

THE MAKIWARA

THE OFFICIAL NEWSLETTER OF THE AOKA

July 2008

This year has been a real challenge for most of us. Gas prices continue to rise as do prices for almost everything else that we purchase. Still life goes on.

We are in the final stages for this year's AOKA tournament in Charlotte, NC. If you are planning on attending, now is the time to act. Please take the time register for the tournament, purchase banquet or spectator tickets and make your hotel reservations.

For those of our members that cannot attend, you can still show your support by purchasing a tournament t-shirt. We have a limited supply so it would help tremendously by placing your order now.

Thursday evening the board of directors will have a meeting with all State and Regional representatives that will be able to attend. Friday morning the Promotion Board will do testing in the morning. Friday afternoon will feature four seminars. The Awards Banquet will be held on Friday evening.

Saturday morning the tournament will begin promptly at 10AM. Black belt meeting to go over the rules will begin at 9:30. Historically our tournaments run very smoothly and this year should hold true to form. Please make sure that if you are competing that you are there on time because we will run the divisions with great efficiency.

I want to thank all of you that have pre-registered already and I look forward to seeing all of you in Charlotte next month.

Mitch Kobylanski
President AOKA

The Makiwara is published once every two months or as required by the AOKA. *The Makiwara* is property of the AOKA. Contents may not be reproduced or used in another publication without express written permission from the AOKA. Deadline for submission is the end of the month prior to publication. AOKA members of all levels are invited to submit articles for *The Makiwara*.

Please send questions, comments or contributions to the Newsletter Committee to have answered in the next edition:

newsletter@aoka.org

2008 AOKA Tournament Events

Seminars on Friday, August 8, 2008

12:00-1:00 Master Terry Creamer: Tournament Fighting Combinations

1:15—2:15 Master Tom Reiff: Jujitsu techniques in Is-shin-Ryu katas

2:30—3:30 Master Aaron Blackwell: Aikido techniques

3:45—4:45 Grand Master Pete Carbone: Sai basics

AOKA Members: free

Non – Members: \$10/seminar

Awards Banquet on Friday evening August 8, 2008

Cocktails (cash bar) starting at 6:00 P.M. and dinner will start at 7:00 P.M.

Entrée 1 – London Broil—\$40.00

Entrée 2 – Chicken—\$35.00

Entrée 3 – Fish—\$35.00

Entrée 4 – Children (10 and under) Chicken—\$20.00



Tournament Tips

Competitors:

- Wear a clean, ironed/pressed uniform. Have all equipment necessary: belt, weapons, sparring gear (head, hand, foot, mouth, groin and/or chest protector).
- Pay attention for announcements! You might miss the announcement your division has started and the ring assignment.
- Visit the rest room early.
- Keep track of your competitor ticket.

lights out!” are better used somewhere else. Remember, children emulate those that they look up to: parents, black belts, and family members. Please set an example for others to follow.

- Don't encroach into the rings. Someone can be injured getting too close to a ring especially during weapon or sparring competition! Ouch!
- Keep track of your spectator ticket. You don't want to have to purchase a second ticket because your original was misplaced. Try to limit the traveling in and out of the tournament area.

Parents:

- Pay attention to announcements and ring assignments for your children.
- Bring only what is necessary. Don't bring extra stuff that will get in your way or may be lost.
- Mind your toddlers walking into a ring.
- Don't distract your child or others in order to take a picture. The distraction may hurt a child's ability to advance. Remember, flash cameras will temporarily blind the recipient. Would you want a flash picture taken of you before a competition?

Everyone:

- Make Hotel Reservations now. Don't get caught short by requesting a room after the deadline and miss the discounted rate.
- AOKA Membership renewal will be due for most members. It might be better to take care of next year's dues now.
- As volunteers, the judges do their best to quickly determine the results of competition. They do not need your "assistance" in determining the outcome.
- If you plan to attend the Awards Banquet, seating is limited. Visit <http://www.aoka.webmaxstudio.com/page/page/5430787.htm> and make your dinner reservations now!

Audience:

- During sparring competition, a lot of people will holler giving moral support to their competitor of choice. There is nothing wrong with it and it is encouraged; however, please watch your language! Using words like, "Kill him! Kick his head! Knock his



The American Okinawan Karate Association is proud to announce the following members are selected as finalist for awards to be presented during the Annual Awards Banquet. We applaud their dedication, contribution and commitment to the growth of Isshinryu. Congratulations for your selection as finalists!

Outstanding Youth, Female		Outstanding Youth, Male	
Brianna M. H. Kayla M. Rachael W.		Elliott R. John E. Jordan M.	
Outstanding Adult, Female		Outstanding Adult, Male	
Dawn M. Tonya C.		Justin S. Scott P. Walt El.	
Outstanding Youth Black Belt, Female		Outstanding Youth Black Belt, Male	
Jodi P. Kaitlyn B.		Benjamin S. Jordan T. Ryan M.	
Outstanding Black Belt, Female		Outstanding Black Belt, Male	
Donna S. Tanya L. Terry H.		Jeff L. Jon O. Shane H.	
Outstanding Instructor, Female		Outstanding Instructor, Male	
Dinah J. Mary H. Terry H.		Joshua W. Mark C. Mike F.	
Spirit of Isshin Ryu		Dojo of the Year	
Bob H. Mike F. Tim B.		Carolina Isshinryu Academy Monroe Chitora Dojo Stallings Dojo	
Outstanding AOKA Supporter			
Debbie F.		Debra M.	Kandy C.

UPCOMING EVENTS

(source: <http://www.bohans-family.com/Events/UpcomingEvents.htm>)

Date	Location	Event
25-27 Jul-2008	Burlington, NC	Camp Budo
26-Jul-2008	Gatlinburg, TN	IHOF Tournament
8-9 Aug-2008	Charlotte, NC	2008 AOKA World Championships and Awards Banquet
23-Aug-2008	Montross, VA	1st Annual Northern Neck Karate Tournament
13-15 Feb-2009	Orlando, FL	International Isshinryu Open Tournament



I forgot the to make my room reservations for the tournament. I even forgot where to make reservations for the Awards Banquet!

Charlotte Marriott Executive Park
5700 Westpark Dr.
Charlotte, NC 28217

If you need to reserve a room:

Option #1: Call 1-800-359-7961 and reference 'AOKA' when speaking with the reservations department.

Option #2: Book your reservation online by going to

<http://marriott.com/CLTNC?groupCode=AOKAOKA&app=resvlink>. This takes you directly to the hotel reservations section. It has already filled in for you the corporate/group promotional code: AOKAOKA, which will give you the special rate.

I knew you forget to make dinner reservations for the Awards Banquet. The deadline is fast approaching. Visit:

<http://www.aoka.webmaxstudio.com/page/page/5430787.htm> and make your dinner reservations now!



The American Okinawan Karate Association

Presents

2008 AOKA World Championships

And

Awards Banquet

August 8 – 9

Marriott Executive Park, 5700 West Park Drive

Charlotte, NC 28217

Hosted by Grand Master Mitch Kobylanski

Black Belt Testing: Friday, August 8th

Workshops and Seminars: Friday, August 8th (12PM to 5PM)

Banquet: Friday, August 8th (6PM opens – 7PM dinner)

Tournament: Saturday, August 9th - 10:00 AM Sharp

For additional information

email: Kobylanski@windstream.net

2008 AOKA WORLD CHAMPIONSHIPS

Visit <http://www.aoka.webmaxstudio.com/page/page/5430787.htm> for payment.

LOCATION: Charlotte Marriott Executive Park, 5700 Westpark Dr., Charlotte, NC. **TIME:** 10:00 A.M. Saturday, August 9, 2008. **ENTRY FEE:** Day of - \$55.00 one event, \$10 each additional event **PRE-REGISTRATIONS:** **AOKA Members** \$45.00 one event, \$50 two events, \$55 three events **Non-AOKA Members** \$50.00 one event, \$55.00 two events, \$60.00 three events –must be received by July 20, 2008. **PAYMENT:** Mail check or money order to AOKA, 27W401 Mack Road, Wheaton, IL 60187. **CONTACT EMAIL:** Kobylanski@windstream.net.

Name _____ School Name _____
 Address _____ School Address _____
 City _____ State _____ Zip _____ City _____ State _____ Zip _____
 Age _____ Phone _____ Instructor _____ E-Mail: _____

I wish to enter the following divisions: (note: you may enter one Fighting, one Form, one Weapons)

Black Belt Division – All Ages			
Weapons	Forms	Fighting	
__12 & Under (Boys/girls)	__12 & Under (Boys/girls)	__12 & Under (Boys/girls)	__18-34 Women (128lbs. & under)
__13-17 (Boys/girls)	__13-17 (Boys/girls)	__13-14 (Boys)	__18-34 Women (129lbs. & over)
__18-34 (Men)	__18-34 (Men)	__13-14 (Girls)	__35 & over Sen. Men (175lbs. & under)
__18-34 (Women)	__18-34 (Women)	__15-17 (Boys)	__35 & over Sen. Men (176lbs. & over)
__Senior 35 & Over (Senior Men/Women)	__Senior 35 & Over (Senior Men/Women)	__15-17 (Girls)	__35 & over Senior Women
__Senior Instructors, 35 & Over (Men/Women)	__Instructors (3rd, 4th, 5th)	__18-34 Men (175lbs.-under)	__Instructors (3rd, 4th, 5th)
	__Senior Instructors, 35 & Over (Men/Women)	__18-34 Men (176lbs - over.)	__Senior Instructors (3rd, 4th, 5th) 35 & over

Under Black Belt (Kyu) Divisions			
Adult (18 Years and Over)		Youth (17 Years and Under)	
Weapons	Fighting	Weapons	Fighting
__(Men/Women) all ranks	__18-35 Beginner (Men)	__12 & Under (Boys/Girls) All Ranks	__8 & Under Beginner (Boys/Girls)
__Senior (Men/Women) 35 and Over)	__18-35 Intermediate (Men)	__13-17 (Boys/Girls) All Ranks	__8 & Under Intermediate (Boys/Girls)
	__18-35 Advanced (Men)		__8 & Under Advanced (Boys & Girls)
	__18-35 Beginner (Women)		__9-12 Beginner (Boys)
	__18-35 Intermediate (Women)		__9-12 Intermediate (Boys)
	__18-35 Advanced (Women)		__9-12 Advanced (Boys)
	__35+ Senior (Women)		__9-12 Beginner (Girls)
	__35+ Beginner Senior (Men)		__9-12 Intermediate (Girls)
	__35+ Intermediate Senior (Men)		__9-12 Advanced (Girls)
	__35+ Advanced Senior (Men)		__13-17 Beginner (Boys)
Beginner: White/Yellow/Orange Belt Intermediate: Green/Blue Belt Advanced: Purple/Brown Belt		__9-12 Beginner (Boys & Girls)	__13-17 Intermediate (Boys)
		__9-12 Intermediate (Boys & Girls)	__13-17 Advanced (Boys)
		__9-12 Advanced (Boys & Girls)	__13-17 Beginner (Girls)
		__13-17 Beginner (Boys & Girls)	__13-17 Intermediate (Girls)
		__13-17 Intermediate (Boys & Girls)	__13-17 Advanced (Girls)
		__13-17 Advanced (Boys & Girls)	

Tournament Waiver of Participation

I, the undersigned, waive all claims against any and all persons connected with the 2008 AOKA World Karate Championships for any Injuries that I or my children may sustain during my participation in the competition. I have read the rules and agree to abide by them, and assume full responsibility for any and all of my actions during and in connection with said Karate Championship Tournament. I consent that any pictures taken of me or my children in connection with the championship can be used for publicity, promotion, television showing, newspaper, magazine publication, or theatrical motion picture throughout the world, without limitation, and I waive compensation for same.

Parent/Legal Guardian Signature	Parent/Legal Guardian Print Name	Date
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Student Name	Student Name
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Student Name	Student Name
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General Rules of Conduct

1. Proper martial arts uniforms are required to be worn by both competitors and judges. The attire must be neat and clean. Standard white uniforms are preferred.
2. Judges' decisions are final.
3. Coaching of any competitor in the ring is not permitted, and will lead to disqualification.
4. Spectators are not permitted on the competition floor.
5. Failure to abide by the rules may result in disqualification and/or ejection. All disputes are to be taken to the Tournament Director: Grand Master Mitch Kobylanski.
6. All competitors must compete at the highest level they have earned in the martial arts. A competitor will not be allowed to compete in a division in which he/she has not earned that rank. Once a competitor competes as a black belt, he/she must always compete as a black belt.

Kata/Weapons:

- Each ring will have a minimum of three judges.
- Kata are judged on precision of stance, technique, power, intensity, and fluidity of movement.
- Traditional weapons are required. Toothpick or competition weapons will receive a one point deduction. All weapons are inspected prior to starting of each division.
- Competitors must approach the judges, bow, and state their name and kata then move back a starting position to begin. Upon completion of the kata, the first three competitors will bow out of the ring, to be called back for scoring after the third competitor. Each subsequent competitor will be scored upon completion of his/her kata.
- For summation of the final score, the high and low score of each competitor will be dropped from the total (when there are five judges). In the event of a tie, the low score will be added back to the sum, then the high. If there is still a tie, the affected competitors will perform a tiebreaker.

Kumite:

- Black Belts: Contact to the headgear is permitted. No contact is allowed to the non-protected areas of the headgear.
- Kyu ranks: No contact is permitted to the head.
- Only light, non-malicious body contact is permitted. No techniques are permitted to the joints of the body (knees, elbows). No contact is permitted to the face, neck, groin, neck or spine.
- Valid target areas include the front of the torso above the belt, and any side region of the torso if the opponent has turned his or her back on the competitor.
- Drawing of blood results in immediate disqualification.
- All competitors must wear a mouthpiece and foam safety gear for head, hands and feet. A groin protector is mandatory for male competitors. Competitors must be properly equipped at the time their division starts.
- Disrespect and/or arguing with judges by competitors or spectators will not be tolerated and may result in disqualification and/or ejection from the event.
- Competitors will bow to the head judge, to each other, take ready position, and begin on the command of the head judge.
- Kyu rank competitors will compete for two continuous minutes or three points, whichever occurs first. One point awarded for either hand or foot techniques. The winner is determined by the competitor with the most points at the end of the event.
- Black belts will compete for two continuous minutes or five points, whichever occurs first. One point is awarded for hand techniques; two points for foot techniques. Only full points are awarded, no half points. The winner is determined by the competitor with the most points at the end of the event.
- Each point and contact call must be made by a majority of judges. Sweeping of the leg is not permitted. No throwing is allowed.

2008 AOKA AWARDS BANQUET

August 8, 2008 – Charlotte Marriott Executive Park, 5700 Westpark Dr., Charlotte, NC 28217

Visit <http://www.aoka.webmaxstudio.com/page/page/5430787.htm> for payment

LOCATION: Charlotte Marriott Executive Park, 5700 Westpark Dr., Charlotte, NC 28217.

TIME: Friday, August 8, 2008. Cocktails (cash bar) starting at 6:00 P.M. and dinner will start at 7:00 P.M.

Note: Seating is limited to 200. No tickets will be sold at the door.

Mail check or money order to AOKA, 27W401 Mack Road, Wheaton, IL 60187

CONTACT E-MAIL: Kobylanski@windstream.net.

Name _____	School Name _____
Address _____	School Address _____
City _____ State _____ Zip _____	City _____ State _____ Zip _____
Age _____ Phone _____	Instructor _____ E-Mail: _____

Main Courses:

Entrée 1 – London Broil.

\$40.00 per person Qty _____ x \$40.00 = \$ _____

Entrée 2 – Chicken.

\$35.00 per person. Qty _____ x \$35.00 = \$ _____

Entrée 3 – Fish

\$35.00 per person. Qty _____ x \$35.00 = \$ _____

Entrée 4 – Children (10 and under) Chicken

\$20.00 per person. Qty _____ x \$20.00 = \$ _____

Total submitted \$ _____

All sales are final and no substitutions are allowed once orders have been placed. All reservations must be in be received by July 20, 2008.

Tournament t-shirts**color: natural****\$15**

Available sizes: Youth Large, Adult Small, Adult Medium, Adult Large, Adult X large, Adult XX large

I will ship orders of 10 or more for free. If you order less than 10, shipping will have to be added or the shirts can be picked up at the tournament. E-MAIL: Koblanski@windstream.net.

Seminars on Friday afternoon August 8, 2008

Master Terry Creamer: Tournament Fighting Combinations

Master Tom Reiff: JiuJitsu techniques in Isshin-Ryu katas

Master Aaron Blackwell: Aikido techniques

Grand Master Pete Carbone: Sai basics

AOKA Members: **free**

Non – Members: \$10/seminar

AOKA membership: \$25/year**Hotel Arrangements**

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Charlotte, NC 28217

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1. Experience the world's most unique outdoor recreation and environmental learning experience at the **U.S. National Whitewater Center**. Share

over 300 acres of woodlands along the Catawba River with Olympic caliber athletes, weekend warriors and those looking for high adventure.

www.usnwc.org



2. Once the location of the first branch of the United States Mint, the **Mint Museum of Art** is a rich and diverse resource with noted collections of American and pre Columbian art, American and European ceramics, and contemporary art and photography.

www.themintmuseums.org

3. For over half a century, **Children's Theatre of Charlotte** has been opening young minds to the wonders of live theatre, creating what one local critic called "the most technically imaginative and resourceful theatre productions in the region."

www.ctcharlotte.org

4. Join the half million people from all over the United States who visit **Discovery Place**. Walk through the

world 's largest eyeball in Activity: Eyeball Exhibit. Go deep into the heart of a tropical rain forest in Knight Rain Forest. Discovery Place is an ever changing, ever growing, cutting edge science center.

www.discoveryplace.org

5. The most hair-raising rides, the wettest water park, the most sizzling stage shows, and tons of other cool stuff everyone can enjoy. **Carowinds** offers guests more than 108 acres of ultimate entertainment for the entire family including Boomerang Bay, 16 acres of "Aussome" flowing fun and Nickelodeon Central. Ride, spin, twirl and hug the day away with your favorite characters from your favorite Nickelodeon TV shows.

www.carowinds.com



6. **Carolina Raptor Center** is dedicated to the conservation of birds of prey through public education and the rehabilitation of injured and orphaned raptors. Tour Carolina

Raptor Center's bird hospital and get a sneak peak at what happens behind the scenes, from patients' initial exam to strengthening their wings in outdoor flight cages.

www.carolinaraptorcenter.org

7. Shop 'til you drop at **Concord Mills**, one of the state's leading tourist attractions. An amazing themed complex, Concord Mills offers 200 stores, restaurants and entertainment venues including a 24screen AMC Theatres, Bass Pro Shops Outdoor World and NASCAR SpeedPark.

www.concordmills.com

8. Imagine an arts and music festival highlighting emerging local artists, children's area, music stages and fun for the entire family! **Art & Soul of South End** showcases the Original Block Party, Avenue of the Arts, the Children's Arts Festival and Battle of the Bands.

www.artandsoulofsouthend.com

9. If you love flowers, you're not going to want to miss this. Named one of the nation's "20 Great Gardens" in HGTV's popular book, *Flower Gardening*, **Daniel Stowe Botanical Garden** features 110 acres of themed gardens, a dozen sparkling fountains, a spectacular Visitor Pavilion and nine distinctly themed gardens.

www.dsbgo.org

10. Tickle your funny bone at **The Comedy Zone**, located in Charlotte's north end entertainment district.

www.thecomedyzone.net

AOKA's ISSHINRYU MEMBERSHIP FORM

Yearly Membership: \$25 Dojo Registration: \$50

5 year Membership: \$75 (25% savings!)

Individual members may join for \$20 and are entitled to all the benefits of membership, including reduced rates on all merchandise, discounts for all AOKA functions, etc. Dojo registrations entitle the owner of the dojo to promote their dojo within the AOKA. Please send your application form with check or money order to: AOKA, 27W 401 Mack Road, Wheaton, IL 60187. If you have any questions or concerns please contact us at aokasupport@aoka.org. Please fill out form COMPLETELY. Newsletter is distributed via email address

APPLICATION

☐ New Member

☐ Renewal AOKA number_____

NAME (Mr. Mrs. Miss)_____ Birthdate_____

ADDRESS_____

CITY _____ STATE _____ Country_____ ZIP _____

HOME PHONE + Area code (_____)_____

EMAIL ADDRESS_____

DOJO NAME_____

INSTRUCTOR'S NAME_____

DOJO ADDRESS_____

DOJO CITY _____ STATE _____ ZIP _____

DOJO PHONE_____

CURRENT RANK_____

DATE ACHIEVED_____

PROMOTED BY _____

REFERENCE

NAME_____

ADDRESS_____

CITY _____ STATE _____ ZIP _____

Marriott

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EXECUTIVE PARK**

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in luxurious accommodations centrally located to all of Charlotte's premier spots... the ideal setting for business and pleasure.



5700 Westpark Drive
(I-77 and Tyvola Rd)
Charlotte, NC 28217
Marriott.com/CLTNC

Reservations » 704.527.9650

Sales Office » 704.676.5811



Marriott's Spirit to Serve begins with a staff dedicated to papering you in over \$7 million in new renovations, 15,000 square feet of meeting/banquet space, a health club, indoor/outdoor pool; all before you enjoy an exceptional dining experience at ***Birch Restaurant & Bar!***