

# THE MID-AMERICA MONITOR

January, February, March-2013



## Mid-America Karate

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### WINTER HIGHLIGHTS

#### 2013 Winter Camp

by Carla Killion/Kim Weber's notes

Sensei Martin Vaughan and the Indianapolis ISKF welcomed Mid-America *karateka* to yet another winter training without snow! The event was well attended and the spirited enthusiasm was a great way to start the New Year. After an energetic warm up by Go-dan Marty Schrager, Sensei Vaughan conducted dan training while Sensei Oberschlake conducted training for *kyu* ranks.

#### 1/19/13 AM Class

*Kangeiko* means starting new. The theme for the weekend was to prepare for impact when you make a stance. Warm up consisted of a punch from *kibadachi*; using hip vibration.

Sensei Vaughan's class:

Warmup-front stance, short punch, counter punch x 30. **Important points:** feet should be shoulder width apart, and two shoulders width length. Posture straight. Blocks on top of each other. Don't over rotate shoulder on counter punch (you lose the armpit connection). Use hips, not just shoulders. Don't let knee escape.

*Oi-zuki Jodan* – squeeze inside legs. Use pivot leg hip joint to drive forward. 100% energy to target. Expect to hit something, no recoil. Drop your body a little.

Step in counter punch – keep hips square. Use everything to get the punch there.

*Ippon Kumite* (punch face, punch stomach/both hands, both people) – Offense work your attack to be quick so you can hit them before they step back. Defense doesn't block, only step back. Notice that defense should always be safe.

*Ippon Kumite* (same as before) – Offense is the same. Defense blocks just before their punch is finished and even try to counter punch before the attack is finished. Defense should win because they are doing a half step compared to attackers full step. Always challenge each other! This is a way to make *Ippon* beneficial beyond basic level sparring. "My training is important to me, so it is important to my partner. We get better together."

*Heian Nidan* – Move knife hand blocking hand quick to ready position (don't drop your hands). Start foot movement at the same time as your arms.

Move #16-Wind up to make reverse 45° twist more dynamic (hold the twist until the end). Reverse 45° hip is practice for *Bassai Dai*.

Move #22 (support block)-turn hip at the end. Coil and go.

If you can beat them at the end of the kata, you can win the kata match.

*Heian Sandan* – *Kiba*/middle block-keep hips underneath you.

Move #12/14/16-Snap hip to make correct *kibadachi* stance.

Move #19-foot path is a small point. Whichever way your *dojo* does it is fine.

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Sensei Vaughan demonstrates the stamping kick (*fumikomi*) from *heian san-dan*. The knee must be raised to chest level to increase the power of the kick. This also allows you to use the hip when blocking with the elbow so that the entire body works as a single, massive unit.

Photo courtesy of Kim Weber

## Winter Camp Continued...

Three Stages of a Front Kick – 1. Knee up; 2. Front kick in place; 3. Front kick, step in. Rotate hip, snap hip, compress the knee up to body.

Front kick with a partner – Bend front knee. Knee up to target, then kick target, hold for a two count (ball of foot on belt knot, toes above belt). Work quick transition of front kick so opponent does not see it. Try to keep support foot steady on first half of kick (don't let it adjust) which helps keep the energy. At end of kick (snap back, step in) it's okay if support foot adjusts outward (you are probably making a front stance anyway).

Sensei Oberschlake's Kyu training focused on stance and continued the fall camp training of creating explosive starting action though the principle of expansion/contraction for proper movements and protecting the center during kata. Tightening the core and snapping to the next position were heavily stressed.

### 1/19/13 PM Class

Jab Partner Drill (both sides, both people) – Side A-slide in jab face. Keep shoulder straight. Side B-slide back, upper middle block (open hand), counter punch. Defense has to move. You have to move when they move. Remember you don't usually know what attack is coming. Then you can stop when you notice that it's a jab (not a lunge attack). Make correct distance on counter.

Use whole body to counter. Use counter like an arrow (keep it close to your body before you throw it). Shift back far enough to have their punch out of distance (6 inches away), then move to make distance on counter. Keep your front foot as in place as you can. You have to counter quick and extra movements will slow you down. Keep hands up. Attack up to your target, not down.

*Mawashi* – Bring weight forward. Knee up, body around, snap kick, snap hip to target, breathe (RH, Thrust kicks are the worst for remembering to breathe), exhale at end of kick. It prepares you for impact. Just above the belt is optimum target. Practice along then see-saw with a partner, one count equals one kick; then one count equals two kicks.

*Heian Yondan* – good footwork helps you get into a proper stance.

Move #2-pivot on the heels, this will help you get back to your starting mark.

Move #3-smooth, relax shoulders.

Move #8-don't pause.

Front Leg Roundhouse See-saw Partner Drill-defense=target. Hold palm next to your head.

Attacker=back foot step to front foot, front foot roundhouse jodan (or as high as you can). Go back the same way. One foot replaces the other.

Roundhouse is sideways motion, not lifting at impact.

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At this year's Winter Camp, students did a kicking drill to improve form. Above front, Annette Pilkington works with a partner which allows her to check her foot, knee, and hand position while kicking. To her right, Andrew Wolff checks his partner to make sure he is doing everything correctly.

Photo courtesy of Kim Weber

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## Winter Camp Continued...

Tekki Shodan-sink an extra bit to brace for contact. It's all about the stance.

Move #1-short *kosadachi* (don't overstep).

Move#2-land foot and hand together. Posture straight.

Partners-Side A-slide in jab, block reverse punch, counter punch. Side B-block jab, counter punch. Slow count, then all 1 count. Side A-use jab hand to block drop hand arm down (touch open hand) and maybe slide backwards some. Don't drop hands. Kumite Tip – When against a counter puncher, use the above drill. You know that's their waza, so pull it out of them on your terms. Throw jab as they are making their adjustment towards you (when they are weak).

Alternate attacks Partner Drills. Side A-Target. Side B-practices attacks. Both people x 10

1. Backfist. Don't sit on ready position too long.  
Use back hand to touch their forward hand (so they can't use it to block). Backfist over the top with front hand.
2. Ridgehand. If you can get your elbow past their blocking hand, the stroke of the ridge hand can work.

Kihon drill-Free style. Backfist, counter punch. X 10  
*Kiai!*

## Recognition Gift to Sensei Vaughan

After much hard work, training and dedication, Sensei Vaughan achieved *Shichi dan* (7th dan) while attending the ISKF 34th National Karate Championship in Scottsdale, Arizona in November. The Mid-America Region presented Sensei Vaughan with a recognition gift for his accomplishments. Members of the region are very proud of Sensei Vaughan's accomplishments and very pleased to have him as our Region's technical leader and head instructor.

For the Saturday night dinner festivities, several *karateka* enjoyed a wonderful dinner at Ginza Restaurant, a Japanese hibachi grill and sushi bar. The Japanese fare was expertly prepared and everyone was thoroughly entertained by the talented chefs. The dinner event is a great way for fellow *Karateka* to get to learn more about other members from the region. Thank you to Sensei Vaughan and the rest of the Indianapolis ISKF for hosting another excellent winter regional event.



Sensei Vaughan shows everyone the gift which he received from the Region at this year's Winter Camp in recognition of his promotion to *Shichi dan*.

Photo courtesy of Kim Weber

## Kata-Using Basic Enpi Strikes

by James Nelson

Putting together a kata using all *enpi* strikes is fairly easy and employs three different stances: horse stance (*kibadachi*), front stance (*zenkutsu dachi*), and immovable stance (*fudo-dachi*) and twelve movements. Start in the natural position (*shizentai*) and imagine an opponent directly behind you ready to wrap his arms around you in a bear hug.

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## Kata...Continued...

Look over your right shoulder, and move the left foot in to *kiba-dachi*, while at the same time executing a supported hand right backward elbow strike (*migi, soete ushiro enpi-uchi*). Next, look to the front and step forward with the right (*migi*) leg into *zenkutsu dachi* while executing a rising elbow strike (*age enpi/tate hiji enpi-uchi*). Look to the left, and bring your left leg to your right leg as you step into *kiba dachi* to your left while executing a left side elbow strike (*hidari, yoko enpi-uchi*). Look over your right shoulder, and turn to your right into *zenkutsu dachi* while executing a (left) front elbow strike (*hidari, mae enpi-uchi*) this may also be supported with the right arm such as found in the first elbow strike in *heian yondan* (move 10). Next, look to your left and step forward with the right leg into *zenkutsu dachi* while executing a right side round house elbow strike to the head (*migi, mawashi enpi-uchi, jodan*). Lastly, step forward with the left leg into *fudo-dachi* while executing a left side downward elbow strike (*hidari, otoshi enpi-uchi*). Come back to *shizentai*, and repeat the movements starting to the right and using the left elbow. If you are in a confined area, turn to the rear before coming back to *shizentai*.

## Mid-America Karateka Show Great Spirit at March Training

by Michelle Randall

Familiar faces gathered on March 23rd as Mid-America karateka descended once again upon the Delaware dojo. Sensei Vaughan emphasized hip movement in this training, and began our *kihon* sequence with hip twists ; we did this, concentrating on moving our belts, one direction at a time, with the same feeling., first from *shizen-tai* (natural stance) and then from *zenkutsu-dachi* (front stance).

Next were block/counter sequences that emphasized the snap of the hips from *hanmi* (side) to *shomen* (front).

1. Rising block (*age uke*), reverse punch, middle block (*soto uke*), reverse punch, inside out block (*uchi uke*), reverse punch, down block (*gedan barai*), reverse punch. Snap hips on reverse punch.
2. Above sequence with a partner; attacker stepping in with *jodan, chudan, chudan, and gedan* punches. Defense blocks and counters, each time snapping the hips on the reverse punch.

We then practiced kicking, stepping in with *mae geri*, *mae yoko geri kekomi*, and *mawashi geri* in sequence. Sensei reminded us that the natural turn of the hips during *mawashi geri* lends itself in *kumite* to a combination of round (*mawashi*) kick followed by a back (*ushiro*) kick.

We then practiced back kicks (*ushiro geri*) with a partner, with the defense side as target. The following points were emphasized:

1. precision (check foot position with target).
2. heel as contact point (toes down).
3. eyes on target, with same side shoulder and hand moving towards target.

After practicing back kicks with a partner, we added back kick to the above sequence, practicing front, side thrust, round, and back kicks in sequence, always moving forward, with our spirit moving into the target.

Sensei likened *kihon* exercises of the *karateka* to practicing scales for the musician. Just as musicians train by playing scales; so a *karateka* trains by practicing *kihon*. When training the human body, the repetition of basic movements helps to build muscle memory. In karate and in music, training must be active and repetitive; in this way timing and muscle memory can be consistently developed.

Next, the class was then divided in two, with Sensei Oberschlake leading the training for colored belts. This group trained hard with good spirit and loud *kiai*s. Sensei Vaughan took the black belts to practice *kumite* techniques with the following sequence; from free stance, slide in *kizami zuki*, sliding back, down block. Then slide in reverse punch, sliding back, high middle block. In this exercise, Sensei emphasized the quick, cutting nature of *kizami zuki*.

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At the March training, students worked on shifting and making quick blocks as demonstrated above (see page 5, for additional information).

Photo courtesy of Jerry Baker

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## March Training Continued...

Then, we practiced the sequence with partners (A and B):

- A: slide in *kizami zuki*, B: high middle (touch) block (backstance).
- B: shift in reverse punch (*gyaku zuki*) front stance, A: down block (slide back)

Sensei pointed out that the touch block need only be a touch; it should re-direct the opponent's *kizami-zuki*, moving their fist away from your face. In the hips, the touch block coils the hip for the reverse punch.

To build spirit, we then practiced reverse punch with a partner; after making distance, we punched simultaneously patch to patch, always meeting the attack with our spirit and trying to be first or faster than our partner.

Finally, Sensei stressed many key points of the important kata, *Jion*. The first movement must be powerful, and must therefore include a dynamic hip movement. On movements 2,3 and 7, 8, coordinate both stepping and hand movement; bring the knee up strongly and give a good snap back on the kick, with *sanbon* rhythm on the triple punch (all *chudan*).

The hips should snap on reverse punch in the next *age-uke*, *gyaku zuki* sequence. Don't rush this sequence, rather, set a strong, powerful rhythm.

Sensei had us think about and repeat *manji-uke* (double block-upper/lower), with the pulling arm's shoulder moving first towards the opposite shoulder, then back across the chest while executing the upper level (*uchi uke*) block. Again the action of the hip came into focus as Sensei showed us how *manji-uke*'s twisting movement requires strong hip movement.

Squeeze the legs together into a strong *kiba-dachi* stance while snapping the wrist during the *teisho* (palm heel) sequence; again, the rhythm here is *sanbon* feeling. For the next sequence (*uchi-uke* to *oi-zuki*), it is important to keep the heels on the floor while turning and stepping.

For the stamping kicks, keep the leg moving straight (not circular) and twist the body on the finish. From *yori-ashi*, make a strong stance while keeping shoulders aligned for the finishing sequence.

Following the training, there were two dan re-exams, and several dan pretest and kyu test.

Congratulations to Sean McManes and Kylee Tolliver for passing their shodan exams!

Thank you to both Sensei Vaughan and Sensei Oberschlake for this excellent training. We look forward to training together again in April during Spring Camp at OSU! Special thanks go to Sensei Vaughan for his help in preparing this article.



At this year's March clinic, Sensei Oberschlake gave a special training to the kyu ranks.  
Photo courtesy Jerry Baker

## Karate: A Lifetime Journey

by anonymous

The practice of Karate is a lifetime journey. Every time you train you add paper thin experience to your karate. Just a piece of paper might be fly away with the light wind; however, if you keep training, you will accumulate thousands of pieces of paper. Then you will have your solid karate. Please keep practicing.

One of the best stories I heard at this March training belongs to a member of the Athens Karate Club. She is rather small lady. One big man tried to grab her. Unfortunately (for him) he did not know she was practicing foot sweep (*Ashibarai*) at her dojo. As soon as the man approached her, she blocked his arms and did a foot sweep without thinking. The man went down and then apologized to her.

At last, I would like to urge you to participate in this year's National Tournament in Cincinnati, OH. If it is possible, please stay and watch the Sunday finals. You will see the best of the best karate in ISKF. You will learn from your eyes and it might change your life. For me it was 2002 Nationals in Orlando, FL., the first National Tournament for me. I lost the first match in the Senior Kata Division. The story did not end there. On Sunday, in the Senior Women's Kata Finals, I saw Bassai Sho by Nikki Maeda. It was so beautiful, graceful, and breathtaking. I had never seen that kata before. Since then I played her kata over and over in my mind. I really wanted to perform this kata in the way she did. I hope you too will have this kind of life changing experience at the National Tournament November 16-17, 2013.

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As you know, our Mid-America Karate Region is hosting the 35th annual ISKF/US National Karate Tournament at the Hyatt Regency, in Cincinnati, Ohio. The event will be November 15-17, 2013.

We are asking all members and their families to participate by either volunteering during the event or by competing. To volunteer, please contact Jeff Weber at: [AndersonKarate@aol.com](mailto:AndersonKarate@aol.com) We will need everyone's assistance to make this a successful event!

Please look for future emails from Jeff with additional information.

## 2013 Calendar of Events

### April 13-14, 2013

**Spring Camp**  
On the Campus of OSU  
Columbus, OH

**May 18, 2013**  
**Adult Regional Tournament**  
**11:00 AM**  
Willis Intermediate School  
Delaware, OH

**May 18, 2013**  
**Regional Board of Director's Meeting**  
**To follow the adult regional tournament.**  
Willis Intermediate  
Delaware, OH

### June 7-14, 2013

**ISKF Master Camp**  
Greenlane, PA

**July 26, 2013**  
**Regional Training**  
**6:30 PM**  
Brown County Dojo  
Hamersville, OH

**July 27, 2013**  
**Golf Outing**  
Friendly Meadows Golf Course  
Hamersville, OH

**August 16-17, 2013**  
**Michigan Summer Camp**  
YMCA Camp Copneconic  
Fenton, MI

### September 14, 2013

**Regional Training-All Ranks**  
**11:00 AM**  
**Youth Regional Tournament**  
**1:00 PM**  
Willis Intermediate  
Delaware, OH

**October 12, 2013**  
**Regional Training-All Ranks**  
**11:00 AM**  
Willis Intermediate  
Delaware, OH

**November 16-17, 2013**  
ISKF National Championships  
Cincinnati, OH

**December 14, 2013**  
**Clinic and Dan Exam**  
**11:00 AM**  
Willis Intermediate  
Delaware, OH