



## ISKF 50th Annual Master Camp Editorial

By *Martin Vaughan, Michelle Randall, and Martin Schrager*

*Editorial By Martin Vaughan*

The 50th anniversary camp marked many changes. It was the first time ever that Okazaki *Shihan* did not teach the first class. However, his spirit and influence could still be felt. Now a new generation of karate-ka will form their own unique experiences and memories under the guidance of Hiroyoshi Okazaki Sensei.



*Okazaki Shihan performing Hangetsu at Master Camp in 1975  
Photo courtesy of M. Vaughan.*

I attended my first Master Camp in 1975. Camp was much smaller and very different then. It was extremely physical, with each instructor seeming to try to out do the previous instructor, and survival was often the goal of each training. However, some things remain the same. The cabins are the same and the shared purpose of the campers is the same. The feeling that you are detached from the outside world is the same. I always lose track of time there.

There is a changing of the guard. There were many changes at camp as there have been many changes with the ISKF. And perhaps many more changes are to

come. But this is a good thing, a sign of growth and progress. Progress toward the vision of the man that formed and guided the ISKF, and his vision still guides us. Originally, only US, Canadian and Caribbean members attended the camp. Today karate-ka from all over the world meet to train and to share experiences. Members from about 40 countries attended this 50th anniversary camp. For so many years I listened to Okazaki *Shihan* talk about his vision that karate training could bring peace to the world. At this camp I could see his vision beginning to become a reality. Another step closer to peace in the world.

*Editorial By Michelle Randall*

Sensei Yaguchi said something very powerful at our last training of the week. I cannot recall his words exactly, but the message was clear. He introduced all of the other Instructors who had been helping him teach all week, and thanked them. Then he turned and said to everyone on the dojo floor, "These people are my friends. If you love me, then you will listen to them. Treat them as you do me." It was a very powerful moment, one that revealed the strong bond that karate can generate between instructors and students, between strangers from all over the world, between friends.

*Editorial By Martin Schrager*

I haven't been to Master Camp in a very long time. Although I have taken multiple sabbaticals over the past few years to study with high level ISKF instructors, I have always found a reason not to go to camp.

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# ISKF 50th Annual Master Camp Editorial

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Yes, there are a few reasons NOT to go to Master Camp. If you like to eat only really good food - don't go. If you require the creature comforts of the Holiday Inn or Marriott - don't go. If you are looking for a vacation where you sit on the beach and sip on a drink with an umbrella in it - don't go. However, these reasons, in addition to being shallow, are simply overshadowed by the dozens of reasons I could list TO go to Master Camp. Being mindful of this as a newsletter and not a novel I will name just a few. Each of these, in my humble opinion, outweighs all of the reasons not to go, combined. First, the learning experience is unparalleled. No matter your experience or skill level, you will learn A LOT. One example, and I will always remember this, is that I was fortunate

enough to get to learn a new kata (*Jiin*) directly from Master Yaguchi, one of the greatest karate-ka ever to walk the earth. Second, your perspective will change. Being immersed in the world of karate with such intensity and focus simultaneously gave me perspective on how much I've accomplished in my personal studies and the humility that I still have so much to learn. Finally, there are the friendships. In the six days I spent at Master Camp this year, I made more friends than I have in the past five years. Everyone is there for a common purpose and the people you meet could not be nicer. I have even corresponded with a few of them already since my return. I can't wait to see them all again next year!



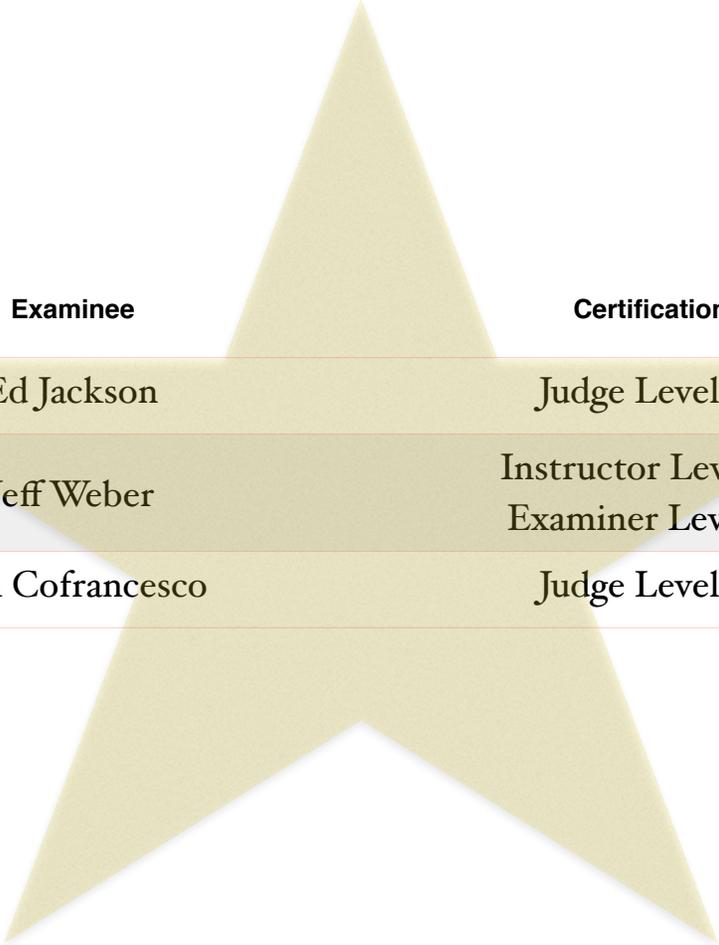
*Master Camp 2016 Memories*

*Photos courtesy of Jamie Lynn Kennedy, Kim and Jeff Weber, Martin Schragar, Pedram Rastagar.*

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## Promotions and Certifications

Congratulations to Mid-America Karate-Ka who took certification exams and passed at Master Camp 2016!!!



Examinee	Certification
Ed Jackson	Judge Level D
Jeff Weber	Instructor Level D, Examiner Level D
Tim Cofrancesco	Judge Level D

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# Inside Vs. Outside Karate

By *Jerry Baker*

I will always carry Sensei Golden's voice around in my head. For years he talked to us about the many seemingly contradictory messages of karate. We were told to become both larger and smaller at the same time. He emphasized power and fluid movements through strength and looseness by tensing and relaxing. My favorite directive was when he said, "Sometimes you have to chase karate. Sometimes you have to let karate find you." For many years I would answer his directions in an affirmative and respectful manner, but I knew that what he was telling me was beyond my limited grasp as a struggling karate student.

As the years passed and the *kyu* and dan exams came along, I diligently studied and practiced as bits of enlightenment arrived. Any of us who have been given the gift of training with Sensei Golden can relate to moments when all of a sudden his words clicked in our minds, and we felt a small breakthrough arrive. Over time, training with lots of instructors at camps and regional events, the paths Sensei Golden marked out for us began to become visible. In truth, we had been "chasing karate" until the moment came when we relaxed, removed our conscious mind from the effort, and we let "karate find us".

Yet another maxim from our sensei was to engage in regular, systematic self-training. While group trainings bring a higher level of intensity, it is through self-training that we delve into the depths of our understandings. Sensei Vaughan and Sensei Oberschlake reference this important difference in training and learning when they encourage each of us to internalize what we have practiced in the group with personalized learning in our self-trainings. This is how we begin to move beyond the earlier developmental stages of our karate and enable our karate to make sense for our own bodies and skill levels.

In my early years of training, I was determined to make my karate look right to others and to clearly show the power I could generate. That was me working on my "outside karate", the karate others could observe.

Finally, after decades of self-trainings, a shift has taken place. In recent years I have moved from being

concerned for how my karate looks to how it feels. All of us have put in many years trying to learn the forms of how we should move. We have studied with many instructors their methodologies for increasing and focusing power, transitioning smoothly from one position to another, and techniques that will help us utilize the expansion and contraction of muscles with breathing that will enable us to move to the next developmental level. The shift from "outside karate" to "inside karate" signals an arrival at a new way of moving, one that utilizes all that others have taught us, but one that relies on how we move in ways that take advantage of momentum, reduce internal points of friction, and remove misplaced tension.

Sensei Vaughan often speaks of training "outside of the box" by expanding one's moves to their fullest extent and then contracting them to a point where *kime* is clearly evident. He speaks of "punching downhill" so that a move shows a definitive stopping point where power and form and focus all come together at a critical point. None of this will happen unless our karate power and fluidity are maximized by an internal connection to the movements. Efficacious movements are the result of a mindlessness that ends in a purposeful moment. Such a feeling, a truly "inside karate" way of training, comes from dedicated self-training.

I can still hear Sensei Golden telling me to get out of my own way. He was coaching me to become my own best coach and to find my own way to my karate. By working through many developmental levels through honest and perceptive self-training, an over reliance on sincerity is replaced with a freedom of movement, and a true internalization of "inside karate" becomes possible. That transcendence becomes clearly evident to others, and you finally begin to understand one of the most valuable directives Sensei Golden ever shared. We are to, as he said, "Seek the pleasure of karate." The joy he wishes for us to finally discover our own karate is not in how our karate appears to others, but, rather, how it presents itself to each of us.

# Making Karate History: Interview with Sensei Kim Weber at Master Camp, 2016

By Michelle Randall

*MR: Sensei, thank you very much for agreeing to this interview. You are the first woman in Mid-America history to successfully complete the ISKF Instructor Training Program and one of 16 qualified female instructors in the United States; I would like to talk about the importance of this accomplishment in a larger sense, but first I'd like our readers to hear something about how you reached this goal, among others. You currently hold the rank of Godan and have a long record as a National Competitor in kata, kumite, and team events. Your list of accomplishments keeps growing as you are one of the highest ranked Mid-America karate-ka in certifications as a Level D Instructor, Level D Examiner, and Level B Judge. You were a World Champion at the Shoto Cup in 2012, Philippines, in Women's Senior Kumite, and most recently won a gold medal in Senior Women's Kata at the National Tournament in San Francisco in 2015.*

*MR: Can you tell us something about your background? Did you always have an interest in martial arts? Was there something in your background that led you towards karate?*

*KW: Growing up, I was involved in a variety of physical activities. I was a cheerleader, played soccer, softball, and ran track. I became interested in karate after my brother and father began training in January 1985; I started soon after in March of the same year.*

*MR: What were some of the challenges that you faced as a woman in karate?*

*KW: As a student, I have never seen my gender as a limitation. It's true that there are usually more men in the dojo than women, so I try to use that to my advantage- the dojo is a great place for women to practice self defense, as women are often partnered up with men. This may require a woman to be more technically correct in order to be more efficient against a larger opponent. I see this as a benefit.*

*MR: Who were your most influential instructors and why?*



*Sensei Weber Performing Kata At the 2015 US Nationals*

*Photo courtesy of Herman Evaristo*

*KW: I passed my Shodan under Sensei Yaguchi, so he has always been special to me. As I get to know him better, I see how knowledgeable he is. He seems to be passing on that knowledge to us these past couple of years. I am sad to see him retiring at the end of the year. Sensei Cline is the highest ranked ISKF female and possibly the highest ranked Shotokan female karate-ka in the world. She is a pioneer for women in an art where the majority of its participants are men. She's a pioneer not only as an instructor, but also as a competitor. I am able to accomplish what I have because of her. I achieved my Nidan under Sensei Golden. He has an amazing spirit and a special way of motivating students. He is like the Johnny Appleseed of Shotokan. Sensei Vaughan not only has excellent karate technique, but his vocabulary when it comes to his karate instruction is something I admire and try to aim for in my own instruction. Sensei Oberschlake has been my Sensei for most of my karate career and I will always need his assistance and guidance.*

*MR: What do you like most about teaching?*

*KW: I like that my karate is bigger than just me. I am not only learning for my benefit, but also for the benefit of my students. I continue to be active for the improvement of my students (and me!). I also enjoy the ability to play out my karate curiosity and test my own knowledge.*

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# Interview with Sensei Kim Weber

*Continued from Page 5*

*MR: As a competitor, you have seen many venues and tournaments; is there one that stands out to you as particularly memorable?*

KW: I would like to mention two. The 2013 ISKF Nationals in Cincinnati. I felt proud to have medaled in my hometown with my dojo, friends, and family there.

The 2012 Shotocup in Cebu, Philippines. My best friend passed away about a week prior to leaving, so it was an out of body experience for me as I was still grieving. I was truly living in the moment and feeling everything. Alongside Carol Glenn and Marcia Ransom, I received 2 Gold Medals as part of the USA Women's Senior Kata and Kumite Teams. The Women's Senior Kata Finalists were all four from the USA. I was honored to be included the event beside my two teammates. I won a silver medal behind Miyuki Kuroha from Denver. The Women's Senior *Kumite* top four included two women from the USA; me and Carol, my teammate, roommate, and friend. Luckily, Carol and I didn't meet in the first round, but since we both had won our matches, that meant that we would meet in the Finals. There was a delay as we stood ready to enter the ring and I remember looking over at Carol and thinking, I am so proud of her and am going to be so happy for her when she wins. Then I gazed down and saw my own feet on the ring and realized, 'I'm the one she's fighting!' I recalled the *Niju Kun*, "Do not think that you have to win, think, rather that you do not have to lose." Our match was often a stalemate: she knew how I fought and I knew how she fought. We have fought each other so many times. I knew her kicking foot was injured and wondered if she would use it, and she knew to expect my roundhouse, and likely had plans on how to deal with it. She scored first with *chudan gyaku-zuki*, then with about 30 seconds left I scored with *jodan gyaku-zuki*. Then, in the last few seconds, we both threw a technique, her a front kick and me a punch to *jodan*. After a judges conference, they awarded my punch for *awasete ippon*. I felt that my new angel had helped me achieve this amazing award.



*Sensei Kim Weber with Master Yaguchi*

*Photo courtesy of Jeff Weber*

*MR: Do you have any advice for female karate-ka who may be considering becoming instructors?*

KW: There is definitely a market for females wanting to learn from other females. Everybody expects that a man will have power. So learning from a man, karate skills may seem unobtainable. But if women can see a female instructing, then they might think, 'Oh yeah maybe I can do this as well.' I also feel that some parents like having a female instructor for their child, as women have a reputation for being more nurturing.

In addition, it's difficult to improve, especially as an instructor, if you do not self-train. Karate instructors do not coach from the sidelines; we are expected to be able to demonstrate the correct way. This is hard to do without self-training.

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# Interview with Sensei Kim Weber

*Continued from Page 6*

*MR: How do you self-train?*

KW: Monday mornings are usually my longest self-trainings, which include a review of all the katas. ..there is also bathroom training, making a stance as I brush my teeth or dry my hair. I often arrive at my dojo early and practice before the students get there. And I do a lot of mental training, where I visualize performing kata or *kumite*. In order to improve it's important to take responsibility for your training.

*MR: What's next for you, for your dojo, for Mid-America?*

KW: Jeff and I will be retiring from competition this year, and I hope my experience will help me in my duties as judge. Our kids are both in college now, so I hope to spend my extra time researching and learning to

be a better instructor and karate-ka. Mid-America has come so far in the past 31 years. Under Sensei Vaughan's guidance our technical level has improved immensely. I believe this is due to the Regional events that bring instructors and students together to train. Karate-ka get to see what karate looks like outside of their dojo. These Regional trainings establish a standard for *kihon*, kata, and *kumite*. I would like to see more karate-ka take advantage of these training opportunities.

*MR: Thank you very much for taking the time at Master Camp to speak with me and share some of your thoughts for our readers. Congratulations on your historic achievement and we look forward to training with you in the future!*

*Thank you Sensei Lois Luzi, Martin Vaughan, and Kim Weber for contributions to this article.*

## Introducing the ISKF Passport

*By Martin Vaughan*

After many years of development the ISKF has made available the ISKF Passport. The passport, which resembles a U.S. Passport, provides a repository for the member's official ISKF documentation. It contains a page for personal information as well as pages for records of rank, qualification license, tournament, and camp/course participation.

The passport, along with a current ISKF membership card, must be presented at all examinations and official ISKF events (including regional events).

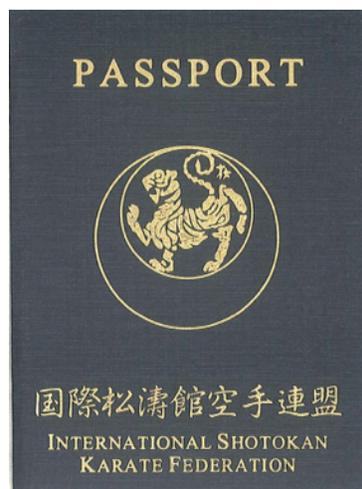
The cost of the passport is \$55 plus a \$5 processing fee, a total of \$60. This is a one-time purchase unless the passport is lost or for other reason must be replaced. Please note that annual ISKF membership is still

required for all members (i.e., you must renew your ISKF membership every year).

Anyone, regardless of rank, may purchase a passport. I recommend that all *dan* ranks purchase a passport to record their personal ISKF information. All 3-1 *kyu* ranks should purchase a passport as they will need it eventually when they take the *dan* exam. Anyone who plans to compete, at any level, must purchase a passport to serve as an official record of their activity.

The ISKF Passports are available now. You may purchase the passport from your club instructor. Further information will be provided to club instructors at the upcoming Board

meeting Saturday, July 23 at 10:00 am.



# 2016 Mid-America ISKF Regional Tournament

*By Vincent Talley*

The contenders take their positions. One by one, two by two, they are called forth into the ring. Facing their judges, their opponents, they mentally prepare to do battle with themselves and with each other. Some come to win, some come for challenge, and some seek improvement. This is the tournament. However, this year was unlike previous ones. This year, we bore witness to an incredible showing of young competitors eager to face off against one another with an engrossing energy of camaraderie and pride amongst the different schools and themselves. Being the eldest amongst them, I have grown up with and trained alongside a majority of these young people and I couldn't help but smile and see the wanton desire to win erupt in the eyes of them all. They all wanted it. Badly. Above all else, they

wanted to do themselves, their school, and their instructors proud. The students are a reflection of their Sensei and when the students go forth with such energy and willingness, it reflects highly upon the Sensei. The Sensei is teaching, the students are learning, and everyone in the dojo has a healthy relationship with each other. To be able to bring this feeling and share it with others within the region is a wonderful opportunity for it to grow and change. As Okazaki Sensei himself put it, tournaments are special trainings. It isn't merely a chance to fight each other and to win medals, it's a chance to see where we are and a reminder of who we are as a region. They help us remember why we practice karate, what it offers us, and the experiences that come with it.

## Tournament Results

Event	Description		1st Place	2nd Place	3rd Place	(Kumite) 3rd Place
1	Adult Team Kata		Anderson	Ohio Valley	Light Str/Swartz Crk	
2	Adult Women's Senior	Kata	Y. Kikuchi	K. Weber		
		Kumite	K. Weber	Y. Kikuchi		
3	Adult Men's Senior	Kata	A. Wolff	S. Mahoney	M. Tomcsanyi	
		Kumite	T. Confrancesco	A. Wolff	M. Tomcsanyi	G. Esz
4	Adult Women's Black Belt	Kata	L. Graham	C. Dewi	J. Kennedy	
		Kumite	L. Graham	J. Kennedy	C. Dewi	
5	Adult Men's Black Belt	Kata	M. Schragar	B. Riedel	A. Clouser	
		Kumite	M. Schragar	B. Riedel	J. Snyder	V. Talley
6	Adult Men's Brown Belts	Kata	S. Robbins	M. Herrin		
		Kumite	S. Robbins	M. Herrin		

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## Tournament Results Continued

Event	Description		1st Place	2nd Place	3rd Place	(Kumite) 3rd Place
7	Adult Men's Kyu Ranks	Kata	T. Hazelbaker	J. Merz		
		Kumite	T. Hazelbaker	J. Merz		
8	Youth Team Kata		Creekside #3	Creekside #5	Brown Cty #2	
9	Mixeds 6-9 y/o (10 Kyu - 7 Kyu)	Kata	J. Dangol	J. Duvall	C. O'Hara	
		Kumite	B. Wells	M. Gay	J. Dangol	C. O'Hara
10	Mixed 7-9 y/os (6 Kyu - 5b Kyu)	Kata	N. Nappo	A. O'Hara	M. Antonova	
		Kumite	N. Nappo	A. O'Hara	M. Antonova	A. Devine
11	Boys 9-10 y/o (3b Kyu - 2b Kyu)	Kata	A. Glaeser	I. Deininger	J. Varone	
		Kumite	A. Glaeser	J. Varone	S. Teismann	I. Deininger
12	Girls 10-11 y/o (5b Kyu - 4 Kyu)	Kata	N. Glaeser	H. O'Hara		
		Kumite	N. Glaeser	H. O'Hara		
13	Boys & Girls 11-13 y/o (7 Kyu)	Kata	R. Nishonov	B. McChristian		
		Kumite	R. Nishonov	B. McChristian		
14	Girls 12-13 y/o (6b Kyu - 5b Kyu)	Kata	C. Faust	S. Mungyeh		
		Kumite	C. Faust	S. Mungyeh		
15	Girls 13 y/o (1 Kyu - Nidan)	Kata	C. Dressler	J. Sorvala		
		Kumite	J. Sorvala	C. Dressler		
16	Boys 12-14 y/o (3b Kyu - Shodan)	Kata	M. Tyler	R. Nurrahman	N. Deininger	
		Kumite	R. Nurrahman	C. Morgan	M. Tyler	P. Dhaliwal
17	Girls 15-17 y/o (3 Kyu - Nidan)	Kata	K. Snyder	S. Gay	H. Heavener	
		Kumite	S. Gay	K. Snyder	H. Heavener	Kumite
18	Boys 15-17 y/o (2 Kyu - Shodan)	Kata	R. Fadhlurrahman	T. Gay	E. Wolff	
		Kumite	J. Hudson	R. Fadhlurrahman	N. Gay	T. Gay

# ISKF Mid-America Club Spotlight: Butler County Shotokan Karate Club

*By Mike Mrusek*

The Butler County Shotokan club was formed in 2003 in Middletown, Ohio. The club was founded by Mr. Raymond Moore, the club's first Chief Instructor. Mr. Moore trained under Sensei Jerry Baker at the Dayton Karate Club starting in 1996. The Butler County dojo was certified and recognized as an official ISKF Club in the Mid-America Region on January 1st 2005. Under the guidance of Sensei Jerry Baker, Martin Vaughan, and Raymond Moore, the club continued to grow as did the quality of the instruction.

In 2012, Mr. Moore relocated to Florida and I took over as Chief Instructor. Though the club is relatively small in numbers, the perseverance and dedication of everyone involved has helped it remain strong. Through strong leadership, Butler County provides instruction and training that is second to none.

Members the Butler County club adhere to one simple bit of advice, put forth by Master Okazaki's - "Continue to train!"

I would like to personally thank Sensei Moore for his time and patience and all the instruction that he has given me over the years. I would also like to thank Sensei Baker (or as we Butler County members like to call him, "Dad") for all he has done for our club.

Hopefully, with the continued guidance of both Sensei Baker, and Sensei Vaughan, I can be half the man and Instructor that Raymond is! Osu



*Sensei Jerry Baker and Sensei Mike Mrusek  
Photo courtesy of Mike Mrusek*



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Thank you for your support!





**Chief Instructor, ISKF Mid-America Region**

Sensei Martin Vaughan trained under Sensei Golden and Master Okazaki for over 40 years and is our Regional Director. He is also the Chief Instructor of Indiana ISKF.



**President and Assistant Instructor, ISKF Mid-America Region**

Sensei James Oberschlake trained under Sensei Golden and Master Okazaki starting in 1974. He is also the Chief Instructor of Brown County Shotokan Karate Club.



**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.

**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 22 - Regional Training**

Hosted by the Brown County Shotokan Karate Club, Hamersville, OH.

**July 23 - Annual Mid-America Karate Fundraising Golf Outing**

Friendly Meadows Golf Course, Hamersville, OH

**August 19-23 - Michigan Summer Camp**

Hosted by the Swartz Creek Karate Club at Camp Copeconic in Fenton, MI.  
Honored guest instructor: Sensei Gary Swain

**August 19-21 - ISKF Shoto Cup World Championships**

Cape Town, South Africa

**September 17 - Regional Training**

Hosted by the Athens Shotokan Karate Club in Athens, OH

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