

Washington Shotokan

March 2020 Edition

Important Dates

Mar 11 - Adult Exam 6:30 pm
Apr 4 - Youth Exam 9:00 am
Apr 6 - Instructor's Meeting 7:30 pm
Apr 11 - Spring Cleaning 7:30 am
Apr 13-18 - Youth Spring Break (No Youth Classes)

Note: Satellite locations see the community center schedule

Apr 25 - FSKA Spring Tournament (San Jose, CA)

Apr 27 - Spring BBQ 7:15 pm

Note: Combined class at 6:30 pm

Important Class Notice

Mar 2 - Black Belt Only 7:30 pm
Mar 4 - Extended Adv Training 7:30 - 9:00 pm (Green Belt and Up)
Mar 5 - Kata Class 6:30 - 8:00 pm
Mar 19 - Nagewaza 7:30 pm
Apr 1 - Extended Adv Training 7:30 - 9:00 pm (Green Belt and Up)
Apr 2 - Kata Class 6:30 - 8:00 pm
Apr 6 - NO Black Belt Only class @ 7:30 pm (Instructor's Meeting)
Apr 16 - Nagewaza 7:30 pm

Words from Sensei Maria

In my many years of teaching, I've often been asked what's the secret of getting good in karate. Of course, the answer that one would find in all the books would be "practice hard, finish the 10,000 repetitions and results will come". But as the years passed and most of the black belts passed the 10,000 mark and are still not even close to being perfect, an even more valid question was raised: "What motivates a karate student to keep going?" What drives someone to keep looking for that perfection?" For most of the beginner students it could be getting to the next rank, with the goal of getting that black belt. As they advance in their training, maybe that gold medal after a tournament would be a good incentive. As they advance in age, kicks are getting lower and punches are getting slower, he or she might discover that teaching others could be really rewarding. It didn't occur to me what the common denominator is until few years ago when one of my teachers told me I am hungry for knowledge. That's when I've realized what the driving force behind all those karate practitioners that keep coming back despite all the obstacles is. Those people are successful because they pour their heart, mind and soul into learning more about every single kata, every single technique. So, the secret of getting better? Practice with your body and mind, but mostly with your heart! And never stop learning!

Oss, Sensei Maria

Notification of Increase in Dues

Attention members: Due to an increase in rent, we are increasing our membership dues roughly 10%, which will go into effect July 1, 2020. We will continue to remind everyone about the dues increase. Thank you for your cooperation and understanding.

Youth One Class per Week	Youth Unlimited Classes	Adult Unlimited Classes
1 Child - \$90	1 Child - \$110	1 Adult - \$120
2 Children - \$145	2 Children - \$190	2 Adults - \$200
3+ Children - \$210	3+ Children - \$245	3+ Adults - \$245

Highlights from Parent's Night Out



What a blast to spend the evening with our youth members and their friends for Parent's Night Out! We trained, did conditioning exercises, played games, ate & ate, watched a movie (or two) while sipping hot cocoa and munching on popcorn! Life is good in the dojo!

If you missed us this time, make sure you join us next time! OSS!



Quotes for the month: "3 P's - Practice, Perfection, Patience"

"Practice does not make perfect, only perfect practice makes perfect"

~ Vince Lombardi

"Don't practice until you get it right, practice until you can't get it wrong."

~ Roger Gracie

"I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick, 10,000 times."

~ Bruce Lee

"Once a kata has been learned, it must be practiced repeatedly until it can be applied in an emergency, for knowledge of just the sequence of a form in karate is useless."

~ Gichin Funakoshi

Say What?

Helpful words with their phonetic pronunciation and meaning that are used in class

Dachi (Basics)	Dah-chee
Zenkutsu dachi	Zen-koo-tsu dah-chee
Kokutsu dachi	Koe-koo-tsu dah-chee
Kiba dachi	Key-bah dah-chee
Uke (Basics)	Oo-kay
Gedan barai	Gay-dahn bah-rye
Soto uke	So-toe oo-kay
Uchi uke	Oo-chee oo-kay
Age uke	Ah-gay oo-kay
Shuto uke	Shoe-toe oo-kay
Zuki (Basics)	Zoo-key
Oi zuki	O-ee zoo-key
Gyaku zuki	Gya-koo zoo-key
Geri (Basics)	Geh-ree
Mae geri	My geh-ree
Yoko geri	Yoh-koh geh-ree
Mawashi geri	Mah-wah-she geh-ree
Ushiro geri	Oo-she-row geh-ree

General Vocabulary

Jodan	Joh-dahn
Chudan	Chew-dahn
Gedan	Gay-dahn

Stance
Front stance
Back stance
Horse stance
To receive (Block)
Downward sweep (down block)
Outside block (stomach block)
Inside block
Rising block
Knife hand block
Punch
Forward punch (lunge punch)
Reverse punch
Kick
Front kick
Side kick
Roundhouse kick
Back kick

Upper (face/head)
Middle (torso/center mass)
Lower

How Do I?

How do I know who my primary instructor is?

Login to your ZenPlanner Account. This will indicate your primary instructor and it's also where you can see your account specific information. This is a good place to check every so often to ensure that we have your current information. If you do not have an primary instructor listed, or if your schedule changed (and subsequently your training schedule changed and you do not see your original primary instructor), please contact us at info@washingtonshotokan.com so the necessary assignment/re-assignment can be made.

How do I contact my primary instructor?

Politely request time after class to speak with your instructor & be flexible. He/she may have commitments after class so its always a good idea to ask in advance for time on their schedule. Use this time to discuss your progress, areas to work on, overall karate goals. If you cannot catch your instructor after class, you may always send an email to info@washingtonshotokan.com and we will make sure your instructor gets in touch with you.

I am currently training at a satellite dojo - is there an opportunity to also train at the Bellevue Main dojo?

If you are currently training at a community center location (South Bellevue CC or Issaquah CC), you may also add training at our Bellevue Main dojo location at a discounted rate. This rate is outside the fee you pay to the community centers. The following is the price discount from the Bellevue membership rate you choose:

\$50/month discount for the first youth member in the family (ages 4-11)

\$75/month discount for the first adult member in the family (ages 12+)

\$25/month discount for each additional family member

Email us at billing@washingtonshotokan.com to get started training at the Bellevue main dojo.

Who do I have to clean the dojo? Can't the dojo hire professional cleaners?

Yes, we do have professional cleaners that come in to clean the restrooms, showers, and locker room facilities; however, the purpose of our students cleaning is one more of a martial arts tradition, etiquette, and an extension of your karate training. The traditional way of cleaning the dojo floor is after training each day, all students to line up shoulder to shoulder (similar to the opening and closing standing ceremony) with towels lined on the floor fronting each student, and in unison the students hand wipe the floors with long strides and strokes across the dojo floor. This gesture of cleaning together is one of building community, an expression of thanks to the dojo for having a space to train at, and respect as you engage in the process of cleaning. In a higher sense of being, as you clean the dojo space, you are concurrently cleaning space in your mind and heart. So, the next time you are asked to clean the floors, think of it as an extension of your training, an expression of thanks, and an opportunity to clean your heart and mind of clutter.

Words from the Wise

Importance of Kihon in your Training by Sensei Sean Donlin, 5th Degree

It's important to practice basic kihon techniques throughout your karate training for several reasons. One reason is to eliminate extraneous movements as a technique is performed, as well as eliminate any unnecessary thinking. The ultimate goal here is to deliver a fluid, efficient, dynamic and powerful technique with a focused and clear mind. As a white belt, we learn how to make a front stance, horse stance, and back stance. We learn how to coordinate our legs, our hips, core, arms and legs in order to deliver a punch, block or kick. At first, it may feel awkward. Sensei or sempai may demonstrate and suggest using the legs and hips more. Or suggest relaxing the shoulders while punching or blocking to eliminate tension. Or suggest keeping the body/posture upright. So, as beginners, we're all working to figure out how to use our body more efficiently. Then we hear about this thing called a kata! "What?! Now I've got to put these moves into a choreographed sequence?! And there's supposed to be a fast and slow rhythm to it?" "Ok, I got this," one may say to themselves. "Now we're supposed to spar against each other and deliver explosive techniques a millimeter away from my partner's body?" "Ok, I got this!"

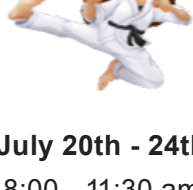
In these examples, the attitude "Ok, I got this" is the correct mindset, but in reality, we don't always "got this." One, the body is always changing and we're constantly adapting to those changes. Two, there is always another level, after 20 years, we finally figured out how to perform properly! It's all dependent on strong basic techniques.

Lastly, there's a common phrase throughout the karate world which illustrates the importance of practicing basic kihon. The phrase goes like this – **one's karate training truly begins once a student earns their black belt.** This phrase is basically suggesting that we can now learn how to apply the basics in a self-defense or tournament setting. The mindset of practicing and perfecting the basic kihon technique never ends. Even as a black belt, always return to the basics and practice the perfection of basic techniques correctly by eliminating extraneous movement and eliminating unnecessary thinking. OSS!

What's Coming Up in the Next Issue?

Important Dates
WSA Tournament Details
WSA Tournament Prep Strategies

WSA Karate Summer Camp



July 20th - 24th

8:00 - 11:30 am

Ages 5 - 11

\$175 (Mon - Fri camp)

8:00 - 10:30 Karate, Conditioning, Games, Snack

10:30 - 11:15 Japanese language

11:15 - 11:30 Karate skills wrap up

[Register Here](#)



Washington Shotokan

February 2020 Edition

Words from Sensei Maria

Oss, Everyone, & Welcome Back!

I hope you all had a great holiday, & are slowly getting back into the work, school, and of course a training routine. Some of you might be excited to come back to the dojo, others might already be overwhelmed by the multitude of tasks that you need to take care of daily. If you are finding yourself thinking “I’m too busy today. I’ll train tomorrow”, keep in mind sometimes later becomes never and the secret of getting ahead is getting started. We all know that karate is a long journey, but it starts with that first step... Sensei Dulce always told us “just get to the dojo and everything else will work for you”. So, if you find yourself in the comfort of your home or getting in the car after a long day at work, & wondering whether you should head to the dojo, JUST DO IT! Great things never come from comfort zones. Push yourself and find the strength to take that first step and you’ll be happy you did it! See you at the dojo.



Oss, Sensei Maria

Important Dates

Feb 3 - Black Belt Only 7:30 pm
Feb 5 - Extended Adv Training 7:30 - 9:00 pm (Green Belt and Up)
Feb 6 - Kata Class 6:30 - 8:00 pm
Feb 8 - Youth Exam 9:00 am
Note: Combined Youth & Adult Class at 10:00 am
Feb 15 - PNO 5:00 - 9:00 pm
Feb 17 - President's Day (Closed)
Feb 20 - Nagewaza 7:30 pm
Mar 11 - Adult Exam 6:30 pm

Heads Up on Tuesday Adult Class

As most of you know, Sensei Richard is now living part of the year in Hawaii, and part of the year in Washington. He is still an active Board of Directors member, & will fill-in teaching classes when he’s back in Washington. Sempai Norm has assumed his Tuesday 5:30 p.m. Youth General class, and Sensei Mark has assumed his Tuesday 6:30 p.m. Adult class. Both instructors are experienced teachers having their own classes (on different days) for years. Make sure you stop by their new days of teaching to say “OSS”, and experience an awesome training & class with them!

Tuesday and Friday Kumite Class

7:30 - 8:30 pm Advanced Conditioning & Kumite (Tournament, Formal, Sports) Blue Belts and higher.

Thursday Kumite Class

NOTE: Thursday 7:30 pm (2nd & 4th Thursday) General Kumite class has been cancelled due to lack of attendance.

Saturday Morning Class

Check out Sensei Michelle's 9:00 am Youth General Class, and Sensei John's 10:00 Adult General Class. Great way to start the morning!

21st FSKA World Karate Championship December 12-15, 2019 Crawley, UK



20 delegates from WSA represented the dojo in various competition events. Overall medal count for Team WSA 3 gold, 9 silver, 7 bronze for a total of 19 medals. **Congratulations** to all participants - you all represented WSA well!

Quotes for the month: "Getting Started"

“Do the difficult things while they are easy and do great things while they are small. The journey of a thousand miles begins with one step.”
~ Lao Tzu.

“You simply have to put one foot in front of the other and keep going. Put blinders on & plow right ahead.”
~ George Lucas

“Life is too short to get bogged down and be discouraged. You have to keep moving. You have to keep going. Put one foot in front of the other, smile and just keep on rolling.”
~ Kobe Bryant

Say What?

Helpful words with their phonetic pronunciation and meaning that are used in class

Karate	Kah-rah-tay	Empty (kara) hand (te)
Seiza	Say-zah	To kneel
Shotokan	Show-toh-kahn	Pinetree wave house
Mokuso	Mok-soh	Mediate with eyes closed, usually seated in <i>seiza</i>
Shomen ni rei	Shoh-men-knee-ray	Bow to school, wall (shomen) to (ni) bow (rei)
Sensei ni rei	Sen-say-knee-ray	Bow to teacher, teacher (sensei*) to (ni) bow (rei) *Teacher - One who has come before, one of great knowledge
Sempai ni rei	Sem-pie-knee-ray	Bow to senior, senior (sempai*) to (ni) bow (rei) *Someone of upper ranking belt to you
Yoi	Yoh-e	Ready (command to get one in a ready state of mind)
Hidari	Hee-dah-ree	Left
Migi	Mee-ghee	Right
Yame	Yah-may	Stop (command given at the end of a technique - still ready)
Naore	Nah-oh-ray	Relax (command given after the command <i>yame</i>)
Mawatte	Mah-wah-tay	Turn around
Osu	Oss (u is silent)	Yes, I understand, hello, good-bye, an acknowledgment

How Do I?

How do I know when I can test?

Several things you can do. Check the Exam Requirements Information Sheet on the bulletin board (for your belt level), ask for one of the Exam Skills Requirement Sheet so you can self-manage where you are on the required skill sets for your next belt test, but most importantly keep in communication with your advising instructor as to your readiness. He/she is your best resource to ensuring competent skill level and required class hours.

How do I know when the dojo is closed for holidays?

Several ways to find this out. Our newsletter will publish upcoming holiday dates, the bulletin board has a Year-at-a-Glance calendar, & our website also has the holiday & event schedule for the year to better help you plan.

How do I put my account on hold if I won't be in town?

We require a 30 day notice; to do so, please email billing@washingtonshotokan.com to request your account be put on hold, and when you would like to resume training. This will apply to the next billing cycle so it's important to give notice with the 30-day lead time.

Words from the Wise

Master Kenneth Funakoshi says that there is one thing above all else, that every Karate student must master and is the most important thing in Karate. Your Kiai.

気 Ki: Symbol for Spirit, Mind, Energy, Force

合 Ai: Symbol for “to unite”

A strong and loud Kiai results in proper breathing, added power, distracting your opponent, and a “battle cry” that gets your blood pumping and puts your brain into a mental state of higher awareness and helps focus all of your body's energy into that one single moment, usually at the exact point of impact of a strike. So, always KIAI loud and strong! OSS!

What's Coming Up in the Next Issue?

Important Dates
What's going on in the dojo
Importance of *Kihon* in your Karate Training
Upcoming Tournaments
Technical Tips from the experts

Parent's Night Out WSA Karate Summer Camp



Saturday, February 15th
5:00 - 9:00 pm; \$30/child

Parents **enjoy a Valentine's Day evening out** while we watch your kids (**dinner for kids included**). Karate training, conditioning training, dinner, games, movie & popcorn!

Earn 1 class credit towards exam. Ages 5-11, family and friends welcome.

[Register Here](#)



July 20th - 24th
8:00 - 11:30 am
Ages 5 - 11
\$175 (Mon - Fri camp)

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