

American Okinawan Karate Association Newsletter

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Welcome!

Mitch Kobylanski, AOKA President

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I would like to take a moment to inform the general membership where the AOKA stands right now and where we are going. It has been a while since we produced our last newsletter. Inconsistency is now a thing of the past. We will start to produce a newsletter every other month and hopefully will build up enough momentum and participation that we will be able to get one out each and every month.

Since our tournament, the board of directors has looked at the different areas of our organization that needed to be addressed. We have formed a variety of committees to help us look at improving our association and to bring more benefit to our membership. The current committees include: Newsletter, Women, Kids, Membership, Website and Sponsorship.

We have also commissioned the Promotion Board to draw up a Student Guide with rank requirements. Dojos and individual instructors can use this guide for the lower ranks as is or modify it to suit their

needs. The basic information included in the Student Guide would be pertinent to anyone going up to test in front of the Promotion Board. This is a request that has come up in the past and we plan to have it available by the January 2007.

As an association, we cover a vast geographical area. To help our membership achieve more immediate benefits, we have solicited help from senior members to serve as State and Territory representatives for the AOKA. They will conduct at least one seminar per year and be available to local dojos for instruction and guidance.

The ground work has now been set. We are actively pursuing growing our organization through the addition of new dojos and individual members. We are looking into ways to get more information and training out to our members and their dojos. We are increasing the involvement of our senior instructors and giving more people the option of influencing the growth and direction of the association.

The American Okinawan Karate Association will host its first ever webinar (web seminar). The webinar is designed to go over the current organization, initiatives, goals, etc. Participants will be allowed to type in questions throughout the presentation so answers can be provided. The webinars are being considered for a variety of programs to get information out to registered members. This webinar will be open to current, past and prospective AOKA members.

The webinar will take place at **8 PM Central Time on Tuesday, 24 Oct.** Call in information and website information will be provided upon registration. AOKA members with current email addresses on file will receive an invitation. We hope to have you join us!

REGISTER NOW



2007 AOKA Championships

By Master Stephen Young

Mark your calendars now for the 2007 AOKA Championships. The seminars, banquet and tournament will be held at the Lincolnshire Marriott Resort in Lincolnshire, Illinois. This is truly a wonderful setting for the tournament and a great opportunity for a vacation.

Shortly, there will be a website set up for your hotel reservations. This will guarantee you the tournament rate and eliminate some of the confusion. Also, when you register, a complete information package will soon be available, including the schedule of events, hotel information, area attractions, etc. Just a few items to be aware of:

The facility is North of O'Hare International Airport just off of Interstate 294 / 94. It is very easy to get to and there is a shuttle service offered by the hotel for a minimal charge. Once at the hotel, you are only a few miles from Great America

Amusement Park and Gurnee Mills Outlet Mall. The hotel is truly a resort. You can play a round of golf, participate in some sand volleyball, go swimming, dining, have a massage, etc. There is also a Broadway style theater onsite that features live performances of top Broadway shows.

A great deal of information will be coming out in the next few weeks about the event. I hope you will support us and come to this event as it promises to be a truly great experience. At the 2007 tournament, we are even offering master level competition. There will be kata, kumite (men) and weapons master divisions for ranks 6th Dan through 8th Dan.

I hope to see you at the event. If you have any questions, please contact me at steve.young@syiks.com.

Grand Master Nakamoto Seminar

By Master Stephen Young

On September 1st and 2nd, Grand Master Nakamoto conducted several wonderful weapons seminars in Illinois. Master Peter Carbone (head of the Weapons Connection Society) had arranged for Master Nakamoto's extended visit from Okinawa and was gracious enough to offer Master Nakamoto's services for a seminar in the Aurora, IL dojo of Master Keith Smith.

On Friday evening, Nakamoto Sensei taught the group a set of Tonfa basics that sent everyone home with some tired hands and a few blisters. On Saturday morning, he proceeded to teach a set of Sai basics that is a great tool for the dojo. Everyone had great things to say about Nakamoto Sensei.

Master Nakamoto is a 10th

Dan in both Goju Ryu Karate and in Okinawan Kobudo. He is a true gentleman and was a pleasure to meet and work with. The time we had with him was definitely too short.

On the following weekend, Master Carbone held his semi-annual weapons camp and Master Nakamoto was present and available to work with. He again focused on the sai and tonfa. Again, everyone had a wonderful time and learned a great deal from him.

If you ever have the opportunity to work with this great karate master, I would highly encourage you to do so!





Self-defense Class Teaches Retaliation in High-Crime Environment

By PFC Mary A. Staes

MARINE FORCES RESERVE, New Orleans — A group of Marines and sailors taught a free women's self-defense class at the Westbank gym here April 26.

Cmdr. Tim Boykin, Commanding Officer of the Navy Reserve Professional Development Center, taught approximately 30 women a variety of counter moves to use in situations such as rapes and car jackings. Boykin was the head instructor of the class and used a combination of different self-defense styles to create the moves taught.

The class focused on risk assessment and avoidance as well as actions to take in an actual confrontation such as using keys or a flashlight as a weapon. Boykin combined his self-defense knowl-

edge and taught moves such as arm-bars and grabs that create enough time for the victim to stun her opponent and run away. Key ring baton techniques were taught, and when in doubt about strength or power in a move, participants were advised to repeat the move until it worked.

"The techniques we were taught were easy to learn, and I do feel comfortable using them," said Lt. Col. Krista J. Crosetto, Headquarters Battalion Commanding Officer. "I frequently go places along, and usually, I trust my environment. I'm a big fan of parking garages, but now, I'm wondering how could I have been so naïve?"

Many students also felt the techniques were easy to grasp for those new to the martial arts.

"I was excited about coming to this class," said Monique F. White, a communications flight help desk clerk for the 926th Fighter Wing in Belle Chase. "I like learning different things, and I think the techniques were easy to pick up on for someone who has never done martial arts before.

"I love to teach," said Boykin. "It energizes me, and I draw tremendous energy from the crowd. I love watching people learn new things that will keep them out of trouble."

Boykin also influenced other service member to teach. Boykin has four black belts in various martial arts, including the Marine Corps Martial Arts Program, which he has earned over the past 29 years.

Note: Every two and a half minutes, someone is sexually assaulted, according to the Rape, Abuse and Incest National Network. Because of classes like this, rape and sexual assault numbers have dropped 64 percent since 1993 throughout the Nation.





Utah Regional Seminar a Big Success!

By Sensei Scott A. Brady, San Dan and Sensei Shalice Brady, Ni Dan

On September 9, 2006, Master John Holwager (RokuDan), Sensei Mary Holwager (YonDan), Sensei Rik Plass (YonDan), and Mr. Eric Cohen, Ik Kyu visited us in the little ol' country town of Monroe, Utah, where some 45 karate students gathered together for an all-day martial arts seminar.

The morning session was devoted to learning self-defense techniques. Master Holwager began the training by teaching the younger children a quadrant drill, while the older students learned a grueling ground drill. Then the older students were taught a fantastic two-person fighting drill that taught us how to react without thinking. Later in the morning, the women of the group were put into a separate group where they learned specific self-defense skills designed for women, while the rest of the group learned more self-defense techniques. All of the skills that Master Holwager taught us were very practical, and were immediately useful to us.

Following a lunch catered and donated by the local hospital, the first part of the afternoon was devoted to oyo waza and bunkai jutsu. The younger students worked diligently in learning applications to the movement of Seisan kata, while the more advanced students spent several hours on Chinto kata. It was wonderful learning the many applications to these katas. Our eyes were opened as once obscure movements were brought to life by Master Holwager. Once again we learned how important the katas truly are in our training. It is true that some styles (including Isshinryu) sometimes forget the value of kata. Kata are only dances if they are not applied.



Finally, the last few hours of the seminar were devoted to weapons training. Master Holwager first gave us a fascinating history lesson on the bo and sai. We learned that the sai was not a farm implement, but was used as a weapon by Okinawan royal guards and law enforcement. This is a usual misconception amongst many martial artists. We learned several exercises with the bo and sai, and were reminded how to handle the weapons correctly. This was great training because it seems that the weapons of Okinawan karate are often misunderstood and forgotten as part of normal training. We finished the day by going through Tokomeni No Kon and Kusanku Sai.

Our last seminar was held in Salt Lake City in 2003, so we were glad to have another seminar in Utah. We plan to have one each year from now on. We strongly recommend these seminars because of the wealth of information that is gained on our style. We want to thank Master Holwager

and his associates for their training. We are already applying these new drills and techniques in our daily classes. We are better because of the training, and we look forward to the next one.

Finally, a couple of unexpected events took place at the end of the seminar. Sensei Shalice Brady was promoted to the rank of NiDan, and Sensei Scott Brady was

named the Utah State representative for the American Okinawan Karate Association. We are both honored by these actions, and we will strive to do our best to promote Isshinryu Karate in our little part of the world.



Upcoming Events

Date	Location	Event	Contact
21-Oct-06	Princeton, Ill.	Women's Self Defense and Weapons Seminar by Masters Toby and Diane Cooling. Free to the community	Sensei Cliff Morse at senseimorse@verizon.net .
21-Oct-06	West Chester, PA	West Chester Fall Classic click for more info	Master Carl Martin, (610) 701-5425; email: M3rddown@aol.com
16 Dec-06	Princeton, Ill.	AOKA Workout	Sensei Cliff Morse at senseimorse@verizon.net .
4-Nov-06	Shreveport, LA	Deep South Martial Arts Championships click for more info	Harvey Kennedy or Michael Myers, (318) 865-2000 or email: kkarate@bellsouth.net
4-Nov-06	Akron, OH	Lennox Legacy Tournament click for more info	Sensei Heidi Gauntner, (330) 364-0242 or email: Heidi1kara@aol.com
28-30 Jun-07	Akron, OH	2007 IWKA World Championships click for more info	Master John Hughes, (908) 852-5855;
6-7 Jul-07	Lincolnshire, Ill.	2007 AOKA Work Championships and Award Banquet	Visit AOKA web site for additional information as it becomes available.
27-28 Jul 07	Gatlinburg, TN	2007 IHOF Awards Banquet & Karate Tournament	Visit: IHOF website or contact Sensei McGhee by email: tmcghee@ihof.us



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Sensei Fierro teaches many Attack Prevention seminars at her dojo and elsewhere.

Check the website below for highlights from some of these seminars. A complete Attack Prevention workshop tape or DVD is also available through Isshinryu Productions.

<http://www.members.aol.com/marilyn774/shows.html>

American Okinawan Karate Association Memberships may be obtained by going to

www.sign-up-site.com or by clicking on this [link](#).

Master Stephen Armstrong DVD's

- Seisan Kata \$19.95
- Seiuchin Kata \$19.95
- Naihanchi Kata \$19.95
- Wansu Kata \$19.95
- Chinto Kata \$19.95
- Kusanku Kata \$19.95
- Sunsui Kata \$19.95
- Sanchin Kata \$19.95
- Tokomeni No Kun \$19.95

Order at www.sign-up-site.com

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