



Shiseikan Karate Dojo Newsletter

Tournament Edition

A review of AKTC's recent kata competition!

March 2017

Congratulations to all of our competitors!

Congratulations to all our dojo's participants in this year's United Uechi Invitational Kata Tournament.

We had students of all ages competing, from the youngest beginner students to our most experienced adult students. Everyone did a wonderful job, competitors and volunteers alike! Our tournament went very smoothly and we are so proud of how our students diligently prepared beforehand and how they conducted themselves at the event. Thank you for all your hard work and dedication to the art of karate and our dojo. Your family, friends and teachers are so very proud of you.

In this issue we will recap the performances of our competitors and their successes. Inside you will also

find the history of competition in karate and a break down of how our school performed.



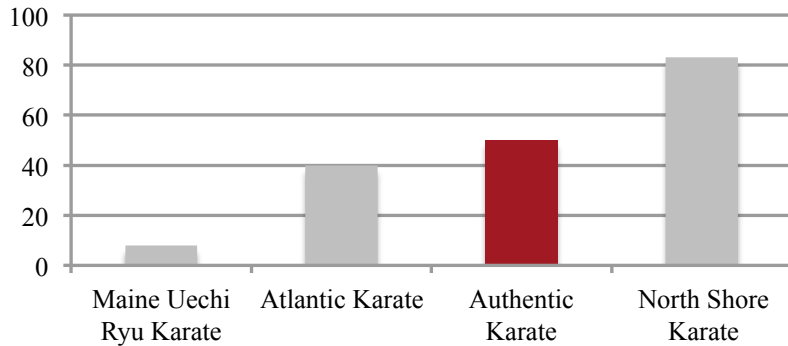
Key Take Away

Every student that chose to compete in our tournament this year grew as a result of their preparation and participation, both as a karate-ka and as a person. Competing publicly challenges students to train outside their comfort zone and advances their training and boosts their confidence.



How Our Dojo Stacks Up

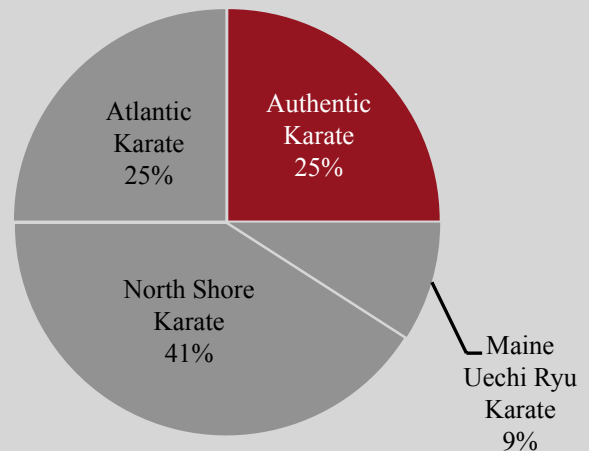
Total Number of Competitors



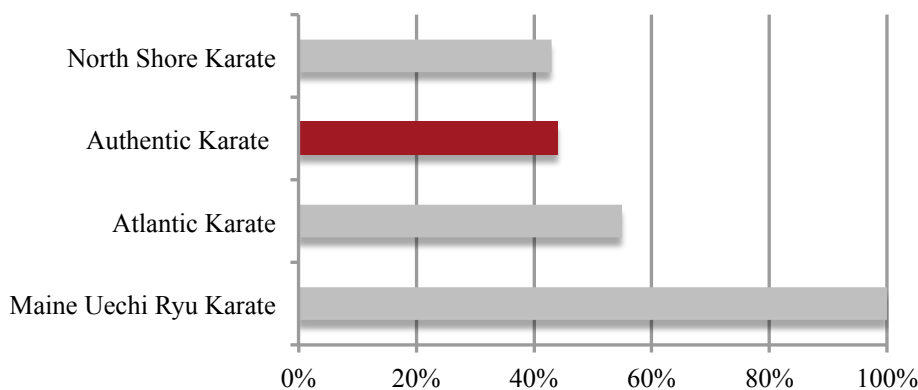
Our dojo had 50 students participate in the tournament. Approximately 1 in 3 students here at AKTC competed! There were a total of 181 competitors performing various kata at the tournament.

Number of Medals Awarded

In total 88 medals were awarded to competitors. Authentic Karate Training Center's students collectively brought home one quarter of those medals. 22 tournament medals are in the dojo, hanging on their owner's name boards for all to see over the next couple weeks. We are so proud of every one who competed, medal recipient or otherwise.



School's Competitors with a Podium Finish (Won 1st, 2nd or 3rd place)



Of our 50 competitors, almost half won a medal. First, second and third place were awarded gold, silver and bronze medals, respectively. 44% of our school's competitors had the distinct honor of bringing home a medal.



AKTC's 2017 Medal Recipients



Gold:

1. Jacob Silva
2. Kayla Grady
3. Taylor Gallant
4. Ephram Donahue
5. Patrick Kaminski
6. Nicholas Branciforte
7. Hayden Quimby
8. Julia Jones
9. Jared Cunha
10. Oliver Weissleder
11. John Conroy
12. Halldor Sigfusson

Silver:

1. Logan George
2. Nevin Maher
3. Thomas Martin
4. Team:
 - Rosa Bazarian
 - Halldor Sigfusson
 - Bryan Muse

Bronze:

1. Alex Fobert
2. Bailey Quimby
3. Isabella Canedo
4. Christian Kaminski
5. Paloma Lee
6. Andrew O'Brien

Although you try to do your best in competition, winning the gold isn't the most important thing. Think of the Olympics: you win just by being there. If you do your work and train especially for the competition, you're in better shape than you were before. At a competition you have a chance to see what other martial artists are up to, and you practice performing while nervous. So enjoy the experience, win or lose.





Thank you to all our Officials!

Our tournament would not have been possible without our Minor and Major Officials. Thank you for volunteering your time for training and for the tournament day itself. Everyone did a great job, thank you very much!

Minor Official Jobs:

1. Score Caller: Announce scores awarded by the Major Officials (referees).
2. Score Keeper: Record scores and determine ties.
3. Marshall: Escort competitors to the competition ring when their division is

Major Official Jobs:

1. Corner Referee: Award scores to performances based on a 4.5 – 5.5 scale.
2. Head Referee: Determine when an automatic score of 4.5 is to be awarded, manage competition ring.

If you would like to help out as a Minor Official next year, please let us know!

Thank you to the Donahue sisters! You sang a beautiful national anthem and your performance made our event that much more special. Thank you ladies!



Message from Sensei Quimby

I can not begin to express how gratifying it was to see the hard work and dedication of so many amazing students pay-off this year at the 2017 United Uechi Invitational. I felt like I was beaming with pride as I witnessed the great sportsmanship and positive attitudes demonstrated by the competitors, teachers, and their families throughout the day. The level of competition displayed at the tournament spoke for itself and the intensity of the competitors was palpable. I was beyond impressed with the technical precision and spirit of the performances. One thing is for sure – the future of Uechi-Ryu is in good hands! Of course, I would be remiss not to recognize the officials for their hard work and commitment to this event. Your countless hours of training to prepare for judging showed in your professionalism and objectivity. You ARE the reason why this event is the premier Uechi-Ryu karate tournament in New England, and I'm grateful for your support. Lastly, I would like to extend a very special thank you and congratulate sensei Robert Spoon, sensei Andrew Moores and sensei John Scully for their tireless work in helping to create and make possible this extraordinary event for the future generations of Uechi-Ryu. Arigatogozaimashita!



Types of Tournaments

Kumite (Sparring)

What Sparring Is:

Sparring competitions pit competitors one-on-one against each other. Sparring competitions come in 2 styles: point and full-contact. Our sparring tournaments are point-sparring style match.

How to win:

Tag your opponent with a karate technique, with good control, distancing and timing to earn 3 points total. Different strikes and targets have varying points awarded. Points and warnings are awarded as follows:



Punch to body or head



Kick to body



Kick to head



Failure to engage

Leave the ring

Unsportsmanlike conduct

Grabbing/pushing

Feign injury



Excessive contact

Strike illegal target

Repeatedly strike limbs

Illegal strike

Sweep opponent

Strike to back

Required Equipment:

All competitors must wear head, fist, shin and mouth protectors. Additional protection is optional.

Kata (Forms)

What Kata Is:

A pre-determined routine of strikes and punches done to an imaginary opponent.

How to win:

Children 14 years of age and younger are scored on 4 criteria: Knowledge, Balance, Focus & Spirit.

Students 15 and older are graded on an additional 4 criteria, for 8 criteria in total: Speed, Timing, Rhythm & Zanchin (continued commitment).

Scores are awarded for an overall performance, and deductions are removed for any minor infractions.

Minor Infractions:

- Incorrect hand/foot
- Poor targeting
- Wandering eyes
- Stepping out with wrong foot
- Poor spirit
- Loss of balance
- Etc.

Major Infractions: some errors will earn students an automatic score of 4.5, including:

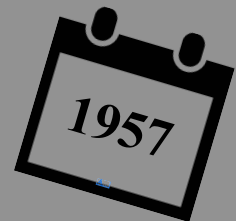
- Omitting or adding a move
- Turning in the wrong direction
- Announcing the wrong kata
- Asking to restart

The History of Tournaments

The first karate tournaments were organized and developed at the university level in Japan in the early 1950s. Various karate leaders experimented with different kinds of competition including:

- a. Full contact without pads – too many injuries
- b. Full contact with pads and protective gear – too cumbersome
- c. No contact – too boring

By exchanging ideas and experimenting, they finally came up with the idea of controlled techniques to limited target areas (the eyes, for example, were off-limits) and limited impacts (strikes could not strike too deep into the body). In 1956 the Japan Karate Association (JKA) developed a uniform set of rules for



Welcome to the United Uechi Invitational



上地流空手道



“The ultimate aim of karate lies not in victory nor in defeat, but in the perfection of the character of its participants.”

Thank you for reading!

Thank you to each and every family that helps to make our school the special place that it is. We are proud to offer events like our United Uechi Invitational Kata Tournament and even more proud to have such wonderful students participate in it. It's a pleasure to serve you and your family. Congratulations again to all competitors!

Want more news? Check out our Facebook page,
dojo website or announcement board at the dojo!

Please feel free to
share our newsletter
with anyone you think
may like to learn
more about what's
going on at our dojo!



Authentic Karate Training Center

至誠館空手道場

83 Pine Street

Peabody, MA 01960

(978) 536-0900

Staff@AuthenticKarateTrainingCenter.com