



Master Okazaki Retires as Chairman of ISKF

By Martin R. Schrager

At Master Camp during the International Board of Directors meeting held on June 15, 2015, Master Teruyuki Okazaki announced that he is retiring as Chairman of ISKF and appointed Sensei Hiroyoshi Okazaki as the new Chairman of the ISKF. During the annual meeting of the ISKF Technical Committee, Sensei Hiroyoshi was also appointed by Master Yaguchi as Vice Chief Instructor of the ISKF.

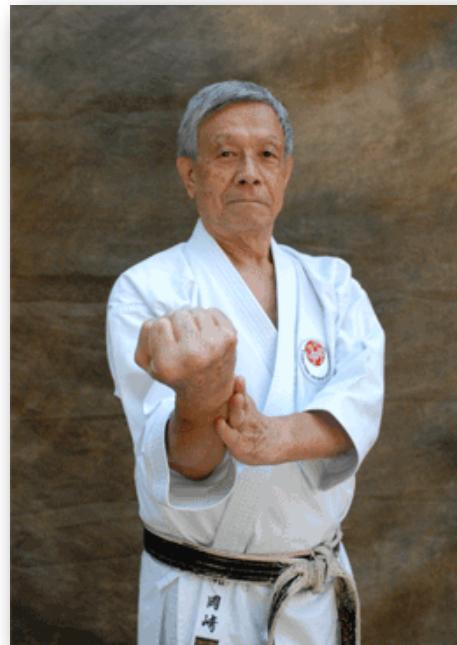
Master Okazaki has appointed as his successor, his nephew and many time karate champion, Master Hiroyoshi Okazaki. Master Hiroyoshi Okazaki has also been appointed as the Vice Chief Instructor of the ISKF. Master Teruyuki Okazaki will continue in his role as Chief Instructor.

In his letter to ISKF members, Master Okazaki states:

"I would also like to take this opportunity to thank you for the many years you have allowed me to share my Shotokan karate with you and the tremendous support you have given to the ISKF. Your character and martial art spirit has contributed to the high-caliber Shotokan organization we are. I hope you continue to follow these principles and the guidelines of Master Funakoshi and train and live with the Dojo Kun and Shoto Niju Kun always at the forefront of your mind."

Over his many years of service, Master Okazaki has traveled the world over and given his heart and spirit to his students, treating all with the utmost respect. We at Mid-America have been fortunate to have the presence and guidance of Master Okazaki for so many years. It is his wish that we support Sensei Hiroyoshi and we look forward to working with our new Chairman. Congratulations Sensei Hiroyoshi Okazaki!

***"Train and live with the Dojo
Kun and Shoto Niju Kun
always at the forefront of your
mind."***



*Master Teruyuki Okazaki
Image Courtesy of [ISKF.com](#)*

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Self-training: Going Through the Center

By Jerry Baker

In even the most complex of moves there is a simple core of stability, an intersection of power and form and purpose. As one moves toward and through such a point in any technique, an opportunity for self-training arises. Practicing the act of moving through the center by making effective use of the supporting leg will enable the karate student to learn, and then reinforce, the body dynamics required to move smoothly, efficiently, and with power toward the final destination.

Instructors need to observe students as they go about their trainings to see if the students have a grasp of the internal dynamics at the intermediate points of any move to assess if the students are paying attention to more than the finishing moment. Some questions need to be asked. Are the students using supporting legs and feet and the correct posture to facilitate their actions, or are they simply rushing from point A to point B? Are the students using their breath properly so as to be able to relax the body during transitions? Are students building the internal cues, the tactile-kinesthetic markers, which will guide their self-trainings and create “physical bookmarks” to inform the execution of movements? Are we, their instructors, providing our students opportunities to build a catalogue of self-training strategies so they can become their own coaches?

Karate movements are often viewed as a series of expansions and contractions. One of the seemingly countless number of these movements arrives early in a new karate student’s training as the first steps of *Heian Shodan* are practiced. The third move of the kata requires the student to make a 180 degree turn and a full step from an *oi-zuki* to the left toward a downward block on the right while pivoting on the left foot. During this long move the student will come back through the center. That moment, bookmarked with a passing rub of the knees, enables the student to maintain alignment from one direction to another. Before that turn, however, a moment often missed by an inexperienced student comes when the center of gravity for the right-handed punch to the left shifts backward to place more weight on the rear (left) foot to prepare for that move through the center on the way to the right-sided down block. Yet again, another of those physical bookmarks is made as the student feels that weight shift to the rear heel prior to the rub of the knees. A final marker is placed at the end of the down block as the right foot, right hand down block, and left draw hand all



Image taken from Dynamic Karate

M. Nakayama

coordinate for a timely landing in the final position. So, in the first kata students learn, and already at only the third move, three unique opportunities to build tactile-kinesthetic connections to facilitate effective movement have been studied. For experienced karate students, it becomes clear that such moments are everywhere in all of the katas. As we study them in one part of our training, they become applicable in all parts of our training.

These moments of coming through the middle, shifting body weight and center of gravity, and tying it all together with a culminating breath begin to build from smaller moves to fully connected katas. As one practices moves in slowly-paced isolation, which provides time for the student to actually study the small moments of turns and transitions, a greater understanding develops for how large moves help one become more proficient. This process becomes the focused self-training that builds the capacity for success in large-group and partner *kumite* trainings. Beyond that, should a real-world confrontation take place, those who study such transitions will be able to respond quickly with poise and confidence as they adapt the trainings that have helped them learn how to move properly and have become natural responses to sudden threats.

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Self-training: Going Through the Center

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Eventually, as you have observed when watching very accomplished karate athletes in action, it becomes evident that the rubbing of the knees during a passing transition is replaced with an inner tension that accomplishes the same outcome. This change, however, is not to be seen as a shortcut. The level of skill that is required to move in a more individualistic manner comes with serious training and honest reflection over a long period of time. For any student, the constant attention given to how expansion and contraction, breathing, transitioning from one position to another, and the ability to generate more power through the proper balance of tension and relaxation will improve one's level of skill.

The chances to give attention to these components of self-training are many. In every

kata there are turns and shifts and redirections. Become your own coach and seek the depth that self-training provides. Seek to build a mindlessness of movement as you touch the physical bookmarks you have put in place to self-regulate your movements. Train slowly, train loosely, train strongly and see what is waiting to be discovered. Many of us have heard Sensei Golden tell us that sometimes you must chase karate, but at other times you must stop and let karate find you. Self-training to move in ways that match the demands of your body and the situation you face will help you to maintain a high personal standard for your training and thus become an excellent way to position yourself to let your karate find you.

Spring Camp 2015

Mid-America Welcomes Sensei David Jones

By Adam Clouser

Mid-America's Spring Camp 2015 was held under sunshine and warm weather on the campus of The Ohio State University. Our special guest instructor was Sensei David Jones. Sensei Jones is the Chief Instructor of the ISKF Canada and a member of the ISKF Technical Committee, and we were very lucky to have him for the weekend. The weekend's trainings were physically intensive and full of detailed technical information for a large variety of kata and basic motions. Our attending *karate-ka*, pushed by Sensei Jones every step of the way, worked their way through various drills and exercises to perfect technique and conditioning. Sensei told us that when it comes to karate practice, lazy training simply isn't enough and almost correct is not correct. We must push our bodies and minds to make proper technique a habit if we want to improve.

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One of the most fantastic aspects of the trainings Sensei had for us was the non-stop pace with which he moved us through exercises. So many complex drills, combined with the intensity of training, required a high level of focus and concentration.



Sensei David Jones
Image Courtesy of [LinkedIn.com](#)

Spring Camp 2015

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Basics Drill

1. Starting from *shizen-tai*
2. *Nihon zuki* in place
3. Driving back with right leg, *kizami-zuki*, *gyaku-zuki*,
4. *Kizame-zuki*, driving in with *oi-zuki*, *gyaku-zuki*
5. Turn in place (*mawate*) and *gyaku-zuki*
6. Reset now facing the back.

The above drill was a staple of Sensei's basics and warm-up training from the weekend. Perform it with high intensity and vary the timing, rhythm, and targets. Change techniques to blocks or kicks to practice different basic techniques. The main focus is on quickly switching the body from half to full face and using your hips to make power.

Partner Drill

Partner A begins with left leg forward in *zenkutsu-dachi*.

Partner B is in *shizen-tai*.

1. *Oi-zuki*, *gyaku-zuki* (Both *chudan* targets)

2. Step back with right leg in to *kokutsu-dachi*, *shuto-uke*. Use draw hand to start the block and main hand to make *uchi-ude-uke*, then *mae geri* and *choku-zuki* to opponent/partner.

This short partner drill can be thought of as a *bunkai* from *Heian Nidan* (moves 15-18).

Sensei gave us several of these *bunkai* drills which we later combined in to a longer combination. When working with partners, keep the pace continuous. As soon as you have finished, reset and begin again until Sensei calls *yame*. Don't allow yourself, or your partner, to make sloppy technique for the sake of speed. Sensei reminded us to always make maximum range of

motion when starting and build our way to speed as we master the techniques.

Sensei Jones also worked with us on a variety of kata over the weekend including; *Sochin*, *Nijushihō*, *Kanku Sho*, and *Jitte*. As a member of the technical committee Sensei's advice was very technical and precise.

Chronicling all of his points and advice on these four kata, as well as others, would be unreasonable for such a small article. The main takeaways from his advice were much the same as our leadership here in Mid-America tells us; make big and dynamic motions and always perform kata exact.

Saturday night we all met at Champp's for dinner, as we have done in the past. The turnout was fantastic with over 30 people meeting for dinner and laughter. This after training dinner is always important as we remind ourselves that we aren't just karate training partners but a region of friends and family. I think I can speak for all when I say it was a pleasure to include Sensei Jones in our Mid-America family gathering and hope he enjoyed it as much as we did.

I believe all of us in Mid-America realize how lucky we were to have such a fantastic guest instructor for the weekend. That Sensei Jones was able and willing to fit us in to his schedule and fly all the way here from Calgary speaks volumes about his character and love of karate-do. We all owe a big thanks to him, as well as our Mid-America leadership, for arranging and putting together such an amazing weekend of training. As always, a friendly reminder that Sensei can only give us the lessons, it's up to us to bring them back to our dojos and train them. We look forward to seeing you all again at the annual Golf Outing and Summer Camp later this summer.



Sensei David Jones

Image courtesy of Mid-America ISKF

Ichi-Go, Ichi-E

Master Camp 2015

By Kim Weber



Mid-America ISKF Karateka at 2015 Master Camp

Image courtesy of Kim Weber

After many years of only being able to spend a long weekend at Master Camp, Jeff and I decided to spend the whole week this year. Mid-America had nine *karateka* attend camp this year, most of them staying the entire week as well.

If you have never attended Master Camp, I recently described it to our students this way. I explained that you stay in a kid's camp without air or heat, the food isn't great, and at 6:00 am every morning a man named Bob wakes you up by driving a golf cart around blowing a whistle yelling for everyone to wake up... YOU'RE GONNA LOVE IT! The instruction is excellent, and the camaraderie is simply amazing! We have met *karateka* from all over the world. This year there were representatives from 50 countries at camp. So every cabin is likely multi cultural. This year Jeff shared cabin #3 with Sensei Oberschlake, Keith Meadows, (4 *kyu* from our dojo), and the rest was filled with Australians. Cabin #3 became the gathering point most evenings for meeting, talking, laughing and getting to know new found friends.

The weather can vary from hot to cold, from rain to sunshine. This year it was pretty warm, especially over the weekend. After one typical strenuous morning class

with Sensei Takahashi, all of Jeff's cabin mates returned to cabin #3 to prepare for

breakfast. As they all took off their gi jackets, the heat and steam coming off of all of their bodies actually set off the cabin's smoke alarm!

In addition to the training, there are other activities scheduled. One of those activities is a lecture series. This year one of the speakers was Rubem Cauduro, from Brazil. His lecture was titled "I.S.K.F. – Friendship, Respect, and Commitment." In his lecture he discussed his close relationship with his Sensei, Sensei Norio Haritani, and how they came to join the I.S.K.F. Once in the I.S.K.F., Rubem discussed the friendships he developed in the I.S.K.F. Mid-America was mentioned in this part of his speech. This is because I saw him in the Seoul, Korea Airport on our way to the Philippines for the Shotocup and asked if he wanted to join our Mid-America group for the remainder of the trip. He was traveling as the lone representative from Brazil and gladly joined us and became part of our family. Rubem's lecture ended with his explanation of "Ichi-Go, Ichi-E" which translates as "one time, one meeting". The phrase means to cherish a gathering, as many meetings in life are not repeated. Many good things happened this week.

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Ichi-Go, Ichi-E

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Mid-America Chief Instructor Martin Vaughan leading class at Master Camp 2015

Image courtesy of Kim Weber

Sensei Vaughan was asked to teach optional training, the 11:00a-12:00p class. Michelle Randall gave a brief explanation of the class, "Sensei focused on *kumite* in this class. Basics led to an *ippon kumite* technique that emphasized both distance and timing of the opponent, which culminated in a more complex application of the technique that ended with a throw. This was particularly enjoyed by the younger *karateka*, who were asked to demonstrate for the class. They were great at it!"

We also had another Mid-America Instructor that was asked to teach an Optional Training. Sensei Oberschlake based his class on an article he published in our 2014, 4th Quarter Newsletter on Body Connection. Training included the sequence of body movement, and how the correct/incorrect sequence affects the transfer of energy from the whole body to the target at impact. You can read his article at www.midamericaiskf.com/quarterly-newsletters.html

Master Camp offers the opportunity to take exams such as dan, judges, instructor, etc. Sensei Oberschlake and I took a couple of these exams this year. Sensei tested for his level A Instructor and level A Judge. Both of his exams required successfully passing a written exam and a practical exam. Congratulations to Sensei Oberschlake for successfully passing both exams!

I took my first exam for Instructor and for Examiner this year. In addition to the written and practical exams at camp, I had to complete the I.S.K.F. Instructor Trainee Program before I was eligible to

test. A few requirements to complete the program entail that the member attain *Sandan* rank, attend at least 2 Master Camps, achieve level C Judge, attend 30 technical subject classes, and write over 40 research papers. If you are interested in joining the program please contact me at AndersonKarate@aol.com for more information. I am happy to report that I passed both exams and am a level D Instructor and level D Examiner.

After the Goodwill Tournament on Thursday, we were lucky enough to receive a private lesson on the kata *Nijushibo*, from Sensei Leon Sill, the Director of the Southern Region, and many times National kata champion. Sensei Sill worked with Jeff, Carol Glenn, from Swartz Creek Karate Club and me for about an hour. He watched us perform, and then gave us drills to improve on a particular technique. After the training, Sensei Sill commented that he had given us everything he knew about *Nijushibo*. I thought to myself "I doubt he gave us everything he knew, but he gave us what we could handle". Even after a week of hard training, it was definitely worth putting our *gi* on one last time.

I realize that I have not yet mentioned much on trainings that I experienced. They were fantastic as always and hope that you will make plans to experience it for yourself. Next year will be the 50th anniversary of Master Camp. The dates are June 10-17, 2016. This will be an amazing event and everyone in our region should make plans now to attend... YOU'RE GONNA LOVE IT!

Karate and Self-Defense

By Wendy McVicker



Someone once said to me that taking a self-defense class was like learning first aid, but that studying a martial art is like getting a medical degree. Of course, one of the primary goals of studying a martial art is self-defense, and some of my favorite karate stories come from students telling how karate protected them in some situation or other.

I'm not talking about people defending their lives against muggers in the mean streets of Athens, Ohio, but quite ordinary situations in which someone may have been hurt, if not for the mental and physical training that karate provides.

The most recent story of this kind that I heard came from a child who was a newly-minted yellow belt. Ben is a shy but determined boy who worked for many months to earn his belt. In class he would not allow himself to be distracted, even when he had the goofiest kid in the room standing next to him.

One day before class, he and I did a warm-up *Heian Shodan* together, and after we'd bowed and finished,

he turned to me and said, "I had to use karate to defend myself today." Although part of me was shocked to hear this, I responded with what I hoped came across as neutral interest, and asked him to tell me more.

Ben explained that he and a bunch of other kids were playing basketball on the playground during recess, and his team won. The "leader" of the other team, a bigger boy who was apparently known around school as a bit of a bully, went to hit Ben, and Ben said, "I used my rising block," and demonstrated how he'd dropped into front stance and blocked the blow. At that point, the fight, barely begun, was over, and the other kid had gotten the message that he could not hit Ben.

Notice that Ben did not strike a blow himself. He used that most powerful tool of self-defense, one we work to hone every day in our training and our lives, the mind, to discern that he did not need to knock the other fellow down or out. (This would no doubt have caused him all kinds of other trouble.) He did exactly what he needed to do, and his message was clear — and received: "You will not hit me; I will not be hit."

I was delighted to hear this story, because it showed, once again, that the self-defense benefits of training become available very early on, and are demonstrable.

As for Ben, I see him developing that quiet confidence that I have always associated with *karateka*, and I hope we'll be seeing him around for some time to come. In any case, this young, quiet yellow belt has already realized some of the rewards of studying karate, and he will carry these with him wherever he goes.

Brown County Shotokan Karate Club

Mid-America Club Profile

By James Oberschlake

I began training karate with Sensei Greer Golden at The Ohio State University in January of 1974. At that time there were 700 members training at the Ohio State Shotokan Karate Club; my beginner class had over 60 students. On Tuesdays and Thursdays, Beginner and Advanced Classes met during the afternoon and evenings. There was also a Beginner and Advanced class that met Saturday mornings. (Anyone who was a yellow belt or higher was considered Advanced). I trained every class I could. I bought an army-surplus backpack; the backpack held my books and gi. On the off days I would wander Larkins Hall looking for an empty room or hallway where I could train. In those days, training karate meant a lot of sweat and bruises.

On February 14, 1976, I tested for and received my *Shodan* from Okazaki *Shihan*. A little more than a year later, I was ready to graduate and head back home to start my career as a high school English teacher. I remember asking Sensei Golden, "Sensei, I'm getting ready to graduate and head back home. Is there a club near Cincinnati where I can train karate?"

He said, "No! Start one." Well, that was it. I had my marching orders. During the summer of 1977, I started teaching 12 students in my parent's backyard. (For those of you who have played in the Mid-America Golf Outing, Brown County Shotokan Karate Club was born near the green barn next to the 10th Tee). 3 students survived my teaching and received their yellow belts from Sensei Golden. Next, we were given the opportunity to train for free at the gymnasium of the old New Hope Elementary School. One of my students had contacted several people who promised to show up at the next class, but when the next class came, I only had my one student. I promised him I would continue teaching him, even if he was my only student. The next Sunday I was talking to a friend at church, who had taken a karate class from a brown belt at a local community college. At the next training, my friend showed up with 12 new karate students.

We trained at the New Hope School for one year. Then the club began training at the Southern Hills Joint Vocational School as part of the adult education program. The first night of training 30 new students showed up. We trained at SHJVS for about a year, but my students did not have a place where they could train on their own

and this made it difficult for them to advance. That's when I decided to build the current dojo located on Friendly Meadows Golf Course. It was not a good time to build anything. Money was tight. There was double-digit inflation, and interest rates were around 18%. I had saved about half of my salary from two years of teaching school, about \$9,000.00. My father had to borrow money from his credit union to finance the rest of this project, and I made payments to the credit union for the next 6 years. The dojo was completed in February, 1980. The dojo doors have never been locked. To this day, I believe it is unusual to own your own dojo, land and building, debt-free.

Over the years we added a kids class and a branch club at the Clermont County YMCA. The Brown County Shotokan Karate Club also helped spawn two other clubs, Shotokan of Anderson and Ohio Valley Karate Club. The success of Brown County Shotokan Karate Club would not be possible without the effort of all its members who trained diligently and contributed to the development of others. To all these I am forever grateful.



Sensei James Oberschlake

Image courtesy of Christian Moore

Mid-America ISKF Regional Tournament Results

Adult Divisions

Name	Gender	Rank	Division	Club	Kata	Kumite	Team Kata
Laura Graham	Female	Sandan	Adult BB	Brown County	1st	1st	
Cempaka Dewi	Female	Shodan	Adult BB	Columbus	3rd	2nd	
Jamie Lynne Kennedy	Female	Yondan	Adult BB	Swartz Creek	2nd	3rd	
David Talley	Male	Godan	Adult BB	Creekside	2nd	1st	1st-Adult
Adam Clouser	Male	Nidan	Adult BB	OSU		3rd	
Lukas Lehmpaul	Male	Shodan	Adult BB	Athens			
David Merz	Male	Shodan	Adult BB	OSU			
Jean-Rene Geoffrion	Male	Shodan	Adult BB	OSU		3rd	
Martin Schrager	Male	Yondan	Adult BB	Ohio Valley	1st	2nd	3rd-Adult
Miguel Garcia	Male	Yondan	Adult BB	Swartz Creek	3rd		
Kelli Burwinkel	Female	7 Kyu	Adult Kyu	OSU			
Stacy Sheetz	Female	4 Kyu	Adult Kyu	Creekside	1st	1st	
(Nina) Shirley Tang	Female	7 Kyu	Adult Kyu	OSU	2nd	2nd	
Andrew Chudzik	Male	4 Kyu	Adult Kyu	OSU		3rd	
Md. Zaheer Hasan	Male	6 Kyu	Adult Kyu	OSU	3rd	2nd	
Steven Robbins	Male	5 Kyu	Adult Kyu	Creekside	2nd	1st	
Ismael Tidjani	Male	5 Kyu	Adult Kyu	Ohio Valley	1st	3rd	3rd-Adult

Mid-America ISKF Regional Tournament Results

Collegiate and Senior Divisions

Name	Gender	Rank	Division	Club	Kata	Kumite	Team Kata
Kelli Burwinkel	Female	7 Kyu	Collegiate	OSU	2nd	2nd	
(Nina) Shirley Tang	Female	7 Kyu	Collegiate	OSU	1st	1st	
Andrew Chudzik	Male	4 Kyu	Collegiate	OSU	2nd	2nd	
Md. Zaheer Hasan	Male	6 Kyu	Collegiate	OSU	3rd	3rd	
David Merz	Male	Shodan	Collegiate	OSU	1st	1st	
Katherina Gleissberg	Female	4 Kyu	Senior	Athens		3rd	
Carol Glenn	Female	Godan	Senior	Swartz Creek	1st	1st	
Beverly Pugh	Female	Nidan	Senior	OSU	3rd	3rd	
Yukiko Kikuchi	Female	Sandan	Senior	Anderson	2nd	2nd	2nd-Adult
Matt Madison	Male	1 Kyu	Senior	Ohio Valley		3rd	3rd-Adult
Michael Tomcsanyi	Male	Nidan	Senior	Creekside	3rd	3rd	1st-Adult
Greg Esz	Male	Nidan	Senior	Brown County			
Sartono Abdurrahman	Male	Nidan	Senior	Columbus		2nd	
Calvin (Skip) Greenman	Male	Nidan	Senior	Swartz Creek			
Len Gordon	Male	Sandan	Senior	Anderson	2nd		2nd-Adult
Andrew Wolff	Male	Yondan	Senior	Anderson	1st	1st	2nd-Adult
Tom Wiedele	Male	Yondan	Senior	Creekside			1st-Adult
Tim Gay, Sr.	Male	Yondan	Senior	Creekside			

Mid-America ISKF Regional Tournament Results

Youth Divisions (Page I of 2)

Name	Gender	Rank	Division	Club	Kata	Kumite	Team Kata
Joey Varone	Male	4 Kyu	Youth	Creekside	2nd	1st	
Aidan Glaeser	Male	4 Kyu	Youth	Creekside	1st	2nd	
Ashley O'Hara	Female	7 Kyu	Youth	Brown County	3rd	3rd	
Jessica Robbins	Female	7 Kyu	Youth	Creekside		2nd	
Marie Burnell	Female	7 Kyu	Youth	Creekside		1st	
Hailey O'Hara	Female	7 Kyu	Youth	Brown County	2nd		
Abigail Weamer	Female	7 Kyu	Youth	Creekside			
Zachary Stillerman	Male	7 Kyu	Youth	Creekside			
Jacob Kolar	Male	7 Kyu	Youth	Creekside		3rd	
Ava Brown	Female	7B Kyu	Youth	Brown County	1st		
Nadia Glaeser	Female	7 Kyu	Youth	Creekside	1st	1st	
Sean Teismann	Male	5B Kyu	Youth	Anderson	2nd	1st	2nd-Youth
Isaac Deininger	Male	6 Kyu	Youth	Brown County	1st	3rd	
William Epp	Male	6 Kyu	Youth	Creekside		3rd	
Will Robson	Male	6 Kyu	Youth	Ohio Valley	3rd	2nd	
Jazmin Sorvala	Female	2 Kyu	Youth	Swartz Creek		1st-F	
Corinne Dressler	Female	Shodan	Youth	Indiana ISKF	2nd	2nd-F	
Raihan Nurrahman	Male	1 Kyu	Youth	Columbus	1st	2nd-M	
Prabh Dhaliwal	Male	3B Kyu	Youth	Creekside		3rd-M	
Matthew Tyler	Male	3B Kyu	Youth	Creekside	3rd	1st-M	

Mid-America ISKF Regional Tournament Results

Youth Divisions (Page 2 of 2)

Name	Gender	Rank	Division	Club	Kata	Kumite	Team Kata
Nathan Deininger	Male	6 Kyu	Youth	Brown County	1st	1st	
Aaron Johnson	Male	6B Kyu	Youth	Anderson	2nd	2nd	
Noah Kennedy	Male	1 Kyu	Youth	Swartz Creek	3rd		
Eric Wolff	Male	1 Kyu	Youth	Anderson		3rd	2nd-Youth
Noah Gay	Male	3 Kyu	Youth	Creekside	2nd	3rd	
Rafi Fadhlurrahman	Male	Shodan	Youth	Columbus	1st	1st	
Jaylon Hudson	Male	Shodan	Youth	Indiana ISKF		2nd	
Savanah Gay	Female	5 Kyu	Youth	Creekside	1st	1st	
Lydia Grant	Female	Shodan	Youth	Anderson	1st	2nd	2nd-Youth
Kherin Snyder	Female	Shodan	Youth	Brown County	2nd	1st	1st-Youth
Hannah Heavener	Female	3B Kyu	Youth	Creekside	1st	1st	
Timmy Gay III	Male	1 Kyu	Youth	Creekside	2nd	2nd	
Joshua Snyder	Male	Nidan	Youth	Brown County	1st	1st	1st-Youth
Johathan Esz	Male	Shodan	Youth	Brown County	3rd	3rd	
Jonathon Taylor	Male	Shodan	Youth	Brown County		3rd	1st-Youth

Mid-America Congratulates Instructor and Examiner Promotions!



It was announced at the annual Mid-

America Board of Directors meeting that Sensei Jim Oberschlake achieved his A-Level Instructor and A-Level Judges certifications.

Sensei Kim Weber has achieved her D-Level Instructor and D-Level Examiner certifications.

Congratulations to Senseis Oberschlake and Weber on these major accomplishments!

Sensei Golden



Instructor Emeritus, ISKF Mid-America Region

Sensei Greer Golden graduated from the Instructor Trainee Program in 1969 and was sent to Ohio University in Athens to begin sharing his knowledge with Mid-America karate students.

Sensei Vaughan



Chief Instructor, ISKF Mid-America Region

Sensei Martin Vaughan has been training under Sensei Golden and Master Okazaki for over 40 years and is our region's Chief Instructor as of 2015. He is also the Chief Instructor of Indiana ISKF.

President and Assistant Instructor, ISKF Mid-America Region

Sensei James Oberschlake has been training under Sensei Golden and Master Okazaki since 1974. He is also the Chief Instructor of Brown County Shotokan Karate Club.

Executive Director, Mid-America Region

Sensei James Nelson is the Chief Instructor of the Swartz Creek Karate Club and has served as the Executive Director of the Mid-America Region since 2003.

Calendar

July 24, 2015

Regional training & kyu exam - Brown County Dojo, Hamersville, OH

July 25, 2015

Mid-America Golf Outing - Friendly Meadows Golf Course, Hamersville, OH

August 14-16

Michigan Summer Camp - YMCA Camp Copneconic, Fenton, MI

Contributors

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