman

Greetings from the Philippines! In September, I moved to the Northern Philippines for the next year to work with an economic development organization that provides loans and sustainability trainings to agricultural communities.

I've also had the opportunity to train with JKA Philippines! In Manila, I visited the club inside the Philippine National Police compound (after being briefed by security). Where I live, I travel to the city by jeep (retrofitted military-style vehicle) 3 times a week to JKA Baguio. The club members are welcoming, excited to train with an American; the classes and techniques are similar to ours. Many are aware Sensei Mikami was the first to bring karate to the Philippines and send their warm regards to the States.

We are preparing to compete in a WKF tournament, so I've been working with the youth and friendships through sweating together.



Shoto Cup Update

Discussions were held in October in New York with the three organizations (JKA/AF, JKA/WF America, and SKDI) representing the JKA in the USA. These discussions included Team selection process for the 2017 World Shoto Cup which is scheduled for Ireland next year. Information and results from these discussions will be communicated at this year's Nationals.

DOJO Spotlight - JKA Lincoln Park Chicago

JKA Lincoln Park has been a proud member of JKA/AF Karate for over a year. We are located at 2440 N. Lincoln in Chicago, Illinois, in the heart of Lincoln Park neighborhood. Chief Instructor Sensei Dahlia Soto offers classes for all ages ranging from three years old to adults of all ranks. Sensei Dahlia (Yondan) places emphasis on traditional Shotokan Karate as well as life skills and acts of kindness for her younger students. She started karate at the age of nine in the Philippines. She has several JKA National Philippine titles earned as youth in the 90's. In 2003, she was a PKF Gold Medalist in Team Kata and Individual Kumite; Silver Medalist in 2006, JKA National Philippines; 2015 JKA/AF silver in Kata; Bronze Medal in Team Kata at the 2016 Sudan American Championship.

We want to welcome Sensei Dahlia and JKA Lincoln Park Chicago to the JK/AF.

