

The SAR E-News

LETTER FROM SAR DIRECTOR

As the administrative director of the SAR, I would like to extend my sincere condolences to the family of Master Hidetaka Nishiyama following his recent passing. His lifetime pursuit in the advancement of Traditional Karate laid the foundation for all of us. Without Sensei, there would be no SAR. His teachings are legendary and they will remain with us to pass on to others for years to come. He will be profoundly missed. In his honor, our region will continue to pursue training in the principles that Sensei advanced. SAR has numerous opportunities planned in the upcoming year available to all of us. I respect and appreciate the many hours of work by all of you in the planning and execution of our regional events. Truly, we have a special group. Contact your dojo directors or check the 2009 calendar of events soon to be posted on the TKA website for specific event dates. I am excited about the potentials of our upcoming year.

S. Wietcha

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GREETINGS FROM TECH CHAIR

We mourn the recent loss of our beloved teacher Hidetaka Nishiyama, who peacefully passed away on November 7th, 2008. He was 80 years old, and is survived by his wife and three daughters.

Sensei was known throughout the Traditional Karate world as the teachers' teacher. As a true pioneer, Sensei's innovation changed the way we learn and practice karate.

Gene Price and I represented SAR as we attended the memorial service that was held in Hompa Hongwanji Temple on November 30th. This beautiful temple is located in a section of downtown Los Angeles known as the Little Tokyo. It was filled to capacity with family, friends, and past and present students.

The burial service was held the following morning. Sensei's ashes were put to rest at Evergreen Memorial Park. Near the end of the service, each mourner had a chance to say goodbye to Sensei by placing an orchid on his urn before it was finally buried.

The parting words by the presiding minister, Rimban G. Matsubayashi, touched all who attended as he reminded each

of us that Sensei's spirit and teachings will continue to live in us.

More on Sensei's life and contribution to the Nishiyama Fund can be found on the website www.itkf.org.

I also attended the AAKF Board of Governors meeting, which was held November 21st to 23rd in Minneapolis, MN. The purpose of the meeting was to bring together regional representatives to discuss and make decisions regarding the future of AAKF.

Meeting agenda included such topics as examiner status and examination procedures, national and regional activities, upcoming national championships, and administrative reorganization. The summary letter of the meetings was sent to all AAKF club directors.

On a regional front, recent SAR tournament commemorated an introduction of new event, the Stage-1-Kumite. It was a great success thanks to all the Technical Committee members, volunteers, and competing students. We will continue to refine this event, and move towards Stage-2 and Stage-3.

Like in the past, the tournament was marvelously hosted by John and Jeannie Hyatt and the members of Academy of Shotokan Karate of Lexington, SC. Thank you very much!

Toru Shimoji

QUESTIONS & ANSWERS BY TORU SHIMOJI

Q: Is board breaking good for you?

A: I think there is a place for all type of training. The positive effect of board breaking is that it can build student's confidence and provide training to focus one's mind. On the other hand, you can hurt yourself if you hit the boards wrongly or the holder held them improperly.

I personally do not break boards or promote it to the students. I get sufficient impact training through makiwara, heavy bag and focus mitt.

Q: As an instructor, I always believe that you must treat all students equally, and showing favoritism would cause dissonance in the dojo; yet in our conversation you seem to think otherwise. Can you please clarify?

A: I agree with your point that favoring one student over another can be detrimental to the dojo.

In teaching, it is widely accepted that students use one of the three learning models—auditory, visual and tactile. Quite often, an instructor will teach using the model he/she most favors. If a visual learning teacher uses only the visual cues during his/her class, the auditory and tactile learners would lag behind. As a consequence, this teacher will likely favor those who learn visually, further alienating the other type of learners. This is one source of favoritism.

I believe that each student should be assessed properly to determine his/her learning style. Most importantly, the teacher must be open to different learning styles, and be willing to use them accordingly so as to be more effective in the dojo.

I think the challenge as an instructor is that you have to constantly balance the individuality of each student with the group dynamics of the class. The question is how you can treat each student individually to achieve the best result, at the same time give everyone in the class your undivided attention.

Q: What is reverse breathing? It sounds confusing.

A: This is a common question: "How can you reverse breathing?" The first step in explaining this would be to define breathing as the energetic effect of breathing. This breath energy can be directed using your mental focus.

If you were doing a reverse-punch for example, the breath energy would move outward to the target, which can be termed direct breathing. Conversely on a grabbing technique, the energy would squeeze inward towards your body center, like the wrist-grab technique in kata Hangetsu or Nijushiho. This of course, can be termed reverse breathing, where the breath energy moves back into your body center.

During reverse breathing, you would increase the internal abdominal pressure; thus, slightly bulging out the lower stomach area below the navel.

SAR DOJO DIRECTORY

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SAR DOJO NEWS

Academy of Shotokan Karate, LLC

Director: John Hyatt

Wow! I can't believe it's the start of the year 2009! Reflecting back on last quarter; we had a successful fall tournament, kata and instructor's seminar. I've seen new faces in the dojo as we continue to grow. I feel blessed to be able to train and work with so many great people. The year 2008 would also be marked by Sensei Nishiyama's passing. He will be missed! I'm thankful for the influence and traditional karate that he imparted to us. I look forward to continue down the path of budo learning and developing as we move forward into this brand new year.

Submitted by: Sensei John

Aiken Traditional Karate

Director: Hai Nguyen

In the last couple of months, Aiken Traditional Karate (ATK) has been doing extra training on footwork, especially counter attacks using rear leg pressure to activate a response action. The technique is broken down into several stages. Students are first taught the fundamentals before moving into muscle memory. ATK plans to spend the next few months on this topic. ATK is also encouraging our eligible members to attend the 2009 Instructor Seminar #1 since it's going to be held in Lexington. This will be a great opportunity for our members to train with Sensei and other sempai in the region.

Submitted by: Sensei Hai

Palm Beach Shotokan Karate

Director: Ron Morrin

No report submitted.

Traditional Karate Atlanta

Director: Toru Shimoji

It seems like such a short time ago we were practicing the new Stage-1-Kumite, timing, and shifting in preparation for the tournament. Stage-1-Kumite was definitely the highlight of the tournament and so much fun, especially the kids division which came down to a 4 person showdown. Very exciting! Recently, Sensei started a series on bungee cords. We started with 6 and have graduated to 10 (well, some of us have). Our year-end Christmas Party, hosted by the Cushman's this year, was well attended and fully stocked with tons of food, refreshments, gifts, socializing, and fun. We even had an impromptu talent show. There are definitely a lot of young talents in the group. Finally, and most importantly, we'd like to extend a sincere thank you and best wishes for a happy and healthy new year!

Submitted by: Dean Nejame

MEDICAL COMMITTEE REPORT

The spleen is a small organ located just under the rib cage on your left side. It is cradled along the liver and serves an important role in combating infection. The spleen is approximately the size of your fist, and contains enormous numbers of white blood cells and lymphocytes. Although it is an organ with important functions, it is nonessential for survival and may be removed in the case of disease or injury.

A ruptured spleen is a serious condition that can occur when the spleen is traumatized. With enough force from a blow to your abdomen, a rupture of the fascia that covers the organ may occur. If the trauma is significant, internal bleeding may result and can be life threatening. Minor injury usually needs rest and healing. Serious trauma needs immediate surgery.

This type of injury is not uncommon in sporting events. And during our most recent tournament, an athlete suffered a spleen injury. The competitor was recommended to visit the ER, and was diagnosed as having suffered a minor tear of his spleen. I share this story so that you may become familiar with the symptoms.

If the injured person experiences pain on the left side after a blow, or if he/she is pale and feels faint, then a spleen injury cannot be ruled out. Since the spleen can produce significant internal bleeding, a drop in blood pressure and a rise in heart rate may occur. Confusion and blurred vision are possible. When in doubt, take the individual to the hospital.

The medical committee and the SAR Medical Judges are focused on all injuries that might harm an athlete. Our input can alter the score of a match, so it is imperative that well defined guidelines for body contact are developed and followed. Your SAR Medical Committee is working on these parameters, and hopes to present them for national consideration.

Submitted by:
Phil Smith,
Medical Chair

FYI

SAR DVDs Available

Empi, Bassai-Dai, and Gankanku instructional DVDs are now available. Each of these DVDs is an excellent tool for study, teaching, and application of bunkai. To order these DVDs, visit the TKA web page or click on this link: <http://www.karateatl.com/members.htm> and follow the instructions. The cost for each DVD is \$30.00 plus \$5.00 S&H. The proceeds from these sales benefit our SAR region.

Announcement of '09 SAR Technical Committee

Acting Chair: Toru Shimoji

Senior Council Members (active sandan+): Gene Price, Hai Nguyen, Toru Shimoji

Junior Council Members (active shodan+): John Hyatt, Scott Wietecha, Rene Rodriguez, Phil Smith, Dean Nejame, Ken Mitchell, Sasa Panic, Roel Querubin

Purpose and Structure

Purpose

Develop, manage and evolve Traditional Karate technical curriculum for the South Atlantic Region.

Function

- ❖ Conduct technical research and development
- ❖ Conduct and manage sanctioned examinations
- ❖ Oversee regional tournaments and seminars
- ❖ Any other matters concerning the technical aspects of Traditional Karate in the South Atlantic Region

Committee

- ❖ Chair: Two-year term elected by the Senior and Junior Council, maximum of two consecutive terms
- ❖ Election held in conjunction with SAR officer election
- ❖ Senior Council: Sandan or above required, each member has two votes in official decision making
- ❖ Junior Council: Shodan or above required, each member has one vote official in decision making
- ❖ Each member must participate in at least three SAR sanctioned events, one being a tournament

**SAR QUARTERLY
CALENDAR**
JANUARY 2009

Saturday, January 24:
TKA Instructor's Clinic

FEBRUARY 2009

Friday, February 6:
Evening, Rank Exam (ASK)

Saturday, February 7:
Morning, Rank Exam (ASK)
Evening, Shimoji Instructor's
Seminar #1 (Lexington)

MARCH 2009

Saturday, March 7:
TKA Kata Day

Saturday, March 14:
TKA Instructor's Clinic

Saturday March 14:
Atlanta Kyu Exam

*****Please, note that all dates
are pending and liable to
change.**

SAR EVENTS
**Scheduled
SAR Events
for 2009:**

Rank Exam 2/6/09 ASK
7/18/09 ASK

Spring Tournament
4/4/09

Fall Tournament
11/07/09

Instructor Seminars
2/7/09 in Lexington, SC,
5/23/09 and 8/18/09 in
Atlanta, GA

Kata Seminars TBA

2009 Camp TBA

PROFILE

NOTE: This is a new column for SAR members to write about themselves or any member(s) that they know. Please, e-mail your article (Subject: Profile) to haimaria@ymail.com so it can be published in SAR E-News. The deadline for each quarter is December 1, March 1, June 1, and September 1.

All about me

Hi! My name is Liana Nguyen. I started training when I was five years old. This is my sixth year of training in Shotokan Karate and I train at Aiken Traditional Karate dojo. I just received my brown belt in August of 2008! I was very happy. I have two older brothers. A.T. is my oldest brother and he has a black belt. Adi is my other brother and he has a second degree brown belt. We have been training a lot here in Aiken! ☺